REPORT OF NATIONAL SCIENCE DAY HELD ON 7TH AND 9TH MARCH, 2015

Date: 7th March 2015
Time: 2:00 – 2:30pm
Venue: Lecture Hall 5
Theme: International and National Public Health Scientists
Title: Multiple Choice Questions (MCQ) competition
Facilitators:
Dr. Radha Y Aras Department of Community Medicine
Dr. S. Preethi Post Graduate Department of Community Medicine
Dr. Edmond Fernandes Post Graduate Department of Community Medicine

MCQ competition was organized for 6th term and 4th term MBBS students on the event of National Science day on the topic Indian Public Health Scientist. The event started with the inaugural speech by Dr. Radha Y Aras highlighting the few pioneers who have contributed in the field of public health. Around 100 students had participated for this competition. There were about 20 MCQs which were to be answered in 30 min duration. All the students actively participated in the competition and the event was monitored by Dr. S. Preethi Post Graduate in the Department of Community Medicine, under the guidance of Prof & HOD Dr. Abhay S Nirgude in the Department of Community Medicine.
Dr. Radha Y Aras – Inaugural speech

Dr. Edmond monitoring the MCQ competition
Day 2

**Date:** March 9th, 2015  
**Time:** 12:30 pm – 1:30 pm

**Venue:** Demonstration room (Community Medicine)

**Theme:** International and National Public Health Scientists

**Title:** Poster competition

**Facilitators:**
Dr. Abhay S Nirgude Prof & HOD Department of Community Medicine  
Dr. S. Preethi Post Graduate Department of Community Medicine

**Chief Judges:**
Dr. Ramdas Nayak Professor & Head, Pathology  
Dr. Asha Shetty, Principal, Yenpoya Nursing College  
Dr. Radha Y Aras, Professor, Community Medicine

The posters were presented at the scheduled time. The event started with inaugural speech by Professor & Head, Department of Community Medicine, Dr. Abhay S Nirgude. All three judges were greeted with a floral gift by Dr. S. Preethi. There were about 8 participants from 6th term MBBS, 4th term MBBS and nursing college altogether.

The session began with three judges evaluating all 8 posters with their checklist.
Panel of judges being introduced by Prof & HOD Dr. Abhay S Nirgude

Nursing students presenting their poster
No Smoking Day observed at Yenepoya University
Organized by: Center for Substance Abuse Prevention, Yenepoya University

Theme: Succeed without Substance Abuse

Date: 14th March, 2015  Time: 9.00 am to 1.00 pm

Venue: Auditorium, Yenepoya Dental College, Yenepoya University

Target audience: Postgraduate students, Undergraduate students and teaching faculty of Yenepoya University

Total number of audience: 120

Center for Prevention of Substance Abuse, Yenepoya University along with the Department of Community Medicine, Yenepoya University in its massive effort to make Yenepoya University campus and its near-by areas a smoke free zone observed No Smoking Day.

The programme started with a slogan as well as short video competition for the Undergraduate Students and Teaching Faculty of Yenepoya University. The short video competition was judged by Dr. RP Pai, Professor and Head, Hospital Administration, Dr. Vidya Pai, Professor, Microbiology and Dr. Sandeep, Assistant Professor, Psychiatry, KS Hegde Medical Academy. The prize winners were felicitated by the Vice Chancellor.

The programme was presided over the Dr P Chandramohan, Hon'ble Vice Chancellor, Yenepoya University. Dr Chandramohan highlighted in his talk the importance and the urgent need to stop smoking. He also mentioned about how smoking originated in France and how it spread to different parts of the world. He highlighted how passive smokers get affected because of active smokers also.

Dr Abhay Nirgude, Professor and Head, Dept of Community Medicine, Yenepoya Medical College, Yenepoya University welcomed the gathering and briefed about why the day marks great significance for this persistent effort. To mark the day, there was a video documentary competition and slogan competition.

Dr Anil Kakunje, Dept of Psychiatry, Yenepoya University made a presentation of the latest available alternatives to quit smoking and the treatment. he also sensitized the audience about nicotine gums, e-cigarettes that have now entered the market.

After the sessions, Dr Abhay Nirgude, Prof and Head, Dept of Community Medicine and other faculty members conducted a Focus Group Discussion with the participants to narrow down solution for keeping the campus free from substance use and tobacco. Mr Gregory Dsouza,
Member, alcoholic anonymous, Dr Akther Husain, Secretary, Islamic Education Trust and Professor and Head, Dept of Orthodontics, Yenepoya University, Prof Abdul Rahiman, Dr Ghulam Jeelani Qadiri, Principal, Yenepoya Medical College, Controller of Examination, Student Welfare officer and other dignitaries were present. Dr Ashwini Shetty, Dept of Anatomy co-ordinated the events.

Dr. Abhay S Nirgude welcomed the gathering
Vice Chancellor felicitating Mr. Gregory D’Souza

Vice Chancellor felicitating the prize winners of the short video competition
Seminar on : Current Updates in Tuberculosis.

**Departments involved:** Community Medicine

- Microbiology
- Paediatrics
- Pulmonary Medicine

**Resource Persons:**

1. Dr Akshaya K M,
   Associate Professor
   Department of Community medicine

2. Dr Rouchelle Tellis
   Associate Professor
   Department of Microbiology

3. Dr Anitha Prabhu,
   Professor
   Department of Paediatrics

4. Dr Deepu Changappa,
   Assistant Professor
   Department of Pulmonary Medicine

**Moderator:** Dr Abhay Nirgude, Professor & Head, Department of Community Medicine

**Compered by:** Dr. Edmond Fernandes, Postgraduate Student, Department of Community Medicine

**Date:** 24th March, 2015  
**Time:** 1.30 to 3.30 pm

**Duration:** 2 hours

**Venue:** Indoor Auditorium, Yenepoya Medical College, Yenepoya University

**Target audience:** Postgraduate students, Undergraduate students and teaching faculty of Yenepoya Medical College.

**Total number of audience:** 120
Topics covered:

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<tr>
<th>Sl.No</th>
<th>Topic</th>
<th>Resource Person</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Epidemiology &amp; RNTCP updates</td>
<td>Dr Akshaya K M, Associate Professor Department of Community medicine</td>
<td>20 min</td>
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<tr>
<td>2</td>
<td>Newer Diagnostic Methods</td>
<td>Dr Rouchelle, Associate Professor Department of Microbiology</td>
<td>20 min</td>
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<td>3</td>
<td>Pediatrics DOTS</td>
<td>Dr Anitha Prabhu, Professor Department of Paediatrics</td>
<td>20 min</td>
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<td>4</td>
<td>Drug resistant Tuberculosis</td>
<td>Dr Deepu Changappa, Assistant Professor Department of Pulmonary Medicine</td>
<td>20 min</td>
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The Departments of Community Medicine, Microbiology, Paediatrics and Pulmonary Medicine at Yenepoya Medical College, Yenepoya University observed World Tuberculosis Day. The World Health Organization theme for World Tuberculosis Day is Reach 3 million: Reach, Treat, Cure Everyone.

Dr Ghulam Jeelani Qadiri, Principal, Yenepoya Medical College made the opening remarks. Dr Jeelani, highlighted the need to focus on the growing burden of Multi-Drug Resistant Tuberculosis. He also suggested the need for operational research taking into consideration technical aspects. He sensitized how the Medical Colleges could play a role in the prevention and control of tuberculosis.

The resource persons for the day were, Dr Akshaya K M, Associate Professor, Community Medicine, Dr Rouchelle Tellis, Associate Professor, Microbiology, Dr Anitha Prabhu, Professor, Paediatrics and Dr Deepu, Assistant Professor, Pulmonary Medicine.

Dr Akshaya K M, Associate Professor, Community Medicine, spoke on how Medical College Hospitals co-ordinate with the District Centres to control the growing burden of tuberculosis. He highlighted the concept of Nikshay were online reporting can be done.
Dr Rouchelle Tellis, Associate Professor, Microbiology, highlighted various molecular aspects of the disease and how newer interventions have been developed to diagnose tuberculosis.

Later, Dr. Anitha Prabhu, Professor of Paediatrics highlighted the recent advances that have taken place in the treatment of childhood tuberculosis.

The last speaker was Dr. Deepu Chengappa, Assistant Professor, Pulmonary Medicine, who spoke on the emerging problem of Multi-Drug Resistant Tuberculosis.

Dr Abhay Nirgude, Professor and Head, Department of Community Medicine, Yenepoya Medical College, welcomed the gathering and moderated the sessions for the day. Dr Edmond Fernandes, Post Graduate, Dept of Community Medicine compered the Seminar and delivered the Vote of Thanks. Dr Ravindra Y M and Dr Preeti Selvaraj made notes. Senior Professors like Dr R P Pai, Dr Prakash Saldhana, Dr Poonam Naik were present among the gathering.
Left to right: Dr. Abhay Nirgude, Professor and Head-Community Medicine, Dr. Prakash Saldanha, Professor and Head-Paediatrics, Dr. Ghulam Jheelani Qadri, Principal, Yenepoya Medical College and Dr. Irfan, Assistant Professor, Pulmonary Medicine
Dr. Akshaya KM delivering the talk on Epidemiology & RNTCP updates
Dr. Rochelle Tellis delivering the talk on Newer Diagnostic Methods
Dr. Abhay S Nrigude welcomes the gathering
Health Check-up Camp at Iku Koppala Anganwadi Centre
( Monthly Health Check-up Program )

Organized by: Department of Community Medicine

Date: 14/3/2015

Time: 10:00am – 01:00pm

Venue: Debbele, Harekala, Mangalore

Lady Medical Officer: Dr. Afsan Parveen

Intern: Dr. Sithara CV

Other team members: Ranjitha- health inspector, Shwetha and Sujatha- medical social worker, department of community medicine

Beneficiaries: Residents of Debbele

*Total number of beneficiaries of the camp: 12

Most common health condition: Fever, Hypertension

*Total number of referrals to Yenepoya Medical College, Deralakatte or other health facility: None.

The camp initiated at 10:00am. Team comprised of doctors, intern and support staff from the Dept of Community Medicine. The doctors examined and treated the beneficiaries who needed the same. Beneficiaries, who needed the referral, were given a referral slip and advised to take further treatment in the higher centre. The camp concluded at 01:00PM.
Health checkup done by Dr. Afsan
Health Check-up Camp at Iku Koppala Anganwadi Centre

( Monthly Health Check-up Program )

Organised by: Department of Community Medicine

Date: 31st March, 2015

Time: 10:00am – 01:00pm

Venue: Iku Kopalla, Harekala, Mangalore

Lady Medical Officer: Dr. Afsan Parveen

Intern: Dr. Shakeela AR

Other team members: Ranjitha- health inspector , Shwetha and Sujatha- medical social worker, department of community medicine

Beneficiaries: Residents of Iku Kopalla

*Total number of beneficiaries of the camp: 6

Most common health condition: Fever , Fungal infection , Hypertension.

*Total number of referrals to Yenepoya Medical College, Deralakatte or other health facility: 2 of which one was fibroid uterus and the other one rash.

The camp initiated at 10:00am. Team comprised of doctors, intern and support staff from the Dept of Community Medicine. The doctors examined and treated the beneficiaries who needed the same. Beneficiaries, who needed the referral, were given a referral slip and advised to take further treatment in the higher centre. The camp concluded at 01:00PM.
Health checkup being conducted by the doctors
Participatory Mapping Exercise at Iqkoppala, Pavoor.

Organized by: Department of Community Medicine, Yenepoya Medical College

Date: March 30th, 2015

Venue: Iqkoppala, Pavoor

Moderator: Dr. Pracheth R, Assistant Professor

Topic: Accessibility of health center

Participatory mapping exercise was conducted regarding the accessibility of health center. The participants were 5 in number and were beneficiaries of the Anganawadi Center, Iqkoppala. The participants were asked to draw their locality in the form of a map on a chart paper. They were asked to locate their houses in the area map, nearest health center, Anganawadi Center and other important landmarks like places of religious worship, schools, etc. The participants opined that the nearest Primary Health Center was far off and thus, difficult to access.

Recommendations to solve this problem:

1. Upgrade the facilities at the Sub Center

2. Transport facilities at the Primary Health Center with focus on transportation in case of emergency.

3. Measures to make the Primary Health Center 24X7.
Participatory Mapping Exercise being conducted
Focused Group Discussion at Iqkoppala, Pavoor.

Organized by: Department of Community Medicine, Yenepoya Medical College

Date: March 31st, 2015

Venue: Iqkoppala, Pavoor

Moderator: Dr. Pracheth R, Assistant Professor

Topic: Mosquito borne diseases with special emphasis on malaria

Focused Group Discussion (FGD) was conducted on the topic “Mosquito borne diseases with special focus on malaria”. The participants were 8 women who were beneficiaries of the Anganawadi Center, Iqukoppala. A checklist was prepared prior to the discussion. Miss Shwetha Suvarna, Medicosocial Worker mobilized the participants. The FGD was moderated by Dr. Pracheth R. Mr. Thouseef, 2nd year MBBS student made notes. Discussion was conducted regarding the health hazards and nuisance caused by mosquitoes, common mosquito borne diseases and measures that need to be undertaken to prevent malaria as well as mosquito breeding. The discussion took place for 20 minutes.

Lessons learnt through this Focused Group Discussion:

1. Steps to be undertaken if an individual suffers from symptoms suggestive of malaria.

2. Preventive measures for mosquito bite

3. Measures to eradicate mosquito breeding sites

4. Role of community participation and co-operation from local leaders in mosquito control

5. Significance of waste management.
Focused Group Discussion being conducted
Participants of the Focused Group Discussion