

**DR. V. R. GODHANIYA COLLEGE OF ARTS,
COMMERCE, HOME SCIENCE & IT FOR
GIRLS, PORBANDAR**

Health Center



DR. JAYSHREEBEN PARMAR

**Health Center
Dr.V R.Godhaniya College
Porbandar**

-: Health Center Committee :-

Dr. Jayshri Parmar – Convener

Dr. Ketan Shah – Member

Dr. Jayshri Parmar – Coordinator

Mrs. Bharti Shingrakhiya - Member

Dr. Bhavanaben R. Keshwala - Member

Prof. Varshaben B. Joshi - Member

:Our mission :

To be healthy forever is birth right of every individual. We being a responsible institution handlers for girl students in our society, it becomes huge challenge for us to educate them in right direction. It will nourish and flourish their future life with spectrum colors so far as health related challenges are concerned, if they come across at any juncture in life.

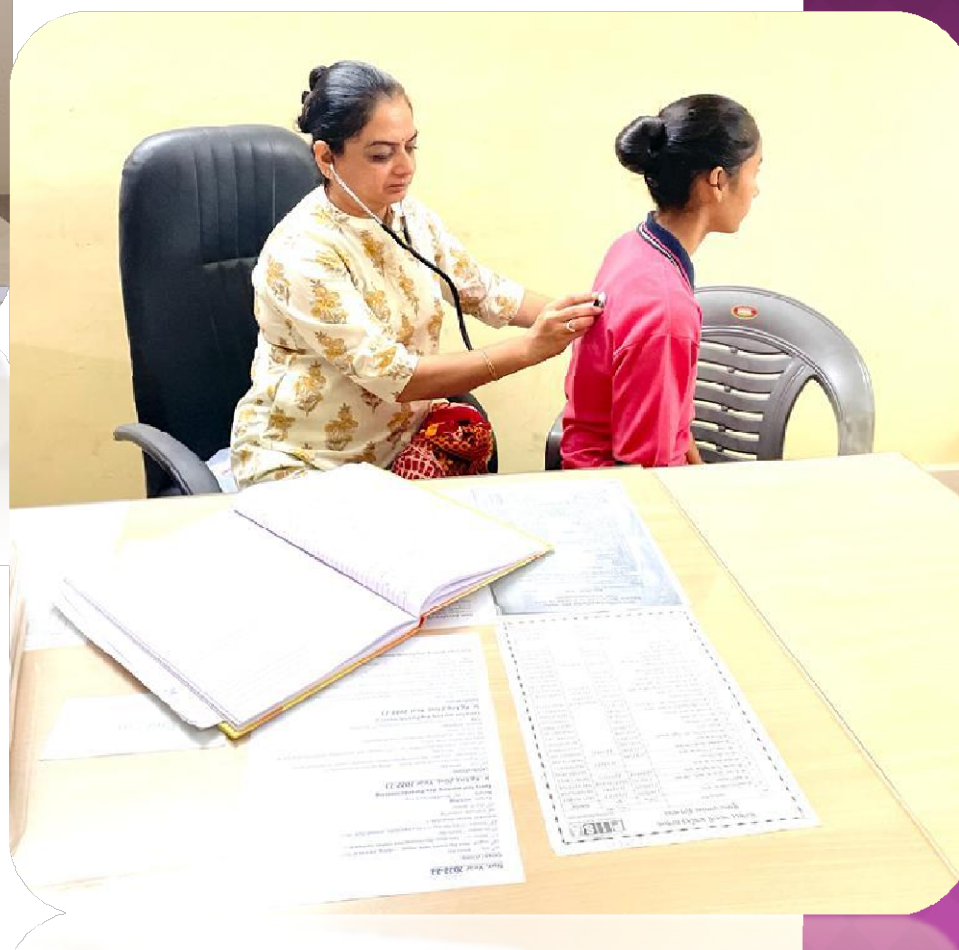
- It was established to provide health and hygiene facilities to the students of the educational institution and hostel girls along with the staff members in 2009.
- Provision of emergency care management including prompt actions during examination.
- Dressings in required injury cases of cuts, tares and wounds etc...
- Required patient's are shifted and referred to nearest facility for specialist opinion, investigations and needful procedure.

Health Center

DR. V.R. GODHANIYA
HEALTH
CENTER



Dr. Jayshri Parmar



June - 2017

- **Expert Lecture on Blood Donation By Kamalbhai Sharma from Asha Blood Bank (NGO) on Date : 30 June 2017.**



July - 2017

- **Blood Donation Camp On 1 July 2017. It is Organized in association with Asha Blood Bank.**



- **Blood Grouping Camp For F.Y. Students held on 17th ,18th and 27th July 2017 by Dhirenbbhai Chovatiya. In this camp Blood Group of around 484 students was checked free of cost.**



- Height, Weight, Hemoglobin, Blood Group, Drug Sensitivity, ID Mark etc. of all First year students were registered. Subsequently Health Cards were issued from 17th July 2017 to 28th July 2017.



- Lecture on “Art Of Living” by Geetama on 24th July 2017.



August - 2017

Lecture on “Awareness of Health & Hygiene” by Dr. Uday Keshwala on 23rd August 2017.



Swine Flu Awareness Seminar on “How to Protect & Care for Swine Flu” By District Health Department & District T.B. Department.

In this Seminar Dr. Simaben Popatiya , Dr. Sandip Sharma, Dr. Yashwant Dodiya & Tobacco Counselor Dineshbhai have given their valuable information to around 500 students.



September – 2017

- **LECTURE ON “THALASSEMIA AWARENESS” BY DR. C. G. JOSHI ON 07/09/2017**



DECEMBER- 2017

**“BLOOD DONATION MOTIVATION PROGRAMME” BY HDFC BANK &
ASHA BLOOD BANK ON 05/12/2017**



DECEMBER- 2017

**BLOOD DONATION CAMP BY HDFC BANK & ASHA BLOOD BANK ON
06/12/2017**



DECEMBER- 2017

LECTURE ON “ART OF LIVING” BY GEETA MADAM ON 11/12/2017



DECEMBER- 2017

**LECTURE ON “OUR LIFE STYLE & AYURVEDA” BY
INDUBHAI BAPODRA & RAMBHAI SIDA**



JANUARY- 2018

1ST JANUARY TO 8TH JANUARY YOGASANA & ITS BENEFITS BY JANKI



**DR. V. R. GODHANIYA COLLEGE OF ARTS,
COMMERCE, HOME SCIENCE & IT FOR
GIRLS, PORBANDAR**

Health Center



DR. JAYSHREEBEN PARMAR

YEAR : 2018-19

June - 2018

**Lecture on 'Thermometer &
sphygmomanometer' and its uses for the
students of T.Y.B.Sc (Home Science) at
health Center on 29/06/2018**

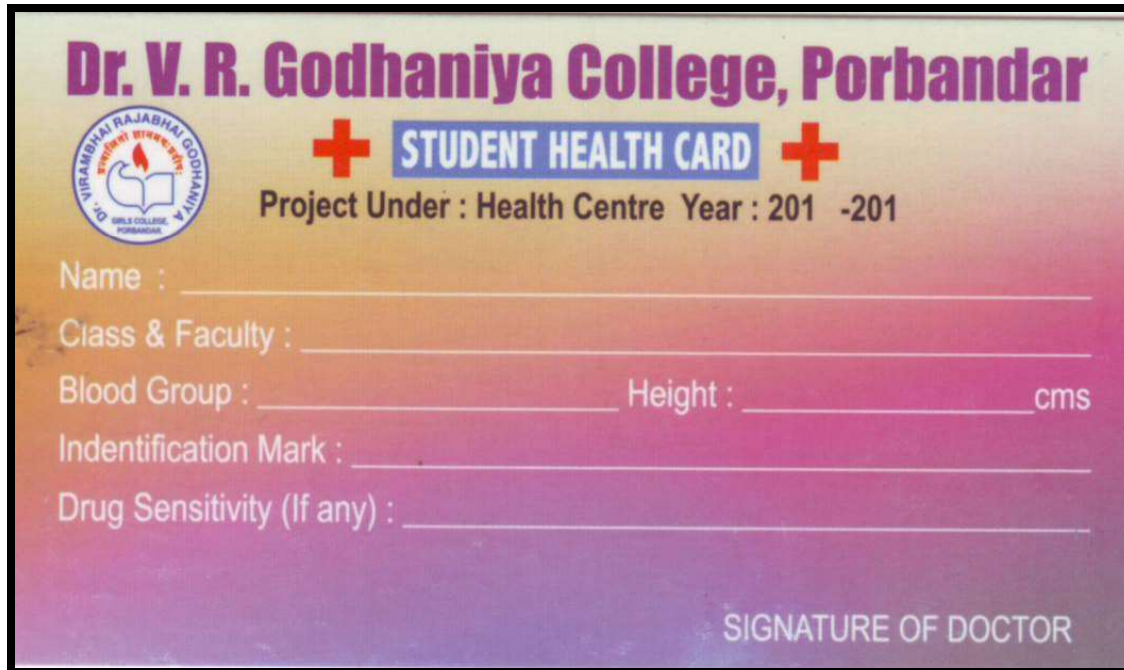
JULY - 2018

ALL F.Y. STUDENTS' HEIGHT , WEIGHT, HB. BLOOD GROUP, IDENTITY MARK & DRUG SENSITIVITY MEASURED & NOTED.





JULY - 2018

HEALTH CARDS WERE ISSUED.



Dr. V. R. Godhaniya College, Porbandar

 **STUDENT HEALTH CARD** 

Project Under : Health Centre Year : 201 -201

Name : _____

Class & Faculty : _____

Blood Group : _____ Height : _____ cms

Identification Mark : _____

Drug Sensitivity (If any) : _____

SIGNATURE OF DOCTOR

JULY - 2018

**LECTURE ON THALASSEMIA AWARENESS BY RESPECTED DR. C. G. JOSHI ON
01/07/2018**



DECEMBER - 2018

MEDICAL CHECK - UP CAMP ORGANIZED BY N.S.S. AT VANANA



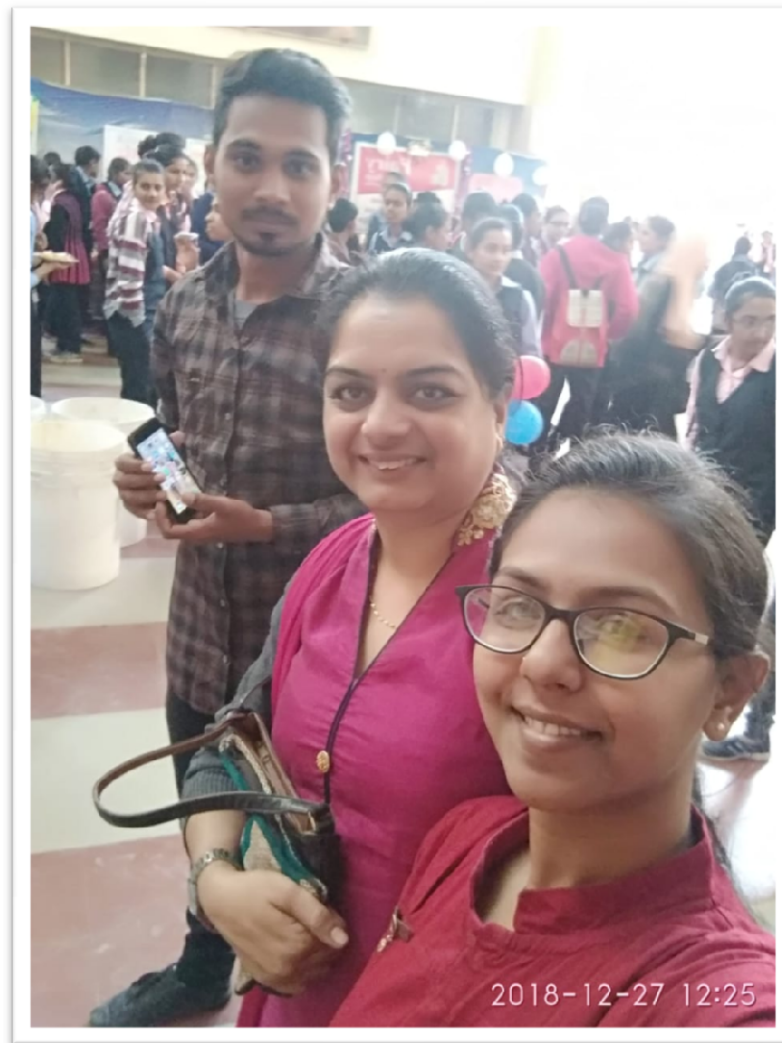
DECEMBER - 2018

**HEALTH CENTER PROVIDE FREE MEDICAL CHECK UP AND PRIMARY
TREATMENT, FREE FIRST AID TO ALL STUDENTS OF COLLEGE AND HOSTEL**



DECEMBER - 2018

WORKED AS HEALTH & HYGIENE ADVISOR AT EXPO ON 27-28 DECEMBER-2018



**Dr. V. R. Godhaniya College of Arts,
Commerce, Home Science & IT for Girls,
Porbandar**

Health Center



DR. JAYSHREEBEN PARMAR

YEAR : 2019-20

JUNE - 2019

**LECTURE ON HEALTH & HYGIENE BY DR. DIMPLE PADIYA FOR ALL F.Y.
STUDENTS ON 29/06/2019**



JUNE - 2019

TRAINING PROGRAMME FOR SANITARY PAD VENDING & BURNING MACHINE BY ROTARY CLUB AT NATVARSINHJI CLUB ON 29/06/2019



JULY - 2019

HEALTH CHECK - UP CAMP ORGANIZED ON 9TH , 10TH ,11TH JULY FOR ALL F.Y. STUDENTS. IT INCLUDES HEIGHT , WEIGHT, HB. BLOOD GROUP, IDENTITY MARK & DRUG SENSITIVITY.



JULY - 2019


LECTURE ON THALASSEMIA & ITS COMPLICATIONS FOR THALASSEMIA MINOR STUDENTS ON 15/07/2019.



JULY - 2019

HEALTH CARDS WERE ISSUED.

Dr. V. R. Godhaniya College, Porbandar

 **STUDENT HEALTH CARD**

Project Under : Health Centre Year : 201 -201

Name : _____

Class & Faculty : _____

Blood Group : _____ Height : _____ cms

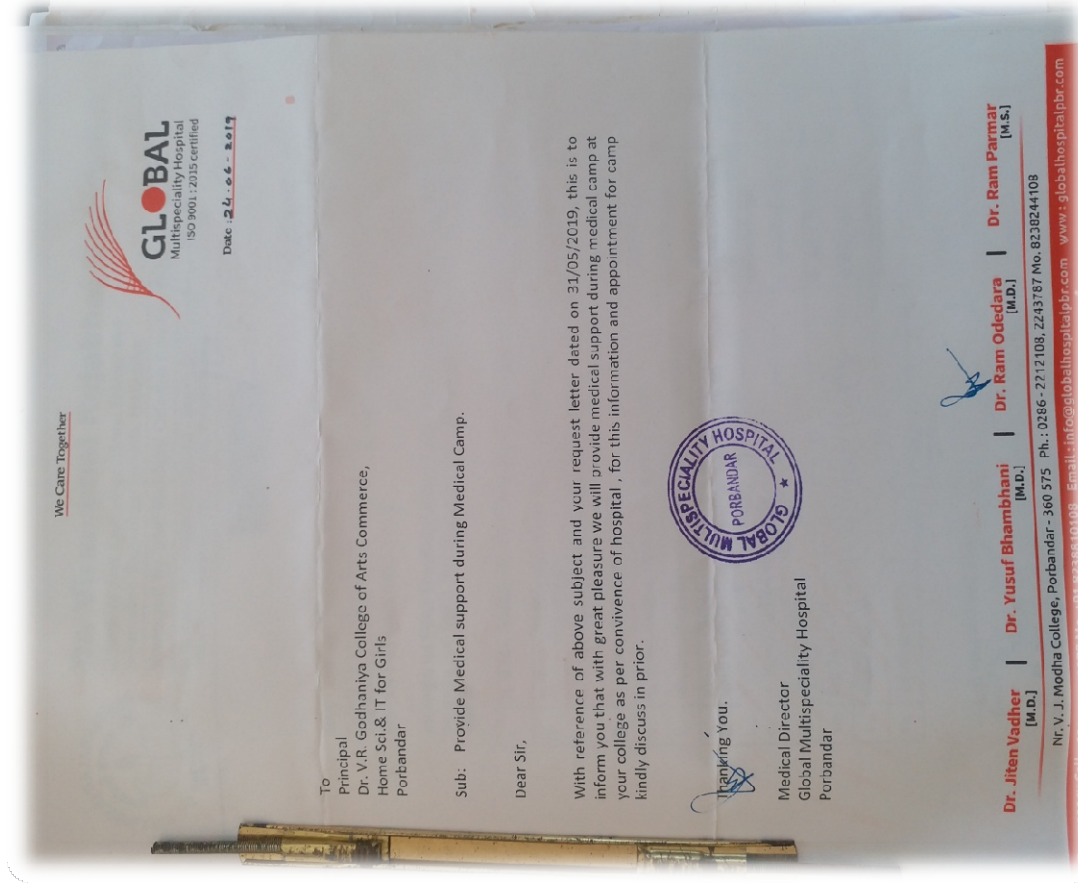
Identification Mark : _____

Drug Sensitivity (If any) : _____

SIGNATURE OF DOCTOR

JULY - 2019

M.O.U. WITH GLOBAL MULTISPECIALTY HOSPITAL IS DONE FOR MEDICAL SUPPORT ON 01/07/2019.



MANUAL SANITARY NAPKINS VENDING MACHINE PROVIDED TO HEALTH CENTER FOR STUDENTS BY ROTARY CLUB ON 17 -07-2019



AUGUST - 2019

SPEECH ON THALASSEMIA AWARENESS AND BALANCED DIET UNDER WOMEN EMPOWERMENT PROGRAM ON 3-8-2019



BMI CAMP HELD ON 30-08-2019 UNDER “FIT INDIA MOVEMENT”



DECEMBER - 2019

LECTURE ON THALASSEMIA BY DR. C. G. JOSHI (RTD. PRINCIPAL, DR. MD
SCIENCE COLLEGE) ON 04-12-2019



BLOOD DONATION CAMP ORGANIZED BY HDFC BANK AND ASHA BLOOD BANK ON 05-12-2019



JANUARY - 2020

MEDICAL CHECKUP CAMP AT KHAMBHODAR BY N.S.S. ON 07-01-2020



AN INFORMATIVE SESSION ON “ HEALTH & NUTRITION “ WAS HELD ON 15-02-2020 BY B.B.A., M.S. W & B.S.W. DEPARTMENT. THE GUEST SPEAKER WAS DR. JAYSHREE PARMAR.



MARCH 2020


Covid-19 Awareness Lecture at hostel on 13th March 2020 .



Covid-19 Awareness Lecture at college on 14th March 2020 .



Helpline for students and their family for
health and Covid-19 related information
initiated by Health Center

 Dr. V.R. Godhaniya College
of Arts, Commerce, Home Science & I.T. for Girls, Porbandar

‘‘ઘરે રહો, સુરક્ષીત રહો’’

+ હેલ્થ સેન્ટર +

ડો. વી. આર. ગોઢાણિયા કેમ્પસના
વિદ્યાર્થીઓ અને તેના પરીવારને માર્ગદર્શનની
સેવા લેવા અનુરોધ.

આપના હેલ્થને લગતા કોઈ પણ પશ્ન
માટે વિનાસંકોચે સંપર્ક કરો.

ડો. જયશ્રીબેન પરમાર
(B.A.M.S.)
સંપર્ક નંબર : 9428703103
સમય : સવારે ૧૦ થી ૧૨

we care for our students, staff and visitors also.
we measure temperature and sanitize everyone.



**Dr. V. R. Godhaniya College of Arts,
Commerce, Home Science & IT for Girls,
Porbandar**

Health Center



DR. JAYSHRIBEN PARMAR

YEAR : 2020-21

August 2020

During Exams temperature of all Students was measured and they were sanitized, social distancing was strictly maintained.



February 2021

All first year temperature of students was measured and they were sanitized on their welcome day on 8th February 2021 during the pandemic.



**Dr. V. R. Godhaniya College of Arts,
Commerce, Home Science & IT for Girls,
Porbandar**

Health Center



DR. JAYSHRIBEN PARMAR

YEAR : 2021-22

August 2021

Health check-up duty at Dr. V. R. Godhaniya
IT and Engineering College on 1st August
2021 .



Temperature measured and sanitized on welcome day of first year students on 23rd and 24th August 2021 .



April 2022

Sanitary pad distribution and Hygiene Awareness Program with Shuddh & Hygiene Company on 22nd April 2022.



SERVED AS AN ASSOCIATE PROFESSOR IN DIPLOMA IN YOGA DURING 2021-2022.



DURING LECTURE



DURING EXAM



**Dr. V. R. Godhaniya College of Arts,
Commerce, Home Science & IT for Girls,
Porbandar**

Health Center



DR. JAYSHRIBEN PARMAR

YEAR : 2022-23

JUNE 2022

- ❖ Health checkup during World Record programme on 21st June



September 2022

- ❖ Hemoglobin check up camp organized by Rotary Club and Inner Wheel Club of Porbandar .
- ❖ All College students and Hostel students' hemoglobin is measured on 2nd & 3rd September.





HB and Cancer Awareness Campaign for women conducted by Health Center



❖ VIDEO SESSION ORGANIZED ON HEALTH & HYGIENE DURING MENSTRUATION AND CERVICAL CANCER IN WOMEN.

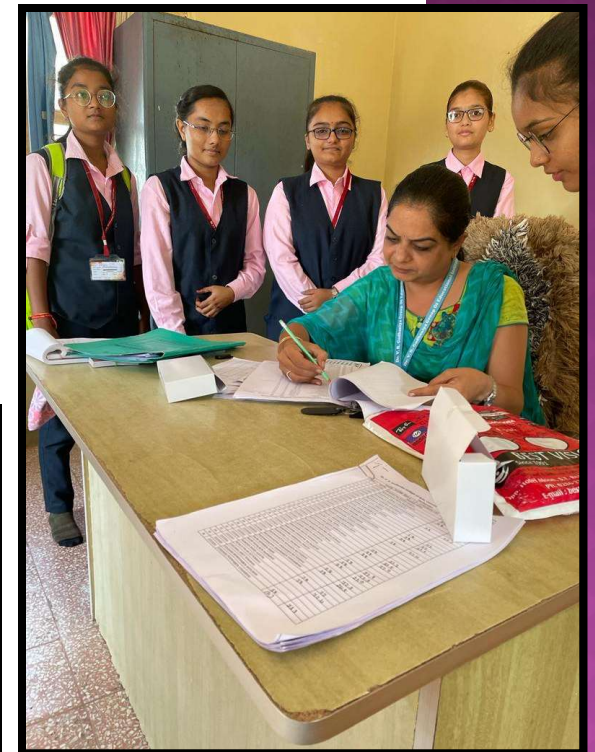


❖ **FREE IRON TABLETS DISTRIBUTED TO STUDENTS WITH
HEMOGLOBIN UNDER 12%.**



OCTOBER 2022

- ❖ All students' Height, Weight, Hemoglobin, Blood group, Drug sensitivity, Identification mark are noted and subsequently health cards were issued during 10th to 15th October.



NOVEMBER 2022

- ❖ Health card distribution to students of F. Y. B.Com. (English Medium) on 4th November 2022.



❖ LECTURE ON HEMOGLOBIN AWARENESS AND DISTRIBUTION OF IRON TABLETS ON 14th NOVEMBER 2022 AT HOSTEL.



❖ VISIT TO THE HEALTH CENTER AND COUNSELING ON SANITARY PAD VENDING MACHINE ON 22ND NOVEMBER 2022



❖ **INFORMATIVE SESSION ON “HEALTH & HAEMOGLOBIN “ BY DR. YASMIN AFRICAWALA DURING MORNING PRAYER SESSION ON 25th NOVEMBER 2022**



આજની અત્યંત ભાગદોડવાળી જીંદગીમાં હીમોગ્લોબીનની માત્રા જાળવવી અનિવાર્ય
ગોઢાણીયા મહિલા કોલેજમાં યુવતીઓને અપાયું મહત્વનું આગદર્શન

આજકાલ પ્રતિભિધિ
પોરબંદર
 પોરબંદરની માલદેવજી ઓટેરા સ્મારક ટ્રસ્ટ સંચાલિત ડૉ. વી. આર. ગોઢાણીયા મહિલા કોલેજમાં 'હેલ્થ વિથ હીમોગ્લોબીન' વિષય ઉપર એક વ્યાખ્યાન યોજવામાં આવેલ.

ડૉ. વી. આર. ગોઢાણીયા મહિલા કોલેજના હેલ્થ સેન્ટર ડીપાર્ટમેન્ટ અંતર્ગત આ વ્યાખ્યાન યોજાયેલ ડૉ. યાસ્મિન એફ્રિકાવાલા દ્વારા 'હેલ્થ વિથ હીમોગ્લોબીન' વિષય ઉપર ખૂબ જ પ્રાથમિકતાપૂર્વક માર્ગદર્શન આપવામાં આવેલ. જેમાં અપણા શરીરમાં જરૂરી નોર્મલ હીમોગ્લોબીનની માત્રા, હિમોગ્લોબીન ક્ષતિના કારણો તથા લક્ષણો, હિમોગ્લોબીન વધારવા માટેના ઉપાયો વગેરે વિષય પર જાણકારી આપી હતી. આ ઉપરાંત ડૉ. યાસ્મિન એફ્રિકાવાલા અનુસાર ખદવાતી જતી અત્યારની વાર્ષિક સ્ક્રીનિંગ, ભાગદોડવાળી જીંદગીમાં આહારમાં કઈ વસ્તુઓ ઉમેરી જોઈએ અને કઈ વસ્તુઓનો ત્યાગ કરવો જોઈએ એ અંગે માહિતી આપી હતી. આ તકે પ્રોગ્રામમાં હેલ્થસેન્ટરના ડૉ. જયશીલેન પરમાર, ડૉ. યાસ્મિન એફ્રિકાવાલાનો આભાર વ્યક્ત કર્યો હતો અને જણાવ્યું હતું કે દર પંદર દિવસે હેલ્થ સેન્ટર દ્વારા વિદ્યાર્થીનીઓને માટે ખ્યાતનામ તજજ્ઞોને આમંત્રિત કરી ખાસ કરીને ગર્ભવતી સ્ત્રી હેલ્થ માટે પ્રોગ્રામ આયોજીત થશે. આ તકે શ્રી માલદેવજી ઓટેરા સ્મારક ટ્રસ્ટના પ્રમુખ ડૉ. વિરમભાઈ ગોઢાણીયા, એક્ટીવ ટ્રસ્ટી ભરતભાઈ વિરમાણ, વકીલ ટ્રસ્ટી ડૉ. હિનાબેન ઓટેરા, જાણીતા કેલેબરપીકર ડૉ. ઈશરવાહ ભરડા તથા ડૉ. ચાવડા 'ચિન્મીપાલ ડૉ. કેતન શાહે અભિનંદન આપ્યા હતા.

(તસ્વીર: ચિત્રેષ પોષ્ટ)

❖ SERVED AS AN ASSOCIATE PROFESSOR IN DIPLOMA IN YOGA DURING YEAR 2022-23.



DECEMBER- 2022

- Informative session on “Thalassemia Awareness” by Dr. Dimple Padiya on 8th Dec-2022 during morning prayer session.



PARENTS, TEACHERS & ALUMNI MEET OF DIPLOMA IN YOGA STUDENTS ON 15-12- 2023



CANCER AWARENESS SEMINAR ..
TOPIC - WAYS TO PREVENT CANCER THROUGH A HEALTHY LIFESTYLE.

A SEMINAR ON CANCER AWARENESS WAS HELD BY PORBANDAR PATANJALI YOGA FAMILY IN COLLABORATION WITH INDIAN LIONESS, SANJEEVANI - LIFE BEYOND CANCER TRUST ON 26-12-2022 AT GODHANIYA HOSTEL. MRS. ILABEN VORA FROM GANDHINAGAR GAVE GUIDANCE AND USEFUL INFORMATION ON HOW TO GET RID OF CANCER DISEASE THROUGH HEALTHY LIFESTYLE. SHE HERSELF IS A CANCER WINNER. AN AWARENESS PROGRAMME ON CANCER PREVENTION IN ASSOCIATION WITH SANJEEVNI TRUST. INFORMATION ON TREATMENT OF CANCER - PROVIDING FREE SERVICE THROUGH COUNSELING AND GUIDANCE.



OTHER ACTIVITIES OF HEALTH CENTRE (2017)

Name of the activity	Year of the activity
Blood Donation Camp	2017
Thalassemia Awareness Programme	2017
Visit to Health Centre	2017

OTHER ACTIVITIES OF HEALTH CENTRE (2018)

Name of the activity	Year of the activity	Number of students participated in such activities
Medical Camp for general health check up in Vanana for 2 days	2018	55
First Aid Training	2018	33
Mental Health Programme held at District Branch	2018	3
Thalassemia Awareness Programme	2018	250
Visit to "Shri Bhartiya Pragnachakshu Gurukul"	2018	11
Visit to Divyang Children and their families	2018	5

OTHER ACTIVITIES OF HEALTH CENTRE (2019)

Name of the activity	Year of the activity	Number of students participated in such activities
Celebration of International Yoga Day	2019	500
Visit to Adopted 5 Villages 1. Tukda 2. Gosa 3. Mocha 4. Badej 5. Pata 6. Madhavpur health checkup etc	2019	12
YOGA DRILL AND TRAINING CAMP AT CHOWPATI	2019	120
Volunteer training on social and emergency response	2019	16
Thalassemia Awareness Programme	2019	300
Blood Donation Camp	2019	20

OTHER ACTIVITIES OF HEALTH CENTRE(2020)

Name of the activity	Year of the activity	Number of students participated in such activities
Social Awareness Rally on Covid 19 in Collaboration with Porbandar Police	2020	7
Aarogy Setu App Awareness Video made by CDT Lilu Keshvala	2020	7
Home made Mask Distribution by our CDT Riya Bariya.	2020	7
The operation near Hanuman Gufa Police Chowki, Char Rasta. We worked with the Porbandar Police to spread awareness about the Novel Corona virus using a variety of awareness quotes	2020	7
Covid 19 Awareness program	2020	7
ExNCCYogdan#CoronaWarriors Volunteer Cadets did their duty in association with Porbandar Police and Traffic Police	2020	7
Distributed Mask to needy people	2020	7
Awareness program and taught to people how to take precaution in covid 19	2020	7
#मैंभीकोरोनावारियर made a clip by CDT Lilu Keshvala for precautionary purpose	2020	7

OTHER ACTIVITIES OF HEALTH CENTRE (2020)

Name of the activity	Year of the activity	Number of students participated in such activities
We handed over the Hand Made Masks made by the Cadets to our respected Collector Shree D.N.Modi from 4 GUJ Naval Unit NCC , and he returned the Masks with the responsibility of distributing them to needy people.	2020	7
Camp at Khambhodar Village from 02/01/2020 to 08/01/2020 including various extention activities like 1. Guidance lecture on Thalassemia	2020	70
Khambhodar Camp Activity 3., Distribution of Nests and Eco-frinendly bags	2020	70
Khambhodar Camp Activity 4. Accupressure camp	2020	70
Khambhodar Camp Activity 5. Yoga and meditation camp	2020	70
Khambhodar Camp Activity 9. Medical camp in association with Dr. Jayshree Parmar and Dr. Hetal Odedra	2020	70
Khambhodar Camp Activity 11. Medical Camp for Women with Dr. Jayshreeben Parmar	2020	70
International Yoga Day Theam:-DO YOGA BEAT CORONA Participation in online International Yoga Day at the University level	2020	25
Awareness of Covid-19 Pledge Corona Awareness Awareness of Covid-19 Pledge Corona Awareness	2020	
Awareness Programme for Covid-19	2020	30

OTHER ACTIVITIES OF HEALTH CENTRE (2021)

Name of the activity	Year of the activity	Number of students participated in such activities
International Day of Yoga	2021	70
Shramdan at Unit, Sanitation Drive at Amarjyot Old Age Home	2021	82
Beat Covid Campaign initiative in association with Mahatma Gandhi National Council of Rural Education, Hyderabad.	2021	20
Organised a Medical Camp for eyes at Shriji Hospital- Dr. Nikhil Rupareliya 200 Students + 200 Patient	2021	200
Awareness of Covid-19 Guidelines & Vaccination Programme Online Expert Lecture by Dr.Jayshreeben Parmar	2021	200
Organisation of Covid Task force -2021 for Awareness of Covid -19	2021	10
Covid-19 Awareness Programme Maru Gam Corona Mukh Gam	2021	200

OTHER ACTIVITIES OF HEALTH CENTRE (2022)

Name of the activity	Year of the activity	Number of students participated in such activities
Family Planning Lecture by Dr. Jayshree Parmar	2022	237