



**School of Allied Health Sciences**  
**Delhi Pharmaceutical Sciences and Research University**  
**Govt. of NCT of Delhi**  
**Pushp Vihar, Sector-3 MB Road, New Delhi**



## **Report on**

### **Community Outreach activities of School of Allied Health Sciences, in Collaboration with Community Health Department of St. Stephen's Hospital (CHD-SSH) --11 October – 11th November 2021--**

The Delhi Pharmaceutical Sciences and Research University (DPSRU) in collaboration with Community Health Department of St. Stephen's Hospital (CHD-SSH) Sunder Nagari, which cater the health care needs of the poorest of the poor, organized community outreach activities in the month of October- November 2021 (11 October – 11<sup>th</sup> November 2021) . The Community Health Department is located about 16 kms away from the main hospital of St Stephens in a slum and resettlement colony in North East Delhi one of the most disadvantaged areas in the national capital of Delhi. The outreach activities were part of internship of MPH students at Community Health Department of St Stephens's Hospital.

#### **Glimpses of Outreach Activities at Community Health Department**

##### **1. Clean India Initiatives: Video Making and Poster Making**

The students of Masters in Public Health participated in CLEAN INDIA INITIATIVES of GOI and took part in various aspects of community interactions and approaching methods. The students took part in various activities like video making, audio recording, poster making and recorded audios for a clean India campaign advertisement to promote Swachh Bharat Abhiyan. This audio clippings were played while doing clean India drive through the streets and lanes of Sunder Nagri.

##### **2. Child to Child Education (CCE) activities on Sound, Food Chain and Rivers of India:**

DPSRU collaborated with the Child to Child Education Programme (CCE) of Community Health Department which aimed to promote overall growth and development of children from the slums. Under this program a group of children and youth volunteers teach the younger children from the slum for one and half hour per day. Child to Child Education programme encourages participation of children in extra-curricular and sports activities along with providing Free health care, annual health check-ups for the slum children.

The Masters in Public Health students have made various videos for Preschool children describing them on short topics like Food Chain, Mountains and Sound as a part of Child to Child Education Programme. The videos are later on circulated by the department in the multiple whatsapp groups of the slum children to see and learn.

MPH students have volunteered in the CCE activity in teaching children of different age groups in the slums of Sunder Nagri.



### 3. WORLD Polio Day: Awareness Drive

On the occasion of World Polio Day on 24th October 2021, an Awareness drive was organized to spread awareness among the people and sensitize them regarding what is polio, how it is spread, what to do, how to prevent and what treatment it requires. The brochures made were made by Masters in Public Health students and handed over to ANMs and were circulated to different areas in the Sunder Nagri to engage more



people and explain them about Polio. The students explained and interacted with the patients who visited the CHC in multiple rounds.



**Presenting poster on World Polio Day at CHD, St. Stephen Hospital**



**Health Talk to Patients on World Polio Day at CHD, St. Stephen Hospital**

#### **4. Home visit**

Home visit is one of the essential parts of community health services which fulfil the needs of individuals, families, and communities in general for nursing service and health counselling. Home visit is considered the backbone of community health service. Along with ANM's Masters in Public Health students took part in home visit in the urban slum of Sundar Nagri. The purpose of the home visit:

- To find out the needs of individuals, families, and communities about health, socio-economic and cultural aspects.
- To provide domiciliary midwifery as care for pregnant, delivery, and puerperal mother and infant.
- To give care to the sick, to a postpartum mother and her newborn with the view to teach a responsible family member to give subsequent care.

- To provide basic health services for minor ailments. (i.e. injury, boils, abrasions)
- To provide counseling on family planning, immunization and nutrition. To provide health understanding regarding the prevention and control of diseases.
- To assess the living condition of the patient and his family and their health practices to provide the appropriate health teachings.

During the home visit family folders were prepared by the students. Also collected information of the family member i.e. a number of family members, occupation, education, date of birth, religion, income, past history, present illness, use of family planning, immunization etc. in the slum area.



**Home visit with ANM in the urban slum area of Sunder Nagri**

## **5. Participation in Clean India Rally**

“Cleanliness is next to Godliness.” It is the mantra of Mahatma Gandhi, Father of Nation. He demonstrated, propagated and insisted for individual and community cleanliness throughout his life. “A clean India would be the best tribute India could pay to Mahatma Gandhi on his 150 birth anniversary in 2019,” said Shri Narendra Modi, Hon’ble Prime Minister of India during the launch of Swachh Bharat Mission.

In collaboration with Community health department and in association with Nehru Yuva Kendra-Shahdara, Govt. of India, and D.C. Office- Shahdara, Govt. of Delhi. Organised a rally to spread awareness to keep the surrounding clean among community residing in SunderNagri on 21.10.2021. During the rally, the participants collected single use plastic items from the streets. Mass awareness was created using various slogans: “*Dhartimaakarepukar , aaspaaskakarosudhar*” ,”*Gali me namaidan me kudakudedaan me*” , “ *swachhtakoapnanahai corona door bhaganahai*”, “ *janjantak ye sandeshpahunchana h hameswachhtakoapnanahai*... etc. The initiatives helped to



generate awareness about the long-term harm of using non-biodegradable plastics and motivate the citizens to keep our environment clean.



**MPH Students participating in Clean India rally (Swachha Bharat Abhiyaan) in the urban slum of Sunder Nagri, East Delhi.**



## 6. Visit to Prem Chaya: Senior citizens Day care center of CHD-SSH

Sunder Nagri being a resettlement colony has very small and crowded houses. Due to this often the senior citizens have to spend their time outside. Seeing the plight of senior citizens, the CHD-SSH started a senior citizens day care center called Prem Chhaya.

Prem Chhaya, senior citizens day care center started by CHD-SSH is a place where old and powerless senior citizens can interact with their peers. They are also provided with food, entertainment and place to lie-down. Regular Health Checkups are conducted and those needing advanced care are referred to speciality hospitals. Periodic picnics and outings are also arranged. This recreation center is funded and managed by "Patient Welfare Society St. Stephen Hospital". The MPH students visited PremChaya and interacted with the senior citizens. Due to Covid 19 pandemic the day care facility can be availed to a shorter period supporting the medical facilities, breakfast and lunch for senior citizens.



Family tree made by members of PremChaya



Visit to PremChaya:Senior citizens Day care center

## 7. Participation in Hunger Relief Programme

The Day Care Program of the Community Health Department is aimed to take care of poorest of poor children in the age group of 2-6 years between 8:30 am to 4:00 pm and to provide nutritional support to malnourished children from community. The Community Health

Department has a total no. of 365 children chosen by ANMs on the basis of low hemoglobin and malnourishment of vulnerable families.

MPH students participated in Hunger Relief Program and distributed food packets with Community health centre staff and interacted with the kids and their families about this hunger program and how they are benefitted from this.



**Collecting information on Hunger Relief from a worker at CHD, St. Stephen Hospital**

## **8. Research Work and Data Collection**

School of Allied Health Sciences and Community Health Department came forward with a Research proposal “To Study the Covid-19 Vaccine Coverage and Vaccine hesitancy in Urban Slum and Resettlement Colony of East Delhi”. The proposal was submitted to DPSRU- Bio Research Ethical Committee for approval to study on human subjects and questionnaire was validated. Data collection have been initiated for the research study.





**Collecting data in the urban slum area of Sundar Nagri for the study “To Study the Covid-19 Vaccine Coverage and Vaccine hesitancy in Urban Slum and Resettlement Colony of East Delhi”**

### **9. World Stroke Day: Health Talk**

On the occasion of World Stroke Day on 29<sup>th</sup> October 2021, a health talk was delivered by MPH Students in Community Health Department Sundar Nagri, to spread awareness among the people and sensitize them regarding what is Stroke, Symptoms of stroke, Risk factors of stroke, Prevention and what treatment it requires. The poster was prepared by MPH students. The students explained and interacted with the patients who visited the CHC in multiple rounds. Poster Presentation and Delivering Health Talk to Patients on World Stroke Day at CHD, St. Stephen Hospital.





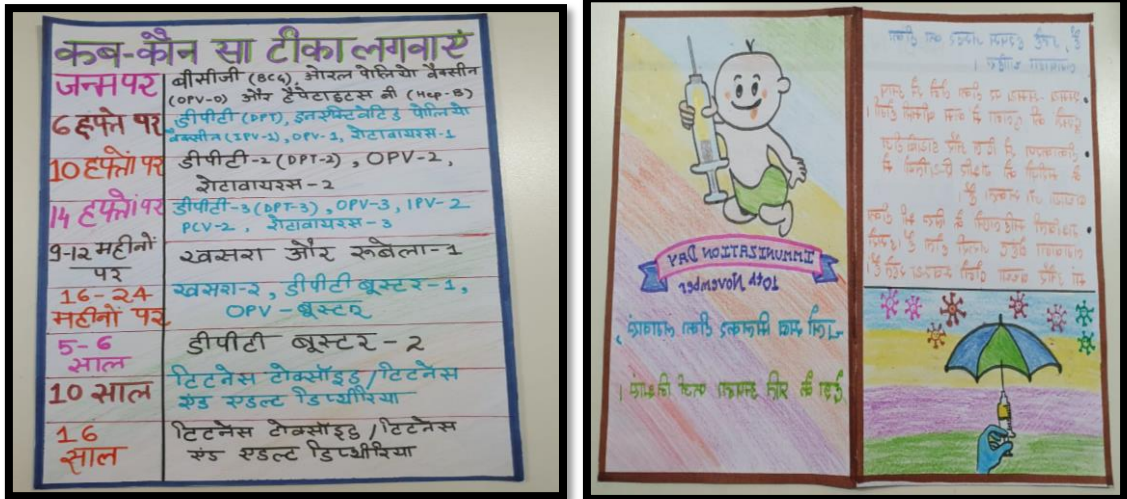


## 10. World Immunization Day: Health Talk

Every year 10<sup>th</sup> November is observed as World Immunization Day. On 10th November 2021 health talk was delivered by MPH Students in Community Health Department (CHD-SSH), Sundar Nagri, to spread awareness among the people and sensitize them regarding Vaccine Preventable Diseases (VPDs) such as Diphtheria, Pertussis, Tetanus, Measles, Cholera, Hepatitis, Rubella, Rotavirus, etc. with the help of vaccination. Handouts were prepared by MPH students explaining the importance of vaccines, benefits of getting vaccinated, facts related to vaccines and National Immunization Schedule. The students interacted with the patients who visited CHD.



Delivering Health Talk to Patients on World Immunization Day at CHD, St. Stephen Hospital



Handouts on World Immunization Day

### 11. Distribution of Pulse Oxymeters to the Community Health Department of St Stephen’s Hospital

On behalf of Community Health Facility, School of Allied Health Sciences of DPSRU, ten pulse oxymeters were distributed to Community Health Department of St Stephen’s Hospital (CHD-SSH). The pulse oxymeters were handed over to Dr. Vinita Gupta, Sr. GDMO, Community Health Department, St Stephen’s Hospital by .Dr. Jaseela Majeed, Head, School of Allied Health Sciences of DPSRU.12. Distribution of study and stationary materials to children who got enrolled in Child to Child Education Programme On the last day of internship of MPH students, a felicitation was organized by SAHS at Community Health Department to honour the team of doctors and the entire staff including ANM’s, Department coordinators at CHD-SSH. Study and stationary materials were distributed to children under Child to Child Education Programme (CCE program) of Community Health Department. The children were excited to receive the study materials and gifts.









### **Distribution of study and stationary materials to children who got enrolled in Child to Child Education Programme**

The one month internship program was coordinated and guided by Dr. Jaseela Majeed, Head, School of Allied Health Sciences and Dr. Abha Mangal, Specialist and HOD Community Health Department along with Dr. Vinita Gupta, Sr. GDMO, Community Health Department, St Stephen's Hospital and Dr. Puneeta Ajmera, Faculty Coordinator of Masters in Public Health, School of Allied Health Sciences DPSRU.





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**Report on  
Distribution of Pulse Oxymeters to the Community Health Department of  
St Stephen's Hospital, New Delhi  
10th October 2021**

On behalf of Community Health Facility, School of Allied Health Sciences of DPSRU, ten pulse oxymeters were distributed to Community Health Department of St Stephen's Hospital (CHD-SSH). The pulse oxymeters were handed over to Dr. Vinita Gupta, Sr. GDMO, Community Health Department, St Stephen's Hospital by Dr. Jaseela Majeed, Head, School of Allied Health Sciences of DPSRU on 10<sup>th</sup> October 2021. DPSRU collaborated with Community Health Department of St. Stephen's Hospital (CHD-SSH) Sunder Nagri, which cater the health care needs of the poorest of the poor, organized community outreach activities in the slums of Sunder Nagri.





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## **Report on Vaccination Drive 30.09.2021**

Delhi Pharmaceutical Sciences and Research University (DPSRU), Govt. of NCT of Delhi, in collaboration with Integrated District Health Society (IDHS), South District, Directorate of Health Services, Govt. of NCT of Delhi, organized a FREE Vaccination drive (COVISHIELD VACCINE) for faculty / staff members and their families on 30.09.2021 from 9 am to 5 pm.

The vaccination drive was inaugurated by the Prof. Ramesh K Goyal, Hon'ble Vice-Chancellor. Prof. Goyal, in his inaugural speech emphasized that DPSRU has followed the safety guidelines and taken all measures to keep the campus safe during the pandemic. The vaccination programme is scheduled in 3 more phases, one day each in the months of October, November and December 2021. Dr. Nitin, Medical Officer, 2 ANMs and 4 Vaccination Officers were deployed by IDHS for the smooth conduction of the vaccination. They were also felicitated by the University authorities for their contribution and support. Around 150 people were vaccinated today. The event was well coordinated by Dr. Priyanka Sonam, Medical officer, Dr. Jaseela Majeed, Head of School of Allied Health Sciences and Dr. Shilpa Jain, Head of School of Physiotherapy, DPSRU.







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**Report on  
Distribution of Oxygen Concentrators for COVID-19 patients**  
*“Crisis strengthens humanity. Humanity strengthens resilience”.*

In order to battle the second wave of Covid-19, the civil society organisations in India gears up holding hands each other, upholding that even if the entire system struggles to handle the surge in COVID cases, humanity works to save lives with essential support services. The School of Allied Health Sciences, joined the endeavour titled ‘Praan Vaayu’ (which means Life Force in Sanskrit)’with Distress Management collective India, a voluntary organization under the guidance of Dr. Jaseela Majeed, Head SAHS with three Masters students of SAHS, Ms. Pooja Rathore (MBA-PM), Ms. Chetna Kathuria (MHM) and Ms. Amena Sherwani (MPH) to provide Oxygen Concentrators for home care of COVID-19 patients when second wave of pandemic hit the country. The team has distributed oxygen concentrators free of costs to Covid-19 patients with proper sanitization protocols. The volunteers are involved in tracking the concentrators, performing inventory management and other support activities of these oxygen concentrators. In addition to that, tele counselling and prescription support were given to Covid-19 patients.



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**Report on  
Inauguration of Community Health Facility of  
School of Allied Health Sciences, DPSRU  
29th June 2021**

In its contribution for the third wave of Covid-19 pandemic, Delhi Pharmaceutical Sciences and Research University inaugurated the Community Health Facility of School of Allied Health Sciences (SAHS) by former Union Minister of State for Culture and Tourism and Member of Parliament Shri K.J. Alphons on 29<sup>th</sup> June 2021. The Distress Management Collective India (DMCI) in association with India Canada Association of Kingston, a well-known voluntary service organisations donated five Oxygen Concentrators of 10 litres capacity as well as pulse oxymeters on this occasion. The team DMCI donated the masks made by the rehabilitated inmates of GB Road promoted by Kat-katha and DMCI to the Community health facility of the University.

The inaugural function was chaired by Prof. Ramesh K Goyal, Vice Chancellor DPSRU in the presence of Shri O.P Shukla, Registrar, Prof. Harvinder Popli, Director, SPS, Prof. P.K Sahoo, Director DIPSAR, Prof. Geeta Aggarwal, Dean Academics, Prof. Rajiv Tonk, Dean Students Welfare, Dr. Jaseela Majeed, Head SAHS, Dr. Priyanka Sonam, Medical Officer, Dr. Shilpa Jain, Head Physiotherapy and senior faculty of the University.

During the inaugural speech Shri K J Alphons congratulated the team to initiate the Community Health Facility as University being an integral part of the community and also being a Pharmacy and health related University has a major role to play towards the society at large. Prof. Goyal addressed the gathering that the Community Health facility in collaboration with likeminded organizations, will facilitate the responsibilities towards the society. Dr. Jaseela Majeed shared the community outreach activities of the School of Allied Health Sciences during the pandemic. The inaugural function was attended by Shri. Babu Panicker, Delhi Coordinator and executive members of DMCI Dr. K C George, Dr. Sakhi John, Shri. Jobi Joseph, Shri Joseph Koovachal and Shri. Sudheernath acknowledged the student volunteers Ms. Chetna Katuria (MHM), Ms. Pooja Rathore (MBA) and Ms. Amena Sherwani of (MPH) who are working for PraanVayu Project which saved the lives of hundreds of people during the second wave of pandemic, with certificates of appreciation and mementos.

The event witnessed handing over of 5 Oxygen concentrators to Prof. Ramesh Goyal by the Shri. K J Alphons, the Chief Guest of the function. The pulse oxymeters were handed over to Dr. Priyanka Sonam, medical officer of University by Dr. KC George of DMCI. Dr. Sakhi John shared the story behind the making of cloth mask by the rehabilitated inmates of GB Road and handed over 250 masks to Dr. Puneeta Ajmera, Associate Professor of Dept of Public Health. The facility would also cater the health related needs of the University and the neighbouring communities in preparation of a third wave of pandemic. The event was organized by Dr. Jaseela Majeed along with Faculty of School of Allied Health Sciences.





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**Report on  
Save Girl Child Day  
24<sup>th</sup> January 2021**

School of Allied Health Sciences celebrated Save Girl Child Day on 24<sup>th</sup> January 2021 as a part of University's Community extension activity with an objective of raising awareness about importance of girl child. Beti Bachao Beti Padhao (Save Girl Child) is the most recent initiative started by the Government to actively encourage the people to save girl children. The programme was organized to support the Government's initiatives in saving girl children and to create awareness about women's rights and facilitate positive change for girl children in India. Event was inaugurated by Honourable Vice Chancellor, Prof. (Dr) Ramesh K. Goyal and Registrar, Dr O.P. Shukla. A string of activities were organized under the guidance of Dr. Jaseela Majeed, Head School of Allied Health Sciences and were coordinated by faculty members, Dr Puneeta Ajmera and Dr J. Swaminathan and students of the Department of Public Health

Following activities were carried out in this regard:

1. Digital poster making competition on the theme "Save Girl Child Mera Beti Mera Abhiman" was organized. Total 66 students from different colleges and universities registered for the competition.
2. Small gift hampers including baby care essentials, masks and immunity boosters were distributed to the parents of new born baby girls at Rural Medicare Centre near Saket Metro Station in the presence of Director of RMC, Dr Toor and administrative staff of the hospital as a celebration of girl child birth. Students of Master of Public Health Programme provided awareness on girl child, importance of breast feeding and immunization programmes.
3. Pamphlets were distributed at Rural Medicare Centre, University premises and amongst local community in the vicinity.

Education and awareness can contribute in improving attitudes towards the nation's female population. A day filled with awareness-building exercise thus, reinforced the message that "**Humans are neither created in labs, nor they grow in farms, If you really want to save the future, welcome them with open arms**".

## Few glimpses of the event:





