



**WEL-COME**

Health Centre  
Dr.V R.Godhaniya College &  
Educational Premises  
Porbandar

-: Presentation By :-

*Dr.Neeta M.Vasavada*

Health Centre  
Dr.V R.Godhaniya College & Educational Premises-  
Porbandar



: Our mission :



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

# Health Centre Dr.V R.Godhaniya College & Educational Premises-Porbandar



## : Infra Structure :

- ❖ Set up inaugurated with gracious presence of honorable Vice President - Dr.Virambhai Godhaniya, managing trustee - Mr.Arjunbhai Modhwadia, trustee -Mr.Bharatbhai Visana, Principal - Dr.Anupam Nagar and trust committee members.
- ❖ Situated inside the college premises attached to the main gate of building.
- ❖ Center established with doctor's consultation room to provide clinical examination, drug dispensing, injection and dressing management, patient counseling, record keeping etc...

## **Health Centre**

**Dr.V R.Godhaniya College & Educational Premises-Porbandar**

### **-: Health Center Committee :-**

**Dr.Ketan Shah – Convener**

**Dr.Neeta Vasavada – Coordinator**

**Mrs.Bharti Shingrakhiya - Member**

**Dr.Meera Mehta – Member**

**Mr.Amrut Chhatroda - Member**

Free medical consultation and medicinal facilities to all our college students, hostel residents & staff members.



OPD handling of approximate 250 patients per month.



- > 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 facilitate place for specialist opinion, investigations and needful procedure.

**Health Centre**  
**Dr.V R.Godhaniya College & Educational**  
**Premises-Porbandar**

“Health Card” provided to all students which includes personal detail, blood group and drug sensitivity – if any.

SAMPLE OF HEALTH - CARD

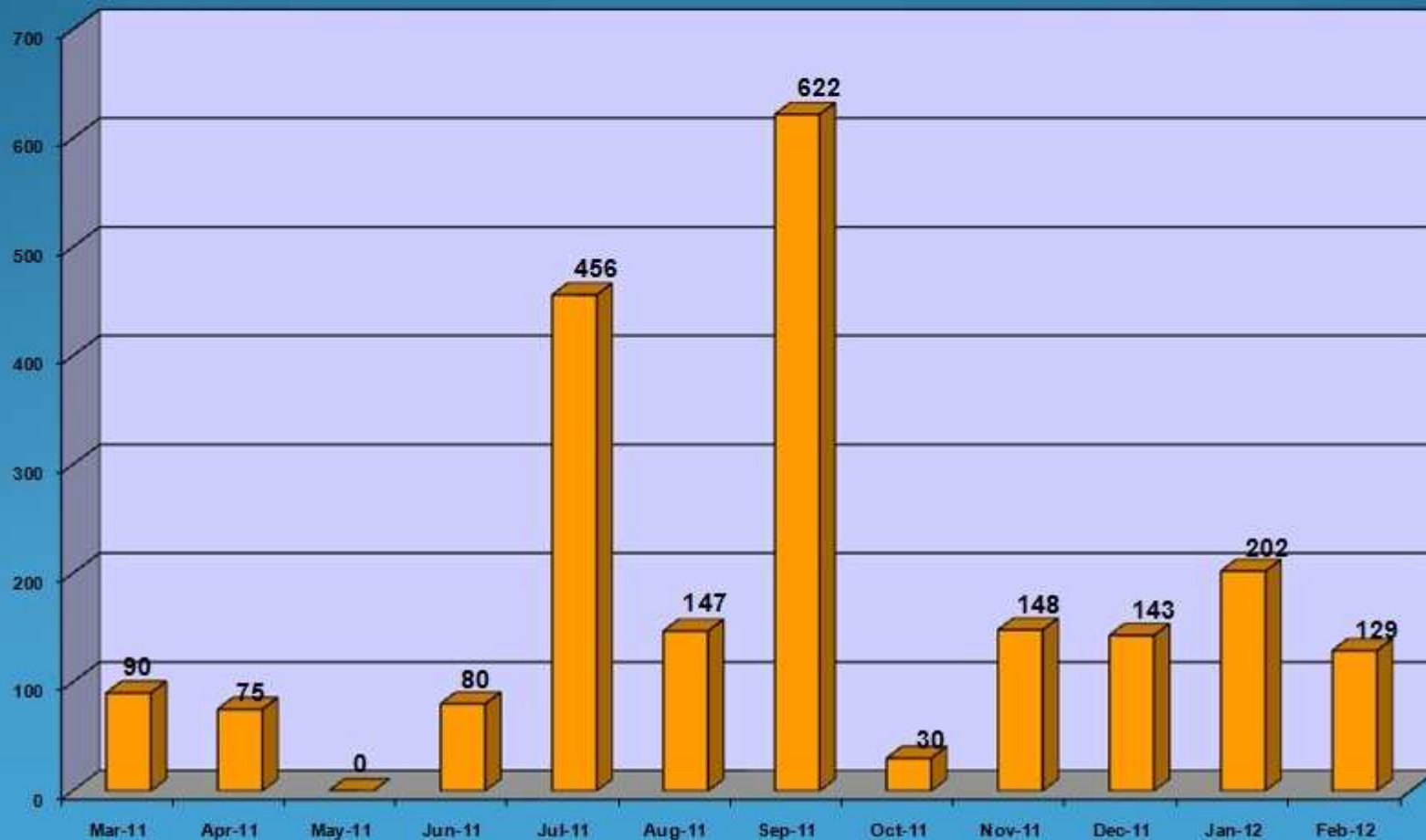
STUDENT HEALTH CARD  
PROJECT UNDER : HEALTH CENTRE  
YEAR : 2011 - 12

NAME : \_\_\_\_\_  
CLASS & FACULTY . : \_\_\_\_\_  
BLOOD GROUP : \_\_\_\_\_ RH : \_\_\_\_\_  
HEIGHT : \_\_\_\_\_ cms  
IDENTIFICATION MARK : \_\_\_\_\_  
DRUG SENSITIVITY (IF ANY) : \_\_\_\_\_

SIGNATURE OF DOCTOR

# Health Centre Dr.V R.Godhaniya College & Educational Premises- Porbandar

Month wise Total Treated Patients - Total = 2122 / year



## **Health Centre**

### **Dr.V RGodhaniya College & Educational Premises-Porbandar**

- > Educate our school students from 5th to 12th and college students of B.Sc, B.A., B.Com, B.Ed , I.T. etc.. with various subjective topics.**
- > Mass counseling in lectures focused on Personal health.**
- > Lectures educating focused on personal habit & hygiene.**
- > Lectures on prevention of various disease, epidemics and its control measures, food & nutrition along with dietary advise, immunity maintaining, hair care and nutritional management to enrich the roots, personality development, concentration method.**
- > Tips on First aid treatment management, Stress management specially on study base and exam phobia.**

Organized camps for Eye and vision check up, blood grouping, education on thelesemia and AIDS, malaria, gyneac disorders etc...



## Eye Camp





## Health Centre

Dr.V R.Godhaniya College & Educational Premises-Porbandar

### : Value Added Health Education & Medical Services :

- \* Educate our school students from 5th to 12th and college students of B.Sc, B.A., B.Com, B.Ed , I.T. etc.. with various subjective topics.
- \* Mass counseling in lectures focused on Personal health.
- \* Lectures educating focused on personal habit & hygiene.
- \* Lectures on prevention of various disease, epidemics and its control measures, food & nutrition along with dietary advise, immunity maintaining, hair care and nutritional immunity maintaining, hair care and nutritional advise, enrich the roots, personality development, concentration management to method.
- \* Tips on First aid treatment management, Stress management specially on study base and exam phobia.
- \* Organized camps for Eye and vision check up, blood grouping, education on thelesemia and AIDS, malaria, gyneac disorders etc...

"Activities done under Health Center" from  
March 2011 to February 2012 :-

SN	Month	Yoga Awareness Activity and other extra features e.g. Medical camps, check up etc..	Faculty / Class strength
1	Mar-11	1 hour relaxation session - yogasan's	All hostel girls - std 10th & 12th
2			
3			
4			
5			
6	Apr-11 May-11	1 & half hour Outsiders females batch from porbandar city	Total = 20
7	Jun-11 to Sep-11	Awareness course on Yoga & Health 1 hour lecture and practical (all Mon to Wed days)	F.Y.B.A. ; Total = 20 (Cont. up to Sep -11) (certificate issued)
8	Contd..	Mass breathing & pranayama	All in Thursdays assemblies (cont.. Activity)
9	Jul-11		
10			
11			
12			
13			
14			
15			

SN	Month	Health Edu. lectures (Cont. activity)	Faculty/ Class (All Fri & Sat)
1	Mar-11		
2		Health Awareness & Dietary advise	F.Y./S.Y./T.Y. - B.A.
3		Health Awareness & Dietary advise	F.Y./S.Y./T.Y. - B.Com.
4		Health Awareness & Dietary advise	F.Y./S.Y./T.Y. - B.Ed.
5		Personal Hygiene Do's & Don't & Aumkaar meditation	Std 5th to 12th
6	Apr-11		
	May-11		
7	Jun-11 to Sep-11		
8	Contd..		
9	Jul-11	Importance of exercise in life	class of F.Y.B.A.
10		Importance of rest	class of F.Y.B.A.
11		Disease epidemics and remedies	class of F.Y.B.A.
12		Importance of Immunity	class of F.Y.B.A.
13		Importance of raw vegs.in diet & nutrition	class of F.Y.B.A.
14		Malaria - how to escape and control	class of F.Y.B.A.
15		Clinical hair care and nutrition	class of F.Y.B.A.

S.N.	Month	Yoga Awareness Activity and other extra features e.g. Medical camps, check up etc..	Faculty / Class strength
16	Aug-11	Provision of Injection facility added in H.C.	
17			
18	Sep-11	Inter college open porbandar district Yoga Competition	Selected 5 girls stood FIRST Prize winner on 17/9/2011
19	Oct-11	Blood Grouping Camp & Health card	All Students from all faculties
	Nov-11	issue to all students	Total = 750 blood grouping Health cards issued to all
20	Dec-11	Ishita Rathod from our first prize winner group participated at anand in state level Inter district yoga competition at Khel - Mahakumbh successfully.	
21	Jan-12	Free Eye check up camp under Ophthal.	Aprx. 500 students checked on
	Feb-12	Dr. Nimisha Mehta for F.Y./S.Y./T.Y. students of B.A.-B.Com and B.Sc - Home Sci.	19/1 and 01/02 in two phases.

S.N.	Month	Health Edu. lectures (Cont.. activity)	Faculty / Class (All Fri & Sat)
16	Aug-11	Leucorrhoea - control measures	class of F.Y.B.A.
17		Thelesemia	Mass lecture in Dhara
18	Sep-11	Food & Nutrition	calss of F.Y.B.A.
		Informations on AIDS	T.Y. - Home Sci.
19	Oct-11		
	Nov-11		
20	Dec-11	Importance of Pranayama in Health	calss of F.Y.B.A.
		Importance of Aamlaki in raising Immunity	
		Healthy and Nutritional food recipes.	
21	Jan-12	How to builtup self confidence	calss of F.Y.B.A.
	Feb-12	How to appear for public speaking as a debate candidate under subject topic of "Be the Best" - Also demo taken from all the students one by one.	

(A) Morning batch :- 7 AM to 8.30 AM

Sr.No.	Name of Participant	Amount - Rs.
1	Mrs.Hiraben Ranavaya	200
2	Mrs.Vilpaben Satikunvar	200
3	Miss.Hetashri Atri	200
4	Mrs.Shantiben Jadeja	200
5	Mrs.Rekhaben Gajjar	200
6	Mrs.Varshaben Gajjar	200
7	Mrs.Hiraben Modhvadiya	200
8	Miss.Trupti Ruparel	200
9	Mrs.Manjuben Modhvadiya	200
10	Mrs.Hetalben Shah	200
11	Mrs.Diptiben Thanki	200
12	Mrs.Minaben Dasani	200
13	Miss.Janhavi Dasani	200
14	Mrs.Pannaben Madlani	200
	Total Amount = Rs.	2800

(B) Evening batch :- 4 PM to 5.30 PM

Sr.No.	Name of Participant	Amount - Rs.
1	Mrs.Diptiben Solanki	200
2	Mrs.Linaben Dasani	200
3	Mrs.Dipaliben Thakrar	200
4	Mrs.Harshidaben Kargathara	200
5	Mrs.Jagrutiben Modha	200
6	Miss.Rumeza Ghumara	200
	Total Amount = Rs.	1200

Grand Total (A) + (B) =

Rs.4000/-

"Awareness course in Yoga and Health"

<b>Sr.No.</b>	<b>Name of student</b>	<b>Class from</b>
1	Khunti Hetal	F.Y. B.A.
2	Rathod Ishita	F.Y. B.A.
3	Karavadara Devi	F.Y. B.A.
4	Odedara Sejal	F.Y. B.A.
5	Keshwala Payal	F.Y. B.A.
6	Gareja Hira	F.Y. B.A.
7	Bloach Nagma	F.Y. B.A.
8	Thakrar Janki	F.Y.B.Com
9	Popat Bansi	F.Y.B.Com
10	Ramdati Jagruti	F.Y. B.A.
11	Gorania Priyanka	F.Y. B.A.
12	Mehta Jahanavi	F.Y. B.Com.(Eng.)
13	Odedra Chetna	F.Y. B.A.
14	Karavadara Gita	S.Y.B.Com

**: RESULT SUBMISSION OF PRACTICAL EXAM TAKEN BY THE UNDERSIGNED ON –  
29/09/2011 AFTER COMPLETION OF THE COURSE :**

Sr.No	Name of student	Student from class of	Sukshma Vyaayaam	Aasana's	Pranayam a	Surya Namaskaar	Shuddhi Kriyaa	Viva	Grand Total out of 100
			Marks out of 10	Marks out of 30	Marks out of 15	Marks out of 15	Marks out of 10	Marks out of 20	
1	Khunti Hetal	F.Y. B.A.	8	23	12	12	8	12	75
2	Rathod Ishita	F.Y. B.A.	9	26	12	14	8	15	84
3	Karavadara Devi	F.Y. B.A.	8	23	12	13	8	15	79
4	Odedara Sejal	F.Y. B.A.	8	24	12	13	8	15	80
5	Keshwala Payal	F.Y. B.A.	8	23	11	12	8	15	77
6	Gareja Hira	F.Y. B.A.	8	20	10	12	7	15	72
7	Bloach Nagma	F.Y. B.A.	7	20	13	13	8	15	76
8	Thakrar Janki	F.Y.B.Com	8	20	12	13	8	15	76
9	Popat Bansi	F.Y.B.Com	8	22	11	12	8	15	76
10	Ramdati Jagruti	F.Y. B.A.	6	15	6	10	6	10	53
11	Gorania Priyanka	F.Y. B.A.	5	10	8	8	8	8	47
12	Mehta Jahanavi	F.Y. B.Com.(Eng.)	8	20	12	12	8	15	75

# MOTIVATION







ડો. વી. આર. ગોહાણિયા મહિલા કોલેજ તથા  
રોટરેક્ટ ક્લબ ઓફ પોરબંદર (સી ફેસ)  
દ્વારા આયોજીત

થેલેસીમિયા ટેસ્ટીંગ કેમ્પ









ઉઠો, જાગો અને સમજો  
તો જ શેલેસેમિયાથી બચી શકશો  
રોટરેક્ટ ક્લબ ઓફ  
પોરબંદર (સી ફેસ)

Dr. K.R. GODHANIYA MAHILA COLLEGE  
YOUTH RED CROSS  
INDIAN RED CROSS SOCIETY  
DISTRICT BRANCH  
PC BANDAR

ડો. વી. આર. ગોઢાણિયા મહિલા કોલેજ  
રોટરેક્ટ ક્લબ ઓફ પોરબંદર (સી ફેસ)  
દ્વારા આયોજીત  
શેલેસેમિયા ટેસ્ટીંગ કે

## Health Centre

Dr.V R.Godhaniya College & Educational Premises-Porbandar

### **-: “Preventive Health Care” – unique step on awareness programme :-**

- \* First time implemented a regular in-house course framed on YOGA with the title of “Awareness in Yoga and Health Education”.**
- \* Educating techniques of pranayama - breathing, asanaa’s, and importance of exercise – on every Thursday assembly’s in mass.**
- \* Motivation in students by training & participating them in various inter college yoga competitions at state and university level.**
- \* Successfully extended our wings of YOGA by educating females of porbandar residents to meet our prime motto as a vacation batch.**

•Critical emergency care unit visit to educate understanding in our - how to  
Students manage such incidences if occurs in your family as an emergency  
in future.



# Inter College yoga competition



# Performing Suryanamaskaras





Health Centre

Dr.V R.Godhaniya College & Educational Premises-Porbandar

-:Futuristic Vision:-

*We accept with pleasure to handle this challenge and assure to make sure that, we will never compromise in achieving our goals relating to Health Care and Health Education of our girls... because we strongly believe :-*

*“Health is Wealth...”*

THANK YOU