

LIFE SKILLS

B. PHYSICAL

FITNESS/HEALTH &

HYGIENE

ACADEMIC

YEAR

2022-23

EDUCATION SOCIETY'S
ORIENTAL COLLEGE OF PHARMACY

(P.C.I, D.T.E., Affiliated to University of Mumbai & Certified by ISO 9001:2015)



To,
The Principal Ma'am,
Oriental College Of Pharmacy,
Sanpada, Navi Mumbai.

Subject: Request for Sanctioning Fund of "PHO 2022-2023"

Respected Ma'am,

We the Committee members of PHO are requesting you to grant us the amount of Rs.10,000/- so that we can start with the campaigns for academic year 2022-2023.

Budget Details:

Sr No	Tentative Dates	Event	Budget
1	27 th June	First Aid (Poster making)	100
2	8 th July	Tree Plantation & ORS Camp	500
3	31 st July	Give Kids A Smile Day	2000
4	11 th August	Blood Donation Camp	2000
5	17 th August	Eye Checkup Camp	1000
6	15 th September	Global Handwashing Day	500
7	25 th September	World Pharmacy Day	1000
8	15 th October	Yoga Day	2000
9	23 rd October	Menstrual Hygiene/Fire Camp	1000

Dr. (Mrs.) Sudha Rathod
Principal

Mr. Binith Raj
PHO-In charge

Mr. Shumayel Ansari
PHO Head



Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

Plot No 3,4,5, Sector - 2, Near Sanpada Railway Station, Sanpada, Navi Mumbai - 400705.
Tel. : 022 27758715 / 27752213 / 27751116 • E-mail : principal@ocn.edu.in • Website : www.ocn.edu.in

ORIENTAL EDUCATION SOCIETY'S
ORIENTAL COLLEGE OF PHARMACY

(Approved by AICTE, PCI, D.T.E., Affiliated to University of Mumbai & Certified by ISO 9001:2008)



DATE:19-10-2022.

To,
The Principal
Dr. (Mrs.) Sudha Rathod
Oriental Education Society.

SUBJECT: Permission letter for conducting Health campaign

RESPECTED MADAM,

I Binith Raj, Assistant Professor, Pharmacology department of Pharmacy, OCP it is to bring in your concern that the PUBLIC HEALTH OFFICE (PHO) committee of oriental college of pharmacy is conducting Health campaign on 22-10-22 FRIDAY for the faculties/ staff as well as for the students in association with NATURE FIT which is absolutely free of cost.

FACILITIES PROVIDED:

- EYE CHECK UP
- BLOOD CHECK UP

Objective:

- To create awareness about preventive health check ups
- To provide initial care to peoples in various medical conditions which reflects the unique strengths and goal of medical ethics

It is my humble request to grant me the permission for the same

Thanking you,

BINITH RAJ

Asst.Prof Pharmacology

IPA/PHO INCHARGE



PRINCIPAL,

DR.(MRS) SUDHA RATHOD

Oriental college of pharmacy

S. Rathod
20/10/22

Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
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Tel: 27758715/ 27752213 /27751116
E-Mail: admin@ocp.edu.in Website: www.ocp.edu.in



NATURE FIT™

Office Address: 801/ A Wing BSEL Tech Park, Sector 30 A, Vashi, Navi Mumbai - 400703.
[Opposite Vashi Railway Station, Next to Reliance Digital]
Website: www.naturefit.in/ Contact: +91 89769 46802/04

TO WHOM IT MAY CONCERN

Subject: Health Camp by Nature Fit. |AYUSH PRACTITIONERS|

Respected Sir / Madam,
Greetings from NatureFit!

We wish to conduct a **natural healing health camp** at your "premises /residential complex / campus/ institutions/banquet" with clear focus on preventive healing and holistic health.

Naturefit is on a mission to make "Our Indian" ancient medical system of medicine and healing to be more accessible and available to all our citizen & globally.

As a part of the camp, we will conduct complete mind & body analysis.

E.g.

1. BP
2. Diabetic / Pre-Diabetic
3. BMI - Fat Percentage Analysis
4. Stress Test
5. Prakriti Analysis -[Vata /Khapa /Pitta] body type and suggest diet /lifestyle person to person.

We will be having **Ayurved /Homeopathy /Yoga/ Dietician/ Unani** consultations by expert doctors.[any of the given experts]. And their consultations fees are anywhere from Rs.500 to Rs.3000.

But **we will be conducting at free of cost.**


So, there is a bigger objective of this camp to get natural healing to your doorstep and being a start-up, we appreciate all your support and **exempt us for charges for the same.**

Kindly give your consent for the same, so that we would take pre booking for the camp to avoid queue /waiting time.

Thanks & Regards,

Naturefit




Dr. (Mrs.) Sudha Rathod
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It's a Computer Generated doesn't need signature / stamp

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DATE:19-10-2022

NOTICE
TEACHING/NON-TEACHING

It is to bring in your concern that **PHO Committee** in association with **Nature Fit** is organizing Health and Wellness Camp for Teaching Non-teaching & Students.

Consultant doctors are from field of Ayurveda, Homeopathy & yoga. It is a kind requested to give your presence (10-15 Minutes) for free health checkup which includes **BMI, BLOOD PRESSURE, BLOOD SUGAR LEVEL & EYE TEST.**

Note: - There would be no allopathy advisors.

Venue: Ground floor, Seminar Hall,


21st October 2022, 10 am – 5 pm


Binith Raj,

Asst.Prof Pharmacology


IPA/PHO in charge




Principal,

Dr. (Mrs.) Sudha Rathod

Oriental college of pharmacy


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E-Mail: admin@ocp.edu.in Website: www.ocp.edu.in



NATURAL HEALING HEALTH CAMP 2022

DOCTOR AT YOUR DOOR STEP



Dr. Jayashri Madhekar

(Ayurveda -
Pain Management)



Dr. Pragati Jagtap

(Ayurved and panchkarma,
Diabetes, thyroid,
Gynaec)



Dr. Rupa Upadhyay

(Homeopathy
Speciality - Skin and hair
MD Homocopathy)



Dr. Leena Suryawanshi

(Homeopathy
Speciality in skin disease,
infertility, PCOD)



Date: 21st Oct.
10 AM - 05 PM



Venue:
Sanpada (West)

Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
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Sanpada, Navi Mumbai

Join Us

www.naturefit.in

+91 8976946802/04

Name	Mob	Age	Ht	Wt	Bmi	Dr.	Remark
1. Sabim Phanse	9022102582	41	70.3	152.53	153.65, 24.6, 28		U.D.C.
2. Dr. Samant V.	9876208611	41	91.9	157.62	140.2, 37.5, 43.9		U.D.C.
3. Jhifika Singh	6291121012	31	111.7	121.2	30.3, 32, 38		U.D.C.
4. Dr. Neenu Ganesh	814222101	32	127.4	112.35	11.2, 38.7, 20.7, 41.8		U.D.C.
5. Animesh	9766390560	14	81.3	58.14	39, 36, 42		Noncofatory
6. Rohit	7228150281	20	61.9	54	13.5, 32		Eye Checkup
7. Ashutosh	9130255651	20	75	51, 12.7	35.5		Eye Checkup Glucose Blood Test
8. Sangeet pujan	9861348819	20	56.1	5.10, 13	29.2, 35.2		
9. Anup Shetty	8104604026	17	Height	5.16			
10. Nishkanta Shinde	7094297080	20					
11. P. Balgauri Vaitly	8878925605	19	66.5	13, 35, 39, 41			
12. Sarma Shinde	8169610616	23	52.9	5.12, 24	29.9, 34.5		
13. Pooja Singh	5594932729	27	92.7	6.14	41.2, 37.5, 40.2		
14. Ravindra Mishra	9930470893	30	50.5	56.5, 15.2	42.2, 43.5, 50.8		
15. Kadam Vishwas	9025256013	34	70.5	58.8	13.6		
16. Khan Rana Anjum	9831686717	23	71				

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Name	Phone	Age	B.M.T	Remark
17) Prayanka Sontakde	Mumbai 99224194146	23		
18) Irfan Khan	9773437853	28	31.5, 5.5, 15, 39.5, 39.4, 12	
19) Sing Chandrakala	9702220893	35		
20) Rashmi Mangi	8528408732	23	9, 5.25, 13.8, 44, 38, 46.7	
21) Hemant Kamble	8591248350	70	46.6, 5.1, 13, 31.5, 29, 32.4	
22) Shekh Zafreen	8828750093	35	50, 51.9, 14, 40.9, 38, 45	
23) Parvadevi Lingam	9890391884	45	49.4, 4.85, 11.5, 32.8, 29.5, 36	
24) Rupali Sakpal	91675825158	49	97, 51, 13	
25) Vijak Gangurd	82564743026	50		
26) Satish Sudam Gairkard	9928459528	50	62.6, 5.5, 14, 34.8, 27, 37.5	
27) Mujawar Shabana	9763734713	40	49.5, 11.2, 30, 27.2, 35.2	
28) Dr. Sangeeta	9320673338	41	M. 68.1, H. 5.3, N. 134 C = 38.5 W. 36.	
29) Prof. Tejal Nikam	8611036329	30	M. 72.7 H. 5.22 N. 124 C = 37.7 W. 34.9 H. 125	
30) Dr. Pratima Patil				
31) Ms. Saric Acharya	9967096079	28	64.5 52.5, 12.8, 37, 31.5, 140	
32) Ms. Kuanruli M.	9892991561	26	62.6, 5.9, 13, 30.4, 31.4, 34.5	

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Name	Phone Number	Age	B.M.T	Doctor	Remarks
33. Dr. Amjand Ali	9821556563	43		92.5.5.6.17.5.44.47.425	All checkup
34. Varsha Patel	9223318336	56	82.7, 91.7, 12, 32.8, 31, 36.5		
35. Aparajita Patel	9816681961	32	50.6, 51.0, 11.1, 30.6, 25.1, 33.6		
36. Di. Kuchawani	951019944	33	61.6, 51.5, 12, 24.3, 28.3, 39		
37. Khushi Gupta	908208229	18			Eye checkup
38. Ramchandra Kale	9930277970	36	84, 57, 14.5, 38.35, 51.4		
39. Srushta Gaikwad	9819561541	55	65.5, 51.3, 1, 38.3, 36.2, 40.8		
40. Baburao Shinde	8850077912	62	62.8, 51.23, 14.8, 36.1, 34		
41. Inamrao Chavus	1273796888	39	71.4, 51, 14, 36.2, 39		
42. Nishal Chaudhary	8779564499	18	62.4, 51.5, 13.2, 28, 37.2, 35.5, 39		Blood test, Eye eye checkup
43. Rambhadr Pal	7400330641	45	66.7, 55.5, 13.2, 34, 37, 36		
44. Pooja Anant	4821898593	20	43.2, 51.7, 11, 30.5, 24.8, 35.1		DDC, Hemoglobin, Eye checkup
45. Umam Anant	9601102022	20	78.5, 48, 14, 39.5, 36.40		
46. Pooja Chaudhary	5998469135	19	43.5, 51, 11, 30.1, 28.3, 35		
47. Aksha Anant	9152976316	20	46.8, 51, 11, 29.8, 26.4, 34.3		

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Name	Phone Number	Age	BMI	Doctor	Remarks
48. Muskan	9451911930	40	72.5, 41, 12.5, 44.38, 1.46		Eye checkup, BMI
49. Saugata Kamle	97022173964	45	54.2, 44, 10, 12, 35.5, 131.5, 39.7		
50. Anushka Jha	7039580055	30	62.6, 5.2, 13, 21.7, 27.5, 37.2		
51. Pooja Tiwari	8425941777	30	62.2, 5.3, 12, 26.8, 30, 36.8		
52. Kishor Datta	9930058220	29	59.1, 5.09, 12.5, 13.5, 33, 33.3		Eye checkup, BMI, Anand
53. Sarash Nikam	859119620	47			
54. Kamal Bhande	9870621125	18	52.4, 4.9, 13, 34.5, 27.5, 37		Eye checkup
55. Jisha Jais Panda	8758582223	19	42.1, 5.2, 11, 28, 22.8, 34.2		Eye checkup, BMI, Anand
56. Manali Panda	9920742770	19	56.8, 5.25, 12.5, 34, 30, 38		Eye checkup
57. Nisha Bhande	8693803409	19	51.2, 4.5, 11, 33.9, 28.5, 36.5		Skin checkup
58. Sparsh Pisal	8097980406	17	56.3, 5.1, 11.5, 32, 27.7, 33.5		
59. Sayyad Samir	9657314709	20	44.9, 5.1, 11, 29.5, 24.5, 36.5		
60. Kitan Sabirani	9221060519	20	45.5, 4.1, 10.5, 11.5, 30, 25.5, 31.8		Eye check, BMI, Manfall

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Name	Age	Placeno	Age	BMI	Doctor	Remarks
61. Suresh Patil	41	9321752747	46.5	4, 12, 30.5, 25, 13.5		BMI
62. Manoj Fernandes	65	9221940142	67.8	5, 12, 3, 38, 35, 42		BMI
63. Ajay Sathian	20	9136230602	34.9	5, 17, 11, 27, 5, 21, 5, 20		BMI
64. Animesh Singh	19	7738263613	72.7	5, 6, 4, 14, 34, 9, 33, 3, 39		Eye checkup
65. Dina Shakti	27	7715885193	61.1	4, 11, 13, 5, 25, 5, 32, 29, 9		Eye checkup, VD, Amsak, HbA1c, etc.
66. Vaibhav Vastak	44	9930400520	59	5, 5, 35, 13, 8, 37, 35, 43, 5		Eye checkup, Blood test
67. Sachana Mubaree	42	99817922441				BMI
68. Suphna Rathod			70.5	12, 33.5, 37, 43, 8		BMI
69. Vansha Kanase	53	9574973467	110.5	11, 15, 52, 5, 8, 1, 57		All checkups
70. Tejal Dhanraj	45	9323851752	80.5	4, 15, 14, 2, 38, 37, 42, 8		All checkups
71. Tansu Yadav	27	8025966118	53.4	5, 12, 2, 34, 23, 37, 5		All
72. Pradeep Surve	55	8697237547	61.1	5, 1, 15, 35, 5, 37, 36		B.P. Eye checkup
73. Ruchi Yadav	19	7304306007	46.7	5, 4, 5, 11, 6, 9, 8, 25, 36, 5		B.P. Homeopathy
74. Heena Mulla	31	8928519141	57.5	2, 7, 11, 9, 33, 28, 5, 40		All checkup
75. Dr. Sayyed Mateen	40	9923167787	82.0	5, 11, 15, 42, 38, 40		All checkup



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Name	Phone Number	Age	BMI	Doctor	Remarks
36. D. Mayurak Pandey	228312383	18	61.8, 5.79, 14, 34, 39.36		Eyecheckup
77. Khushi Chaudhary	910309607	8.19			Eye checkup
78. Sushila T. Barsode	9102663584	40	60.5, 35, 12, 34.4, 38, 40.5		eye checkup BMI, B.P
79. Parshana Kadam	8652463081	43	44.6, 41.1, 12.32, 36.8, 34.5		BMI, B.P, eye checkup
80. Sachin Doraje	7304144457	34	64.5, 56, 14.9, 37, 38, 39.5		BMI, B.P, eyecheckup
81. Enayat Karim	96643132149	28	13.3, 5.1, 15, 37.1, 38.6, 38.3		BMI, B.P, eyecheckup
82. Nivru Saipure	5689810266	50	84.2, 51, 16.5, 41, 43, 41		BMI, B.P, eyecheckup
83. Sandesh Mohur	9930363412	40	48.5, 5.5, 12, 30, 31, 33		BMI, B.P, eyecheckup
84. Vidya Joshi	8869831751	31	36.2, 41.1, 11, 26.5, 23, 29		BMI, B.P, eyecheckup
85. Shubangi Phadtare	8237930580	24	40.1, 4.11, 11, 30, 29, 31		BMI, B.P, eyecheckup
86. Ravi Shinde	7666771092	31	58.5, 5.47, 14.5, 35.5, 32.45		BMI, B.P, eyecheckup
87. Aarth Shigwan	8356648380	31	50.1, 5.85, 12, 31, 28.5, 35.9		BMI, B.P, eyecheckup
88. Sangheta Mahalik	9326253096	41	51.6, 4.13, 12, 33.6, 32.1, 38.2		BMI, B.P, eyecheckup
89. HN Gite	8652376866	50	76.5, 5.35, 15.5, 39, 42.5, 40.5		eye checkup
90. Fardeen Ansari	8828194863	20	70.6, 5.7, 14, 37, 33, 38		eye checkup
91. Rukshana Parkar	7138785970	53	63.4, 14.9, 13, 13.8, 36.5, 38, 44.8		eye checkup



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Name	Phone Number	Age	BMI	Doctor
92 Vidya Chand	910523752111	19	35.4, 5.17, 12.33, 29.33	Pr. Manik
93 Isha Shrivastava	9850561151	19	56.3, 5.91, 11.5, 32, 27.9, 41.5	
94 Sneekshi Jain	9324713943	19	55.4, 5.55, 11.5, 33.327 36.5	
95 Anuja Shaikh	8108534217	29	64.4, 5.25, 12, 36.03, 32.12	
96 Hena Rajput	8505462313	25	47.1, 5.19, 11.4, 28.1, 29.5, 33.6	Aravind's, B.M.I. Eye checkup
97 Suraj maddye	8819498834	24	67.5, 37, 14.5, 38, 33.39	B.M.I., eye check
98 Jyandeep murcheyee	7506288901	20	57, 5.13, 13.8, 33.9, 29.5, 35.6	Blood test, B.M.I.
989 Safia Shaikh	7208181905	22	49.5, 2, 12, 29.2, 25, 35.5	B.M.I.
99100 Shaikh Shaheem	9930626786	22	58.4, 7.3, 12, 34.5, 30.5, 35.9	Blood test, B.M.I. Eye checkup
100101 Kiran Sapre	8126252172	27	65.4, 11, 12, 1, 36.5, 36, 44.8	B.M.I., eye check
101102 Rishika Singh	9137309445	20	83, 5, 34, 12, 32.5, 25, 37	B.M.I.
102103 Rabreen Manu	8528415961	19	45.5, 1, 10.7, 32.9, 35, 45	(A1)
103104 Adva Khan	9136579135	19		(A1)
104105 Siddhi Purohit	8154222506	20	54, 4, 11.5, 12, 34.7, 31.137	Eye check Blood test
105106 Manvendra Desai	8928151096	20		(A1)
106107 Anandita Kamani	9969167117	19	74.7, 35, 11.2, 1, 36.5, 32.44	



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108.	Nandita Parodi	9221038995	19	99.4, 41.11, 11.6, 130.1, 25.5, 137	All
109.	Shamshi Pithani	84671108453	19	60.4, 3.25, 11.9, 24.2, 22.34	All except U.S.
110	Swadellia Chawan	83696231751	23	40.8, 14.8, 11.2, 9.2, 12.3, 13.5	BMI
111	Pardeepa Nigale	9190015024	21	62.2, 41.74, 12.9, 27.7, 30.5, 105	BMI, Body Circumf
112	Shweta Sherkh	7208715757	31	67.2, 51.27, 12.6, 36.6, 34.1, 42	All
113	Vishnu Singh	44448885110118	19	60.8, 51.9, 14.23, 27.136	BMI, eye checkup
114	Ayush Singh	888871018	19	61.5, 10.36, 29.37.5	BMI eye checkup
115	Om Singh	888871018	19	77.9, 15.3, 10.6, 38, 32.8, 42	BMI eye checkup
116	Mukesh Sanyal	9082010098	26	49.5, 15.4, 12.30, 30.8, 32.5	Diagnosis
117	Manjushree Singh	9137184496	18	54.9, 5.6, 11.5, 32, 26, 35	
118.	Rajni Singh	7869711204	18	72.1, 5.5, 15.5, 32, 37.5, 40.5	BMI, Hypertension
119	Shruti Garhat	8108652962	26	54.2, 15.2, 12.1, 34, 28.3, 36	Blood test, BMI
120	Sybil Wable	8425515275	19	48.1 54.3, 11.2, 9.8, 24.3, 37	BMI, Hypertension
121	Sanyasa	8425522275	19		Diagnosis
122	Sansara	7892554428	25		Diagnosis
123	Nagima Khan	8693004806	27	62.8, 15.24, 12.1, 35, 29	Blood test, eye checkup
				33.7	Blood test, eye checkup



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124. Sameer Shaikh	8828547015	Age	25	58.5, 53, 117, 27.5, 23.8, 31	Eye, checkup Hear test, Stacc
125. Khana Tarba	995092460	Age	24	55.5, 55, 112, 27, 37.8	Eye, Blood test, Bmi
126. Gany Mathias	5652125177	Age	28	42, 44, 11, 12, 23, 33	Eye, clear test, Blood test
127. Anup Chougare	7738776093	Age	19	58, 15, 97, 16, 40, 36, 11.2	Eye, Bmi
128. Sneha Gupta	71031062469	Age	21	56.6, 57, 13, 33, 30, 9, 7, 34	Eye, Bmi
129. Abhishek Choudhary	7738546630	Age	19		Eye, Bmi, Blos -251
130. Smit Yadav	7977774139	Age	18	79, 3, 5, 75, 14, 8, 28, 25, 6, 29.5	Bmi, eye, Blos
131. Vignesh	89289684534	Age	20		Eye, checkup
132. Parash Girdi	8329039108	Age	18		Bmi
133. Smit Mishra	778987748	Age	19	49.6, 55, 59, 13, 34, 26, 33, 31	Eye, checkup
134. Rohit Gupta	97024487147	Age	20		Eye, checkup
135. Sneha Gupta	9097742172	Age	20		Eye, checkup
136. Saugandha Khavet	8536346925	Age	19		Bmi, eye Bmi, eye
137. Nishesh Saw	88506281756	Age	19	70.6, 57, 13, 3, 35, 21, 39	Eye, checkup
137. Sanjeet	990076713	Age	24		Eye, checkup

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UDC DIAGNOSTICS PVT LTD

SR. NO	NAME	AGE	SEX	MOBILE NO	ADHAR/ PASSPORT NO
1	Dhreshwari Kacham	13	F	8652463081	PBS Colestorol
2	Shubhamgi Patil ^{Shinde}	24	F	9126858886	PBS Colestorol
3	Rutika Prakash	53	F	7188785970	PBS Colestorol
4	Aarati Shikaram	21	F	8356019380	PBS Colestorol
5	Mehar Rajput	29	F	8866882846	PBS Colestorol
6	Srusaf Madhve	24	M	8879448834	PBS Colestorol
7	Vishal Shinde	10	M	3657232035	PBS Colestorol
8	Shravanji Rajput	19	F	9767603453	PBS Colestorol
9	Amulfa Shaikh	30	F	8106520217	PBS Colestorol
10	Ridhi Rajput	20	F	8454033526	PBS Colestorol
11	Shaikha Shaikh	31	F	7208715157	PBS Colestorol, Vitamin D and P12
12	Jaydeep Murchanjan	20	M	7506288901	PBS Colestorol
13	Shabnam Shaikh	22	F	4930626786	PBS Colestorol
14	Ferohat Shaikh	26	F	8108652962	PBS Colestorol
15	Raju Singh	48	M	7869271209	PBS Colestorol (0321529274)
16	Ritika Rajput	20	F	4137708445	PBS Colestorol
17	Prabha Icham	27	F	4130933460	PBS Colestorol
18					
19					
20					

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Handwritten note: *Handwritten text, possibly a signature or initials.*

Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.




UDC DIAGNOSTICS PVT LTD

SR. NO	NAME	AGE	SEX	MOBILE NO	ADHAR/ PASSPORT NO
1	Dr. Jyoti Tibadi	34	F	8425911777	RBS, Colotro, JFT
2	Abhishek Thakur	19	M	7039881055	RBS, Colotro,
3	Pratik Jadhav	21	F	9930058320	RBS colotro JFT.
4	Siddhanta Jadhav	50	F	9819661541	RBS Colotro
5	Nandini Jadhav	55	F	9221940742	RBS Colotro
6	Sumantra Kumbhar	45	F	9702173964	RBS colotro
7	Rohini S. S. S. S.	82	F	9773603984	RBS Colotro (8356028380)
8	Manisha	40	F	868191980	RBS colotro
9	Dr. Nandita Kanse	53	F	9594473467	RBS Colotro
10	Dr. Sudha Prilhad	60	F	9769000309	RBS Colotro
11	Dr. Pooja Bhatnagar	40	F	4323851752	RBS Colotro
12	Kavita Vaidya	27	F	8925956118	RBS Colotro
13	Dr. Smita Vaidya	44	F	9930470820	RBS Colotro
14	Dr. Anand Ali	40	M	9821916563	RBS Colotro
15	Dr. Smita Vaidya	40	M	9923167787	RBS Colotro
16	Sachin Vaidya	34	M	7309444437	RBS Colotro
17	Dr. Anand Ali	29	M	9661273449	RBS Colotro
18	Dr. Anand Ali	20	M	0131255651	RBS Colotro
19	Dr. Anand Ali	23	M	8903157096	RBS Colotro
20	Dr. Anand Ali	50	M	8052376866	RBS Colotro

poix cap.

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Dr. (Mrs.) Sudha Rathod
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 Oriental College of Pharmacy
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 Sanpada, Navi Mumbai.



UDC DIAGNOSTICS PVT LTD

SR. NO	NAME	AGE	SEX	MOBILE NO	ADHAR/ PASSPORT NO
1	Radhika Phadnis	41	M	9092180583	RBS colatra
2	Pratiksha Suman	41	M	9870208619	
3	Pratiksha Suman	31	F	6396161212	RBS colatra
4	Pratiksha Suman	30	F	811222109	
5	Khan Ruma	35	F	9821686145	RBS colatra, TFF
6	Pratiksha Suman	36	M	9773437853	RBS, colatra (Jefum)
7	Pratiksha Suman	29	F	8128 494146	RBS colatra TFF
8	Pratiksha Suman	35	F	9890391884	RBS colatra, HBAC
9	Pratiksha Suman	41	F	9320673338	RBS colatra TFF
10	Pratiksha Suman	49	F	4167525158	RBS colatra
11	Pratiksha Suman	50	M	8428 454128	RBS colatra
12	Pratiksha Suman	34	F	8928 408732	
13	Ramkhandoo Kale	26	M	9990 277970	RBS colatra
14	Pratiksha Suman	62	F	8850 077912	RBS colatra
15	Pratiksha Suman	39	M	7375796838	RBS colatra
16	Pratiksha Suman	28	F	9223314336	RBS colatra
17	Pratiksha Suman	40	F	9763236713	RBS colatra
18	Pratiksha Suman	40	M	980687261	RBS colatra
19	Pratiksha Suman	30	F	980687261	RBS colatra
20	Suresha Nikam	47	M	854111930	RBS colatra

Dr. (Mrs.) Sudha Pathod
Principal
Oriental College of Pharm
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Sampada, Navi Mumbai



ORIENTAL EDUCATION SOCIETY'S
ORIENTAL COLLEGE OF PHARMACY

(Approved by the Council of the University of Mumbai & Certified by ISO 9001:2008)



DATE: 19-10-2022

NOTICE

TEACHING/NON-TEACHING

It is to bring in your concern that **PHO Committee** in association with **Nature Fit** is organizing Health and Wellness Camp for Teaching Non-teaching & Students.

Consultant doctors are from field of Ayurveda, Homeopathy & yoga. It is a kind requested to give your presence (10-15 Minutes) for free health checkup which includes **BMI, BLOOD PRESSURE, BLOOD SUGAR LEVEL & EYE TEST.**

Note: - There would be no allopathy advisors.

Venue: Ground floor, Seminar Hall,

21st October 2022, 10 am – 5 pm

Binick Raj

Asst.Prof Pharmacology

IPA/PHO in charge



S. Rathod
Principal,

Dr. (Mrs.) Sudha Rathod

Oriental college of pharmacy

S. Rathod
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

Plot No. 3,4 & 5 Sector -2, Near Sanpada Railway Station, Sanpada, Navi Mumbai – 400705. •

Tel: 27758715/ 27752213 / 27751116 •

E-Mail: admin@ocp.edu.in Website: www.ocp.edu.in



UNDER THE GUIDANCE OF: MR. BINITH RAJ SINGH

-PHO IN-CHARGE

SPECIAL THANKS TO :

- DR. (MRS) SUDHA RATHOD (PRINCIPAL OF OCP)
- DR. MOHIB KHAN (VICE PRINCIPAL OF OCP)
- MR. BINITH RAJ SINGH (PHO IN-CHARGE)



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

P.H.O
REPORT
Date:21/10/2022



Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai

PHO In charge: **Mr. Binith Raj** Assistant Professor (Pharmacology)
Phone No: +918054040541. Email: binith.raj@ocp.edu.in

PUBLIC HEALTH OFFICE 2022-2023

EVENT REPORT – FREE DOCTOR CONSULTATION

AIM: To conduct costless doctors consultation

- **LOCATION:**
 - Oriental college of pharmacy(sanpada),seminar hall.
- **DATE :**
 - 21-10-2022
- **ACTIVITY:**
 - Homeopathy doctor consultation (specially for skin, hair, infertility, PCOD)
 - Ayurveda doctor consultation (specially for pain management, diabetes, thyroid, and various gynae related issues)

➤ LIST OF VOLUNTEERS INVOLVED :

SR.NO.	NAME	POSITION
1	Fardeen Ansari	PHO Head
2	Raj ankush rao	Associate
3	Jeeya Shaikh	Associate
4	Ruchi Yadav	Associate
5	Khushi chaubey	Associate
6	Anikesh Yadav	Associate
7	Manvendra kumar Dubey	Member



[Signature]
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

8	Sidharth bhagat	Member
9	Rohit Yadav	Member
10	Ashutosh Yadav	Member
11	Priya Jaiswal	Member
12	Majushree eragi dattaray	Member
13	Sanjana kharat	Member

➤ **PROMOTION OF EVENT :**

- **Circulated the flyer in online mode officially as well as unofficially**
- **Announcements were made by members in different departments of the college**

OUTCOME OF EVENT: - Successfully organized costless doctor consultation for the faculty/staff as well as for the students of various departments of the college.

Individuals with Skin, hair, infertility, PCOD, etc along with pain management, diabetes, thyroid, and various gynae related issues, were counselled by the doctor.

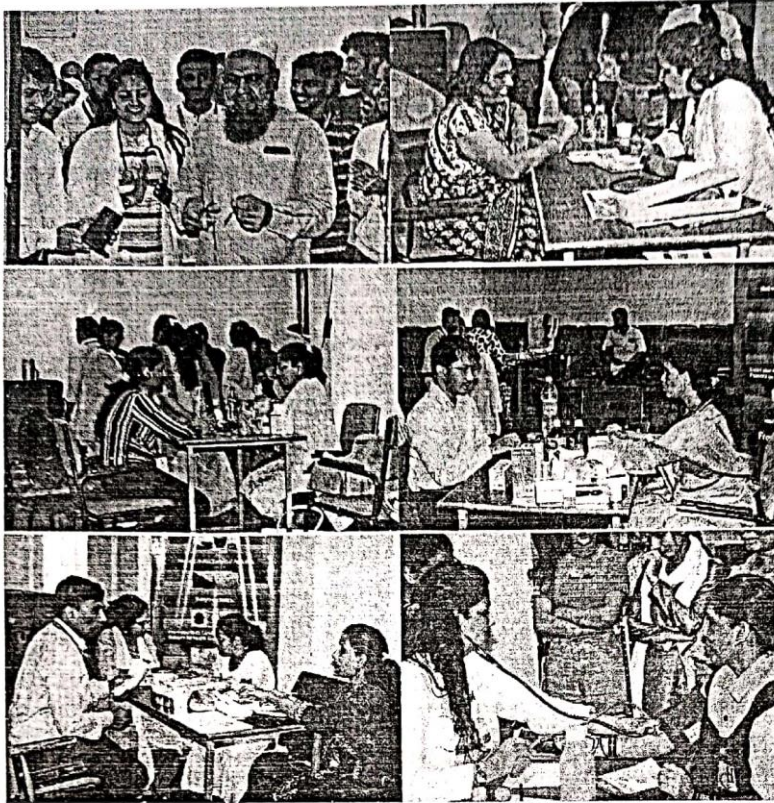
Faculties and students of different departments enthusiastically involved themselves in this campaign.

The campaign was conducted by the PHO committee of OCP in association with NATURE FIT (vashi).

The campaign was whole heartedly appreciated by all the individuals who were part of it.



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



List of doctors involved :

- **Dr. Jayashree Madhekar** (Ayurveda- pain management)
- **Dr. Pragati Jagtap** (Ayurveda and panchkarma, diabetes, thyroid, gynaec)
- **Dr. Rupa Upadhyay** (Homeopathy-skin and hair)
- **Dr. Leena Suryavanshi** (Homeopathy- skin diseases, infertility, PCOD)



SR
Dr. (Mrs.) Sudha Rathod
 Principal
 Oriental College of Pharmacy
 Plot No. 3, 4 & 5, Sector-2,
 Sanpada, Navi Mumbai.

UNDER THE GUIDANCE OF: MR. BINITH RAJ SINGH

PUBLIC HEALTH OFFICE 2022-2023

EVENT REPORT – BLOOD CHECK UP CAMPAIGN

AIM: To conduct Blood check up campaign

- **LOCATION:**
 - Oriental college of pharmacy(sanpada),seminar hall.
- **DATE :**
 - 21-10-2022
- **ACTIVITY:**
 - Random blood sugar check up
 - Cholesterol level check up

➤ LIST OF VOLUNTEERS INVOLVED :

SR.NO.	NAME	POSITION
1	Fardeen Ansari	PHO Head
2	Raj ankush rao	Associate
3	Jeeya Shaikh	Associate
4	Ruchi Yadav	Associate
5	Khushi chaubey	Associate
6	Anikesh Yadav	Associate
7	Manvendra kumar Dubey	Member
8	Sidharth bhagat	Member



SR
Dr. (Mrs.) Sudha Pathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

9	Rohit Yadav	Member
10	Ashutosh Yadav	Member
11	Priya Jaiswal	Member
12	Majushree eragi dattaray	Member
13	Sanjana kharat	Member

➤ **PROMOTION OF EVENT :**

- Circulated the flyer in online mode officially as well as unofficially
- Announcements were made by members in different departments of the college

OUTCOME OF EVENT: - Successfully organized blood check up campaign for the faculty/staff as well as for the students of various departments of the college which was completely free of costs

RBS tests and cholesterol level check up facilities were provided

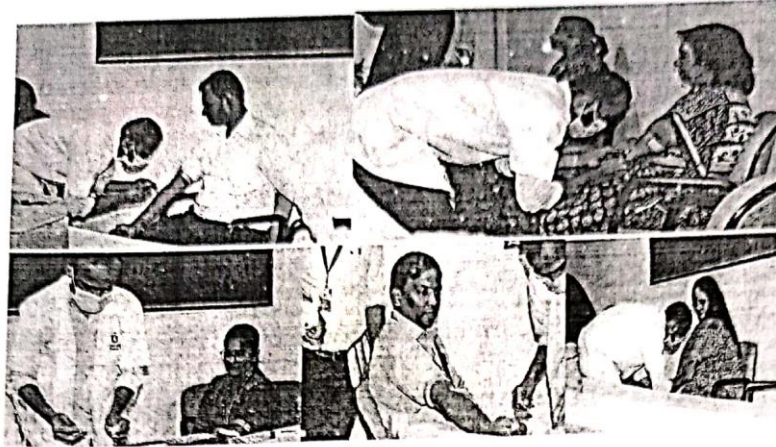
Faculties of different departments enthusiastically involved themselves in this event.

The campaign was conducted by the PHO committee of OCP in association with NATURE FIT (vashi).

The campaign was whole heartedly appreciated by all the individuals who were part of it.



S.R.
Dr. (Mrs.) Sudha Rathod
 Principal
 Oriental College of Pharmacy
 Plot No. 3, 4 & 5, Sector-2,
 Sanpada, Navi Mumbai.



UNDER THE GUIDANCE OF: MR.BINITH RAJ SINGH

-PHO IN-CHARGE

SPECIAL THANKS TO :

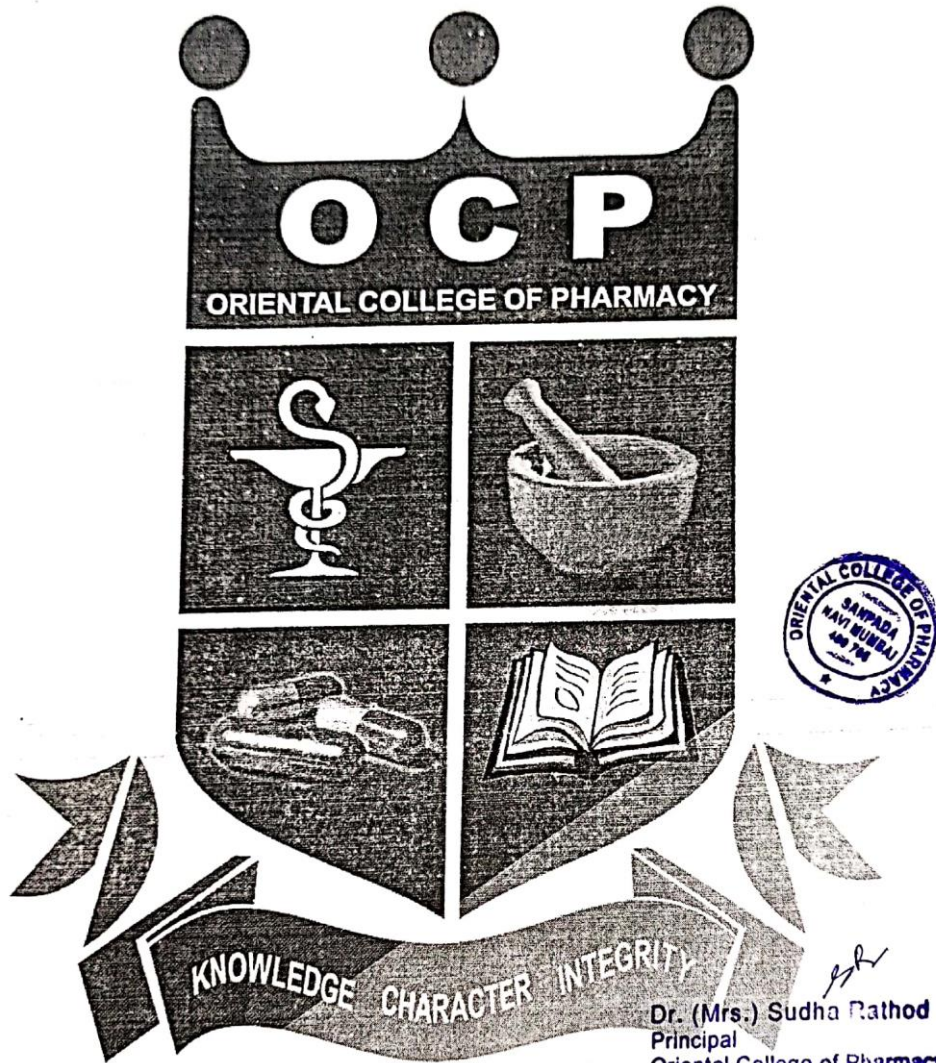
- DR.(MRS) SUDHA RATHOD (PRINCIPAL OF OCP)
- DR.MOHIB KHAN(VICE PRINCIPAL OF OCP)
- MR.BINITH RAJ SINGH (PHO IN-CHARGE)



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai

**P.H.C
REPORT**

Date:25/09/2022



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai

PHO In charge: Mr. Binith Raj Assistant Professor (Pharmacology)
Phone No: +918054040541. Email: binith.raj@ocp.edu.in

To,
The Principal Ma'am,
Oriental College Of Pharmacy,
Sanpada, Navi Mumbai.

Subject: Permission to Organise event on First Aid Awareness.

Respected Ma'am,

The PHO committee is going to organize the First event for the academic year 2022-23 and it will be based on awareness related to First aid which is an important thing to elude the upcoming danger in nowadays day-to-day life.

We have chosen the topic "**FIRST AID AWARENESS**" and the competition will take place online through the E- Poster Competition. Students will be able to take the part online through the Google Form link which will be activated from 27th June 2022(Monday) to 29th June 2022 (Wednesday) & students will be able to share their knowledge on First aid through the E-Poster. The declaration of the winner will be based on how creative, informative & knowledgeable the poster is.

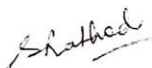
We, hereby request you permit us to organise the event/competition in an online mode.

Sorry, for the inconvenience caused.

Thanking You,

Yours Sincerely,

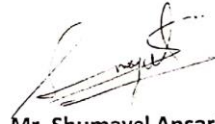
PHO Head.


Dr. (Mrs.) Sudha Rathod

Principal



Mr. Binith Raj/Rucha wani

PHO – Incharge


Mr. Shumayel Ansari

PHO Head




Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



ORIENTAL COLLEGE OF PHARMACY

PRESENT'S

FIRST AID AWARENESS E-POSTER MAKING COMPETITION



"It's better for yourself rather suffer"

27th June - 29th June

First aid is the knowledge that is favorable for a community's survival
The knowledge of first aid plays a very important role in daily life

Share the knowledge of first aid through your poster

YOUR POSTER SHOULD INCLUDE FOLLOWING POINT'S



TREATMENT OF DIZZINESS



WHAT IF CARCINOGENIC CHEMICALS
COMES IN CONTACT WITH SKIN



TREATMENT FOR ACCIDENTAL CUTS



Winners will be rewarded with cash prizes



FOR REGISTRATION

[Click Here](#)

Dr. (Mrs) Sudha Rathod
Principal

Mr. Binith Raj
PHO In-Charge

Mr. Shumayel Ansari
PHO Head



ORIENTAL EDUCATION SOCIETY'S
ORIENTAL COLLEGE OF PHARMACY

(Approved by AICTE, PCI, D.T.E., Affiliated to University of Mumbai & Certified by ISO 9001:2008)



To,
The Principal,
Oriental College of Pharmacy,
Sanpada, Navi Mumbai.

Subject: Announcement of winners for First Aid Awareness competition.

Respected ma'am,

The PHO committee had conducted an E-Poster competition of First Aid Awareness, which was held from 27th-30th June, 2022. We appreciate the efforts of participants and their active participation in the competition from every year (1st, 2nd, 3rd). Every participant showed their creative ideas through their poster which was amazing. This event gave the best platform to show up their creative and unique ideas & they showed their skills, creativeness. It was a challenging task to select the winners. But by observing the creativity and protocols the three winners of the competition are :

1st - Sadiqua Shaikh


2nd - Alfiya Shaikh

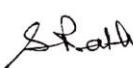
3rd - Pooja Gawde


Thanking you,


Yours Sincerely,

PHO Head


Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.


Dr. (Mrs.) Sudha Rathod
(Principal)


Mr. Binith Raj Singh
(PHO- Incharge)


Mr. Shumayel Ansari
(PHO Head)

Plot No. 3, 4 & 5 Sector -2, Near Sanpada Railway Station, Sanpada, Navi Mumbai – 400705.

Tel: 27758715/ 27752213 / 27751116

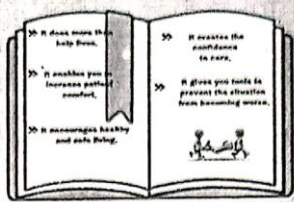
E-Mail: admin@ocp.edu.in Website: www.ocp.edu.in



FIRST AID AWARENESS

WHAT IS FIRST AID??
 FIRST AID IS TAKEN TO
 TAKE AN UNEXPECTED
 ACCIDENT THAT CAN BE
 MEDICAL ASSISTANCE

Why basic first aid knowledge is essential??



DIZZINESS??
 Dizziness is the disorienting feeling of being unbalanced or lightheaded.

TREATMENT OF DIZZINESS:

- Intake of water, vitamin C, vitamin B, vitamin E, Iron
- Water pills or diuretics
- Antihistamines and anticholinergics
- Exercises and lifestyle practices
- Physical Therapy
- Self awareness

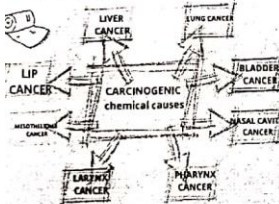
IF CARCINOGENIC CHEMICALS COME IN CONTACT WITH YOUR SKIN!!

SKIN CANCER: it is caused by cancer producing substance (CARCINOGENS) occur when there is an irregular growth of skin cells.

- TYPES OF SKIN CANCER!**
- Basal cell carcinoma
 - Squamous cell cancer
 - Melanoma
 - Merkel cell skin cancer

TREATMENT OF SKIN CANCER:

- SURVEILLANCE IS THE KEY TO... MONITORING THE RESPONSE OF CANCER CELLS
- ALONG WITH A SPECIAL PART OF SURVIVAL RATE.
- TYPICAL TREATMENTS INCLUDING PHOTO-DYNAMIC THERAPY, TOPICAL CHEMOTHERAPY AND CRYOSURGERY MODIFIER
- PHOTON THERAPY INCLUDES EXTERNAL BEAM RADIATION THERAPY (EBRT), INTENSITY MODULATED RADIATION THERAPY (IMRT)
- TARGETED THERAPY, INCLUDING THE USE OF HEGGLAND PATHWAY INHIBITORS (NOT TO BE TAKEN BY WOMEN AND MEN PRESENTING OR WHO ARE BEING PREPARED) TO TREAT ADVANCED BASAL CELL CARCINOMA
- PHOTODIAGNOSIS INCLUDES THE USE OF THE OPTICALLY ACTIVE-RETINOL (OR-PLATE) AND RETINOLIN-2 (R-2) TO TREAT SOME CASES OF ADVANCED MELANOMA



TREATMENT FOR ACCIDENTAL CUTS

ACCIDENTAL CUTS
 A tear or opening in the skin that occurs due to an external injury

Treatment of minor cut!!

- Wash with soap and water
- Apply petroleum jelly
- Secure with a bandage
- Consider taking over the counter pain medication if needed



S.R.
 Dr. (Mrs.) Sudha Rathod
 Principal
 Oriental College of Pharmacy
 Plot No. 3, 4 & 5, Sector-2,
 Sanpada, Navi Mumbai.



The Liberty Clinic
Presents

First Aid

"Prevent Death And Preserve Life"



Treatment of dizziness
Drinking plenty of decaffeinated
fluids and avoiding smoking



Chemical exposures to the skin
can cause temporary or
permanent health damage.



Treatment for accidental cuts!
Apply gentle pressure with a clean
bandage or cloth and elevate the
wound until bleeding stops.



for more enquiry

Contact

1800425



Dr. (Mrs.) Sushma Kulkarni
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

FIRST AID AWARENESS

Treatment of Dizziness

1. The person should sit down or lie still.
2. Avoid sudden changes in position.
3. If the person is thirsty, have them drink fluids.
4. Help the person avoid abrupt head movement, especially looking up.
5. Call a Healthcare Professional if dizziness doesn't go away quickly.



Carcinogenic chemicals in contact with skin



1. Dust off the chemicals and then flush the skin with water.
2. If irritation occurs, gently blot or brush away excess.
3. Do not rub affected areas.
4. Get medical attention immediately.

Treatment for accidental cuts

1. Wash hands before applying first aid to prevent infection.
2. Apply gentle pressure with clean cloth or bandage.
3. Rinse the cut with clean water to remove dirt.
4. Apply a topical antiseptic.
5. Cover the cut with a sterile gauze pad with dressing.
6. Refer to a physician if the cut is deep and there's heavy bleeding.



Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
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ORIENTAL COLLEGE OF PHARMACY
PRESENT'S

FIRST AID AWARENESS E-POSTER MAKING COMPETITION



"It's better for yourself rather suffer"

27th June - 29th June

First aid is the knowledge that is favorable for a community's survival
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Share the knowledge of first aid through your poster

YOUR POSTER SHOULD INCLUDE FOLLOWING POINT'S

- 1 TREATMENT OF DIZZINESS
- 2 WHAT IF CARCINOGENIC CHEMICALS COMES IN CONTACT WITH SKIN
- 3 TREATMENT FOR ACCIDENTAL CUTS

FOR REGISTRATION

[Click Here](#)

Winners will be rewarded with cash prizes

Dr. (Mrs.) Sudha Rathod
Principal

Mr. Binith Raj
PHO In-Charge

Mr. Shumayel Ansari
PHO Head



[Signature]
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



Oriental College Of Pharmacy
Sanpada Navi Mumbai



In Association With Samarpan Blood Center

The PHO Committee
invites you to the

BLOOD DONATION DRIVE 2022

ONCE A BLOOD DONOR IS ALWAYS A LIFESAVER

Contact:

Shumayel Ansari (9920797924)
Vaidehi Zod (9769794359)

Email for Inquiries:

shumayel.ansari_b.pharma@ocp.edu.in
zod.vaidehi_b.pharma@ocp.edu.in



Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

AUGUST 10TH 2022 | 10 AM to 5 PM
ORIENTAL COLLEGE GROUND FLOOR

S. Rathod
Dr. (Mrs) Sudha Rathod
Principal

Mr. Binith Raj Singh
Mr. Binith Raj Singh
PHO In-Charge
Asst. Prof Pharmacoloav

Mr. Shumayel Ansari
Mr. Shumayel Ansari
PHO Head

NOTE:

1) DONORS WILL BE PROVIDED WITH REFRESHMENTS, CERTIFICATES, AND GIFTS.

2) EVERY DONOR WILL HAVE ACCESS TO A DONOR'S CARD BENEFITS.

3) EAT A SUBSTANTIAL MEAL 4 HOURS BEFORE DONATION

4) DO NOT DRINK, SMOKE, OR CONSUME ANY FORM OF DRUG 24 HOURS BEFORE THE DONATION.

5) DONOR'S ELIGIBILITY CRITERIA , AGE:18 AND ABOVE. WEIGHT: 48KG AND ABOVE.



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.




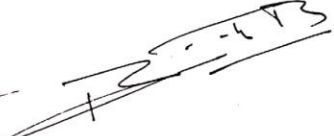
To,
The Principal,
Oriental College of Pharmacy,
Sanpada, Navi Mumbai.


Subject- PHO Committee List 2022-2023

Respected ma'am,
These are the names of PHO Committee for the year 2022-2023

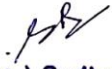
Sr.No	Name	Position
1.	Shumayel Ansari	PHO Head
2.	Vaidehi Zod	Associate Head
3.	Anikesh Yadav	Member
4.	Ruchi Yadav	Member
5.	Ananya Jha	Member
6.	Sameem Shaikh	Member
7.	Jeeya Shaikh	Member
8.	Gracy Singh	Member
9.	Ankita Dubey	Member
10.	Vinayak Dubey	Member


Dr. (Mrs.) Sudha Rathod
Principal


Mr. Binith Raj
PHO In-charge


Mr. Shumayel Ansari
PHO Head




Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



The Indian Pharmaceutical Association
Maharashtra State Branch Students'
Forum

PUBLIC HEALTH OFFICE 2022-2023

Activity Report – "Health checkup Campaign"

Type of the campaign to be mentioned i.e., Innovative/ World Health Day/ Health check-up / Community Outreach

Organizing Institute: Oriental College of Pharmacy College, Navi Mumbai, Maharashtra in collaboration with Nature fit

Co-ordinator of Activity and her/his e-mail address and contact number:

Sr. No	Name	Designation	Email-address	Contact
1.	Mr. Vijay Ikale	Assistant Professor Pharmaceutical Chemistry	vijayikale1@gmail.com	+91 95450 91901

V. Ikale



SB
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

Digital platform/s where the event was conducted:

Sr. no	Location	Social media links (promotional posts/ videos)	Date	Timing	Activity
1.	College campus	—	7/01/2023	11:00 – 4:00	Health checkup done



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2.	Instagram: @ocp_official_page	https://www.instagram.com/p/CnAEWK7qPel/?igshid=YmMyMTA2M2Y=	4/01/2023		
3.					

Number of target audience : 152

List of volunteers and their contact numbers:
(Scanned IDs/Library Cards/Latest fee receipt to be attached at the end with the photos)

Name	Contact no.
Anikesh yadav	97663 90560
Gracy Singh	84549 96404
Rohit yadav	7208740254
Sameem shaikh	9529442117
Raj ankhushrao	8268471117
Sanjana kharat	9011630156
Ankita dubey	9004175850

Short description of the activity-

Health check-up: Measurement of

Weight
Height
Neck
Chest
Waist
Hips
For bmi
Blood pressure
Glucose
Oxygen pulse
Ayurveda
Homeopathy
Naturopathy



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Methods used for conducting the campaign:

•The ultimate goal of a pharmacist is to improve an individuals quality of life.
Through the offline health campaign-



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There was a awareness of important health issues and stimulate individual's to seek information and to increase knowledge.

The goal was achieved as the whole pho committee had given the task to bring atleast 5 outsiders.

The campaign has collaborated with nature fit who had their best doctors.

- The materials used for the campaign
- Poster
- Instagram promotions
- Pr messages

Advertisement of the activity

- The poster was circulated all over the college
- The poster's and baners were circulated on the WhatsApp and instagram via stories and messages .
- Promotional messages wee circulated
- There was a verbal visit to old age home.

Result of your activity

Result of the activity

- The outsiders and students responded in a positive way towards the campaign.
- The total number of college staff was 25 .
- The total number of college students was 26.
- The total number of outsiders was 101.

Observation

- The observation made during the campaign was that most of the people were not ready for the sugar test but as the protocol mentions the sugar test they were said to follow that.

Photo, videos, and other documents

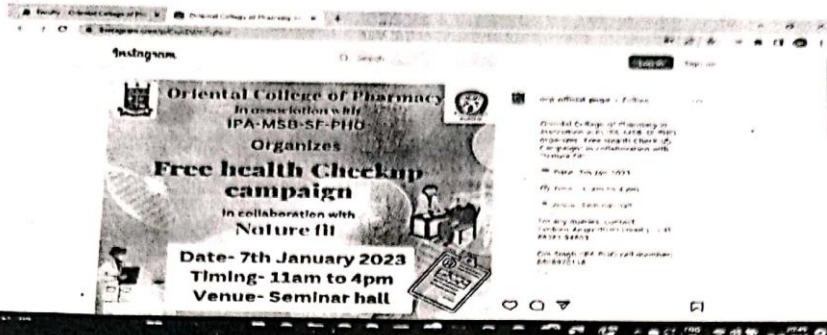
Screen Shot of Promotional Posts



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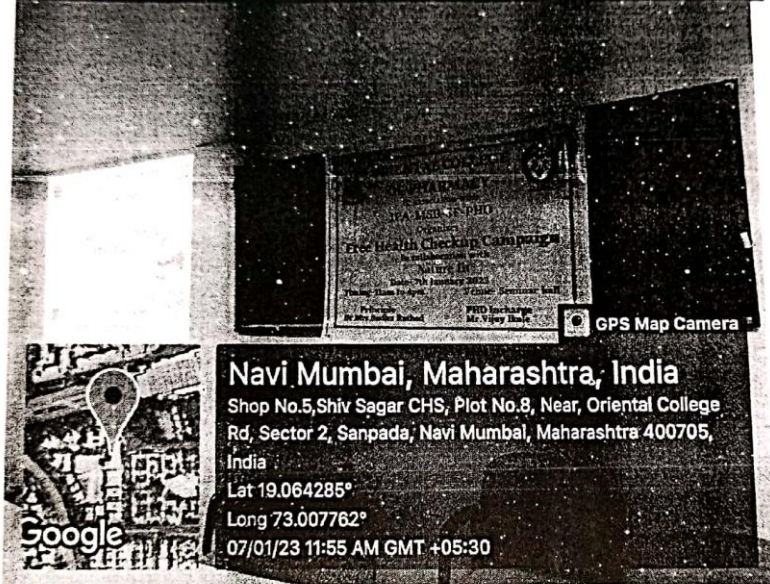
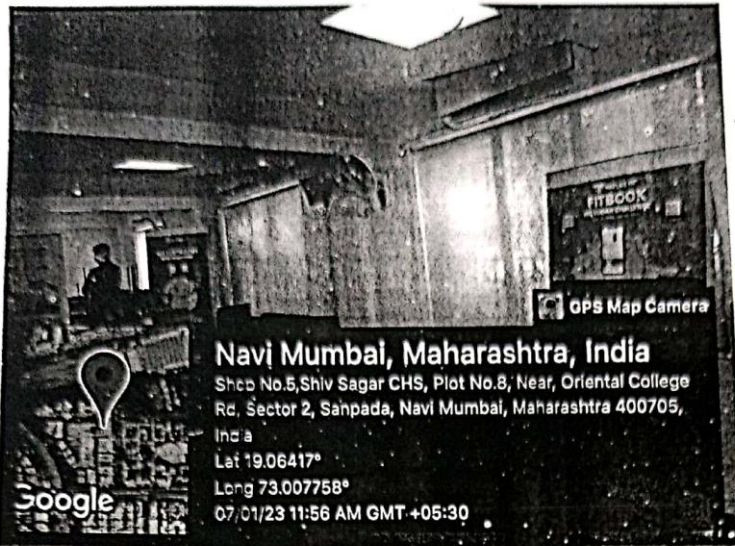
Geotagged images



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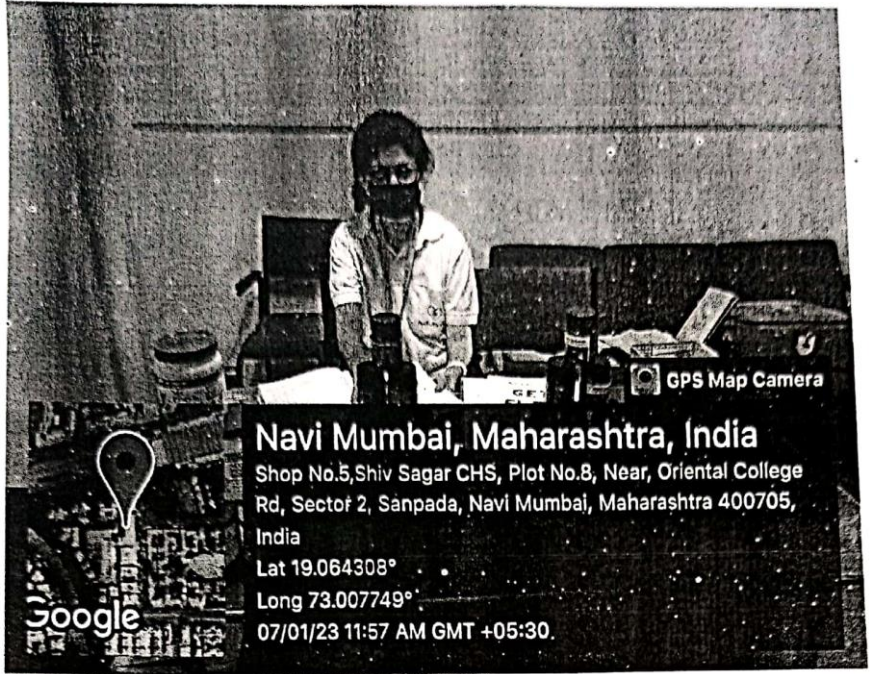
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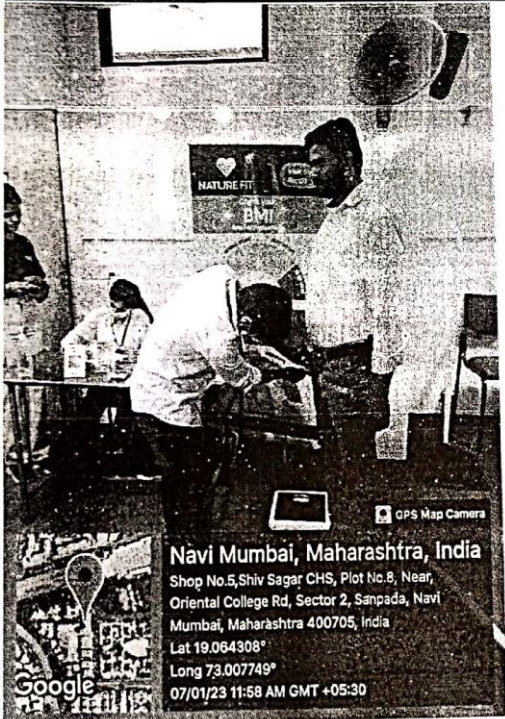
Dr. (Mrs.) Sudha Pathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



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Principal
Oriental College of Pharmacy



Navi Mumbai, Maharashtra, India
 Shop No.5, Shiv Sagar CHS, Plot No.8, Near, Oriental College Rd, Sector 2, Sanpada, Navi Mumbai, Maharashtra 400705, India
 Lat 19.064308°
 Long 73.007749°
 07/01/23 11:57 AM GMT +05:30.



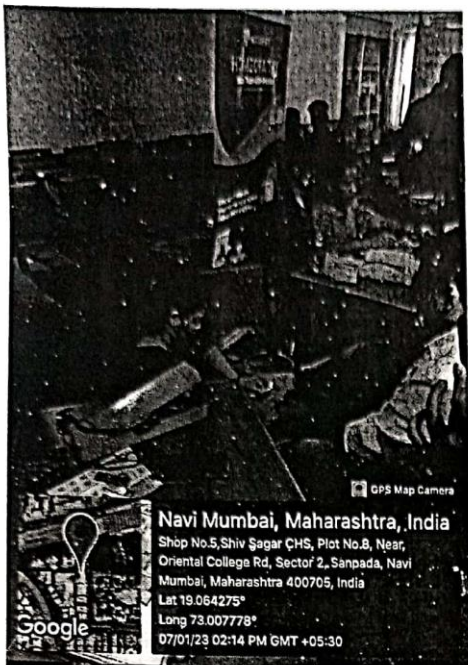
Navi Mumbai, Maharashtra, India
 Shop No.5, Shiv Sagar CHS, Plot No.8, Near, Oriental College Rd, Sector 2, Sanpada, Navi Mumbai, Maharashtra 400705, India
 Lat 19.064308°
 Long 73.007749°
 07/01/23 11:58 AM GMT +05:30



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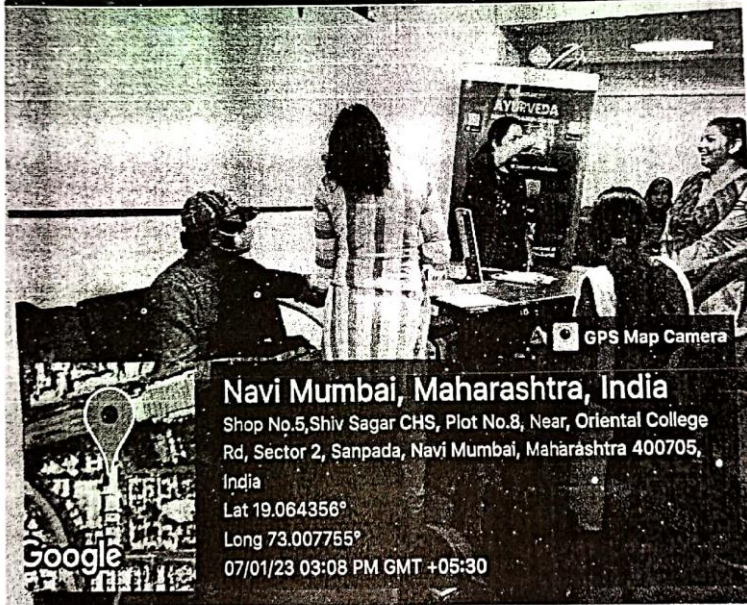
Navi Mumbai, Maharashtra, India

Shop No.5, Shiv Sagar CHS, Plot No.8, Near, Oriental College Rd, Sector 2, Sanpada, Navi Mumbai, Maharashtra 400705, India

Lat 19.064387°

Long 73.007765°

07/01/23 02:32 PM GMT +05:30



Navi Mumbai, Maharashtra, India

Shop No.5, Shiv Sagar CHS, Plot No.8, Near, Oriental College Rd, Sector 2, Sanpada, Navi Mumbai, Maharashtra 400705, India

Lat 19.064356°

Long 73.007755°

07/01/23 03:08 PM GMT +05:30

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 Sanpada, Navi Mumbai.



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Participants list



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



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Principal,
ORIENTAL COLLEGE OF PHARMACY

Sl. No.	Name	Age	Contact No.	Residential Location	Signature
1	Tushar Shrivastava	40	9422077777	Sampada	[Signature]
2	Shubham Shrivastava	17	9422077777	Sampada	[Signature]
3	Shubham Shrivastava	20	9422077777	Sampada	[Signature]
4	Shubham Shrivastava	18	9422077777	Sampada	[Signature]
5	Shubham Shrivastava	18	9422077777	Sampada	[Signature]
6	Shubham Shrivastava	18	9422077777	Sampada	[Signature]
7	Shubham Shrivastava	18	9422077777	Sampada	[Signature]
8	Shubham Shrivastava	18	9422077777	Sampada	[Signature]
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15	Shubham Shrivastava	18	9422077777	Sampada	[Signature]

Sl. No.	Name	Age	Contact No.	Residential Location	Signature
16	Shubham Shrivastava	18	9422077777	Sampada	[Signature]
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29	Shubham Shrivastava	18	9422077777	Sampada	[Signature]
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Oriental College of Pharmacy
Health checkup Camp on 07.01.23
In Associated with
IPA-MSB-SF-PHO and Nature Fit

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Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sampada, Navi Mumbai.



Principal
Oriental College of Pharmacy

Page 102

No.	Name	Age	Gender	Residential Location	Signature
1
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No.	Name	Age	Gender	Residential Location	Signature
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Oriental College of Pharmacy
Health Checkup Camp on 07.01.23
In Association with
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No.	Name	Age	Gender	Residential Location	Signature
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Oriental College of Pharmacy
Health Checkup Camp on 07.01.23
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No.	Name	Age	Gender	Residential Location	Signature
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Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



308

S.No	Name	Age	Contact No.	Residential Location	Signature
68					
69					
70	Rupali Deyte	15	946091524	Saunpada	
71	Rupali Deyte	16	-11-	-11-	
72	Sapna Patil	15	-11-	-11-	
73	Rupali Yedav	14	-11-	-11-	
74	Rupali Yedav	15	-11-	-11-	
75	Saurabh	20	880915217	Saunpada	
76	Rupali Vankar	21	991516165	Saunpada	
77	Himata	45	-	Saunpada	
78	Zein Sheikh	49	915451001	Tumhe	
79	Said Khan	47	750220240	Vikhari	
80	Rupali Yedav	33	980430011	Kalyan	
81	Himant Jadhav	57	922083007	Saunpada	

Oriental College of Pharmacy
Health Checkup Camp on 07.01.23
In Association with
P.A.S.D.-SF PHO and Nature CP

S.No	Name	Age	Contact No.	Residential Location	Signature
70	Rupali Deyte	15	946091524	Saunpada	
71	Rupali Deyte	16	-11-	-11-	
72	Sapna Patil	15	-11-	-11-	
73	Rupali Yedav	14	-11-	-11-	
74	Rupali Yedav	15	-11-	-11-	
75	Saurabh	20	880915217	Saunpada	
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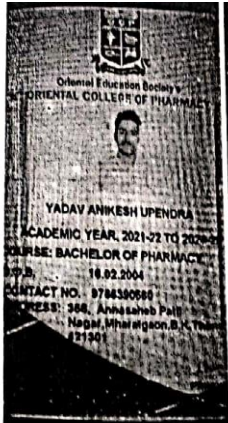
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
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Volunteers id:



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ACADEMIC

YEAR

2021-22



11/12/21 - I mhyuz ansos

PUBLIC HEALTH OFFICE 2021-22

Subject :Fund for PHO Campaigns 2021-22

CAMPAIGN	EXPENSES	AMOUNT	TENTATIVE DATE
POSTER COMPETITION	-	-	22 nd Sep 2021
CAMP 1(COVID AWARENESS CAMPAIGN)	Banner	500	23 rd Sep 2021
	Chocolates	150	
	Mask	175	
CAMP 2 (VACCINATION AWARENESS)	Medicine	417	27 th Sep 2021
	Other(Arrangement of table,Zerox,etc)	100	
PHARMACY DAY CELEBRATION	Cake	700	27 th Sep 2021
	Roses, Chocolates, Greeting Card	400	
DEBATE COMPETITION	-	-	16 th Oct 2021
QUIZ COMPETITION(IPA)	Winner prize:	800	27 th Oct 2021
	1 st - Rs.500		
	2 nd - Rs.300		
VIDEO MAKING COMPETITION	-	-	30 th Oct 2021
REEL COMPETITION(IPA)	-	-	29 th Nov 2021
HYGIENE CAMPAIGN	Basic Arrangements (Posters,Distributing Materials)	500	02 nd Dec 2021
BLOOD DONATION CAMP	Breakfast	1000	08 th Dec 2021

Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
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Sānpada, Navi Mumbai.



OK
Read
1-12-21

	Tetra packs of ORS	1750	
	Banners	500	
HEALTHCARE QUIZ COMPETITION(IPA)	-	-	26 th Dec 2021
WORLD HEALTH DAY CAMPAIGN (IPA)	BASIC ARRANGEMENTS	500	03 rd - 09 th Jan 2022
INNOVATIVE CAMPAIGN(IPA)	-	-	22 nd Jan 2022
NTDA CAMPAIGN (IPA)	Basic Arrangements (Posters, Medicines)	500	02 nd Feb 2022
COMMUNITY OUTREACH CAMPAIGN	-	-	07 th Feb 2022
TOTAL		7992	

S.Rathod
PRINCIPAL:
Dr. Mrs. Sudha Rathod.

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PHO Incharge:
Mr. Imtiyaz Ansari

Ansari
27/1/22

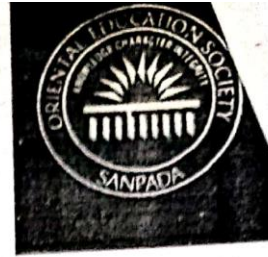
ans
[Signature]
1/12/22



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Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



**ORIENTAL COLLEGE
OF
PHARMACY**



**In Association with,
MicroLabs LTD**

Organizes a

FREE EYE CHECKUP CAMPAIGN

We would like to invite you to this campaign. It would be a great honor for us if you attend this campaign.

Date: 7th January 2022

Time: 12 PM to 5 PM

At,

**Oriental College of
Pharmacy**

Sec 2, Plot no-3,4,5,

Sanpada (E), Navi

Mumbai

S.P. Rathod
Principal:

Dr. Mrs. Sudha Rathod

PHO Incharge:

Mr. Imtiyaz Ansari



Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
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Date: 7th January 2022

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Dr. Mrs. Sudha Rathod

At,

Oriental College of
Pharmacy

Sec 2, Plot no-3,4,5,

Sanpada (E), Navi

Mumbai

PHO Incharge:

Mr. Imtiyaz Ansari



[Signature]
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

To,
The Principal,
Oriental College Of Pharmacy,
Sanpada, Navi Mumbai.

Sub: Seeking permission for using college facilities for blood donation campaign.

Respected Madam,

The PHO committee of Oriental College Of Pharmacy is organising a blood donation campaign on 8th December 2021 i.e Wednesday. For the mentioned campaign we require few college facilities like wifi, electricity supply, tables and chairs.
Hoping for a positive response to use the mentioned facilities.

Thanking you,
PHO COMMITTEE.

*Forwarded to the Management for approval.
Shathod*

PRINCIPAL:
Dr. Mrs. Sudha Rathod



[Signature]
6/12/21
PHO INCHARGE:
Mr. Imtiyaz Ansari



[Signature]
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

Date: -08/12/2021

To,
Oriental College of Pharmacy,
Sanpada.

SUB: Thanks Letter
Respected Madam/Sir,

We are very much thankful to you for organizing Voluntary Blood Donation Camp at Sec-2, Plot 3,4,5, Near Sanpada Railway Station, Navi Mumbai, Sanpada (East)-400703. Time: 10:00 am TO 01:00 pm. 48 Donors approached in the camp for donation.

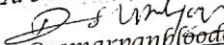
We are sure that you will be kind enough to arrange such type of Voluntary Blood Donation Camp at frequent intervals and help us to be part of service to humanity.

Thanking You Once Again.


Regards,

PRO. Mr. Laxman Naik 9594032514

Head PR. Ms. Darshana Upadhyaya


9594032515pr@samarpanbloodcentre.org




Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

1st Floor, Good Wood Building, Patanwala Estate, L.B.S. Marg, Opp. Vijay Sales/Shreyas Cinema, Ghatkopar-West, Mumbai-400 086.
www.samarpanbloodcentre.org, tr@samarpanbloodcentre.org, 022-2500 3431, 022-4960 3131, 022-4964 4455
Samarpan Blood Storage Centre, Hira Mongi Navneet Hospital, Mulund-West, hm@samarpanbloodcentre.org, 022-25932520, 9594032512
Khopoli Mahajan Samarpan Blood Storage Centre, Jalaram Nagar, Khopoli, km@samarpanbloodcentre.org, 02192-268750, 9325102511



ORIENTAL COLLEGE OF PHARMACY



SANPADA, NAVI MUMBAI.
In Association with,

SAMPAN BLOOD CENTRE,

Organises A

BLOOD DONATION CAMP



"BECAUSE EVERY DROP COUNTS!"

Principal :
r. Mrs. Sudha Rathod

Date:-8/12/21

Time:- 9.30 AM to 1.30PM

PHO Incharge :
Mr. Imtiyaz Ansari

At,
Oriental College of Pharmacy,
Sector 2, Sanpada (W),
Behind Sanpada Railway Station,
Navi Mumbai-400705.

Contact Us:
9518913288
(Javeria Mukadam)
9594983459
(Sadiya Chowdhary)

Email for Inquiries:
veria.mukadam@ocp.edu.in
diya.chowdhary@ocp.edu.in



**DONATE
BLOOD,
BE A HERO!**

Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

S. Rathod

P.T.O

NOTE :-

- 1) DONORS WILL BE PROVIDED WITH REFRESHMENTS, CERTIFICATES AND GIFTS.
- 2) EVERY DONOR WILL HAVE ACCESS TO A DONOR'S CARD BENEFITS.
- 3) ALL VACCINATED, PARTIALLY VACCINATED & NON VACCINATED DONORS CAN TAKE PART IN THIS ACTIVITY.
- 4) VACCINATED DONORS CAN DONATE BLOOD ONLY AFTER COMPLETING 2 WEEKS FROM THE DAY OF VACCINATION.
- 5) INCASE VACCINATIONS ARE SCHEDULED DURING THE WEEK OF BLOOD DONATION, ONE CAN ALWAYS POSTPONE IT FOR THE GREATER GOOD .
- 6) PLEASE EAT A HEAVY BREAKFAST BEFORE COMING FOR DONATION AND THE MEAL MUST INCLUDE INTAKE OF LARGE AMOUNT OF LIQUID (WATER, JUICE, ETC).
- 7) DO NOT DRINK, SMOKE OR CONSUME ANY FORM OF DRUG 24 HOURS PRIOR TO THE DONATION.
- 8) DONOR'S ELIGIBILITY CRITERIA,
AGE: 18 AND ABOVE.
WEIGHT: 48KG AND ABOVE.

S. Pathak
Dr. (Mrs.) Sushma Rani
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sarapada, New Mumbai.



ORIENTAL EDUCATION SOCIETY'S

ORIENTAL COLLEGE OF PHARMACY

(Approved by AICTE, PCI, D.T.E., Affiliated to University of Mumbai & Certified by ISO 9001:2015)



CAMP CONFORMATION LETTER

Date: - 9.11.2021

TO,
P.R.O.
SAMARPAN BLOOD CENTRE
1st Floor, Good Wood Bldg, Patarwala Estate, L.B.S. Marg, Opp Vijay Sales/Shreyas
Cinema, Ghatkopar-W, Mumbai-400086
Tel: - 022-2500 3431, 4960 3131, 4964 4455.

Sub: Blood Donation Camp on 08/12/2021.

This is to confirm that a Blood Donation Camp has been fixed for 08/12/2021. Details of which are as under:

Time : 10 am/pm to 1 am/pm

Name of Organization: ORIENTAL COLLEGE OF PHARMACY

Camp at Address : SEC 2, PLOT 3, 4, 5, SANPADA (E),
NAVI MUMBAI.

Land Mark : NEAR SANPADA RAILWAY STATION.

Camp In : Mobile Van Bed Camp

Expected collection : 40+ To Units

Contact Person : (1) IMTIYAZ ANSARI Contact No: 9977221955

Residential Address : ROOM NO: 6-B1, SHIVAJI NAGAR,
GANDYANDI

Email ID : imtiyaz.ansari@ocp.edu.in

DOB : 02-07-1978


Contact Person : (2) JAVERA MUKADAM Contact No: 9518913239

Residential Address : A-602, SHELTER PARK I SEC-10,
KHARGHAR.

Email ID : javeria.mukadam@ocp.edu.in

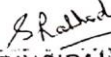
DOB : 02-03-2000

Thanking you,


Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



yours sincerely,


PRINCIPAL
ORIENTAL COLLEGE OF PHARMACY

Plot No 3 4, 5, Sector-2, Near Sanpada Railway Station, Sanpada, Navi Mumbai - 400705.
Tel.: 27758715 / 27752213 / 27751116 • Email: principal@ocp.edu.in • Website: www.ocp.edu.in



Oriental College of Pharmacy



On "World Mental Health Day",
OCP invites you for

DEBATE COMPETITION

Topic: Youths perception
of Social Media

Date: 16th Oct, 2021

Time: 3pm



Winner will
be awarded
with
certificate
and prize

Interested students, contact
PHO Head

Rathod
Principal

Dr. (Mrs.) Sudha Rathod

PHO Incharge

Mr. Imtiyaz Ansari

PHO Head

Ms. Iaveria Mukadam

Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, V. K. Sector 2,
Sanpada, Navi Mumbai.

Handwritten mark



Handwritten initials

Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai



Until we're all safe!

To encourage activities that promote the role of pharmacist OCP is celebrating "World Pharmacy Week".

On the auspicious event, we would like to help our community by distributing post-vaccination medicines to control the after effects of vaccine.

23rd September 2021 @

VACCINATION CENTRE

Bartra bhavan, Opposite to
Bunt's Sangha's College
Kurla East.



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



Handwritten signature

"COVID-19 AWARENESS

CAMP"



VACCINATION ON.
COVID GONE!!

As budding pharmacists bringing about a healthy society is our responsibility.

Vaccines have reached every corner of our country, but not everyone knows about it. So on the occasion of

'World Pharmacy Week' and in order to spread awareness regarding this vaccination drive initiated by the government the students at OCP will hold a campaign to promote vaccination amongst the underprivileged. Also we'll be helping them get themselves vaccine registered...!!!



Sudha Rathod
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai

~On 23rd September 2021

To
The Principal
Oriental College of Pharmacy
Sanpada

Subject: Permission for conducting the webinar

Respected ma'am,
The PHO Committee wants to conduct a webinar on "Oral Hygiene" for the students of our college on 5th February 2022 from 3:30 to 4:30. The webinar will be conducted by Dr. Shreya Batchu (Dental Surgeon and Aesthetician, Consulting Cosmologist, Fellowship in Forensic Odontology)

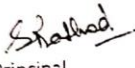
Kindly grant us the permission for the same.

PFA the visiting card of the speaker.


Thank you.

Sincerely,
PHO Committee




Principal.
Dr. Mrs. Sudha Rathod.


PHO Incharge
Mr. Imtiyaz Ansari



Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai


To
The Principal
Oriental College of Pharmacy
Sanpada

Subject: Permission for recording a video on Neglected tropical diseases


Respected ma'am,
The PHO Committee wants to record a video on Neglected tropical diseases i.e. Kala Azar. The awareness will be conducted in association with IPA MSB SF.
Thank you

Sincerely,
PHO Committee


Principal.
Dr. Mrs. Sudha Rathod.


PHO-Incharge
Mr. Imtiaz Ansari




Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

Teeth | Skin | Hair



Dr. Shreya's
DENTIQUE
The Dental Boutique
& Aesthetic Hub

Reg. No.: A-32178



Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai

- **DR. SHREYA BATCHU**
- Dental Surgeon & Aesthetician (BDS)
- Consulting Cosmetologist (PGDFC)
- Fellowship In Forensic Odontology (MUM)
- +91 9082674525
- talktodentique@gmail.com
- 10:00 Am to 01:30 Pm
- 05:00 Pm to 08:30 Pm

CALL: NAVI MUMBAI 407002

01/10/22

SIR J. J. MAHANAGAR RAKTAPEDHI

MANAGED BY S.B.T.C., Govt of Maharashtra
Byculla, Mumbai - 400 008. Phone No. : 022-23735585 / 23733531 / 32



Certificate

Shri / Smt. / M/s. Oriental College of Pharmacy, Sarpada

Has organised blood donation drive successfully and motivated the community to participate in voluntary Blood donation drive.

For this noble social cause we highly appreciate your efforts & in your honour this certificate is issued.



[Signature]
Authorised Signatory



[Signature]
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sarpada, Navi Mumbai.

ACADEMIC

YEAR

2019-20

Date: - 10/11/2019

To,
The Management,
Oriental College of Pharmacy.

Sub :- Sanction of PHO budget

Re: iok

Approved
20/11/2019
[Signature]

Respected sir,

Let me begin by thanking you for your support to the Health Campaign held every year. Your constant support helped us bring PHO trophy for Best Health Campaign in the year 2018. We will try our level best to do the same this year. This year we are planning to do seven campaign and expenditure required for each campaign, a copy of which has been attached with the same. I would request you to sanction the amount required. (Rs. 9.50/-)

Yours sincerely,

[Signature]
Tushar T. Poojari (Head PHO)



[Signature]
Dr. Sudha Rathod
(Principal)

Manjari
[Manjari M. Singh (Joint PHO)]

Forwarded to the Management for their approval.

Kindly share last years approved budget with me



[Signature]
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2 PTD
Sanpada, Navi Mumbai
PAGE 1-6

PHO CAMPAIGN LIST 2019-20

1. Blood Donation Campaign

- In collaboration with Sarvodaya
- 4 volunteers mandatory
- Blood donors will be provided with refreshments.
- Lunch for sarvodaya workers.

2. Cleanliness Drive

- Particular area of vashi market is selected
- It will be done in the duration of 4 hrs.
- Cleaning equipment will be collected from college and returned after the event.
- Locals will be given a brief idea about proper disposal of waste.
- Feedback forms will be collected from the locals

3. Menstrual hygiene Awareness Campaign

- Students will deliver a lecture on menstrual cycle, hygiene and diet chart in nearby schools.
- Free sanitary napkins will be distributed to the girls.
- The campaign will take around 2hrs and will be held in a nearby school.

4. Rural Area Campaign

- It will be conducted in Dharavi
- Topic of awareness – Education, Disease caused due to unhygienic condition and their prevention technique.
- Volunteers will be divided in a group of 3 people and will have to visit houses assigned to them.
- The campaign will take 4-5 hrs.
- A feedback from people in that area will be taken about problems they face, being amongst the top 3 most slum areas in the world, to be specific 3rd most slum in the world.



Sudha Rathod
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

PTU
2-5

11-03-2020, 09:25

5. Innovative Campaign

- Health Check- up in Orphanage or Old Age Home in association with Apollo Hospital
OR
- Marathon or Jog or yoga for spreading awareness regarding healthy lifestyle.
OR
- Awareness in rural areas about importance of medical or insurance card.

6. Community Outreach Programme

- An act of 6 mins will be prepared and enacted in cooperating society near sanpada.
- Topic – Generic Medicine v/s Branded Medicine
Rights of consumer, storage condition of medicine.
- 12 +2 volunteers are mandatory.
- Answering question will be an important part of interaction with locals.

7. World Health Days (HandWash Awareness Week)

- Unprivileged kids near/at station will be enlightened with the importance of washing hands.
- Videos and practical demonstration.
- The campaign will conclude with providing refreshment to the kids.



MR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

PPTD
3-2
11-03-2020, 09:25

Sr. No	Names	Post	Year
1	TusharThimmappaPoojari	Head PHO	T.Y.Bpharm
2	ManjariManoj Singh	Joint he -d	T.Y.Bpharm
3	Ishita Srivastava	Associate	S. Y. Bpharm
4	Purewallapneet Singh Sukhwant Singh	Associate	S.Y.Bpharm
5	Rahulkumar Gupta	Associate	S.Y.Ppharm
6	SupriyaTanajiKhot	Associate	S.Y.Bpharm
7	MukadamJaveriaFarooque	Associate	F.Y.Bpharm
8	Pratik Prakash Sonawane	Associate	F.Y. Bpharm
9	AvantikaPramod Dubey	Associate	F. Y. Bpharm
10	SadiyaGulamMurtuzaChowdhary	Associate	F.Y.Bpharm
11	ANISH DEVENDRA NISHAD	Associate	F.Y.Bpharm



Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Saapada, Navi Mumbai

11-03-2020, 09:25

ORIENTAL COLLEGE OF PHARMACY

Health Campaigns 2019-20

Sr. no	Name of the campaign	Month	No. of participants	No. of volunteer	Target audience	Location	Total expenditure.
1.	Blood donation Camp	Oct	80	5-6	Students and faculty of OES	College campus, Sanpada	3000
2	World health days-World Handwash Awareness week	Jan	30	15-20	Kids at station.	Turbhe and Sanpada station.	2000
3	Rural area campaign Topic- Education, Disease due to Unhygienic condition	Dec	25	15-20	Local people of Dharavi	Dharavi	1000
4	Menstrual Hygiene Camp	Nov	70-80	10-15	School kids of 6 th , 7 th , 8 th STD	Sanpada	1000
5	Community Outreach Programme	Jan	30-40	12+2	Co-operative housing society	Sanpada	500
6	Cleanliness Drive	Oct	-	>30	-	Near Mumbra Station	300
7	Innovative Campaign	Dec		15-20			1000
Merge banner of IPA and College (4*2 feet)							300
Pendrive							400



Dr. (Mrs.) Sujata Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5 Sector-2,
Sanpada, New Mumbai.

KUCAR → 1-2

PFO

11-03-2020, 09:25

Total amount of expenditure .

12/5/19

Momin
5/10/19
Dr. Momin Mufassir
(Cultural Incharge)

Imtiyaz
10/10/19
Mr. Imtiyaz Ansari
(IPA Co-ordinator)

Sudha
Dr. Sudha Rathod
(Principal)



Sudha
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



Page 390 of 411



Surekha Gaikwad <admin@ocp.edu.in>

Website update- Skin and hair health check up camp

1 message

Asish Dev <asish.dev@ocp.edu.in>

Sat, Mar 7, 2020 at 3:54 PM

To: webgyortech@gmail.com, Saurabh Gupta <info@webgyortech.com>

Cc: Surekha Gaikwad <admin@ocp.edu.in>, "Dr. Sudha Rathod" <principal@ocp.edu.in>

Dear Sir,

Please update at https://ocp.edu.in/portfolio_category/health-campains/

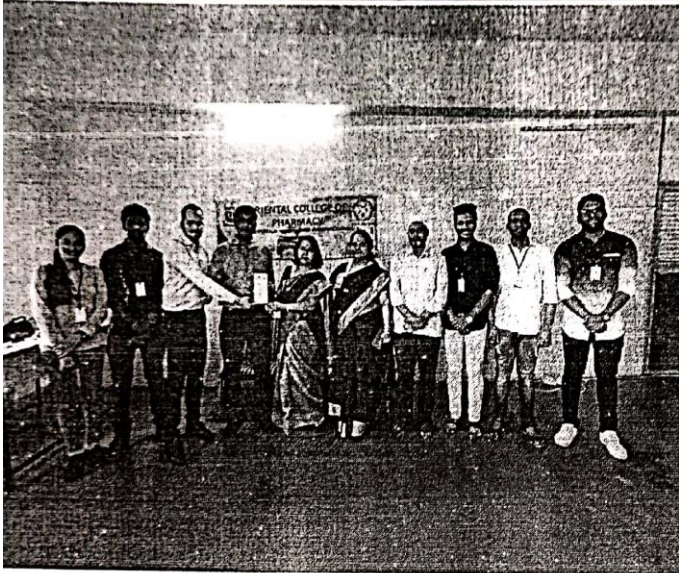
Skin and hair health check up camp:

Skin & Hair checkup campaign was arranged by IPA members OCP Students in collaboration with Glenmark Pharmaceuticals on 6th March 2019. Skin and hair health check up was done. Staff from Glenmark who were there were Mr. Deva Tiwari (Skin Technician), Mr. Johnny D'Souza (Hair Technician) and Dr. Nilesh Singh (Dermatologist).



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sarpada, Navi Mumbai.

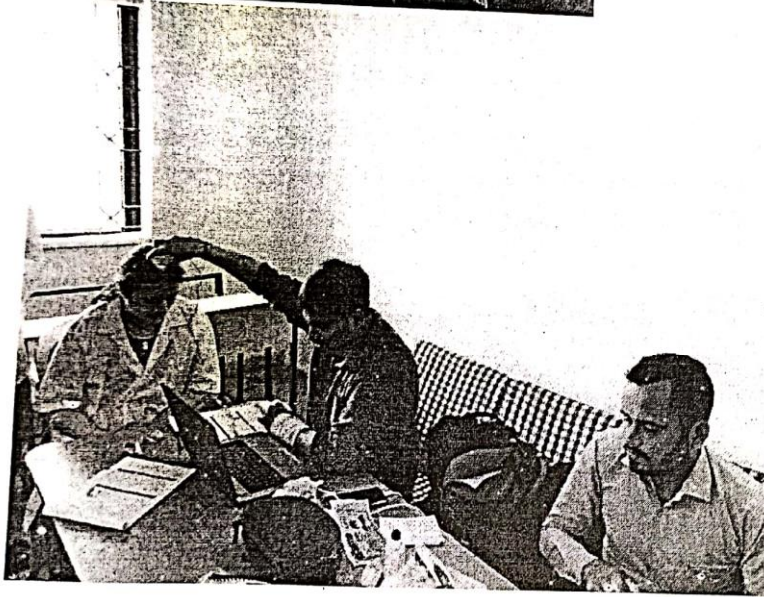
SRathod



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



11-03-2020, 09:25



Dr. Asish Dev
Assistant Professor
Dept. of Pharmaceutics,
Oriental College of Pharmacy
Sector-2, Sanpada, Navi Mumbai, INDIA 400705

SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

11-03-2020, 09:2

or Pharmacy Mail - Website update- Skin and h...

<https://mail.google.com/mail/u/1?ik=3d67e4bfe3&view=pt&sea>

Cell: +91-9004613976
www.ocp.edu.in
www.oes.edu.in
<https://www.facebook.com/OrientalCollegeofPharmacy/>
https://www.instagram.com/ocp_official_page/



SR

Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

11-03-2020 00:25

PUBLIC HEALTH OFFICE 2019-20

Indian Pharmaceutical Association-
Maharashtra State Branch Students Forum

Activity Report – Hand Wash Awareness Camp

Oriental College of Pharmacy,

Sanpada.

Coordinator: Imtiyaz Ansari

E-mail ID: imtiyaz.ansari@ocp.edu.in

Phone: 7977221955

Sr. no.	Location	Date	Timing	Activity
1	Sanpada slum, sector-2 , Mumbai	8 th Janua ry 2020	4:00 to 4:45	Hand wash awareness camp

Target Audience: 50 persons of slum

Students involved in activity: 11

List of the volunteers involved:

Sr.	Name	Phone no.
1	Manjarisingh	9022457539
2	Tusharpoojari	9594173570
3	Naseemansari	7738347119
4	Avantikadubey	7400335063
5	Bilal khan	9820839427



MR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5 Sector-2,
Sanpada, Navi Mumbai.

SP
PRINCIPAL
ORIENTAL COLLEGE OF PHARMACY

6	shrutighanghav	9769350461
7	bushra khan	9892193208
8	pratikonwane	9819713518
9	juned khan	9967679711
10	sadiyachaudhary	9594983459
11	Alfiyatamboli	9867287443
12	narshinajhadhav	7045463978

Aim:
 To spread awareness about hand wash and its importance to the people who are unaware of it.
 To make them aware of the benefits of using hand wash and soaps.
 To prevent them from Harmful diseases which can cause due to lack of cleanliness and sanity:



Topic of discussion:-



HSV
Dr. (Mrs.) Sudha Rathod
 Principal
 Oriental College of Pharmacy
 Plot No. 3, 4 & 5, Sector-2,
 Sanpada, Navi Mumbai.

- Importance of hand washes at regular intervals to the people who are unaware of it, and have a lack of basic amenities.
- The benefits of using liquid hand wash and a soap.
- The correct way or techniques of hand wash to achieve maximum cleanliness and sanitization.
- Harmful diseases which can occur due to lack of sanitty.



S.R.
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

We presented demonstrations and speeches in easy local language that can be easily understood by local slum public.

Promotion of Campaign: We promoted the campaign in college and also by forwarding the message containing details of campaign.



- ✎ The people in that area were very cooperative and attentive during the session
- ✎ Mostly the children present were very keen throughout the session and kept coming up with their curious questions.
- ✎ We also demonstrated on how to make liquid hand wash using solid hand wash powder which is a cheaper substitute for liquid hand wash used which is quite expensive.



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



The event successfully ended with distribution of solid powder handwashpouches on the behalf of our college and bottles.



S.R.
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



- The event was scheduled as the world hand wash awareness week is near, and to make society aware of importance of hand wash.
- Harmful diseases due to lack of proper sanitization affects millions of people worldwide, particularly unprivileged part of society. We hope this small contribution of ours will help the people to get aware and remain healthy by practicing hand wash regularly.



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

PUBLIC HEALTH OFFICE 2019-20

Indian Pharmaceutical Association-
Maharashtra State Branch Students Forum

Activity Report –Community Outreach Programme

Oriental College of Pharmacy,

Sanpada.

Coordinator: Imtiyaz Ansari

E-mail ID: imtiyaz.ansari@ocp.edu.in

Phone: 7977221955

Sr. no.	Location	Date	Timing	Activity
1	Navratna Co-Housing Society, Sector 8, plot 45, sanpada, Navi Mumbai	21 st Dec, 2019	4:00 – 5:30	Community Outreach Programme (skit)

Target Audience: 30-40

Students involved in activity: 11

List of the students involved:

Name	Phone Number
Varshita Singh	9082692395
Namrata Nirmale	9967297216
Mukesh Dubey	9834031901
Meenal Dubey	9076330454
Vartika Singh	9867075465
Shweta Gupta	7977132527
Ankit Jaiswar	8169090308
Manjari singh	9022457539
Tushar Poojari	9594173570
Priyanka Yadav	8898325649
Ishita Shrivastav	8779649485



[Signature]
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

Aim: To Spread awareness about use of generic medicine, provide an idea about storage conditions of medicine and also rights of consumers.

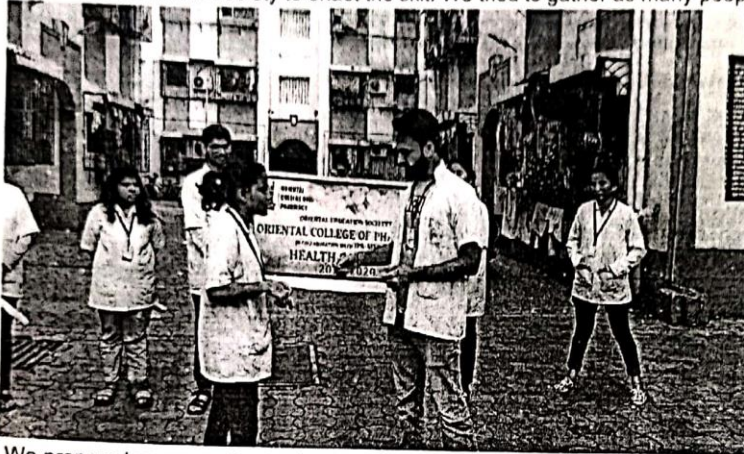
Objectives of Campaign: To promote use generic medicine, and to reintroduce people with their own rights.

Promotion of Campaign: We made a prior announcement in the class before the campaign and forwarded the message regarding campaign using whatsapp group.

To promote the campaign in the area we went door to door and requested them to spare some minutes to be a part of the campaign.

Overview of Campaign:

We went to Navratna Society to enact the skit. We tried to gather as many people as possible.



We prepared paper poster to give them a better idea of storage conditions.

And to create an impact of the campaign posters such as "KNOW YOUR RIGHTS" was created.



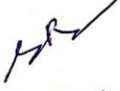
Sudha Rathod
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

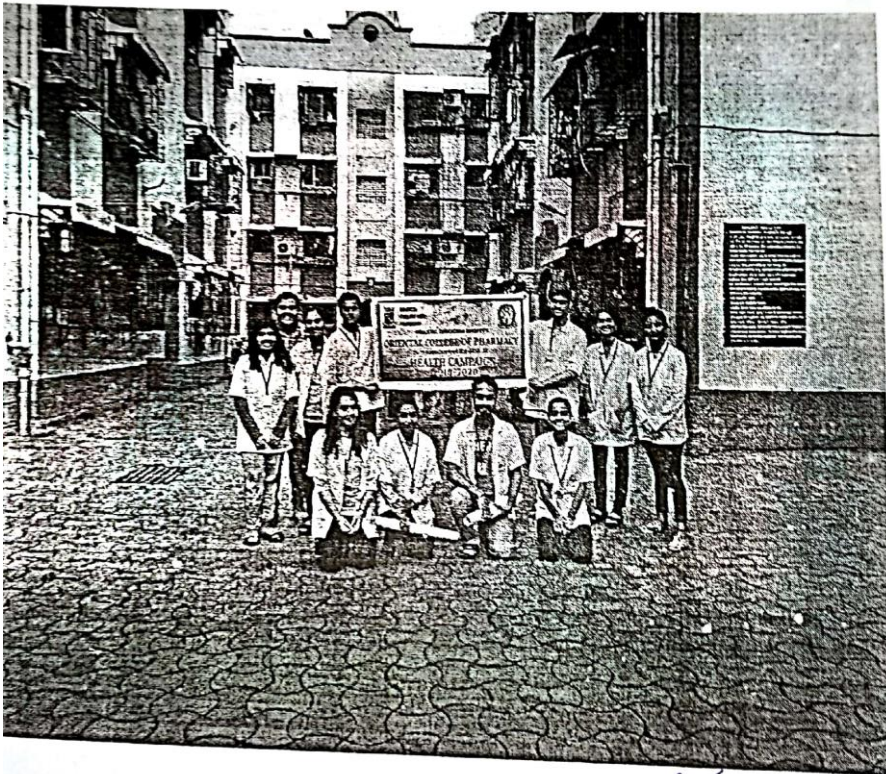
We answered the queries of the people in the crowd.
Such as: Do generic medicine has more side effect than branded ones?
Why we don't find generic medicine easily?



We provided them with the list of nearby generic stores in Navi Mumbai.
This will help them to find generic medicine easily and also will promote the use of it.




Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



Sudha
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



Outcome of Campaign: Not just older generation but the younger generation found the idea of using generic medicine over branded ones quite interesting. They were curious to more about it and were ready to go for the use of those medicine.



S.R.
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai

PUBLIC HEALTH OFFICE 2019-20

Indian Pharmaceutical Association
Maharashtra State Branch Students Forum

Activity Report – Menstrual Hygiene Campaign

Oriental College of Pharmacy,

Sanpada.

Coordinator: Imtiyaz Ansari

E-mail ID: imtiyaz.ansari@ocp.edu.in

Phone: 7977221955

Sr. no.	Location	Date	Timing	Activity
1	Rajawadi hospital ,Near somaiya college ,Ghatkopar (East)	28 th nov,2019	11:00-12:00	Meeting gynaecologist
2	Vivekanand Sankul, Sector 4, Sanpada, Navi Mumbai, Maharashtra 400705	2 nd Dece mber, 2019	1:00-2:30 P.M	Menstrual Hygiene Camp

Target Audience: 129 students

Students involved in activity: 6

List of the students involved:

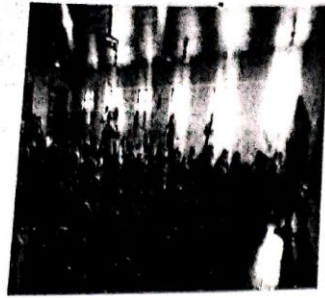
Name	Phone Number
Varshita Singh	9082692395
Namrata Nirmale	9967297216
Sushmita Patil	9619078285
Vartika Singh	9867075465
Shweta Gupta	7977132527
Ankit Jaiswar	8169090308



[Signature]
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5 Sector-2,
Sanpada, Navi Mumbai.

[Signature]
PRINCIPAL
ORIENTAL COLLEGE OF PHARMACY





SR
PRINCIPAL
ORIENTAL COLLEGE OF PHARMACY



SR
Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

Aim:

Talking about Menstruation is still a taboo in India, to go beyond taboo and educate students about menstruation as they are at the most prevalent age of holding misconception regarding menses.

Objectives of Campaign:

To ensure that girl students can not only handle their periods in way that's not only healthy but enables their full participation in school and other activities.

The campaign started with a general introduction of the volunteers and asking the students general question just to make them comfortable. We started the topic by asking them question about menstruation.



Topic of discussion :

1. A brief idea about Menstruation
2. Diet during Menstruation
3. Use of Sanitary napkins & its Disposal
4. Maintenance of personal hygiene and its importance
5. Exercise and mediation
6. Ideas to reduce pain during menstruation
7. Clearing Misconceptions



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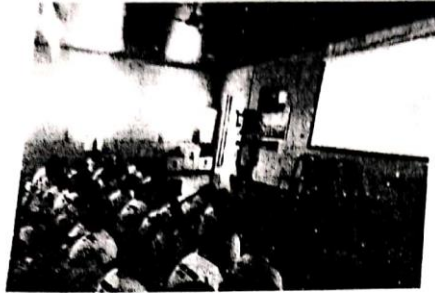
ORIENTAL COLLEGE OF PHARMACY



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Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

We presented the topics through PowerPoint presentation and demonstrated through videos for clear understanding.

Promotion of Campaign: We promoted the campaign in college and also by forwarding the message containing details of campaign.



Students were confident and without any hesitation asked questions to the volunteers which was quite surprising and this reassured that the motive of the campaign was successful. The students were very interactive during the session.

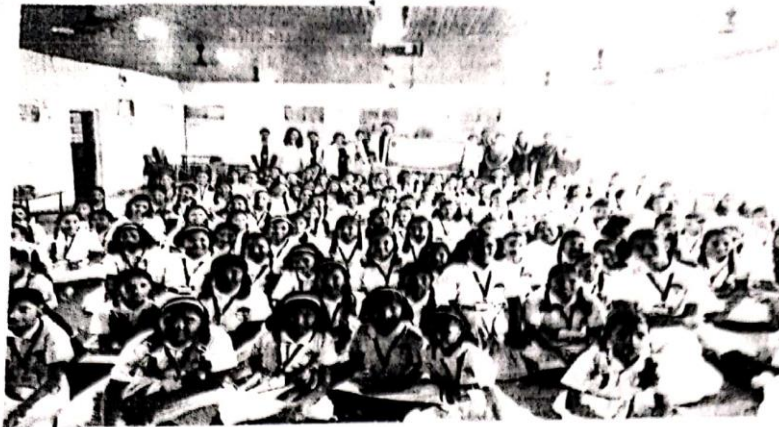
We distributed Sanitary Napkins on the behalf of college to all students



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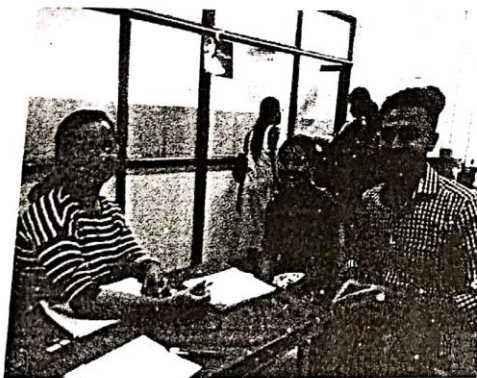


Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.



Details of Gynaecologist:

Dr. Pallavi D. Bhagat
MBBS-J.J. Hospital Mumbai
MS- Sasson Hospital, pune
Reg no.-2014/05/2457



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Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Saapada, Navi Mumbai.

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ORIENTAL EDUCATION SOCIETY'S
ORIENTAL COLLEGE OF PHARMACY

(Approved by AICTE, PCI, D.T.E., Affiliated to University of Mumbai & Certified by ISO 9001:2015)
Ref. No. OCP/2019-20/308



The Principal,

Mrs Tanuja Rajesh Nair

Vivekanand Sankul,

Sanpada.

Date - 23rd Nov - 2019

Sub :- Permission for conducting Menstrual Hygiene Camp in your school.

Dear Madam,

Students of Oriental College of Pharmacy are willing to conduct menstrual hygiene camp as PHO(PUBLIC HEALTH OFFICE) activity in your school.

The camp will target 6th and 7th standard students. They will be given a brief idea about menstrual cycle, food to be consumed, Exercise to be practiced and hygiene practice.

Hence we request you to grant permission to conduct menstrual hygiene camp in your school.

With regards,


Dr. Sudha Rathod


(Principal Oriental College Of Pharmacy)

PRINCIPAL
ORIENTAL COLLEGE OF PHARMACY




Head Mistress
Pratibha Vidyamandir
Vivekanand Sankul,
Sanpada, Navi Mumbai




Dr. (Mrs.) Sudha Rathod
Principal
Oriental College of Pharmacy
Plot No. 3, 4 & 5, Sector-2,
Sanpada, Navi Mumbai.

Plot No 3,4,5, Sector - 2, Near Sanpada Railway Station, Sanpada, Navi Mumbai - 400705.

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