

## **Report of activities of Hemophilia Society Manipal (April - May 2016)**

### **1. Asha Kiran 2016 - Summer camp**

ASHA KIRAN 2016' the summer camp for pwh and their families was conducted from 8th April to 10th April 2016 in T.A.Pai, English Medium High School, Kunjibettu. Around 100 Pwh and their families had come from different parts of Karnataka just to be a part of the camp. The inauguration function was held at 5.30pm. A formal introduction of the patients and their families was done where each member or family came and introduced themselves. The Purple Soup team from Australia with Tim as their leader with Ash Morse & Ben Inglis was given a welcome. After the inauguration there was an activity session conducted by the members of the Purple soup team involving the patients their families, volunteers and staff. It was a fun filled experience as everyone got to know each other. Following this the pwh had an opportunity to meet the medical team and discuss their problems. The night ended with everybody going for a movie at Inox ' Kung Fu Panda' with cheerful faces and children beaming with anticipation we all settled in and waited for the movie to begin. The children screeched with excitement and laughter and enjoyed the whole movie!! This was a first time experience for many of the members who watch a 3D movie for the first time.

**Day 2** of the camp kick started with a swimming session where all the kids and the youth got into the pool and thoroughly exhausted themselves with all the swimming and the games that were conducted in the pool. At the same time Physiotherapy sessions took place by the Physiotherapy team which was headed by Mr Ganesh Balthilaya. Various exercises were shown to the patients with the use of audiovisual aids, and patients were also taught energy saving and joint protection techniques.





After this there was an Entrepreneurship session which was conducted by Dr Harish Gopal Krishna Joshi from the Department of Commerce for the youth which made them aware of the different job opportunities and how to start up something so that they can earn for themselves and their families.



At the same time there was an interactive session with women bleeders and medical issues. The Purple Soup team conducted activities for the youth and children to teach them the importance of communication with families and other members in the society as well as how to overcome challenges to be a winner.





Around 3 pm all participants headed off to Hoode Beach. It was close to a 45 minutes ride which was fun and exciting since the people in the bus were divided into two groups and there was a Sing-off! At the beach the Purple soup team conducted a session called "Silly Olympics 2016". The patients and their families were divided into groups and each of these groups had to come with their own Slogan/ Tagline "Overcome challenges to be a winner". There were a series of games that were conducted The winners both pwh and family members were made to stand on a victory stand and medals were distributed. This marked the end of Day 2.





**Day 3** again started of with a swimming session and Physiotherapy .The kids were trained in dance and other program to perform for the valedictory function. The Valedictory function was at 11 am .The chief guests were Ms. Priyanka Mary Francis, CEO of Udupi Zilla Panchayath and Dr. Ullas Kamath, Dean Melaka Manipal Medical College. The invocation song was sung by Glen a pwh and Ashley from Purple soup. The Purple soup team was applauded for their efforts in the conduct of the camp. The children performed a dance and a song. The pwh felt that the camp was a time of learning and enjoyment...With this Asha Kiran 2016 came to an end!







## 2. World Hemophilia Day celebration

**World Hemophilia Day** is observed on April 17<sup>th</sup> worldwide. The theme for this year was “Treatment for all the vision of all”. To raise awareness about hemophilia and other bleeding disorders Hemophilia society Manipal chapter organized a ‘Road Show’ in three main cities in active leadership of youth members. The cities of southern coastal regions namely Mangalore, Kundapur and Kumta were included. The programme was held at Mangalore & Kundapur on 16.04.2016 and at Kumta on 17.04.2016 respectively. The road show was done by using a van where announcements were done in a mike with sound system so that a large number of public could be reach.

The van with a banner started from Nagoor a rural area of Kundapur moved to Shiroor, Mekode Maravanthe and finally to Kundapur main city. Approximately 50km distance was covered and on an average 1,500-2,000 population was covered. Posters on information about bleeding disorders were distributed in large number to public.

Similarly at Mangalore the road show started from Bondel, Kaikamba, Bajpe, Kateel and back to Mangalore city. Approximately 25 km distance was covered and an average 2,500-3,000

population was covered. The programme was supplemented by distributing posters on information about bleeding disorders.

A large group of people benefited out of this programme. The public expressed that this is a unique programme where they got information about a rare bleeding disorder where people suffer it for life long.







3. Patients members who underwent major surgery/GI bleed/IC bleed in this quarter who received WFH humanitarian aid received from HFI
  - a. Mohammed Shareef is a known case of hemophilia A underwent knee replacement surgery on 17.04.2016 in KMC Attavar, Mangalore. He had treated with HFI's free factor support. He was admitted around 15 days. He recovered well and discharged also.
  - b. Pramod Ram Majalika is a known case of hemophilia A was diagnosed with Intra-abdominal bleed, had cardiac arrest, acute kidney Injury also. He was admitted around 15 days in ICU. He was expired on 22.04.2016. He has received HFI's free factor support.
  - c. Ramesh Shetty is a known case of hemophilia A admitted with left tibia shaft fracture in KMC Attavar, Mangalore. He also received HFI's free factor support.
  - d. Vinod M Shetty is a known case of hemophilia A admitted with right tibia and fibula fracture in Kasturba Hospital, Manipal. He also received HFI's free factor support.
4. Patients members who passed away in this quarter
  - a. Mr.Pramod Ram Majalika - passed away because of Intra-abdominal bleed, had cardiac arrest, acute kidney Injury on 22.04.2016.
  - b. Mr.Manikanta - passed away because of intracerebral bleed on 05.05.2016.

## **‘Breast Cancer Screening for non-teaching women staff of MMMC’**

October is breast cancer awareness month. It is an annual campaign to increase awareness with regard to breast cancer. In India, for every two women newly diagnosed with breast cancer, one woman is at risk of dying from the disease.

As part of an initiative to create awareness on breast cancer among the women non-teaching and support staff of Melaka Manipal Medical College, a program on ‘Breast Cancer Screening’ was conducted by the Social Responsibility Team of M-FIRE (Faculty Initiative for Recreation and Empowerment).

Dr. Suma Nair, Coordinator of the Center for Community Oncology (CCO), at MAHE, Manipal, inaugurated the program. The screening program was conducted at MMMC. A team of doctors and social workers facilitated the program with an awareness session on breast cancer, self-breast examination, a general physical exam followed by screening for breast cancer using a hand-held device named iBreastExam.

About 30 women non-teaching and support staff attended the screening program with six of them requiring further follow up with ultrasonogram, mammography and/or consultation with the surgeon at Kasturba Medical College, MAHE, Manipal, all of which were facilitated at no charge by the Center for Community Oncology.

The program was well received and the participants were appreciative of the endeavor.





## **First aid training program at Government Composite High School, Volakadu, Udupi**

The social responsibility team under M-FIRE (Faculty Initiative for Recreation and Empowerment) has taken up an initiative to partner with the Government Composite High School at Volakadu to engage teachers and students in various skill building activities during the year 2017-18.

First aid training can provide the necessary skills, knowledge and confidence required during an emergency prior to professional medical care. It equips an individual to take corrective measures and could be life-saving in an emergency. Keeping these in mind, a basic first aid training program for high school students from classes 8<sup>th</sup> -10<sup>th</sup> was proposed. As the school had high numbers of students, it was decided to make this a peer teaching program. About 130 students were selected from 13 sections of the high school including both boys and girls for the training program. Acknowledging the importance of providing hands-on training and engaging students in smaller groups, the program was conducted over three days between September and October 2017 at the convenience of the school.

Resource persons were invited from the Manipal College of Nursing (MCON) and Dr TMA Pai Hospital, Udupi. Mrs Sangeetha Priyadarshini, Assistant Professor in Child Health, MCON and Drs. Afsal Mohammed, Ankita, and Jalal provided the training to groups of 40-45 students over the three days. The training included components on causes of injuries including falls, burns, electric shocks, drowning as well as animal bites. First aid for superficial wounds, deep cuts, nose bleeds, syncope, burns, drowning, steps in cardiopulmonary resuscitation, and snake bites as well as demonstrations of bandaging and immobilization were performed. Students were encouraged to participate and the teach-back method involving demonstrations by students was encouraged. In all, 130 students were trained. As part of the peer teaching endeavor, these students were required to conduct a class on these topics for their batch mates within the week. The students provided good feedback following the training. It is hoped that the training has equipped them with the necessary knowledge on basic first aid.





## Reports on Science Exhibition organized at Manipal School of Life Sciences, Manipal, as part of National Science Day celebrations

### 2016

A science exhibition at School of Life Sciences, Manipal University displaying models and experiments covering the various aspects of science was inaugurated by the Vice-Chancellor of Manipal University, Dr. Vinod Bhat on February 27, 2016, in the presence of the Registrar of Manipal University, Dr. Narayana Sabhahit and Director of School of Life Sciences, Dr. K. Satyamoorthy. The exhibition was part of the National Science Day celebrations of the School of Life Sciences, Manipal University. About 50 exhibits including models of engines, lasers, smart house, kidneys, mitochondrial functions, personalised medicine, bioindicators, magical flowers and also experiments in fields of biology and chemistry were on display. The exhibits, open for children, students, parents and teachers till February 28, were showcased by high school students of the 10<sup>th</sup> class from schools in Udupi district, and faculty members, research scholars from SLS. A residential training was also part of the program at the institution during that week.



### 2017

A science exhibition at School of Life Sciences, Manipal University displaying models and experiments covering the various aspects of science was inaugurated by the Registrar of Manipal University, Dr.



Narayan Sabhahit in the presence of Dr. N Udupa (Director-Research, Manipal University) and Director of School of Life Sciences, Dr. K. Satyamoorthy on February 27, 2017. The exhibition was part of the National Science Day celebrations of the School of Life Sciences, Manipal University. About 50

exhibits including models of engines, lasers, smart house, kidneys, mitochondrial functions, personalised medicine, bioindicators, magical flowers and also experiments in fields of biology and chemistry were on display. The exhibits, open for children, students, parents and teachers till February 28, were showcased by high school students of the 10<sup>th</sup> class from schools in Udupi district, and faculty members, research scholars from SLS. A residential training was also part of the program at the institution during that week.

### 2018

A science exhibition displaying models and experiments covering the various aspects of science was inaugurated by the Pro-Chancellor of Manipal Academy of Higher Education (MAHE), Dr. HS Ballal on



February 27, 2018 in the presence of the Registrar of MAHE, Dr. Narayana Sabhahit. The exhibition is part of the National Science Day celebrations of the School of Life Sciences, MAHE, Manipal. The 50-odd exhibits included models of cells and organelles, lights and lasers, wound healing, phagocytosis, personalised medicine, bioindicators, aquaponics, heart beat monitors, wizard garden, Mars Orbital Mission, drug target with nanoparticles and also experiments in fields of biology and chemistry. The exhibits were partly

manned by top students of the 10<sup>th</sup> class from schools in Udupi district, who had undergone residential

training program at the institution for a week preceding the National Science Day. During this time, these students had hands-on experience on several science experiments. The exhibition was open for children, students, parents and teachers.

## 2019

A science exhibition displaying models and experiments covering the various aspects of science was inaugurated by the Registrar of MAHE, Dr. Narayana Sabhahit on February 27, 2019. The exhibition is part of the National Science Day celebrations of the School of Life Sciences, MAHE, Manipal. The 50-odd exhibits included models of cells and organelles, lights and lasers, wound healing, phagocytosis, personalised medicine, bioindicators, aquaponics, heart beat monitors, wizard garden, Mars Orbital Mission, drug target with nanoparticles and also experiments in fields of biology and chemistry. The exhibits were partly manned by top students of the 10<sup>th</sup> class from schools in Udupi district, who had undergone residential training program at the institution for a week preceding the National Science Day. During this time, these students had hands-on experience on several science experiments. The exhibition was open for children, students, parents and teachers.



## 2020

A science exhibition displaying models and experiments covering the various aspects of science was inaugurated by the Vice-Chancellor of MAHE, Dr. Vinod Bhat on February 27, 2020. The exhibition is part of the National Science Day celebrations of MSLS, MAHE, Manipal. The 50-odd exhibits included models of cells and organelles (including one of novel coronavirus), lights and lasers, wound healing, phagocytosis, personalised medicine, genome sequencing, aquaponics, heart beat monitors, electric guitar, laser obstacle course and also experiments in fields of biology and chemistry. The exhibits were partly manned by top students of the 10<sup>th</sup> class from schools in Udupi district, who had undergone residential training program at the institution for a week preceding the National Science Day. During this time, these students had hands-on experience on several science experiments. The exhibition was open for children, students, parents and teachers.



# **REPORT OF SWACHHTA HI SEWA - CLEANLINES DRIVE 2019**

On September 12, 2019 Prime Minister, Narendra Modi announced the launch of “Swachhta hi seva” campaign, commemorating the 150th birth anniversary of Mahatma Gandhi as a part of the Swachh Bharat campaign. It also marks the 4th anniversary of Swachh Bharat Abhiyaan.

Change begins at root level. In collaboration we, the students of Kasturba Medical College took up the challenge with gusto. A cleanliness and awareness drive was organized in the campus on 28th September, 2019, where the students collected all plastic waste from the campus with the aim to make the campus plastic free.

Kasturba Medical College, Mangalore organized a poster making competition on spreading awareness to “no plastic use”

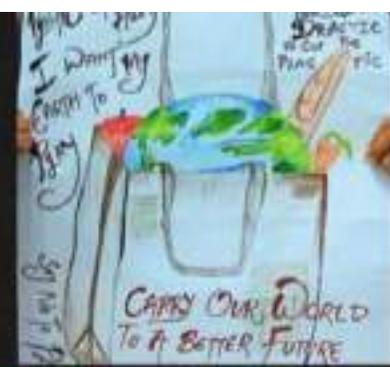
This event took place in the KMC Bejai campus wherein six teams participated and made a poster related to the topic ‘say no to plastic’.

This was done to spread awareness for the same. E certificates were provided to all participants and winners, as well as a trophy for the winning team.









**2017 - 18**

### **Orphanage Visit**

Swachhta Pakhwada campaign started by Govt. of India, involving innovative activities so that the goals of the Swachh Bharat Abhiyan could be achieved and sustained. As a part of this campaign, Community Development Committee (CDC) organized a visit to CSI Boys Boarding Home, Udupi on September 10, 2017. It is an exceptional orphanage with ample greenery and the home is filled with more than 40 peppy boys. The event started with a brief speech from Ms Samriddhi Kamath, Vice President of MAPS followed by a short demonstration about healthy habits and the importance of cleanliness.

There was a questionnaire about basic cleanliness techniques to which the boys responded to with utmost enthusiasm. The students had organized spectacular singing performances to which they played their own instruments. The kids actively participated and thoroughly enjoyed the games conducted. The event ended with the distribution of the kits which were put together by the CDC. The visit to the orphanage was a complete success as well as an uplifting experience to CDC members under the guidance of Dr Kanav Khera, Teacher Coordinator of CDC.



## **Slum visit**

Community Development Committee organized a slum visit, on September 10, 2017, in which, Twenty-five students of Manipal College of Pharmaceutical Sciences visited the Bijapur slum area located in Manipal, where the underprivileged reside. This programme was conducted as a part of Swachhta Pakhwada campaign. Awareness for a better and clean society along with a discussion on water-borne diseases was organized. The leaflets explaining the importance of cleanliness and hygiene were also distributed to the people. Mr Venkatesh Kamath, Faculty of MCOPS, co-ordinated the programme.



## Blood donation

11 Participants from MCOPS along with some Rotaract club members gathered outside food court for going to a blood donation camp which was held in Kalyanpur, Udupi. Dr Kanav Kherra, Assistant Professor – Senior Scale, Department of Pharmacy Practice coordinated the event on September 16, 2017.



## **Swachh Bharat Abhiyaan**

A total of 35 students from MAPS which is the student council of Manipal College of Pharmaceutical Sciences, Manipal University, under the able guidance of Dr Ravindranath Shanbhag, Former HoD and Professor, Dept. of Pharmacology, MCOPS took part in cleaning up a land at koraga colony situated at kondaadi which is roughly about 10 kms from Manipal. This mission was also a part of Swatch Bharat abhiyaan initiative taken up by Manipal College of Pharmaceutical Sciences under the leadership of Dr C Mallikarjuna Rao, Principal, MCOPS. The students along with the staff coordinator for the event Mr Venkatesh Kamath B, joined hands with youths of koraga community for the said purpose and were able to clear 60% of the area for marking the home sites. The work began at 8 am in the morning of November 12, 2017 and continued till noon.





## **Antibiotic Awareness Week :**

November 13- 19, 2017 was regarded as Antibiotic Awareness Week among healthcare professionals worldwide. This year the week was marked with the theme 'Seek Advice from a Qualified Healthcare Professional Before Taking Antibiotics.'

On November 14, 2017, Department of Pharmacy Practice, MCOPS, Community Development Committee, MAPS, MCOPS, Dr TMA Pai Endowment Chair on Antimicrobial Stewardship, KMC Manipal and Department of Infection Control and Management, KMC Manipal together organized an awareness programme for the community pharmacists around Manipal-Udupi.

Thirty students of Manipal College of Pharmaceutical Sciences volunteered for this event and they were divided into 6 groups. Over the course of the day these groups visited over 35 pharmacies around Parkala, Manipal, Udupi and Malpe. The goal was to spread awareness among the employees of the pharmacies regarding the emergence of resistance with over use of antibiotics and about the law against dispensing of antibiotics over the counter.

Posters and leaflets elucidating the importance of rational and proper use of antibiotics and also describing the role that pharmacists play in preventing antibiotic resistance and educating the general public were distributed among the employees.

This event was conducted successfully under the guidance of Dr Mahadev Rao, Professor and Head, Department of Pharmacy Practice; Dr Kanav Khera, Faculty Coordinator, CDC and Dr. Vandana K E, Chairperson, Dr. TMA Pai Antimicrobial stewardship programme.



## **Cancer Care visit**

“We can do no great things, only small things with great love.” – Mother Teresa

On the occasion of World Cancer Day on February 4, 2018, Community Development Committee of Manipal College of Pharmaceutical Sciences visited Cynthia Fernandes Palliative Cancer Care Centre, Santhekatte, Udipi. Cynthia Fernandes Palliative Cancer Care Centre was established on January 5, 2006. This centre was donated by Mr Leslie Fernandes in memory of his wife Mrs Cynthia Fernandes. The centre aims to provide love of home and nursing care facilities for advanced stage cancer patients.

As a result of the generosity of our donors, we were able to raise Rs.8000 from our college and we donated this amount at the palliative centre for the cancer patients. We were able to interact and spend time with the patients and staff at the centre.





## **Blood Donation Drive**

Dr. TMA Pai Endowment Chair in Translational Oncology and Community Development Committee (CDC), MAPS jointly organized a cancer awareness program on 3-4 February 2018, during the occasion of World Cancer Day.

The talk was followed by blood donation drive. 136 students registered for the blood donation and 89 students were eligible to donate blood on February 3, 2018.

# Camp Report

Date:	6th to 9th January 2020
Venue:	Green park school, Hiriyaadika
Organizer:	MCHP and school
Faculty posted:	2
Students posted	11
No. of people screened:	612
No. of people referred:	134
Purpose of referral:	Refractive error

Departmental Camp Coordinator

Head of the Department







MAHE Outreach Programme

5m-6

## **‘Breast Cancer Screening for non-teaching women staff of MMMC’**

October is breast cancer awareness month. It is an annual campaign to increase awareness with regard to breast cancer. In India, for every two women newly diagnosed with breast cancer, one woman is at risk of dying from the disease.

As part of an initiative to create awareness on breast cancer among the women non-teaching and support staff of Melaka Manipal Medical College, a program on ‘Breast Cancer Screening’ was conducted by the Social Responsibility Team of M-FIRE (Faculty Initiative for Recreation and Empowerment).

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About 30 women non-teaching and support staff attended the screening program with six of them requiring further follow up with ultrasonogram, mammography and/or consultation with the surgeon at Kasturba Medical College, MAHE, Manipal, all of which were facilitated at no charge by the Center for Community Oncology.

The program was well received and the participants were appreciative of the endeavor.





### **Dental camp at Karunya School ( School for special children)**

A dental treatment camp was organized by Dept. of Paediatric & Preventive Dentistry, MCOADS, Manipal on 6<sup>th</sup> of March 2020 at Karunya Special School, Ambalpady, Udupi. The dental health team included Faculty, Post Graduates and who actively participated in this event and treated 28 specially challenged children. The treatment included Oral Prophylaxis, Pit & Fissure sealants and Restorations. Those children who were extremely uncooperative and who need invasive dental treatments were referred to department of pediatric & preventive dentistry for further treatment. This is for your kind information.

Thanking you for the support

Best Regards

Dr. N. Sridhar

Professor & Head

Dept of pediatric & preventive dentistry

Manipal college of dental sciences, Manipal



# **CAMP REPORT**

## **HEARING TESTING & HEARING AID TROUBLESHOOTING CAMP 2017**

A free hearing testing and hearing aid troubleshooting camp was conducted for the students of 'Vagjyothi Deaf and Dumb residential school' on 18.12.2017 at the school in Amparu Kundapura, Karnataka. The camp was organized by 'Department of Speech and Hearing' SOAHS, Manipal. Pure Tone Audiometry and otoscopic examination and troubleshooting of hearing aids were carried out on 33 attended students. Teachers were counseled on importance of using a hearing aid and few speech language techniques to improve communication skills in these children.



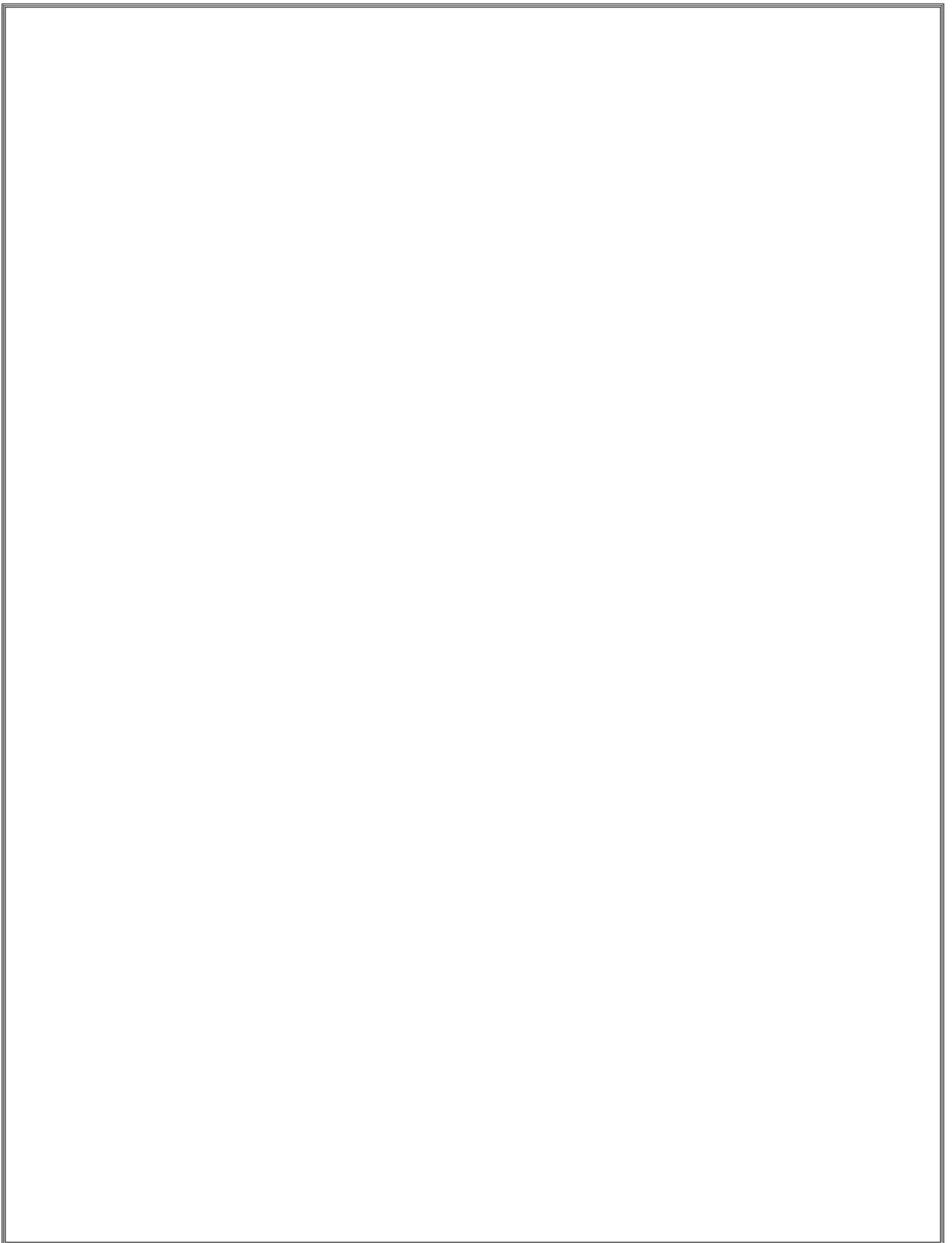
Student Clinician : Megha, Chandana, Sheleel, Raksha, Rajashree and Neethi

Supervised By: Dr. Archana.G

Sd/-  
Reported By : Dr. Archana.G

Sd/-  
Reported to : Dr. Krishna.Y

HOD



# Camp Report

Date:	07/09/2018
Venue:	Silas International School, Udupi
Organizer:	Dept of Community Medicine
Faculty posted:	Mr. Avinash, Mr. Aditya, Mr. Nagarajan, Ms. Vidyut
Students posted	Subhashini, Ashwini, Chandrika, Nishmitha, Sushmitha Prabhu, Sushmitha MS, Stelyn
No. of people screened:	580
No. of people referred:	50
Purpose of referral:	High cylinders, squint, cycloplegic retinoscopy

Departmental Camp Coordinator

Head of the Department

# Camp Report



Departmental Camp Coordinator

Head of the Department

# Camp Report

Date:	1 <sup>st</sup> September 2017
Venue:	Padubidri
Organizer:	Adani Power group and Optometry
Faculty posted:	Mr. Avinash Prabhu Mr. Nagarajan T Ms. Preethi Ms. Radhika
Students posted	1 <sup>st</sup> PG: Ashwini, Ravali, Chandrika, Subhashini, 2 <sup>nd</sup> PG: Shwetha Interns: Anjeline, Siba, Binnu, Kshema,
No. of people screened:	120
No. of people referred:	20
Purpose of referral:	Cataracts, diabetic retinopathies, hypertension, corneal scars, Pterygiums and Pingecula

Departmental Camp Coordinator

Head of the Department

# Camp Report



Departmental Camp Coordinator

Head of the Department

# Camp Report



Departmental Camp Coordinator

Head of the Department

# Camp Report

Date:	03/07/2017
Venue:	Udupi district court, Udupi
Organizer:	Dept of Optometry, Dept of Physiotherapy & Dept of Community Medicine
Faculty posted:	Dr. Ramesh, Mr. Avinash, Mr. Nagarajan, Ms. Radhika
Students posted	Ms. Judith, Ms. Liba, Mr. Aditya (RS)
No. of people screened:	220
No. of people referred:	45
Purpose of referral:	Glaucoma suspects, Macular degeneration suspects, Diabetic retinopathies

# Camp Report



Departmental Camp Coordinator

Head of the Department

# Camp Report

The joy of giving is indescribable, be it in the form of material, knowledge or skill. And it was CPR skills that was talk of the day on Saturday, August 19, 2017. Melaka Manipal Medical College, Manipal Campus(MMMC) organised a half day hands on workshop on Cardio-Pulmonary Resuscitation (CPR) for the teachers of Rajeevnapagara Government School. In the past year, the college has been involved in conducting health, nutrition and sanitation awareness session and self-defence classes as part of its commitment in Daan Utsav towards the school. The latest of the activities being the CPR hands-on workshop. It is a well-known fact that CPR saves lives. And India, majority of the population remains ignorant of the CPR skill. Keeping this in mind, this workshop was conducted for the school teachers who would then spread awareness of CPR to their students. The participant group of teachers led by their headmaster showed enthusiasm and actively participated in the workshop. Mr Balakrishna P, Headmaster, Rajeevnapagar Government School was all praise for the workshop. He said "This was a very beneficial workshop. And we will spread awareness on the importance of CPR amongst our students." Dr Shobha K L, Co-ordinator, Clinical Skills Lab and Dr James Gonsalves, Associate Professor, Department of Physiology, MMMC were the facilitators for the workshop. Dr Ullas Kamath, Dean, MMMC said "This is just the beginning. MMMC will involve itself in more such activities in the coming future."





**MELAKA MANIPAL MEDICAL COLLEGE**  
**MANIPAL**  
*A constituent institution of Manipal University*

Cordially invite you to the

## **Hands on Workshop on 'CPR'**

For

### **School Teachers**

ORGANIZED BY

**M-FIRE, Melaka Manipal Medical College**

**Venue**

Clinical skills  
laboratory,  
CFBS building,  
Manipal



**FREE**  
**Registration**

**Date**

**19 August 2017**

**Time**

**1:45 PM**

**Dr. Arun Prakash**  
Associate Dean  
MMMC, Manipal

**Dr. Annama Kurien**  
Associate Dean  
MMMC, Manipal

**Dr. Ullas Kamath**  
Dean  
MMMC, Manipal

## Free CPR Training for Auto Rickshaw Drivers of Udupi District

A free CPR training was conducted by Clinical Skills Unit and Department of Physiology, Melaka Manipal Medical College, Manipal Campus, Manipal Academy of Higher Education (MAHE) & Rotary Club Manipal Town, Manipal for the auto rickshaw drivers of Udupi District on December 7, 2017 at Manipal. The workshop was attended by 40 auto drivers from various parts of Udupi district.

Dr. Narayana Sabhahit, Registrar, MAHE who was the Chief Guest for the inaugural function stated that CPR workshop was a very good initiative because, through auto drivers basic life support could reach the needy people in the community at the earliest. He further added that the auto drivers have a great responsibility towards society and hence should provide the best service to passengers.

Mr. Ramesh M Vernekar, Assistant Regional Transport Officer, In-charge of D.C.T Udupi who was the Guest of Honour for the inaugural function said that “when the auto stops, the driver gives a jerk start by pushing it; similarly, when the heart stops suddenly we can start it by CPR. If the auto drivers learn CPR, they can help save lives”.

Dr. Kiranmai S Rai, Professor and Head, Department of Physiology welcomed the gathering and Dr. Shobha KL, Professor of Microbiology gave the overview of the workshop. Dr. Ullas Kamath, Dean, Dr. Annamma Kurien & Dr. Arunprakash C, Associate Deans, MMMC and Dr. Sesappa A Rai, Chartered President, Rotary Club, Manipal Town were present.



## “ Educational Programme for people with Diabetes on Diabetic foot care”

Workshop was conducted on 22<sup>nd</sup> October 2016 at Clinical Skills Laboratory, Centre for basic sciences building, Manipal. This workshop was jointly organized by SOAHS,Manipal, MMMC,Manipal ,KMC Manipal,Manipal University, Manipal and KMCH,Manipal with World Diabetes Foundation(WDF). Chairpersons were Dr Poornima Baliga B,Dean KMC,Manipal, Dr(Col) M Dayananda, MS and COO,KMCH,Manipal, Dr Ullas Kamath,Dean MMMC,Manipal and Dr Rajashekhar,Dean SOAHS,Manipal. Dr Arun Maiya,Professor,Department of Physiotherapy, SOAHS,Manipal ,PI, WDF and Dr Shobha K.L,Professor,Department of Microbiology,MMMC were the workshop co-ordinators. Aim of the workshop was to create awareness and healthy knowledge on self management of diabetes and diabetic foot complications. Participants were oriented on the anatomy and physiology of foot, management and complications of diabetes mellitus, treatment perspectives including home based foot care measures to prevent its complications. Resource persons were consultants from KMCH,Manipal and Dr TMA Pai Hospital, Udupi. 72 participants living with diabetes, from various parts of Udupi District attended and participated in the workshop.



Inauguration Programme



Participants in the workshop



Cordially invites you to the

**Educational Program for People with Diabetes  
on  
“Diabetic Foot Care”**



Organized by

WDF Project, Diabetic Foot Care: Stepping Ahead WDF 15-841, Physiotherapy  
Department of Allied Health Sciences, Manipal

**Mission of workshop**  
Promote diabetic foot care, prevention and cure of foot complications

**Aim**  
To enhance the knowledge and create an awareness on self-management of diabetes and diabetic foot care

**Objectives**

- Management of diabetes mellitus and its complications
- Orientation on diabetic foot complications
- Enumerate the assessment of diabetic foot complications
- Clinical care of diabetic foot complication
  - o Pharmacological & Medical perspective
  - o Surgical perspective
  - o Physiotherapy perspective
- Describe Self-management of diabetic foot care
- Explain home based diabetic foot care

**Chairpersons**

Dr Poornima Baliga Dean KMC Manipal College Manipal University	Dr (Col) M Dayananda Medical Superintendent & COO KMCH, Hospital Manipal	Dr Ullas Kamath Dean Manipal Medical College Manipal University
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Dr B. Rajashekhar  
Dean  
School of Allied Health Sciences  
Manipal University

**Workshop Co-ordinators**

**Department of Occupational Therapy, SOAHS, MAHE**

**Awareness Program on School ergonomics**

**Program:** Awareness Program on school ergonomics 'SMART POSTURE, SMART STUDENT!'

**Dates:** 25<sup>th</sup> October, 30<sup>th</sup> October, and 31<sup>st</sup> October

**Venue:** Mukunda Kripa English Medium Nursery and Higher Primary School, Udupi(25<sup>th</sup> October)

Podar International School, Perampalli (30<sup>th</sup> October)

Infant Marys' Higher Primary School, Perampalli (31<sup>st</sup> October)

**Event ID:** NA

**Source of Funding:** NA

**Total Number of Participants:** 200

**Type of event:** Awareness program

**Collaborators:** Nil

**Clinical Supervisors:**

Dr. Sumita Rege, Associate Professor, Department of Occupational Therapy, SOAHS, Manipal

Ms. Rupambika Sahoo, Assistant Professor, Department of Occupational Therapy, SOAHS, Manipal

**Number of students participated:**

**4<sup>th</sup> year:** Srujana(151103002),Pham

Dat(151103010),Grace(151103032),Ninu(151103050),Ashney(151103060),Reneshiya

(151103062),Christy (151103064),Shahma(151103076),Raziya(151103078),Athulya

(151103066),Nguyen Huynh Ngoc(151103013)

**3<sup>rd</sup> semester:** Mehdiya G Pyarali (171103001), Felix Joseph (171103010), Prajna Kumri

(171103072), Rakshitha (171103066), Vidyashree (171103042) Rahul K(171103038), Suriya

Prakash(171103036)

**1<sup>st</sup> semester:** Samyuktha (181103096), Lakshmi R(181103036), Neelambari (180003088),

Briana(181103094), Jen(181103026)

**Department of Occupational Therapy, SOAHS, MAHE**  
**Awareness Program on School ergonomics**

**Description:** As a part of the Occupational Therapy project, an awareness program was conducted on school ergonomics titled 'SMART POSTURE, SMART STUDENT!' at various school in and out of Manipal. Among school children of the 3<sup>rd</sup> and 4<sup>th</sup> standards, various musculoskeletal conditions such as discomfort and back pain are common. These could be due to a mismatch between the child's body size and furniture dimensions, carrying of heavy bag packs, maintaining a faulty posture while performing school activities, and improper lifting and handling of heavy objects. The main purpose of this program was to create awareness among students and teachers regarding ergonomic-related issues in all aspects of children's lives and how to apply simple techniques in their educational context.

This program was delivered through role play, PowerPoint presentations, and demonstrations related to ergonomics and school children. By the end of the sessions, feedback was taken from the teachers to know the relevance and usefulness of this program. Around 200 students along with their teachers participated in this program.



**Department of Occupational Therapy, SOAHS, MAHE**  
**Awareness Program on School ergonomics**

Average feedback score: 4.83

Scoring Criteria: Poor: 1; Fair: 2; Good: 3; Very Good: 4; Excellent: 5

QUESTIONS	SCORING		
HOW HELPFUL WAS THIS PROGRAM FOR YOUR STUDENTS?	4.85(5)		
HOW RELEVANT WAS THIS PROGRAM FOR YOUR STUDENTS?	4.46(5)		
DO YOU THINK, YOU COULD INCORPORATE THIS ERGONOMICS CONCEPT IN YOUR SCHOOL	YES 100%	NO 0%	MAYBE 0%
WOULD YOU LIKE TO HAVE THIS TYPE OF EDUCATIONAL PROGRAM FREQUENTLY AT YOUR SCHOOL	100%	0%	0%

**Feedback Summary:**

This awareness program was well appreciated by all the teachers of Mukund Kripa, Podar International, and Infant Marys' School. They reported that the program was beneficial for the school as well as it was a very relevant topic for this age group. Moreover, they emphasized to conduct this type of program more frequently. They even suggested conducting some activity session to improve fine motor activities for their school children.

*Sumita*  
31/10/18

Dr. Sumita Rege

Project Supervisor

*R. Sahoo*  
31/10/18

Ms. Rupambika Sahoo

Project Co-ordinator

*Dr. Sebastina A. Dsouza*  
15/11/2018

Dr. Sebastina A. Dsouza

Head and Professor

Dept. of Occupational Therapy

Project file

### Undergraduate Project report 2019-20

**Title of the Project:** "Fashion for all"

**Date on which the project was held:** 26<sup>th</sup> October, 2019 and 9<sup>th</sup> November, 2019

**Duration of the project:** 3 month

**Venue:** 4C and 4D, Interact building, KMC, MAHE.

**Total Number of Participants:** 43

**Name of the collaborator (if any):** NO

**Students involved (with reg. nos.):**

**7<sup>th</sup> semester (5 students):** Sindhu Mukhi. A (161103040), Sneha Marina Karkada (161103048), Tavleen Kaur (161103074), Elvisia D Almeida (161103078), Sneha Wilson (161103082).

**3<sup>rd</sup> semester (6 students):** Pooja Manish Chavda (181103001), Parvathi Pankaj P (181103054), Fahad V C (181103076), Amnah (181103078), Ijas (181103082), Samyuktha (181103096).

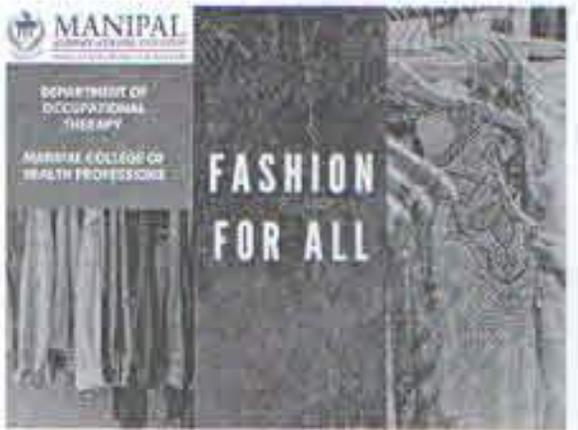
**1<sup>st</sup> semester (9 students):** Karnik Disha (191103002), Aazmiya Shameem (191103016), S.Sowjanya Nayak (191103028), Aishwarya Ann Jose (191103040), Mariyam Lamiya (191103042), Noha Nizar (191103052), Samyuktha Jayan (191103064), Aleesha Jobish (191103066), Jyothirmayi P (191103072).

**Project Coordinator:** Mr. Asish Das

**Brief description of the project:** (attach pictures, if any)

The awareness program was organized on topic of "Fashion for all" for professional and students of Occupational Therapy by the Department of Occupational Therapy, MCHP, MAHE, Manipal. The objective of this program was to sensitize about Inclusive clothing for patients and not adaption of clothes for various acute and chronic diseases and the way in which the available clothing in retail stores can be used in a well-suited form for each individual, prescription of appropriate clothing based on client's ability and impairment and advocacy for occupational therapist in the area of fashion industry. An e-catalogue was made as an output of whole project which will improve the quality of clinical services of KMC and Hospital.

The program was delivered through a PowerPoint presentation on 26<sup>th</sup> October, 2019. By the end of the sessions, feedback was taken from the participants. E-Catalogue was released on 9<sup>th</sup> November, 2019 by chief guest Dr. B. Rajshekhar on the occasion of 25<sup>th</sup> silver jubilee of Department of Occupational Therapy.



### Feedback

Feedback questions	Yes	No
Were you aware of the concept of inclusive clothing before this?	58.1%	41.9%
Do you think this awareness program will influence your intervention for clients with dressing issues?	97.7%	2.3%
Overall rating for this presentation ( 5 point rating scale)	5- 41.9%, 3- 7%,	4- 51.2%, 2- 0%, 1- 0%
Any suggestion for extension of this program: Most of feedback were positive. Many of them praised about style of presentation, also agreed for the need of such knowledge and skills in the area of clothing. They also recommended to keep a hard copy of "Fashion for all" catalogue in the clinical area for which it will be easy to describe and advice appropriate clothes to the clients based on their conditions.		

Any publicity:

Published in Times of India (Mangalore edition) newspaper on 16<sup>th</sup> November, 2019.

# Catalogue on dressing chronic patients launched

**'Fashion For All' is an initiative to have inclusive clothing for patients suffering from acute and chronic diseases**

**MANIPAL** The faculty and students of the occupational therapy department from the Manipal College of Health Professions (MCHP) have released a catalogue 'Fashion For All', which is an initiative to have inclusive clothing for patients suffering from acute and chronic diseases, and the way in which the available clothing in retail stores can be used in a well suited form.

The catalogue was released on the occasion of the department of occupational therapy celebrating its 25 years of commencement at MCHP. It was launched by chief guest B Rajasekhara, former dean of MCHP. Aarti Marya, present dean MCHP, Sabit K M, associate dean, MCHP and faculty members and students of the occupational therapy department were present. 'Fashion For All' is an idea conceptualised under the guidance of Ashish Das, assistant professor occupational therapy department MCHP Manipal.

Das says that to know the problem of people with different conditions such as cerebral palsy, hemiparesis, spinal cord injury and other clear bound individuals, people suffering from such afflictions were asked about fashion and comfort, the type and style of clothing they preferred, the clothing worn before and after they got injured, the problems encountered by the participant in finding appropriate clothes, the difficulty experienced by the participant as well as the caregiver in donning and doffing of clothing. This new knowledge and skills not only help patients who are in need, but also those in the field of occupational therapy as well as an initiative to design more inclusive clothes for all spectrum of abilities.

Explaining why clothing is necessary, he said, clothing is not just to cover body parts, but it is a medium to express one's way of feeling and mood, and connectivity with people.

"Well fitted apparel makes the person confident and expressive. At any point in life, we humans may face trauma (physical, mental) as well as social that causes a disability, which may or may not be reversed back to the original person that one was prior to the incident. For that reason, does it imply that the individual has to change their entire wardrobe? Dress in a sense that one does not enjoy or expect. Or feel dejected and excluded from the intrinsic self despite being alive?" he queried.

**Cleanliness**  
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Settling  
Mangalore

*[Signature]*  
Project Coordinator  
28/11/19

*[Signature]*  
Project Supervisor  
28/11/19

*[Signature]*  
HOD  
28/11/19

## **First aid training program at Government Composite High School, Volakadu, Udupi**

The social responsibility team under M-FIRE (Faculty Initiative for Recreation and Empowerment) has taken up an initiative to partner with the Government Composite High School at Volakadu to engage teachers and students in various skill building activities during the year 2017-18.

First aid training can provide the necessary skills, knowledge and confidence required during an emergency prior to professional medical care. It equips an individual to take corrective measures and could be life-saving in an emergency. Keeping these in mind, a basic first aid training program for high school students from classes 8<sup>th</sup> -10<sup>th</sup> was proposed. As the school had high numbers of students, it was decided to make this a peer teaching program. About 130 students were selected from 13 sections of the high school including both boys and girls for the training program. Acknowledging the importance of providing hands-on training and engaging students in smaller groups, the program was conducted over three days between September and October 2017 at the convenience of the school.

Resource persons were invited from the Manipal College of Nursing (MCON) and Dr TMA Pai Hospital, Udupi. Mrs Sangeetha Priyadarshini, Assistant Professor in Child Health, MCON and Drs. Afsal Mohammed, Ankita, and Jalal provided the training to groups of 40-45 students over the three days. The training included components on causes of injuries including falls, burns, electric shocks, drowning as well as animal bites. First aid for superficial wounds, deep cuts, nose bleeds, syncope, burns, drowning, steps in cardiopulmonary resuscitation, and snake bites as well as demonstrations of bandaging and immobilization were performed. Students were encouraged to participate and the teach-back method involving demonstrations by students was encouraged. In all, 130 students were trained. As part of the peer teaching endeavor, these students were required to conduct a class on these topics for their batch mates within the week. The students provided good feedback following the training. It is hoped that the training has equipped them with the necessary knowledge on basic first aid.





## 12. Gender Sensitization -29<sup>th</sup> January 2016

### Miscellaneous activities

#### Gender Sensitization

A talk on Gender Equality and Sensitization was delivered on 29<sup>th</sup> of January, 2016 by Ms. Sabiha Satharun, MEMG-Bangalore. The interactive session was appreciated by all students and members of the teaching and non-teaching staff of MCOE, Mangalore.



## Hombelaku- Rehabilitation Centre

<b>Posting</b>	Hombelaku Psychosocial rehabilitation for persons with chronic mental illness
<b>Duration</b>	One month each in first and second year, 6 days in week
<b>Posting supervisor</b>	Nitha Thomas, Assistant Professor
<b>No: of residents in the rehab</b>	50 residents and 3 day care clients

### Description of posting

'Hombelaku', a medium to long term stay and rehabilitation centre for the chronic mentally ill and is administratively and functionally integrated to the Kasturba Medical College, Manipal, Manipal University. The objective of the posting is to provide M.Phil. students expertise in the area of psychosocial rehabilitation. The posting activities for M.Phil. students include

### Rehabilitation activities (Both First and Second M.Phil. Trainees)

- Rehabilitation case history taking
- Collaboratively set rehabilitation goals and make rehabilitation plan.
- Monitoring resident's activities of daily living
- Liasoning with employers of the residents
- Over the phone follow ups of residents discharged from the centre.
- Conducting training workshops for nonprofessional staff and families of rehab residents.
- Attend rehab rounds on Monday and Friday and interact with rehab team

### Assessment (First M.Phil. Trainees)

- Psychodiagnostic assessments: RIBT, OST, TAT etc.
- Symptom specific rating scales and scales of functioning and disability.
- cognitive and neuropsychological assessments

The centre has also procured MATRICS Consensus Cognitive Battery (MCCB) and is planning to start training postgraduates in administering the battery.

### Therapy (Second M.Phil. Trainees)

- Supportive therapy and family intervention
- CBT for auditory hallucinations, delusions, psychosis and bipolar affective disorder
- Intensive ERP for OCD.
- Individualized cognitive retraining
- Weekly social skills and cognitive rehabilitation groups.

### Academic activity

- Case conferences and seminars related to rehabilitation on every Wednesday

**iDiDe** is pronounced as “i-dee-dee”. It is an international design workshop with a transcultural themed agenda. iDiDe studio focusses on social outreach projects on the basis of three pillars, Culture, Collaboration and Contribution.

The learning experience is one that offers immersive cultural (in-country) activities and cross-national collaboration. The program involves students from a number of institutions working in collaborative studio groups of 3-6 members alongside academics, architects and built environment professionals who offer industry expertise and professional mentorship.

The pedagogical objectives are to explore contemporary practice within a globalizing context through intercultural dialogue. The academic experience fosters intercultural understanding along with culturally appropriate design responses. iDiDe was initiated by Deakin University Australia in 2010, since then seven iDiDe workshops have been held in Australia and other Asian destinations.

In January 2017, students from Faculty of Architecture, Manipal University and the Deakin University (Australia), and University of Moratuwa (Sri Lanka) worked collaboratively in Colombo and Ampara a rural district in Sri Lanka highly affected by the tsunami to specifically progress the realization of *Diriya Mansala*; the concept for a community centre that embodied the Sinhala meaning for “a place of strength and courage to gather”

The outcomes of ***Building Ampara*** include the successful adoption of a design proposal by the CBO Community leadership group, with supporting site survey, context analysis, and material study. A recommendation for sustainable innovated applications of a local material palette along with environmentally appropriate construction techniques formed part of the submission that concluded with a public exhibition of the workshop at Colombo, Sri Lanka on the 27<sup>th</sup> of January 2017.

This year, **Faculty of Architecture, Manipal** is hosting iDiDe 2018 - The Anganwadi Project, Holistic Design Development for Mother and Child Centre for Non-urban Communities aimed to initiate an Integrated Sustainable Community Development approach through co-design and co-building methods. The programme includes studios, workshops, expert lectures and cultural immersion activities for a holistic learning experience. Exhibition of the student's work during the tenure will be held on 27<sup>th</sup> January, 2018.

IDIDE has 8 partners out of which 3 partners namely Deakin University, Australia, International Islamic University, Malaysia and Manipal University are participating in idide 2018 from 10<sup>th</sup> January to 2<sup>nd</sup> February 2018. The program was inaugurated on 11<sup>th</sup> January with a welcome note from Prof. Nishant H. Manpure, Director, FOA, MAHE. A brief of idide was given by Ms. Susan Ang, Senior Lecturer, Chair Academic Progress Committee (APC), School of Built Environment, Deakin University, Australia. The chief Guest, Dr. Narayan

Sabahit, Registrar, MAHE stressed on the interdependence of architects and engineers while Prof. Dr. Ramadevi Nandineni, Associate Director, Research & Collaborations, FOA, MAHE, briefed about iDide 2018 at Manipal. All the speakers wished the participants for a successful outcome. The inauguration ended with the three national anthems of the participating Universities.

As a part of iDide 2018 all the participants had a blast of the local culture, the Yakshagana, Tiger Dance and ..... Put up by the students of FOA, MAHE. They visited the MCPH, MAHE to understand and appreciate the eco-friendly architecture and blending of the interior spaces with the nature. They visited Hastashilpa, the Heritage Village which is amazing to see the traditional architecture in one palette. The participants witnessed the Paryaya on 17<sup>th</sup> January 2018. A program to St. Mary's Island, Sringeri and Sirimane falls is also a part of cultural immersion of iDide2018.

Sent to the press:

Social Outreach : Creative Workshop at Govt.School, Udupi on 16<sup>th</sup> January 2018

As part of social outreach project of the iDiDe 2018, an International Design Studio conducted a creative workshop for the children of Vivekananda primary school, Ajjarkad,Udupi. 40 students of primary school and 15 children of Anganwadi were involved in making creative toys, masks, greeting cards etc. and were guided by the architecture students of the three participating Universities of iDiDe 2018 throughout the process.

The workshop encouraged children's creativity and instilled confidence in them. The children were very enthusiastic in showcasing their artistic skills. The event was a great success and has enriched everyone involved.

The workshop was mentored by Prof. Nishant.H. Manapure, Director, Faculty of Architecture, MAHE , Prof. Dr. Ramadevi Nandineni, Associate Director, FOA, MAHE, Prof. Ms. Susan Ang, from Deakin University, Australia and Prof. Ms.Norwina from IIUM Malaysia.

The iDiDe 2018 team thank Principal Mr. Sadananda and his staff for their kind cooperation in facilitating the event, in the school premises.

As a part of the process of Design of Anganwadi at Ajjarkad, Udupi, The students have two stakeholder meetings with parents, administrators, health professionals and Govt. officials. They have expert lectures on various topics relevant to the design by experts from FOA, MAHE and practising architects as well. The students are working intensely to put up their design proposals of Anganwadi in a grand exhibition on 27<sup>th</sup> January 2018 at FIVV, Manipal to the public. The closing function will be attended by the District commissioner, Udupi,

other govt officials, Vice chancellor, MAHE and other University officials, stakeholders, teachers, architects and students. A report will be submitted to the local Govt. for realisation.

Some of the links are

<http://epaper.newindianexpress.com/m5/1501276/The-New-Indian-Express-Mangalore/12-January-2018#page/2/1>

<https://www.linkedin.com/pulse/intercultural-dialogue-through-design-margaret-herczeg>

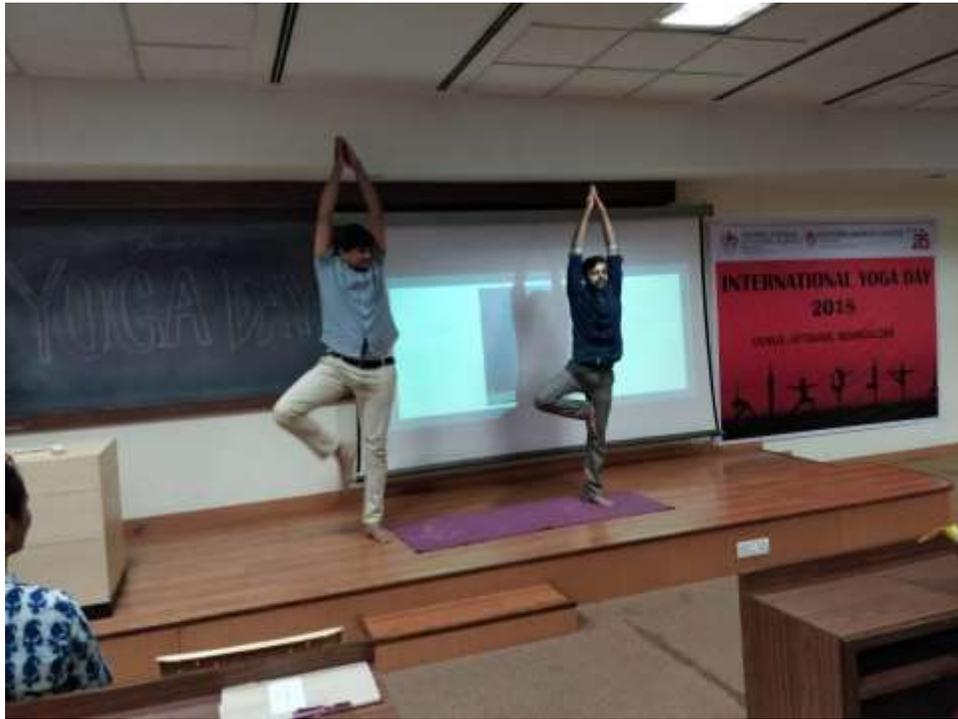
<http://m.deccanherald.com/?name=http://www.deccanherald.com/content/653575/international-design-studio.html>



## **INTERNATIONAL YOGA DAY 21 June 2018**

On 20<sup>th</sup> June 2018 International Yoga day was celebrated in attavar campus, Mangalore by MCOCS Mangalore and KMC Mangalore. The chief guests for the event were Dr. Rekha T, DDSA, Mangalore campus and Dr. Ashita Uppoor, Associate Dean, MCOCS Mangalore- who gave an enlightening and interactive talk on the importance of yoga and shared her experience of the same. Dr. Avinash, Post graduate student from Public Health Dentistry Department, MCOCS Mangalore who is a yoga teacher demonstrated asanas starting with Surya Namaskar followed by Trikon asan, Bhujang asana and Sarvang asan- to name a few. He was accompanied by students in doing the same and talked about the importance of coordinated breathing with the respective poses in the asanas. The day was concluded with a token of appreciation presented to Dr. Avinash by Dr. Rekha T, Dr. Ashita Uppoor and Dr. Mithun Pai and a sense of enlightenment about the benefits of yoga in uniting the body and mind in the staff and students alike.











## MATRIBHASHA DIVAS REPORT 2018

On February 22<sup>nd</sup> 2018, Kasturba Medical College Mangaluru(KMC) and Manipal College of Dental Sciences Mangaluru(MCODS) which are the constituent institution under Manipal Academy of Higher Education, Mangaluru Campus celebrated Matribhasha Divas joyously.

The students conducted a Hindi elocution, Hindi poetry and Kannada Essay writing competition in which 24 students participated altogether with enthusiasm.

The topic for Hindi Elocution was “Importance of preserving dying languages in India” and the students exquisitely described the linguistic importance and its diversity in our country. The topic was announced eight hours before. Mahima S from MCODS secured first place and Sukriti Jaiswal from KMC secured second place for this event.

Students also competed in Hindi poetry, the topic to which was “Desh Prem” and it was announced on the spot. The students recited beautiful verses expressing their love for their motherland. The judges interacted with the students and they encouraged learning other languages other than one’s own mother tongue. Mudit Sharma of MCODS received the first place and Sukriti Jaiswal of KMC received second place.

Thirdly, we had conducted a Kannada Essay writing and the topic was: “Importance of Indian Flag”. Students were told the topic eight hours before. The topic was beautifully explained by the students. Here Shalaka and Jeevan from KMC won the 1<sup>st</sup> and 2<sup>nd</sup> places respectively.

All in all the event was carried out with full enthusiasm from the students’ side. It served to highlight how diverse the languages of the country are. It helped to encourage the students further at using their mother tongue as well as other languages more. By highlighting the country’s diversity , the programme inspired students to learn other languages with fervour.











# The Chronicle

Issue I | November 2016

## DEAN'S Message



I am extremely happy to note that the students of Dept. of Occupational Therapy have embarked on the novel idea of generating a department e-newsletter highlighting the student activities. This is most

commendable as this would provide the students with the opportunity to observe, collate and disseminate their experiences. I wish the efforts all success and look forward to receiving the first and future newsletters

*Dr B. Rajashekhar*  
Dean, SOAHS,  
Manipal University

## HOD'S Message



This initiative of starting a departmental e-newsletter is a historical moment for the Dept. of Occupational Therapy, School of Allied Health Sciences, Manipal University that commenced in 1994. I applaud the students in the editorial team who have taken this initiative as a part of their student project. This is particularly close to my heart, as it provides the students opportunities to develop and hone professional skills, besides the clinical skills or knowledge of an occupational therapy practitioner. It also aims to tap into and provide impetus to the huge potential of creativity and

talent in our students. The newsletter has a section dedicated to our dear alumnus to contribute and guide the future generation with their experience and ideas. I look forward to their support to this initiative. I wish the students success. God bless.

*Dr. Sebestina Anita Dsouza*  
Professor & Head  
Dept. of Occupational Therapy  
SOAHS,  
Manipal University

## EDITOR'S Message



For the first time in the history of our department, we have released our very own departmental e-newsletter.

The OT chronicle is a biannually released newsletter which encompasses the news from The Dept. of

Occupational Therapy, SOAHS and also features various intellectual material created by our talented students. We have an alumni column that serves as a bridge between our

previous and current students.

The making of this newsletter was quite a task, but at the same time, a wonderful learning experience. Being a novice editor, I have received the opportunity to not only refine my editorial skills, but to also learn a lot more about my profession; this opportunity has helped me learn a lot about managing and leading a team. I am grateful to my team members who shouldered this responsibility with me and my faculty members who provided us with all the support and guidance we required.

On behalf of all the students, I wish to thank our department for this initiative which gives us an opportunity to showcase our talents on a global platform.

This newsletter is the start of many to come in the following years and I hope the readers enjoy reading it as much as we enjoyed making it.

*Sruthi Thommen*  
4th year BOT

## DEPARTMENTAL NEWS

### WORKSHOP 2016- TAKING A STEP CLOSER TO ACCESSIBILITY

The Department of Occupational Therapy, SOAHS, Manipal University, in collaboration with Mobility India, Bengaluru jointly organised a two-day Continuing OT Education (COTE) on 'WHO guidelines on wheelchair services, training delivery and universal design features on barrier free environment'. The workshop was conducted at Shiridi Sai Baba Auditorium in KMC, Manipal on 1st and 2nd April 2016. The content/ objectives for the program included:

1. Need for present scenario of wheelchair provision
2. Introduction to WHO guidelines on provision of manual wheelchair.

### INDEPENDENCE DAY 2016

On the 13th of August, 2016, the pediatrics section of the department, hosted the Independence Day celebrations in order to educate the tiny tots about India's rich history and how our nation fought its way to independence. The event was organized by the faculty members and the students of the department of O.T.

The session which began at 3 pm and went on till 5 pm, included various games and stories about Independence Day. Not only was it educational, but it was also a platform for various children from different parts of Udupi and Manipal to come together and interact with their peers in an informal setting which proved

to be therapeutic for both the children and the accompanying parents.

The day ended with all of them coming together to sing the national anthem and shouting "Vande Matharam" in unison which ignited the patriotism within all of us.





## OT, MU GOES GLOBAL.



The Department of Occupational Therapy, Manipal University, has expanded its global reach and has made itself visible not only in India, but also in a number of countries in the Asian and African continents. We currently have

students from Nigeria, Kenya, Tajikistan, Nepal, Malaysia, Korea and Vietnam enrolled in our undergraduate and postgraduate programmes. The symbiotic partnership between OT department, MU and the foreign universities has led to a win-win situation for both sides owing to the quantity and the quality of the information and resources being shared along with various other academical benefits.

An MoU was signed with the Medical Committee, Netherlands-Vietnam(MCNV), a leading NGO in Vietnam to develop and establish the Occupational Therapy programme in Vietnam. This five year programme, involves two government universities in Vietnam-Hai Duong (North Vietnam) and the University of Medicine and Pharmacy, Ho Chi Minh City (South Vietnam). Five students are in the process of completing their Bachelors and Masters degree in Occupational Therapy from the School of Allied Health Sciences, on completion of which they will qualify to become occupational therapy practitioners and teachers. In addition, the department of Occupational Therapy, SOAHS will provide the expertise and technical support to design the curriculum and commence the undergraduate programmes in the two Vietnamese universities. To help our international students feel at home, we, as a department, make it a point to celebrate the National days of their respective countries with them. This not only makes them feel welcomed, but also helps us learn more about their rich cultures. The department is expected to receive more students from various other countries in the year to follow.

## RECOGNISING OUR SUPERHEROES- TEACHERSDAY 2016



## OT IN THE COMMUNITY- HEALTH CAMPS 2016

The Occupational Therapy Department, jointly with the Community Medicine and Optometry Departments of Manipal University rendered their services at the health camps organised by the SCIO foundation at the Community Health Centre in Bramhavar and MIT, Manipal university on 25th April and 12th September 2016, respectively.

There were more than 20 student volunteers from our department. Around 500+ clients benefitted from these camps. The clients were screened for risk factors related to lifestyle, ergonomics, and falls. Clients identified to be at risk were further assessed to understand the degree of their needs. Depending on their requirements, they were given educational material regarding preventive measures for the same. Students took great pride in working amongst other professionals and found this experience to be beneficial.



## EMPOWERING OUR TEACHERS- THE ASHA PROGRAMME 2016.

ASHA: The Teacher Sensitization Programme for Learning Disability organized by the Department of Occupational Therapy, Manipal University on 5th and 6th October which targeted 80 schools from the 4 districts of Udupi, Belur, Karkala and Kundapur was one of its kind and was the first programme conducted at such a large scale. This programme was conducted in association with the Department of Education, Udupi, Government of Karnataka and Rotary International, District 3182. It was aimed at educating primary school teachers about Learning Disability (LD).

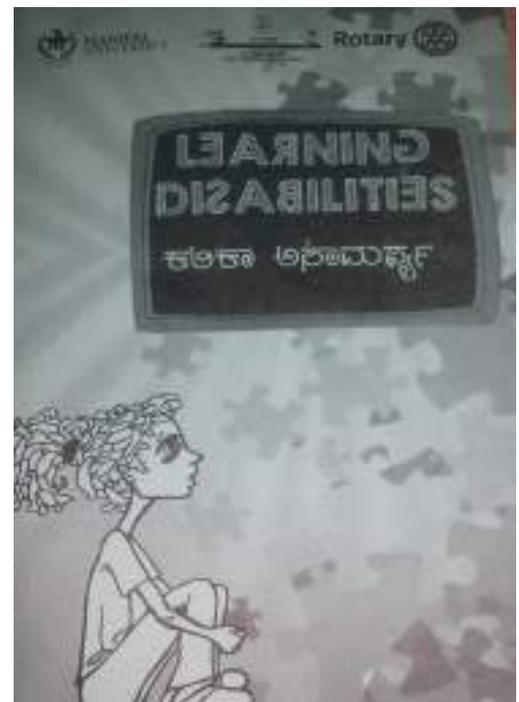
LD is prevalent in many parts of our country today, and a good amount of the population is completely unaware of it. LD is often mistaken by many as tantrums or stubbornness, and this is exactly the perception we attempted to change through this endeavour.

The turnout for this event exceeded our expectations with over 72 teachers attending the workshop. The main issues addressed in this project included: how to identify a child with LD, common classroom strategies that can be used for these children, facilities provided by the government for children with LD, and where to refer these children. The workshop comprised of a powerpoint presentation, role play and a mini movie. The 30 minute mini movie titled "Poorvi", was shot in one of the local schools and starred over 25 children from that school. The movie depicts a child with LD and the problems faced by her in everyday life. What made this project novel was the fact that the message was broken down and conveyed in such a way that it was accessible to the layperson.



The session concluded with the distribution of handbooks and CDs of the mini movie (which are currently being played in a number of hospital waiting areas) with the intention of expanding our audience. The handbook was created by the students of the OT department, which contained information on everything that this workshop attempted to convey to the teachers.

The role of an occupational therapist as an "advocate" was evident during this programme, and the Department of OT, Manipal University, managed to bring together the government officials and the social organizations to reach out and make an impact in the community we live in. Our work does not stop here; we wish to probe further and realize our maximum potential not only to promote our profession, but to also take action towards improving health status if our citizens.



(Handbook on Learning Disability)



## PHOTOGRAPHS

### “Occupation on the streets”

A girl who will stop at nothing, and strives to see her dreams come true.



-Keerthana J. Nambiar  
3rd year BOT

Years of wisdom and skill accumulated in those eyes and able hands



-Tanshaa Shetty  
3rd year BOT

Life is not a bed of roses, indeed, but she does her part to lighten up lives.



-Nikita Hebbar  
3rd year BOT

A good-humoured word with a plate of the finest fruits - he knows the secret to happiness



Butiea Thomas  
3rd year BOT

### “Expression”

What good is love if it is not expressed



-Tanshaa Shetty  
3rd year BOT

the multidisciplinary rehabilitation setup.

There was a time when our country relied completely on the medical and surgical aspects of health services when it came to availing treatment; the concept of rehabilitation and its maximum effect on post trauma long term care was unheard of. Today, a lot of regions are finally spreading awareness about occupational therapy and practising it as well. Care needs to be taken to make sure that people are able to approach us independently and not only through referrals.

According to me, the true meaning of accessibility is to gain access into people's mind-set, closed thoughts, rigid traditions and customs; so what if you cannot sit down on the floor to eat, we can offer you a comfortable chair; so what if you don't have enough grip to hold your spoon, we can build you one; so what if you are aged and stay alone, we can help you feel confident of getting out of the house. These *ideas* need to be accessible to our masses, not just our services.

As a practising occupational therapist, I am aware that changes will take time, especially when they are unheard of. Nevertheless, the efforts need to be continued on educating, spreading awareness and providing services that address the functional independence of an individual. Only then can we expect an outreach of a profession that is so noble and at par with mainstream medical sciences.

Devalika Bhattacharya  
Intern, BOT

### Little finger

It was that moment of our lives, exactly two years ago- The first University exam. Tension was at its peak! Everybody was busy preparing notes and collecting copies from the library. Discussions. Clarifications. Demonstrations. A month filled with anxiety and sleepless nights.

The day came when it was finally getting over. The last university exam of the year. Basics of Occupational therapy Assessment practical exam. All of us were eagerly waiting for this day for a whole month. Everybody was going through notes and practicing muscle testing on each other. While one hand had a tibia, the other had a clavicle. Learning the names of the muscles and preparing their powerful weapon- The Goniometer.

The tension could be felt in the packed room. Our faculty announced the commencement of the exam. My friend's my roll number was called out along with mine. Panicked eyes turned towards us as we went inside the exam hall. My friend was asked to present while I was to be his model for demonstration. The external examiner had sharp, probing eyes. He looked at my friend and said, "Palpate the gluteus minimus muscle on the model". As soon as I heard it, I was mentally preparing all that I would have said and was getting myself ready to change my position. But, my friend didn't move. As I looked at him, I saw that he was lost in deep thought, looking up at

## ARTICLES

### Occupational Therapy and Accessibility

Being an intern of occupational therapy, I am writing this article not because I want more jobs in the country for us or because I want the government to recognise our services; I have bigger plans and I am a selfish person who wants to reach out and help maximum people with the belief that there is independence even in maximum disability.

Four years ago, this course happened to me by chance, and I would be lying if I said I knew which health arena it catered its services to. Whom do I blame for this ignorance- The health

service providers who have not spread awareness about how this concept came into being or the practitioners who are not doing enough for masses to realise the worth of occupational therapy? People in the west and south of our country are talking about how more colleges can have OT in their academic curriculum, how more clinics can provide OT services and how we can reach out to more people in the community, but my concern as a habitant of eastern part of India, is the existence of OT as an independent and wholesome sector of health services, rather than just an option in



ceiling as if he was asking God for answers. The external examiner repeated the question and yet he didn't move. A couple of minutes later, he raised the little finger of his right hand and said doubtfully, "Sir, the gluteus minimum muscle can be palpated on the little finger?"

A pause, followed by roars of laughter. The external examiner was so amused by his answer that tears of laughter rolled down his cheeks. He commented, "In my entire career, I have never heard such an answer. I will always remember this." When I was sent back to meet my curious classmates, I told them what happened and yet another round of laughter surrounded me.

Even today, my friend is known for the little finger incident. This was the most hilarious and memorable event, so far, in my days as an OT student.

*Keerthana Jinachandran Nambiar*  
3rd BOT

### Theory to practical- My camp experience

I was standing at the entrance of the Manipal Institute of Technology building on 12th of September at around 8:20am, and the only thought on my mind was "how long will this day be! It is a holiday and here I am about to see more clients!"

This camp that was wonderfully organized by the SCIO foundation in association with the Department of Occupational Therapy and other medical professionals, was aimed at screening individuals who were at risk for diseases related to lifestyle, poor ergonomics and to address fall prevention in older adults.

We followed our faculty co-ordinator inside, clueless of how many clients were going to show up and how many different diagnoses we would be seeing that day (spoiler: Occupational therapy registrations were a whooping five hundred).

After resetting the counters about five times, we were finally ready to start the day. There were three teams along with their coordinators (ergonomics, lifestyle & fall prevention).

As we started, the queues kept getting longer and for a while it felt like we would fall short of manpower. Though the students who were in charge of conducting the assessments and tests had a tough time, they managed to administer them and communicate with such a huge number of clients even when they were faced with a language barrier and made sure their results were as accurate and reliable as possible. The volunteers at the desks who provided intervention to those clients deemed vulnerable after screening, used combinations of different languages at their disposal along with a wide range of gestures and demonstrations to communicate their messages to the clients.

One of the skills required in community rehabilitation that I learnt that day was

"management". As a supervisor I made sure that the counters were not out of pamphlets, test score sheets, etc., and that all the OT counters were functioning efficiently. Also, I learnt a lot about 'soft marketing'. Most of the clients were unaware about occupational therapy services. I spoke to a lot of people (Participants from other professions, volunteers and the clients) about our profession and how we can help them.

I had recently studied in one of our theory classes about the skills an occupational therapist must possess to efficiently practice in community settings which included having a collaborative attitude, good interpersonal and communication skills, organizing and networking skills, program planning and evaluation skills, high level problem solving skills, public relations, etc. At the camp, I could see myself using many of these skills without giving it much of a thought. I don't claim to have proficiently used the skills, but I could see the correlation between what we learn theoretically and what we can apply practically. The role of an occupational therapist as a "Consultant" was evident in this camp as we were involved in providing information and expertise related to functional problems.

That day, we realized how to be more confident about our work, making an impact about OT in the minds of the public, creating awareness about their possible risks and counseling them on how to improve their current lifestyle and work.

To conclude, it was a long, tiring and exhausting day which left us all with 0% battery charge in our phones, brains and bodies. Everyone learnt a lot and were glad to volunteer in the end.

*Janvi Vasani*  
4th year BOT

### Beginning of change-The ASHA project

I have always wanted to be a part of something bigger than me and I got my chance in my fourth year to make a difference; it was being a part of the ASHA program.

I volunteered to be the leader for handbook, all set to make a change. I had four groups working with me: content, designing, translation and printing.

My day would start off with meetings with teachers and end with discussing all the information with my teammates. Everyday we would come up with new ideas and find different ways to execute it. As a leader I had to mediate between teachers and students which required good interpersonal, social and communication skills.

First, we had to finish the content only after which the other groups could start their work. A lot of research and hardwork was put in to make it applicable to practice and it took us six drafts to finalize the content. During this whole process, many school teachers were approached

in order to understand what problems they face in class while working with a child with LD so that the intervention strategies that we suggest were more realistic and applicable to them. Simultaneously, the designing team worked on an animated character with LD which would take you through the handbook. Simultaneously, the translation team worked on translating the content in Kannada.

Little did we know that the tedious task was only yet to begin. Designing and printing the handbook took us a solid four to five hours and we somehow managed to pull through with our sanity intact. Three drafts and a number of corrections later, we finally managed to send the draft for printing. I could not wait to see all the hard work and effort materialize into something tangible and I think it is safe to say that all of the effort was definitely worth it when the final product was in my hands. Not to make it sound too dramatic, but I did feel like I was holding my baby in my hands and all I could think of was "Wow, did I really make this?"

*Vigya Smriti*  
4th year BOT

### Behind the scenes

We have all been taught in our lives to grab opportunities that come our way, but I think I went a little over-board with this lesson. I was the Chief editor for the college magazine last year and it took me on such a roller-coaster ride which left me leaping with joy when the magazine was finally out. I had decided to take the backseat in my final year and maintain a low-key, but who was I kidding? As the teams for the OT project were revealed, me and the OT students who were a part of the college editorial committee last year exchanged glances and we all knew that it was time to bring the dream team back. New members joined us as we plunged into action to make the vision of our first departmental newsletter into reality. Initially, we were surrounded with chaos since this was the first venture of its kind and we had no previous references. From choosing our logo to naming our newsletter; from deciding sections of this newsletter to what the content in each section would be, each of us put in our very best. I will not falsely claim that this journey was smooth as silk; there were conflicts, arguments, bad days and good days, but I believe that these are the ingredients of a good team. My team members are truly a bunch of exceptionally talented individuals with a great deal of potential. Through these leadership experiences, I have managed to get out of the shell I used to be in during my first two years of college and I have learned the art working under immense pressure. I'm grateful to my faculty and department for helping realize my potential and equipping me to achieve more in the future, not only academically, but also in the extra-curricular fields.

*-Sruthi Thommen*  
4th year BOT



**The question I've been asked a million times- What is Occupational Therapy?**

Explaining to people what Occupational Therapy is can be a challenging task, I agree. But so is actually understanding what it means when the only sources you have before you start college are the Internet and the various books it refers you to.

It takes a minimum of six months, numerous hours spent in clinics and long explanations in class to give us the basic idea, and we're still not very sure how it differs from Physiotherapy. The easiest way I can explain it is that we only work on required aspects of physical rehabilitation in order to achieve our main priority i.e., functional rehabilitation. As we have a very client centered approach, our whole intervention plan differs according to the individual's priorities. Though it is sometimes difficult to see this in practice, the end goal of occupational therapy is to overcome their disability, be it physical or mental, and still remain their own person i.e., to be able to go back to their job, take care of their family or participate in the activities they love. One of the many things I've read regarding occupational therapy, which stood out the most for me, is that we help in improving or at least maintaining the quality of life for a client.

The quote "A day without learning is a day wasted" seems very apt as we can confidently say that not one day is wasted in occupational therapy because every day, we learn something new, be it about the clients, the profession or ourselves.

*-Bhavana Reddy*  
2nd BOT

**Our biggest hurdle in clinics- the language barrier**

Throughout first year, be it in clinics or classes, we are often reminded of how important it is to build a rapport with our clients. This initial bond formed in the first few interactions with the client is what makes most of the difference. Until the client can trust us and is convinced that we truly care about his progress, all the effort we put into giving therapy is certain to go in vain. One very essential tool in building this good rapport, is language.

Occupational Therapy, unlike many other health professions requires us to listen to our client and talk to them, because most decisions in the duration of therapy, have to be taken by the clients themselves. This is where language comes into the picture. We all know that one feels most comfortable to think and converse in his own mother tongue. Therefore our clients feel relaxed, when they explain to us their problems, in the language native to where they come from. In times like these, listening isn't as hard as understanding and trying to talk to our clients in the same language.

Manipal is a town in Karnataka, where Kannada is the native language spoken by majority of the clients who come to us from in and around this place. As I belong to this state, I can speak this language, and most others in my class belong to places other than Karnataka so I often get pulled from case to case to translate conversations between the therapist and client. While it is another thing that by the end of the day I have so many case histories going around in my head that it takes me quite a while to sieve out what I need for my own presentation, I too would be facing the same difficulty if I were studying in another state. This is a problem not just for me or my classmates, but also for many seniors, post graduates and faculty. Language thus becomes a barrier instead of a facilitator. Our knowledge and expertise can be fully utilized only if we overcome this obstacle.

This is why I think it is very important for us all to understand that it is not just enough for a therapist to be a good listener, non-judgmental or truthful it is also our responsibility to make an active effort to learn languages most commonly spoken by the majority of our clients. When everything in our profession is focused on the client, this tiny step of ours would only bring us closer to giving them our one hundred percent.

*-Srishti Hegde*  
2nd BOT

**TABLOID**

**Word search :**

Activity	Meaningful
Adaptation	Motivation
Crafts	Occupation
Creative	Purposeful
Daily living	Skills
Enjoyment	Success



**Find the architectural barriers**

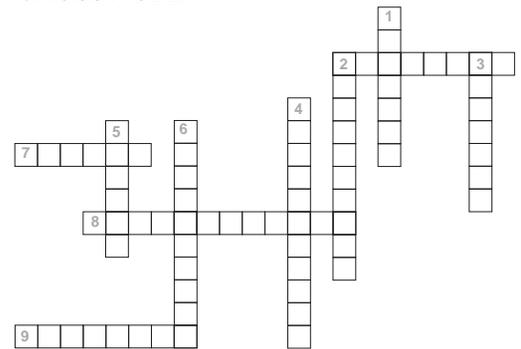


**Answer Key**



- Red:** Inclination of the ramp is not 12:1
- Pink:** There is no hand rail
- Sky blue:** Door opens outwards
- Black:** No wheelchair clearance
- Dark blue:** No nosing and demarcations on the stairs
- Yellow:** Door width is too less

**CROSSWORD**



**Across**

- 2. Constitutes tasks
- 7. Something required to perform a particular task.
- 8. What you aim to achieve as an Occupational therapist
- 9. Pediatrics is a medical branch dealing with \_

**Down**

- 1. World OT day is held in this month
- 2. Alternatively used as evaluation
- 3. What is provided by an occupational therapist
- 4. Impairment of body or disruption of social relations
- 5. Alternatively used as patient
- 6. Engaging in day to day activities



## ALUMNI SECTION



I did my under-graduation and post-graduation from the department of Occupational Therapy, SOAHS, Manipal, after which I appeared for and passed the State Public Examination in 2012. I am

currently the Head in-charge of the Occupational Therapy unit, Orthopedic department in one of the civil hospitals in Shillong. Since it's a government hospital, we receive a variety of cases. Attending to 6-10 cases at the same time and keeping track of each is quite a task. To make things easier, I encourage the clients to maintain a notebook in which I illustrate all the therapeutic activities they are required to perform with matchstick diagrams. It is beneficial as I can keep track of what I had done for each of them, and it also helps them remember what I have taught. It is very rewarding to work with people from all walks of life; to see a child learn to walk on his own, to see a grown man be able to eat again by himself or to see a stroke patient write with his dominant hand. The fact that I make a difference in their lives gives me a sense of happiness, money can't buy. I love doing what I do, although there were many instances when I have felt like giving up as a student. Thankfully, I was fortunate enough to have great teachers who inspired me to never give up. Their relentless patience, encouraging nature, words of wisdom and admirable expertise has had a remarkable influence on my career.

Although OT started in 1949, we constantly find the need to prove our existence in the medical field. We have to sensitize the public and the physicians and the best way to do that is by proving it in your treatment. I often get referrals from physicians of other hospital, when they see their patient's improvement after occupational therapy. Be proud to be an occupational therapist, and let your work speak for you.

*Larisuk Raplang,*  
Batch of 2011



With bated breath and counting down the seconds, I entered the classroom for my first class ever...as a teacher. Having sat on the other side so far, I knew too well what I could expect. I had a range of options to choose from - blank stares, silent jokes, under-the-breath comments - and I

couldn't decide which of these I dreaded the most. Just all those eyes on me would suffice to trigger my anxiety. The class passed on uneventfully and, by my standards, was fairly successful. Several classes later, although my confidence had grown, a tiny bit of trepidation persisted.

But what was so daunting about taking a class? After all, it wasn't my first time addressing an audience, and studying at Manipal University equips you well enough for that. As a student, I had taken multiple seminars and presentations. I had even conducted training sessions for my colleagues at my previous place of work. After a great deal of introspection, I began to understand the difference. Addressing students is never the same as addressing any other audience. You feel responsible for what they learn, and more importantly, for what they don't. There is a constant awareness of the need to teach them the right thing, in the right way; While the challenge lies here, this is what makes it special too.

Occupational therapy is a challenging and fulfilling career choice. Choosing to teach occupational therapy? Even more so. After working as a clinical therapist for a year, I had grown to believe that being a clinician and a teacher are poles apart. But I am now learning to see the similarities between the two. Both provide you the satisfaction of seeing another individual learn and grow, an invaluable feeling of being able to impact someone's life. Hardly 6 months into teaching, this trepidation is now transforming into a sense of excitement and anticipation. Each class is unique as is each student, with new experiences to look forward to and learn from. So for all of you budding occupational therapists out there, embrace the challenge of teaching and may you enjoy it as much as I do!

*Meena Ramachandran*  
Batch of 2014



“Living life to the fullest”. As practitioners, we all would have heard this statement often, but do we exactly follow this?

It often feels good when some of the clients come and express their gratitude after recovering from illness.

Today when I reflect on my professional journey, I can easily see a change within myself. Several years ago when I landed in this place, I was shy and lacked various skills both a person as well as professional. Over the years under the guidance of my teachers and self reflection, I was able to learn and grow. I also learned several professional competencies that every professional requires in today's competitive world. This upbringing not only helped me in developing my professional career but also to live life from a wider perspective.

Today as a professional, I realize the importance of skills that I learned during my journey. As a student, I always observed a constant change both in the department and the profession, but now as professional, I often realize the underlying importance of values and beliefs of this organization that always instilled a sense of constant growth in me.

To sum up, the knowledge that I gained in this place has not only helped me learn a few concepts, but has also helped me to understand the importance of resources and the opportunities that we get; most importantly, to make the best of all the situations that come our way.

*Shashank Mehrotra*  
Batch of 2015

## DEPARTMENTAL NOTIFICATION

The Department of Occupational Therapy is pleased to announce a 3 day workshop on “Tool development and Qualitative Research” on 12-14 January, 2017. For enquiries, please contact our Department in the School of Allied Health Sciences, Manipal University.

Contact number: 08202923254  
E-mail id: ot@manipal.edu  
ot.coahs@manipal.edu

## ACKNOWLEDGEMENTS

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*Faculty coordinator:*  
Ms Rupambika Sahoo  
Ms Pavithra Rajagopal  
Mr Shashank Mehrotra

## Answer key for cross word

*ACROSS*  
2- ACTIVITY  
7- SKILLS  
8- INDEPENDENCE  
9- CHILDREN

*DOWN*  
1- OCTOBER  
2- ASSESSMENT  
3- THERAPY  
4- DYSFUNCTION  
5- CLIENT  
6- OCCUPATION

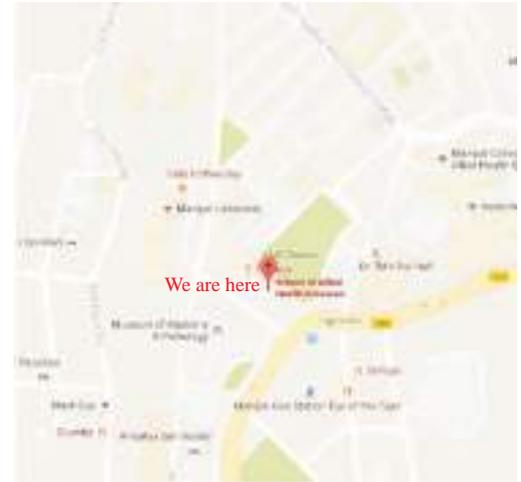


## ABOUT OT, MANIPAL

The Bachelor of Occupational Therapy course offered by SOAHS, Manipal is a leading programs in the entire South-East Asia. The BOT program at SOAHS provides unmatched clinical exposure to student. The program was started in 1994 and is accredited by All India Occupational Therapy Association (AIOTA) and World Federation of Occupational Therapist (WFOT).

The department currently has undergraduate and postgraduate students from different parts of the world including India, Nigeria, Kenya, Vietnam, Tajikistan, Malaysia, Tibet, Nepal and Korea. The department also has many international students for clinical placement of 4 to 8 weeks from all over the world.

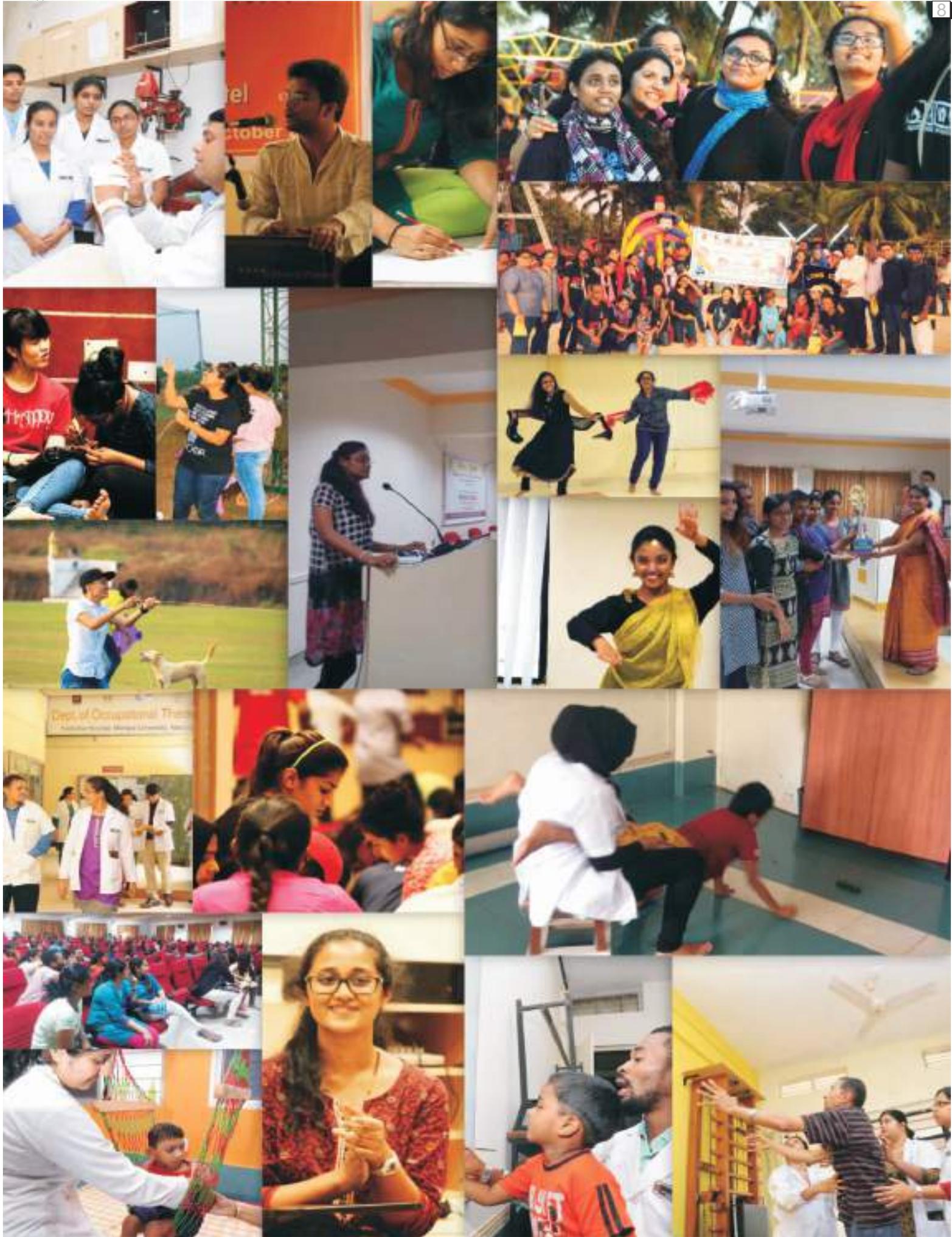
The department is affiliated to the university hospital and provides OT services in neuro-rehabilitation, pediatrics, mental health, hand and orthopedics, elderly care and community practice. The department is well equipped with an *ADL* lab and *Splint* lab.



## THE OT CHRONICLE TEAM

				
Nayantara Kandlur		Bhavana Reddy		Srishti Hegde
	Tanshaa Shetty		Ashmica Claire	
Odubola Oluwanisola		Jevita D'souza		Shruthi Rajiv
	Janvi Vasani		Manasi Sharma	
Linaila D'souza		Vigya Smriti		Femme Benne

Vidya Mariam



## CAMP REPORT

**CAMP VENUE:** RMCW Kapu (April 4<sup>th</sup> 2016)

**STUDENT CLINICIANS:** Ms. Sameeksha (I MASLP)

Ms. Megha (I MASLP)

Ms. Chanchal (I MASLP)

**SUPERVISED BY:** Mr. Aju

### **AUDIOMETER USED:**

Audiometer was calibrated according to room environment where there was attenuation of sound was present and minimum detectable intensity was 20dB

Video otoscopy was initially performed to check the tympanic membrane status. Hearing testing was done using MAICO MA 33 audiometer and adults were tested for 250Hz through 8 kHz. OAE screening was done using MAICO ERO- SCAN instrument.

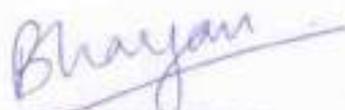
### **RESULTS**

During the camp totally 04 geriatric cases were tested.

All the patients had hearing loss. The degree varied from minimal to moderately severe hearing loss.

### **RECOMMENDATION**

Client and the client's party were counselled about the results, they were advised about the monitoring of hearing status by annual hearing evaluation, at Kasturba Hospital.



**CAMP IN-CHARGE**

Bhargavi P.G

Assistant professor

Dept. of Speech and Hearing



**HOD**

Dr. Krishna Y

Professor

Dept. of Speech and Hearing

## CAMP REPORT

CAMP VENUE: RMCW Alevoor (July 28<sup>th</sup> 2016)

STUDENT CLINICIANS: Ms. Nithyashree (II MASLP)

SUPERVISED BY: Ms. Harshitha

### AUDIOMETER USED:

Audiometer was calibrated according to room environment where there was attenuation of sound was present and minimum detectable intensity was 20dB

Video otoscopy was initially performed to check the tympanic membrane status. Hearing testing was done using MAICO MA 33 audiometer and adults were tested for 250Hz through 8 kHz. OAE screening was done using MAICO ERO- SCAN instrument.

### RESULTS

During the camp totally 12 geriatric cases were tested.

All the patients had hearing loss. The degree varied from minimal to moderately severe hearing loss.

### RECOMMENDATION

Client and the client's party were counselled about the results, they were advised about the monitoring of hearing status by annual hearing evaluation, at Kasturba Hospital.

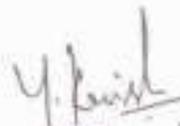


CAMP IN-CHARGE

Bhargavi P.G

Assistant professor

Dept. of Speech and Hearing

  
HOD

Dr. Krishna Y

Professor

Dept. of Speech and Hearing

## Direction In Society for Human Awareness (DISHA)

### Chapter 2

This event was held on 4<sup>th</sup> February, 2018 at **Mother Teresa's Home**, a safe haven for the destitute, located at Sturrock Road, Mangalore. Volunteers accompanied by **Dr. Mithun Pai**, Cultural Co-ordinator, contributed food provisions and regaled the inmates with song medleys and dances. The inmates too danced with joy.



**DENTAL STUDENTS' ASSOCIATION**  
2017 - 2018

### Chapter 3



This third event of DISHA was held on 25<sup>th</sup> February, 2018 at **White Doves Home for the Destitute**, Mangalore. Along with the inmates, group songs and dance performances were made. The founder Mrs. Corrine Rasquinha, shared her story and thanked all students for their enthusiasm. Food and stationery were distributed to the inmates.

### Chapter 4: Saving For A Rainy Day

The fourth event of DISHA was on the 27<sup>th</sup> February, 2018 at MCODS, Mangalore. Fifteen umbrellas were distributed to personnel of Terrier, the Security Agency of the College. It was attended by the Dean Dr. Dilip G Nayak, Associate Deans Dr. Ashita Uppoor and Dr. Premlatha K, and Heads of Departments of MCODS. The Chief Security Officer, Mr. Harish Chandra and Mr. Monappa Gowda Assistant security in-charge, were present on the occasion.



## 19. Speak Up 22<sup>nd</sup> May 2017

### **SPEAK UP!**

Staff and students of MCODe, Mangalore showed solidarity in a march organised by the IMA (DK branch) on 22<sup>nd</sup> May, 2017 in protest against increasing incidents of violence towards medical professionals.



## Undergraduate Project report

**Title of the Project:** 'Student life101.'

**Date on which the project was held:** 15<sup>th</sup> April 2019

**Duration of the project:** 2 weeks

**Venue:** Sharada Hall, MCHP, MAHE, Manipal

**Total Number of Participants:** 21

**Name of the collaborator (if any):** Nil

**Students involved (with reg. nos.):**

Sharon (151103042), Christy (151103064), Rebecca (151103082), Rimple (151103088), Sakshi (151103004), Tram(151103013), Sheetal (151103020, Srishti (151103030)

**Project Coordinator:** Ms. Rupambik Sahoo

**Brief description of the project:** (attach pictures, if any)

The Department of Occupational therapy organized a teaching-learning program, MCHP, MAHE, Manipal on 15th April 2019 on "Student life 101" for 1<sup>st</sup>-year students of the department of occupational therapy. The objective of this program to make the students aware of the energy level at different point of time and how they could schedule their activity based on their energy level so that they can enhance their productivity.

The program was delivered through group discussion and small group activities and PowerPoint presentation, By the end of the sessions, the feedback was taken from the participants.





### Feedback

Did you all have fun?	Yes (90%) Maybe (10%)
Was it helpful?	Yes definitely (85%) Kind of (15%)
Do you think you can apply this to your life?	Yes it makes sense (90%), it makes sense but hard to apply (10%)
Any suggestion to improve for upcoming programs	It was great, interactive, very nice, enjoyed a lot

**Comments and suggestions received in the feedback form:** participants mentioned the program was very good, interactive, and effective for their personal as well as the professional growth. They also mentioned that this knowledge would act as an aid in making the time table during the exam and prioritize their work based on their energy level.

*R. Sahoo*  
11/06/19.  
Ms. Rupambika Sahoo

**Project Coordinator**

*Sumita*  
11/6/19  
Dr. Sumita Rege

**Community Project Supervisor**

*VNA*  
11/6/19  
Dr. Vinita Acharya

**HOD**

**Department of Occupational Therapy**  
**School of Allied Health Sciences, Manipal University, Manipal**  
**Teacher Sensitization Program, Udupi**

Department of Occupational Therapy, SOAHS, Manipal University, in association with Department of Education, Government of Karnataka organized two “One-day Workshop” for primary school teachers on 5<sup>th</sup> and 6<sup>th</sup> October, 2016. These workshops were conducted as a part of “ASHA: An Awareness Program for Learning Disability”. The program started with an inauguration program involving various stakeholders from Rotary Club, SOAHS and Department of Education, Government of Karnataka. It involved 75 primary school teachers in 2 batches from various schools of Udupi District. Resource persons from Department of Occupational Therapy, sensitized the participants with various aspects such as prevalence, role of teachers and various intervention and career prospects available for children with learning disability. Overall, the program was supported by Rotary Club, Manipal and was well appreciated by various stakeholders from the community.







## Undergraduate Project report

**Title of the Project: "Walkathon on International Day of Older Persons"**

**Date on which the project was held: 01/10/2018**

**Duration of the project: Four months**

**Venue: Ajjarkadd Park**

**Total Number of Participants: 75**

**Type of event: Awareness program**

**Name of the collaborator (if any): Udupi Senior Citizens' Association and SCIO foundation**

**Students involved (with reg. nos.):**

Elizabeth Benson (161102092), Jobina Joji (171103004), Amala Martin (171103002), Abigail Rebello (171103011), Almy Abraham (171103006), Anaha Sunny (171103030), Janymol Jayson (171103014), Jeneena Joy (171103024), Krishnapriya A (171103046), Nikita C Sajan (171103028), Shaithya (171103074), Suhaima K.S (171103084), Shruti (151103012), Rimple Rai (151103088), Anita (151103044), Maria Baby (181103018), Mariam Abraham (181103022), Neelima Pradeesh (181103062), Ramya (181103070), Robin (141103046), Nirmal (151103028)

**Project Supervisor: Ms. Meena Ramachandran and Ms. Swati Sweta Das**

**A brief description of the project: (attach pictures, if any)**

A Walkathon was conducted in Udupi by the Department of Occupational Therapy, SOAHS, MAHE, on International Day of Older Persons 1<sup>st</sup> October, 2018 from 4pm to 6pm. It was an awareness program organized in collaboration with Udupi Senior Citizens' Association and SCIO foundation to promote health and well-being of older adults. A total of seventy five people participated in the event. Four participants were declared as winners (two men and two women). Medals and participation certificates were awarded to the winners and participants. Free screening program for fall risk and dementia were also conducted by students. The chief guest Mr. Niranjan Bhat, District Disability Officer, attended the event on behalf of the Deputy Commissioner, Udupi.



**Feedback:**

Feedback questions	Yes	No	Maybe
Did you enjoy the event?	94.4%	1.6%	4%
Was the program relevant to you?	70%	20%	10%
Would you attend another event like this in future?	95.2%	1.6%	3.2%
Was the fall risk and Dementia screening program useful to you	96%	1%	3%

**Comments and suggestions received in the feedback form:** All the participants enjoyed the event. They requested to conduct these kind of events more frequently. Students also had a good learning experience. They enjoyed interacting with older adults and felt positive after witnessing their enthusiasm and interest.

*Swati Meena*  
 Ms. Swati & Ms. Meena  
 Project Coordinators

*Sumita*  
 10/11/19  
 Dr. Sumita Rege  
 Project Supervisor

*Dr. Sebestina A. Dsouza*  
 Dr. Sebestina A. Dsouza  
 Professor and Head

## MANGALURU

## An eye-opening experience

The Departments of Anatomy, Physiology and Biochemistry, Melaka Manipal Medical College, conducted a workshop on “Understanding the human body-Part 1” for school teachers recently.

According to a statement issued by Manipal University here, 57 teachers, mostly from high schools and a few from pre-university colleges of Udupi district, participated in the day-long workshop, which was inaugurated by H. Vinod Bhat, Vice-Chancellor of Manipal University.

In his address, Dr. Bhat said that the initiative of social outreach was one of the highest functions of any university and Manipal University has been a pioneer in the six decades.

For the teachers, most of them from biology, it was a learning experience with a difference. To learn from a cadaver in the Anatomy Dissection Hall with faculty members explaining various body parts was new for all of them.

One teacher exclaimed, “It was an eye-opening experience to actually see the bicuspid and tricuspid valves of the heart, which we teach from textbooks.”

Sessions on Nutrition and Physiology were also held. The session on nutritional science was conducted by the Department of Biochemistry in the Digital Laboratory of the college.

The faculty members used role play to explain various concepts of nutrition in health and in disease and addressed common concerns about nutritional value of different food groups, which oil to use, food for diabetics and the rise in obesity.

In the Physiology session, the participants witnessed a short role play followed by video shows explaining the basic concepts of vital functions of the heart and the lungs.

The teachers were given participation certificates at the valedictory function held later in the day by Poornima Baliga, Pro Vice-Chancellor of Manipal University.



## SPECIAL CORRESPONDENT

MANIPAL, JUNE 26, 2017 01:38 IST

UPDATED: JUNE 26, 2017 01:38 IST

Ullas Kamath, Dean of the college, spoke. Mohandas Rao, Head, Department of Anatomy, Kiranmai Rai, Head, Department of Physiology, and Guruprasad Rao, Head, Department of Biochemistry, were present.

Printable version | Oct 15, 2018 1:47:58 PM | <https://www.thehindu.com/news/cities/Mangalore/an-eye-opening-experience/article19146477.ece>

© The Hindu



## 18. World No Tobacco Day 30 th May 2017

### WORLD NO-TOBACCO DAY

MCOOS, Mangalore, in association with District Health & Family Welfare, Dakshina Kannada District, Mangaluru; District Tobacco Control Cell, and Dakshina Kannada, Mangaluru and District Legal Cell Authority, Mangaluru; Kasturba Medical College, Mangalore and KMC Hospitals, Mangalore organized various activities related to **World No Tobacco Day 2017** on 29th, 30th and 31st May, 2017. The Chief Guest for the valedictory programme was Shri Mallana Gowda Patil, Senior Civil Judge, and Secretary, District Legal Cell Authority. The function was presided by Dr. MR.Ravi, CEO, Zilla Panchayat, Mangaluru, Dr. Rajesh BV, District Surveillance Officer, Mangaluru; Ms. Jyoti, District Health Education Officer, DK, Mangaluru; Dr. Preetha C. Shekar, District Consultant, District Tobacco Control Cell (DTCC), District Health & Family Welfare, DK were also present on the occasion.



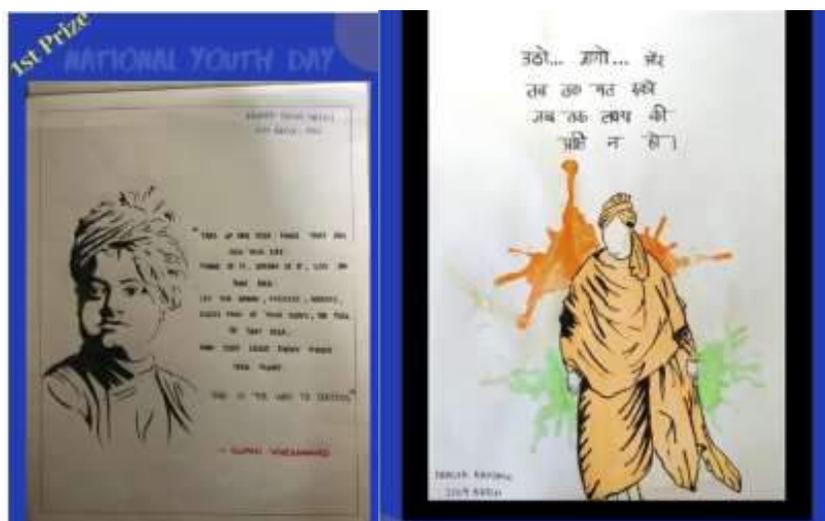
## National Youth Day

As the sun shined on 12<sup>th</sup> January, 2021, the students of MCOBS, Mangalore celebrated the same to commemorate the 158<sup>th</sup> birth anniversary of the great Indian monk Narendranath Datta, popularly known to us all as Swami Vivekananda.

Swami Ji's teachings have been of significant importance in the building of youth power and awareness and to celebrate the same Dental Students Association 2020-21 conducted virtual art and virtual poetry writing competitions. The theme for Virtual Art competition was 'Life and Time of Swami Vivekananda' and the theme for Virtual Writing Competition was 'Teachings of Swami Vivekananda'. Many students took part in these events enthusiastically.

As more and more entries were coming in, it became certain that the participants wanted to show their talents to the mass public and all the entries were put up on the college page 'Amalgamation'. At the end of the day, the results were announced. In Art, Sayeed Fathima Hassan from the batch of 2019 was conferred the First Prize whereas Pragya Kaushik, also from the batch of 2019 was awarded Second Prize. In Creative Writing, Kashish Bhardwaj from the batch of 2019 was awarded First prize and Ridhi Panwar from 2019 batch was awarded Second Prize. The prize winners were awarded gifts for the same from Dean Mam, Dr. Ashita Uppoor and pictures were clicked.

All in all the event was considered a huge success.

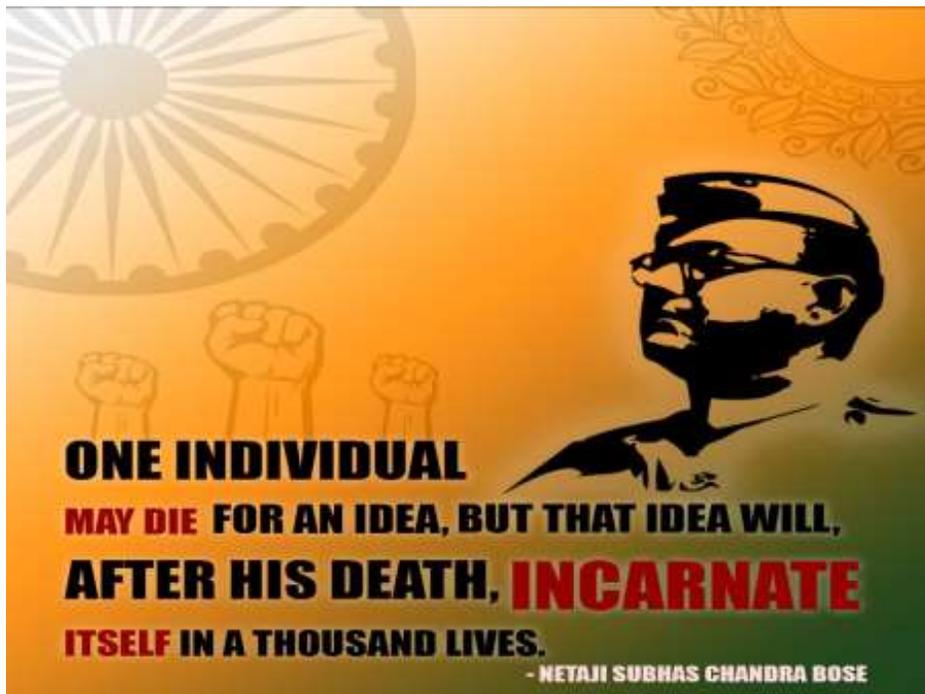


## PARAKRAM DIWAS

26<sup>th</sup> January, 2021 marks an important day in our country's history as we celebrated the 72<sup>nd</sup> Republic Day of our country. In the same way as it is celebrated all over the country, the students of our college participated enthusiastically in events organised by Dental Students Association 2020-21.

The event Sangam consisted of the following events – 'Kesari'- Online Art Competition, 'Tarang'- Online Solo Singing Competition, 'Lehar'- Online Instrumental Solo Competition and a Virtual Poster Making competition for Parakram Diwas marking the 125<sup>th</sup> birth anniversary of Netaji Subhash Chandra Bose. The events helped in showcasing the patriotic strength of the students of our college and a sense of love and respect for the nation.

Many students took part in the event and the entries kept on coming till late in the evening. After the event ended, the talents of each student were showcased on the college page



Poster by Vishesh – Batch of 2019



## National Road Safety Week

Road Safety is a very important aspect in today's lifestyle and to provide with the information to the present generation, DSA 2021 organised a Slogan writing competition to commemorate National Road Safety Week.

Participants were asked to write a slogan so as to bring in awareness the basic mistakes that can be made and to help to reduce them.

The event was conducted on 27<sup>th</sup> February 2021.

The participants were able to learn a lot about the traffic safety rules and how we can follow basic rules to prevent any mishaps.

The event was a success.



**Road Safety Tips for Drivers**

- Check your car before you drive.** Inspect your car's tyres, lights, oil, water, brake, air, gas, engine, fan, and yourself!
- Make a plan.** Give enough time to allow safety for your destination. Consider routes to take home.
- Avoid distractions.** Don't text or talk on the phone while driving. Pull over if you need to use your phone.
- Follow the two-second rule.** Once a safe leading distance of two seconds between you and the car in front of you.
- Follow traffic signals.** Proceed to stop at yellow lights and do a full stop at red lights.

**BICYCLE SAFETY**

- PROTECT YOUR HEAD.** Always wear a helmet.
- OBEY ALL TRAFFIC LAWS & LIGHTS.** Remember to follow the rules of the road. Do not drink and ride.
- ACT LIKE A CAR.** Remember to yield to the path of other vehicles. Don't weave in and out of traffic. Use your hand signals. Stay alert. Be visible. Be seen. Be safe.

**ROAD SAFETY MEASURES**

- Keep your distance.** Maintain a safe following distance of two seconds between you and the car in front of you.
- Buckle up.** Buckle up. Buckle up. Buckle up. Buckle up.
- Observe the speed limit.** The number inside the circle is the maximum speed you can drive in any given situation.
- Follow traffic signals.** Always proceed to stop at red lights and do a full stop at red lights.
- Never drink and drive.** Drinking alcohol can impair your ability to drive. Don't get on a combination seat or combine!

**EYES ON THE ROAD NOT ON YOUR PHONE**

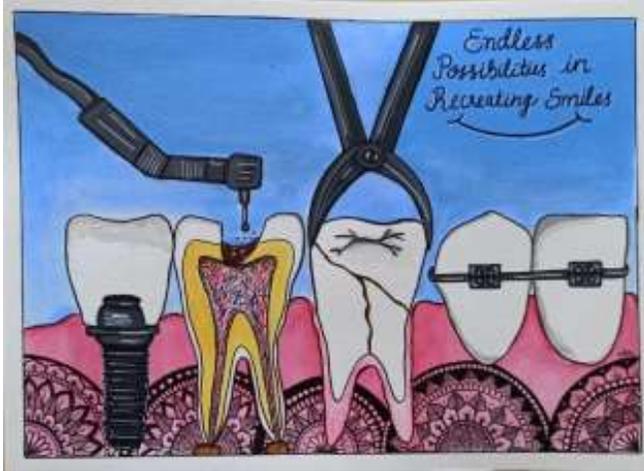
**SPEED THRILLS BUT KILLS!**

## NATIONAL DENTIST DAY

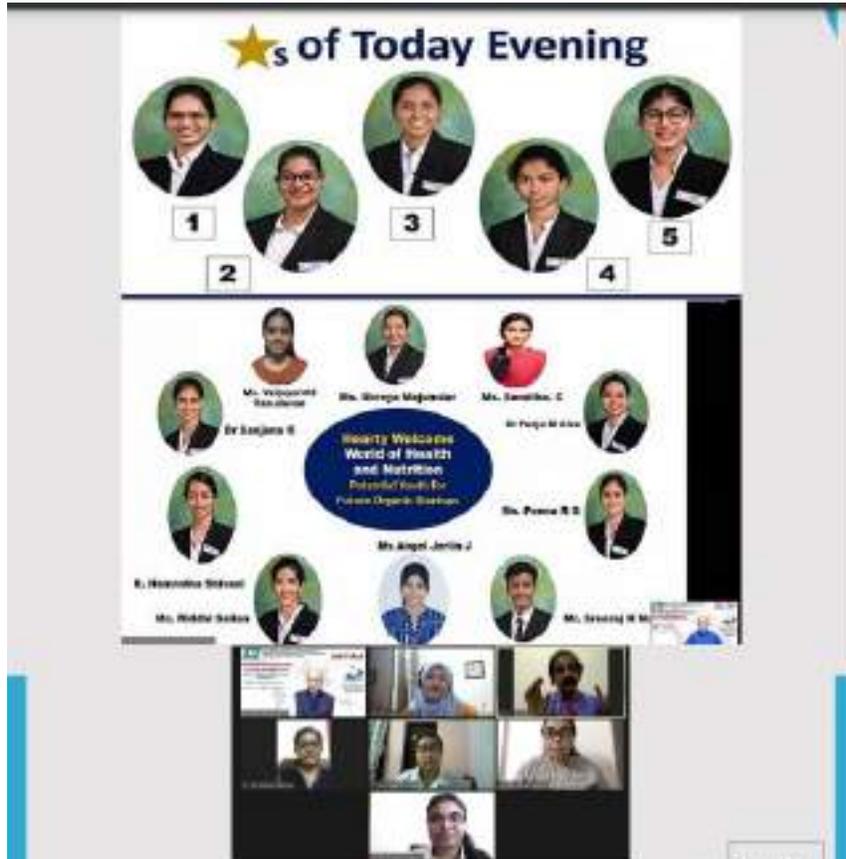
6<sup>th</sup> March of every year marks the day of recognition for all the dentists in the nation and to commemorate the dentists of our nation, DSA 2020-21 celebrated the day with their show of art and skill.

The events organised for the students included Soap Carving and Dental Art and was on the theme of Dentistry. The participants went forward with the theme and produced breath taking display of soap carvings and Dental Art. These were later presented and showcased on the College Instagram page – Amalgamation.





**NEP 2020- Empowering Education System:** 14 students from 2nd year MSc DAN and 3 from BACA, participated as panelists in a series of International Webinars organized by the International Chamber of Service Industry as a part of Making Education Relevant- Global confluence of Educators & Motivators. “NEP 2020- Empowering Education System” on 29th September 2020; Ayurveda for Global Wellness on 26th September 2020 on the occasion of World Tourism Day and NEP 2020-Implementation Strategy on 21st September 2020.



**Little Sunshines – An Artwork by Children in Sri Krishna Balanikethana, Udupi**  
**– Online Facilitation by first-year students of MSW Program, PSPH: June 15,**  
**2021**

**Event Name:** Little Sunshines – An Artwork by Children in Sri Krishna Balanikethana, Udupi – Online Facilitation by first-year students of MSW Program, PSPH.

**Venue:** Microsoft Teams.

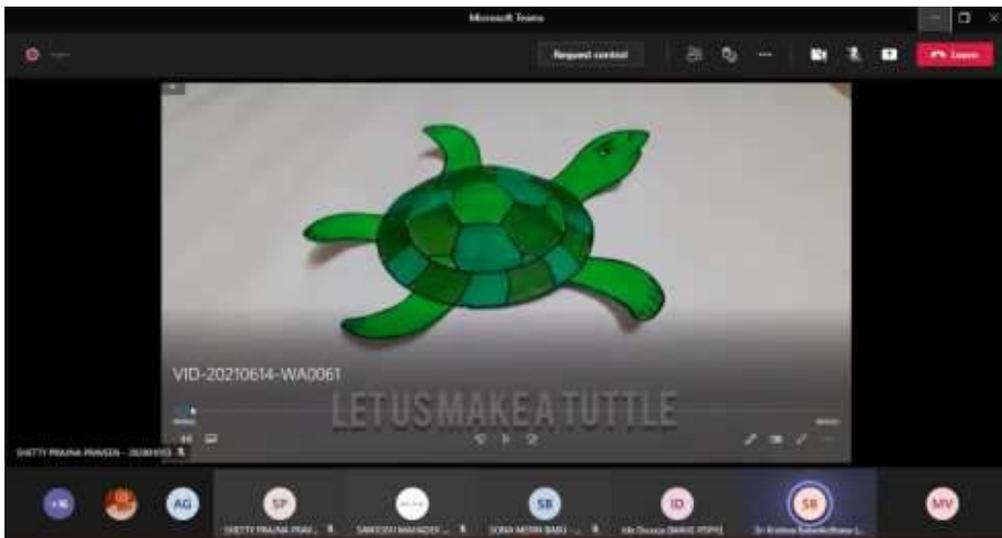
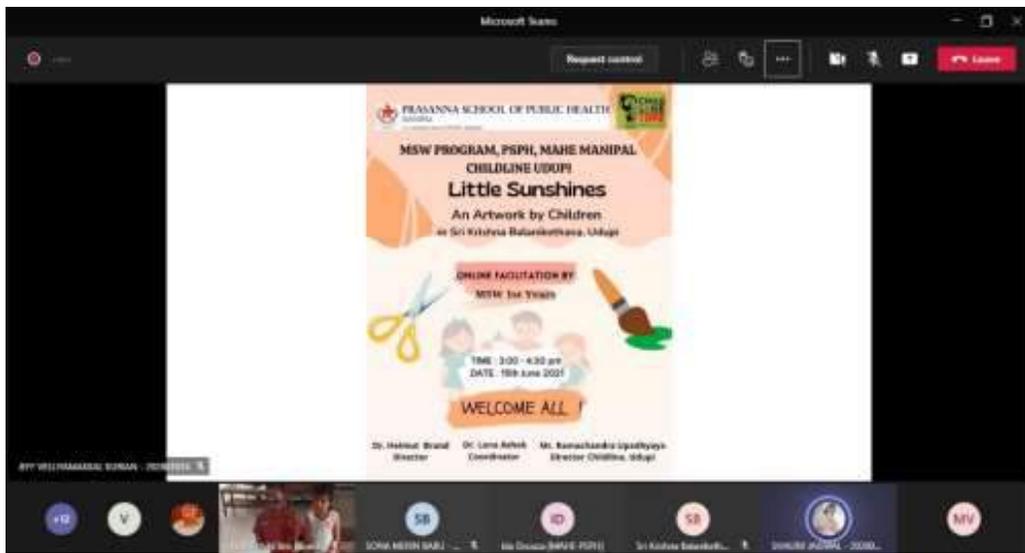
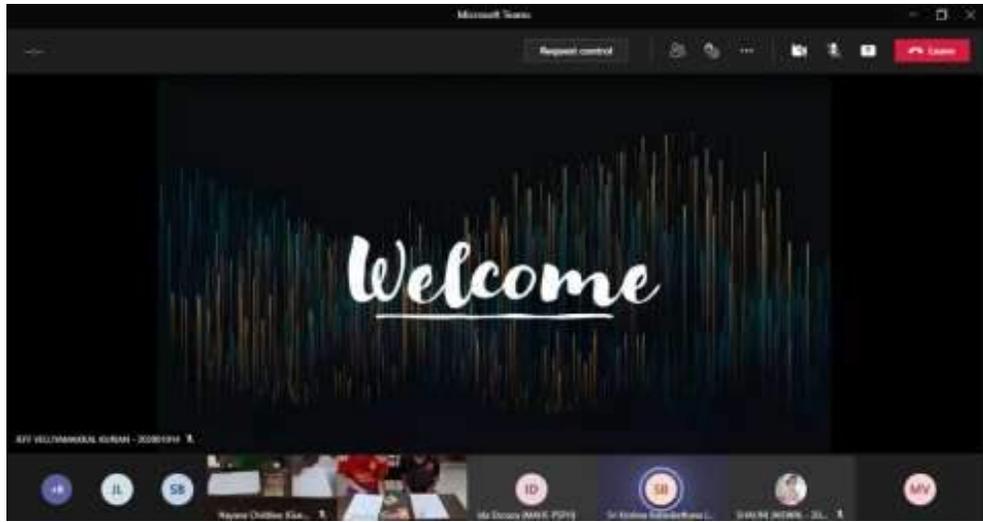
**Resource Persons:** Students, Faculty of MSW Program, Department of Global Health, PSPH.

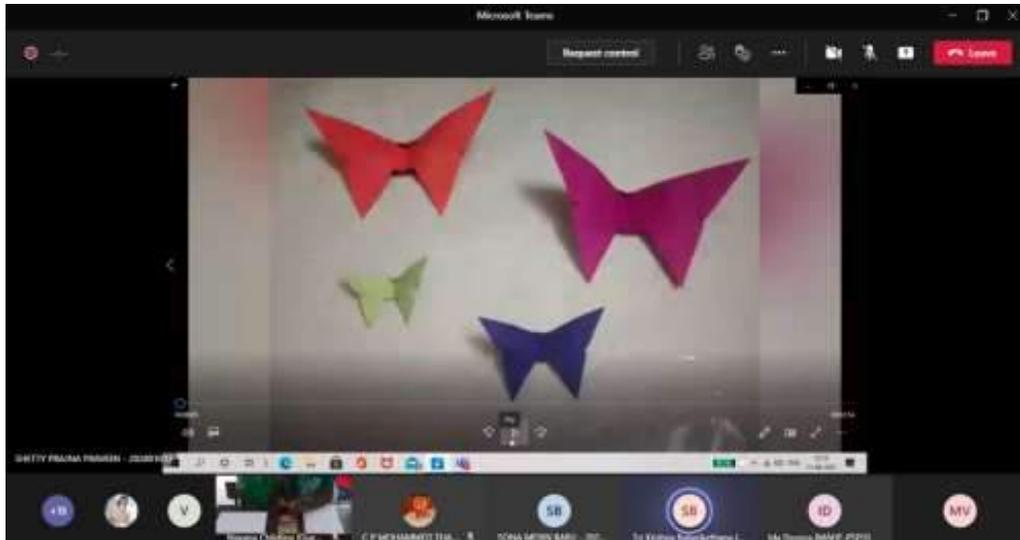
**Date:** June 15, 2021.

**Type of Program:** Virtual Event.

**Summary:**

MSW Program, Department of Global Health, Prasanna School of Public Health, MAHE, Manipal in association with Childline Udupi and Sri Krishna Balanikethana, Udupi had organized Little Sunshines – An Artwork by Children in Sri Krishna Balanikethana, Udupi – Online Facilitation by first-year students of MSW Program, PSPH through Microsoft Teams on Tuesday, June 15, 2021 (15:00 to 16:30 hours IST). During this virtual event students, faculty of MSW Program, Department of Global Health, Prasanna School of Public Health, MAHE, Manipal interacted with the children, teachers, staff of Sri Krishna Balanikethana, Udupi and they taught the children of Sri Krishna Balanikethana, Udupi many crafts and skills such as making colourful paper butterflies, colourful paper turtle. Mr Ramachandra Upadhyaya (Director, Childline Udupi), Children, Teachers, Staff of Sri Krishna Balanikethana, Udupi; Students, Faculty, Staff of Prasanna School of Public Health, MAHE, Manipal participated in the event and made it a grand success.





 **PRASANNA SCHOOL OF PUBLIC HEALTH  
MANIPAL**  
*(A constituent unit of MAHE, Manipal)*



**MSW PROGRAM, PSPH, MAHE MANIPAL  
CHILDLINE UDUPI**

# Little Sunshines

An Artwork by Children  
in Sri Krishna Balanikethana, Udupi

**ONLINE FACILITATION BY  
MSW 1st Years**

TIME : 3:00 - 4:30 pm  
DATE : 15th June 2021

**WELCOME ALL !**

Dr. Helmut Brand    Dr. Lena Ashok    Mr. Ramachandra Upadhyaya  
Director, PSPH    Coordinator MSW    Director Childline, Udupi

**Little Sunshines 2 – An Artwork by Children in Bethel Home, Udupi – Online Facilitation by first-year students of MSW Program, PSPH:**

**June 16, 2021**

**Event Name:** Little Sunshines 2 – An Artwork by Children in Bethel Home, Udupi – Online Facilitation by first-year students of MSW Program, PSPH.

**Venue:** Google Meet.

**Resource Persons:** Students, Faculty of MSW Program, Department of Global Health, PSPH.

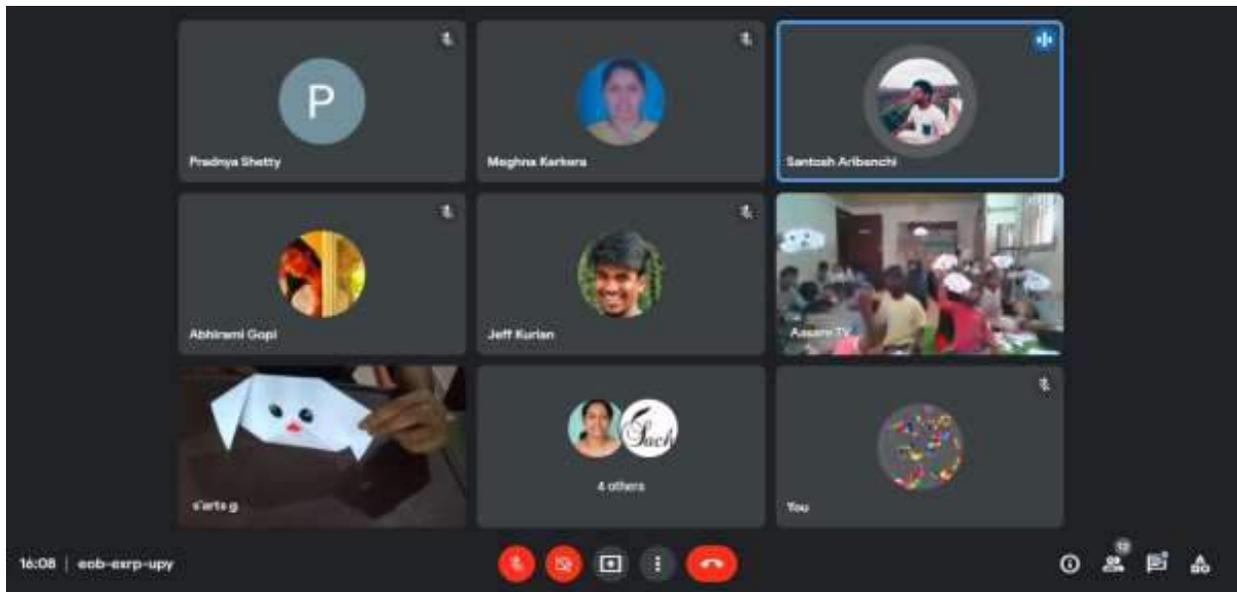
**Date:** June 16, 2021.

**Type of Program:** Virtual Event.

**Summary:**

MSW Program, Department of Global Health, Prasanna School of Public Health, MAHE, Manipal had organized Little Sunshines 2 – An Artwork by Children in Bethel Home, Udupi – Online Facilitation by first-year students of MSW Program, PSPH through Google Meet on Wednesday, June 16, 2021 (15:00 to 16:30 hours IST). During this virtual event students, faculty of MSW Program, Department of Global Health, Prasanna School of Public Health, MAHE, Manipal interacted with the children, teachers, staff of Bethel Home, Udupi and they taught the children of Bethel Home, Udupi to make colourful paper watches, to sing songs, to make colourful animal figures with paper, etc. Students, Faculty, Staff of Prasanna School of Public Health, MAHE, Manipal participated in the event and made it a grand success.





**PRASANNA SCHOOL OF PUBLIC HEALTH  
MANIPAL**  
*(A constituent unit of MAHE, Manipal)*

**MSW PROGRAM, PRASANNA SCHOOL OF PUBLIC HEALTH,  
MAHE MANIPAL**

# Little Sunshines 2

An Artwork by Children  
in Bethel Home, Udupi

**ONLINE FACILITATION BY  
MSW First Year  
Students**

TIME: 3:00 - 4:30 pm IST  
DATE: June 16, 2021

**WELCOME ALL**

**Dr. Helmut Brand**  
Director, PSPH

**Dr. Lena Ashok**  
Coordinator MSW

**Little Sunshines 3 – An Artwork by Children in Santhosh Vayanashala,  
Pannivizha, Kerala – Online Facilitation by first-year students of MSW  
Program, PSPH: June 19, 2021**

**Event Name:** Little Sunshines 3 – An Artwork by Children in Santhosh Vayanashala, Pannivizha, Kerala – Online Facilitation by first-year students of MSW Program, PSPH.

**Venue:** Google Meet.

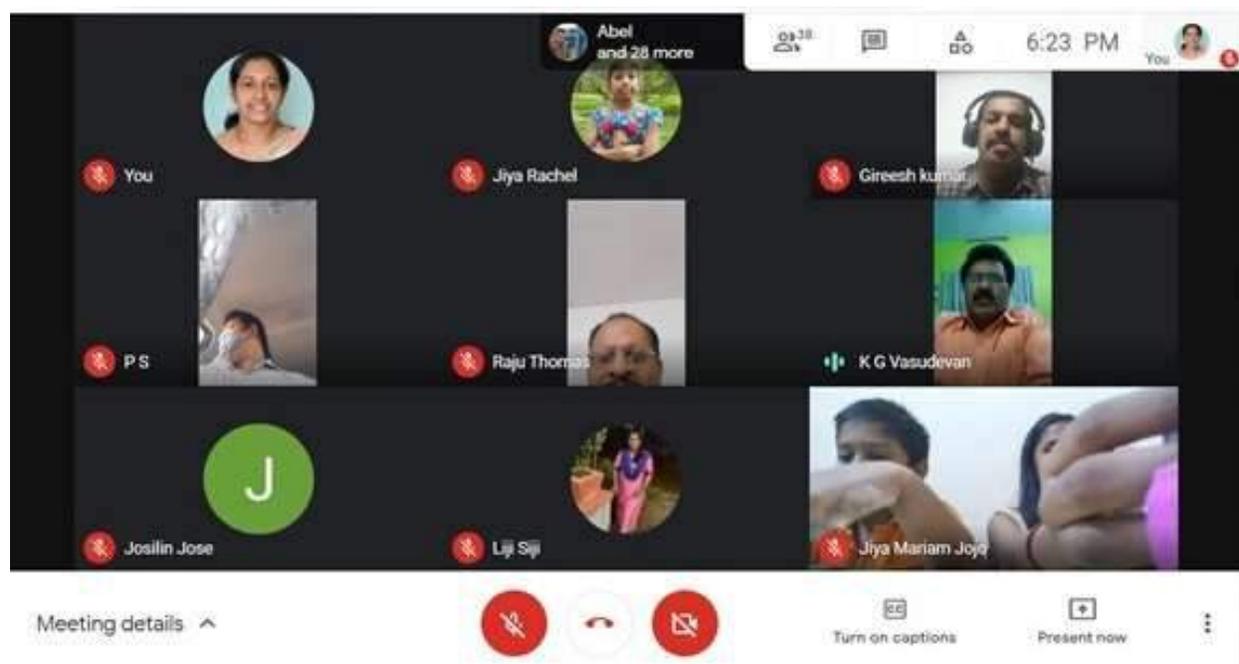
**Resource Persons:** Students, Faculty of MSW Program, Department of Global Health, PSPH.

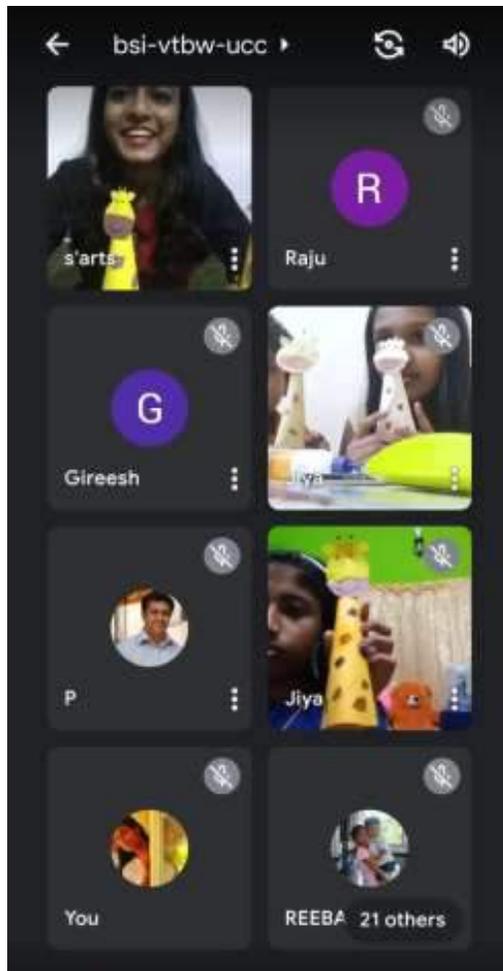
**Date:** June 19, 2021.

**Type of Program:** Virtual Event.

**Summary:**

MSW Program, Department of Global Health, Prasanna School of Public Health, MAHE, Manipal had organized Little Sunshines 3 – An Artwork by Children in Santhosh Vayanashala, Pannivizha, Kerala – Online Facilitation by first-year students of MSW Program, PSPH through Google Meet on Saturday, June 19, 2021 (18:00 to 19:00 hours IST). During this virtual event students, faculty of MSW Program, Department of Global Health, Prasanna School of Public Health, MAHE, Manipal interacted with the children, teachers, staff of Santhosh Vayanashala, Pannivizha, Kerala and they taught the children of Santhosh Vayanashala, Pannivizha, Kerala many skills and crafts. Students, Faculty, Staff of Prasanna School of Public Health, MAHE, Manipal participated in the event and made it a grand success.





 **PRASANNA SCHOOL OF PUBLIC HEALTH**  
MANIPAL  
*A constituent unit of MAHE, Manipal*

**MSW PROGRAM, PRASANNA SCHOOL OF PUBLIC HEALTH,  
MAHE MANIPAL**

## Little Sunshines 3

An Artwork by Children  
in Santhosh Vayanashala, Pannivizha

**ONLINE FACILITATION BY**  
MSW First Year  
Students

TIME: 6 :00-7:00 pm IST  
DATE: June 19, 2021

**WELCOME ALL !**

Dr. Helmut Brand  
Director, PSPH

Dr. Lena Ashok  
Coordinator MSW

## **JJ Webinar – Training Programme on Rehabilitation and Social Reintegration of Children under JJ System: June 24 and 25, 2021**

**Event Name:** JJ Webinar - Training Programme on Rehabilitation and Social Reintegration of Children under JJ System.

**Venue:** Zoom.

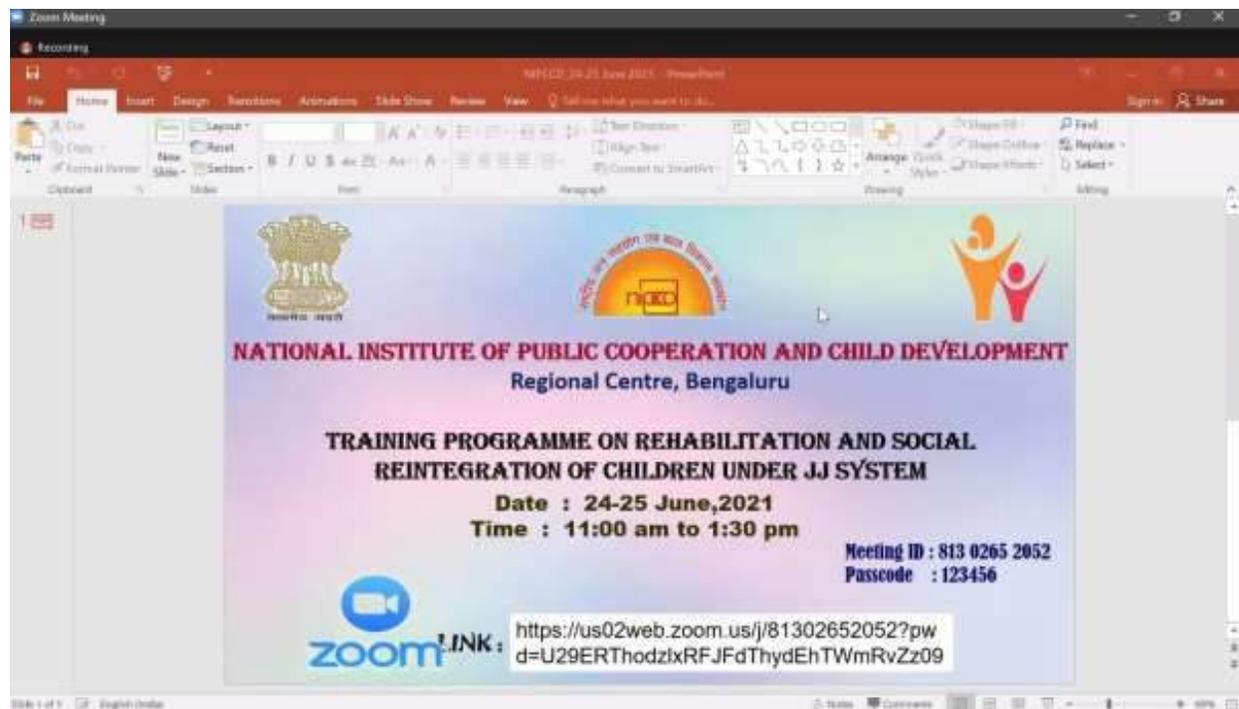
**Resource Person:** Ms Ida D'Souza (Faculty, MSW Program, Department of Global Health, PSPH) was one of the Review Committee members.

**Date:** June 24 and 25, 2021.

**Type of Program:** Virtual Event.

### **Summary:**

National Institute of Public Cooperation and Child Development, Regional Centre, Bengaluru had organized a Training Programme on Rehabilitation and Social Reintegration of Children under JJ System through Zoom on June 24 and 25, 2021 (11:00 to 13:30 hours IST). Ms Ida D'Souza (Faculty, MSW Program, Department of Global Health, PSPH) was one of the Review Committee members.



The image is a screenshot of a Zoom meeting window displaying a presentation slide. The slide features the logos of the Government of India, the National Institute of Public Cooperation and Child Development (NIPCCD), and a stylized logo of two figures. The text on the slide reads: "NATIONAL INSTITUTE OF PUBLIC COOPERATION AND CHILD DEVELOPMENT Regional Centre, Bengaluru", "TRAINING PROGRAMME ON REHABILITATION AND SOCIAL REINTEGRATION OF CHILDREN UNDER JJ SYSTEM", "Date : 24-25 June,2021", "Time : 11:00 am to 1:30 pm", "Meeting ID : 813 0265 2052", and "Passcode : 123456". A Zoom logo is in the bottom left, and a "LINK:" is followed by the URL "https://us02web.zoom.us/j/81302652052?pwd=U29ERThodzlxRFJFdThydEhTWmRvZz09". The Zoom meeting interface, including the recording indicator and toolbar, is visible at the top.

**NATIONAL INSTITUTE OF PUBLIC COOPERATION AND CHILD DEVELOPMENT**  
Regional Centre, Bengaluru

**TRAINING PROGRAMME ON REHABILITATION AND SOCIAL REINTEGRATION OF CHILDREN UNDER JJ SYSTEM**

**Date : 24-25 June, 2021**  
**Time : 11:00 am to 1:30 pm**

**Meeting ID : 813 0265 2052**  
**Passcode : 123456**

**LINK :** <https://zoom.us/j/81302652052?pwd=U29FRTbedmRFEjF6T3hkdFhTWmRyZz00>

ಅನುಬಂಧ - 1

"Training Programme on Rehabilitation and Social Re-integration of Children under JJ System" ಅಂತಿಮ, ಎರಡನೇ ಮತ್ತು ಮೂರನೇ ದಿನದ ಮಕ್ಕಳ ಕಲ್ಯಾಣ ಕಾರ್ಯಕ್ರಮದ ವಿವರಣೆ. ಅಂತಿಮವಾಗಿ, ದಿನಾಂಕದ ಮೇರೆಗೆ ದಿನ

ಕ್ರ.ಸಂ.	ಕಾರ್ಯಕ್ರಮದ ವಿವರ	ಮಕ್ಕಳ ಕಲ್ಯಾಣ ಮತ್ತು ಸಂಯೋಜನೆ	ವಿ.ವಿ.ಸಿ. ಅಧಿಕಾರಿ	ಇತರರು	ದಿನ(ಗಳ) ಸಂ.ಸಂ.	ಸಂಖ್ಯೆ
1	ಪರಿಚಯ	1	1	1	2	5
2	ಅಭಿಮತ	1	1	1	2	5
3	ಕಾರ್ಯ	1	1	1	2	5
4	ಪ್ರತಿಬಂಧ	1	1	1	2	5
5	ಅಭಿಮತ	1	1	1	2	5
6	ಅಭಿಮತ	1	1	1	2	5
7	ಕಾರ್ಯ	1	1	1	2	5
8	ಅಭಿಮತ	1	1	1	2	5
9	ಅಭಿಮತ	1	1	1	2	5
10	ಅಭಿಮತ	1	1	1	2	5
11	ಕಾರ್ಯ	-	-	-	2	2
12	ಅಭಿಮತ	-	-	-	2	2
13	ಅಭಿಮತ	-	-	-	2	2
14	ಅಭಿಮತ	-	-	-	2	2
15	ಅಭಿಮತ	-	-	-	2	2

ಸಂಖ್ಯೆ-15

## **Autism Society of Udupi – Inaugural Ceremony: April 02, 2021**

**Event Name:** Inaugural Ceremony – Autism Society of Udupi.

**Venue:** Dr A V Baliga Memorial Hospital Hall (Doddanagudde, Udupi).

**Resource Persons:** Inauguration - Dr Arun Maiya (Dean, MCHP, MAHE, Manipal), President - Dr P V Bhandary (Medical Director, Dr A V Baliga Memorial Hospital), Honorable Guests – Smt Rathna (District Disability Welfare Officer, Udupi District), Mr Elias D’Souza (Proprietor, Civitech Civil Engineering & Project Management, Udupi).

**Date:** April 02, 2021.

**Type of Program:** Inaugural Ceremony – Autism Society of Udupi.

### **Summary:**

The Inaugural Ceremony of Autism Society of Udupi was held at Dr A V Baliga Memorial Hospital Hall (Doddanagudde, Udupi). The event was held in association with the MSW Program, Department of Global Health, PSPH, MAHE, Manipal and Dr A V Baliga Memorial Hospital. Dr Arun Maiya (Dean, MCHP, MAHE, Manipal), Dr P V Bhandary (Medical Director, Dr A V Baliga Memorial Hospital), Smt Rathna (District Disability Welfare Officer, Udupi District), Mr Elias D’Souza (Proprietor, Civitech Civil Engineering & Project Management, Udupi) were present during the occasion.





OPPO F7



OPPO F7



PRASANNA SCHOOL OF PUBLIC HEALTH  
MANIPAL  
(A member institution of MAHE, Manipal)



**AUTISM SOCIETY OF UDUPI (R.)**

Society Reg. No. DRUD/SOR/18/2020-2021  
1st Floor, Regal Entry Building, Karavali Jn. Hanumanje Road, Udupi-576101  
*In association with*

MSW Program, Department of Global Health, PSPH, MAHE, Manipal

&

Dr. A. V. Baliga Memorial Hospital

*We cordially invite you for the*

**INAUGURAL CEREMONY**

on Friday, April 02, 2021 at 9:30 hours IST  
at Dr A V Baliga Memorial Hospital Hall (Doddanagudde, Udupi)

Inauguration : **Dr. Arun Mayya** (Dean, MCHP, MAHE, Manipal)

President : **Dr. P.V. Bhandary** (Medical Director,  
Dr. A V Baliga Memorial Hospital)

Honorable Guests : **Smt Rathna** (District Disability Welfare Officer,  
Udupi District)

**Mr Elias D'Souza** (Proprietor, Civitech Civil  
Engineering & Project  
Management, Udupi)

**Dr. P.V. Bhandary**  
President

**Ida D'Souza**  
Treasurer

**Simon D'Souza**  
Secretary

## **Counselling done by PSPH Faculty, Staff, Students during the Pandemic**

**Event Name:** Counselling done by PSPH faculty, staff, students during the Pandemic.

**Venue:** through internet, telephone, newspapers.

**Resource Persons:** Dr Lena Ashok (Coordinator, MSW Program, Department of Global Health; PhD Coordinator; PSPH), Ms Ida D'Souza (Faculty, MSW Program, Department of Global Health, PSPH); Ms Brayal D'Souza (Faculty, MHA Program, Department of Health Innovation; Placement Coordinator; PSPH).

**Date:** From May-2021 onwards.

**Type of Program:** Services provided for people in need during the Pandemic.

### **Summary:**

From May-2021 onwards Faculty, Staff, Students of PSPH, MAHE, Manipal were involved in Counselling activities to provide help to the people in the districts of Udupi, Dakshina Kannada



ದಾ.ನಿರೀಕ್ಷಾ ಕ್ಷೇತ್ರ	ಕೊಡಗು ಜಿಲ್ಲಾ ಆರೋಗ್ಯ ಇಲಾಖೆ	9446796429	ಅಧಿಕಾರಿ
ದಾ.ಗೌರಿ	ಮಕ್ಕಳ ಆರೋಗ್ಯ	9880406742	ಅಧಿಕಾರಿ
ದಾ.ಬಾಲ್ಯ ನಿರೀಕ್ಷಾ	COVID-19 ಅಧಿಕಾರಿ	7760093803	ಅಧಿಕಾರಿ
ದಾ.ನಿರೀಕ್ಷಾ ಕ್ಷೇತ್ರ	Forensic Medicine & ಕೊಡಗು ಜಿಲ್ಲಾ ಆರೋಗ್ಯ ಇಲಾಖೆ	9845240393	ಅಧಿಕಾರಿ
ದಾ.ರೋಗ ಅಧಿಕಾರಿ	ಅಧಿಕಾರಿ ಮತ್ತು ಸಾರ್ವಜನಿಕ ಆರೋಗ್ಯ	9448984732	ಅಧಿಕಾರಿ
ಬಾಲ್ಯ ನಿರೀಕ್ಷಾ	ಅಧಿಕಾರಿ ಮತ್ತು ಸಾರ್ವಜನಿಕ ಆರೋಗ್ಯ	9900405393	ಅಧಿಕಾರಿ
ದಾ.ಅಧಿಕಾರಿ ಅಧಿಕಾರಿ	ಕೊಡಗು ಜಿಲ್ಲಾ ಆರೋಗ್ಯ ಇಲಾಖೆ	8147840092	ಅಧಿಕಾರಿ
ದಾ.ನಿರೀಕ್ಷಾ ಕ್ಷೇತ್ರ	ಕೊಡಗು ಜಿಲ್ಲಾ ಆರೋಗ್ಯ ಇಲಾಖೆ	9844773573	ಅಧಿಕಾರಿ



## **Grocery distribution by PSPH Faculty, Staff, Students during the Pandemic**

**Event Name:** Grocery distribution by PSPH faculty, staff, students during the Pandemic.

**Venue:** Coordination through the internet, telephone. Grocery distribution was done with the help of NGOs in Canada through Amazon to the people in need in Udupi, Dakshina Kannada districts.

**Resource Persons:** Dr Lena Ashok (Coordinator, MSW Program, Department of Global Health; PhD Coordinator; PSPH), Ms Ida D’Souza (Faculty, MSW Program, Department of Global Health, PSPH); Ms Brayal D’Souza (Faculty, MHA Program, Department of Health Innovation; Placement Coordinator; PSPH).

**Date:** From May-2021 onwards.

**Type of Program:** Services provided for people in need during the Pandemic.

### **Summary:**

From May-2021 onwards Faculty, Staff, Students of PSPH, MAHE, Manipal were involved in grocery distribution to the people in need in the districts of Udupi, Dakshina Kannada during the Pandemic. Dr Lena Ashok (Coordinator, MSW Program, Department of Global Health; PhD Coordinator; PSPH), Ms Ida D’Souza (Faculty, MSW Program, Department of Global Health, PSPH); Ms Brayal D’Souza (Faculty, MHA Program, Department of Health Innovation; Placement Coordinator; PSPH) played a very important role in providing vital services for the people in need, people suffering from diseases during the Covid situation.

NGOs in Canada had provided funds (money) to distribute grocery among the people in need, they were involved in the distribution of grocery through Amazon to the people in need, people suffering from diseases in the districts of Udupi, Dakshina Kannada.







## **Aid provided by PSPH Faculty, Staff, Students for Tauktae Cyclone affected people during the Pandemic**

**Event Name:** Aid provided by PSPH Faculty, Staff, Students for Tauktae Cyclone affected people during the Pandemic.

**Venue:** Coordination through the internet, telephone. Essentials distributed among the Tauktae Cyclone affected people in the districts of Udupi, Dakshina Kannada with the help of NGOs (Goonj, Padi Valored).

**Resource Persons:** Dr Lena Ashok (Coordinator, MSW Program, Department of Global Health; PhD Coordinator; PSPH), Ms Ida D'Souza (Faculty, MSW Program, Department of Global Health, PSPH); Ms Brayal D'Souza (Faculty, MHA Program, Department of Health Innovation; Placement Coordinator; PSPH).

**Date:** From May-2021 onwards.

**Type of Program:** Services provided for people in need during the Pandemic.

### **Summary:**

From May-2021 onwards Faculty, Staff, Students of PSPH, MAHE, Manipal were involved in a lot of activities to provide aid to the people in the districts of Udupi, Dakshina Kannada during the Pandemic who were affected by Tauktae Cyclone. Dr Lena Ashok (Coordinator, MSW Program, Department of Global Health; PhD Coordinator; PSPH), Ms Ida D'Souza (Faculty, MSW Program, Department of Global Health, PSPH); Ms Brayal D'Souza (Faculty, MHA Program, Department of Health Innovation; Placement Coordinator; PSPH) played a very important role in providing vital services for the people in need, people suffering from diseases during the Covid situation.

Essentials such as groceries, bedsheets, carpets, etc were distributed with the help of NGOs (Goonj, Padi Valored) among the people in need in the districts of Udupi, Dakshina Kannada who were affected by Tauktae Cyclone.



