



## SWARRNIM STARTUP & INNOVATION UNIVERSITY ACTIVITY REPORT 2025

<b>Institute and Department</b>	<b>AARIHANT HOMOEOPATHIC MEDICAL COLLEGE AND RESEARCH INSTITUTE</b>
<b>Activity Name / Event Name</b>	ANC visit at Uvarsad PHC, mamta kendra at Uvarsad Village.
<b>Date of the event</b>	05/02/2025
<b>Duration</b>	09 AM TO 12 PM
<b>Semester</b>	2nd BHMS STUDENTS
<b>Full Name of Mentor/Principal with designation</b>	<b>Prof. Dr. Amita V. Peter</b> Principal
<b>Faculty Coordinator Details (Name, Designation, Contact Details)</b>	Dr. S. K. Jha Prof. HOD Dept of Obstetrics & Gynaecology  Dr. Mansi Shukla Associate Prof. Dept of Obstetrics & Gynaecology  Dr. Bhawana Assistant Prof. Dept of Obstetrics & Gynaecology
<b>Number of Participants</b>	55 Students and 3 faculties from Arihant Homoeopathic Medical College and RI participated

## **Objective of the event:**

### **1) Ensuring Maternal and Child Health:**

- Early Detection of Risks: Antenatal visits aim to identify potential health risks for both the mother and the unborn child early in the pregnancy. This includes screening for conditions like anemia, hypertension, diabetes, infections, and malnutrition. Early detection allows for timely interventions and management, reducing the risk of complications during pregnancy and childbirth.
- Monitoring Maternal Health: Regular check-ups monitor the mother's weight gain, blood pressure, urine analysis, and overall health status. This helps ensure that the mother is healthy and well-nourished throughout the pregnancy.
- Monitoring Fetal Health: The visit includes assessing the baby's growth and development through fundal height measurement, fetal heartbeat monitoring, and potentially ultrasounds. This helps track the baby's progress and identify any potential developmental issues.
- Providing Essential Care: Antenatal visits provide an opportunity to administer tetanus toxoid injections to the mother, which helps protect both the mother and the newborn from tetanus.
- Promoting Safe Delivery: The visit includes counseling on safe delivery practices, identifying potential risk factors for complications during childbirth, and preparing the mother for labor and delivery.

### **2) Education and Awareness:**

- Educating on Nutrition and Hygiene: Pregnant women are educated on the importance of a balanced diet, adequate hydration, and maintaining hygiene during pregnancy. This helps ensure the mother's health and the baby's healthy development.
- Promoting Healthy Lifestyle: The visit includes counseling on avoiding harmful substances like tobacco and alcohol, maintaining a healthy weight, and engaging in light physical activity during pregnancy.
- Providing Information on Childcare: Expectant mothers are educated on various aspects of childcare, including breastfeeding, immunization, and newborn care. This prepares them for motherhood and empowers them to make informed decisions about their child's health.
- Dispelling Myths and Misconceptions: Antenatal visits provide an opportunity to address common myths and misconceptions surrounding pregnancy and childbirth, providing accurate information and dispelling fears.

### **3) Community Engagement and Outreach:**

- Reaching Underserved Populations: PHCs like Mamta Kendra often serve as a vital link to healthcare for women in rural and underserved communities, ensuring access to essential antenatal care services.
- Promoting Institutional Deliveries: The visit includes counseling on the benefits of institutional deliveries (deliveries in a healthcare facility) and encouraging women to opt for them over home deliveries, which may lack skilled care and increase the risk of complications.
- Strengthening Healthcare Systems: Antenatal visits at PHCs contribute to strengthening the overall healthcare system by improving maternal and child health indicators and reducing maternal and infant mortality rates.



#### **4) Student Learning and Training:**

- Practical Experience: The involvement of students in these visits provides them with valuable practical experience in interacting with pregnant women, understanding their concerns, and providing basic antenatal care under the guidance of faculty.
- Community Exposure: These visits offer students exposure to the healthcare needs of rural communities and the challenges faced by pregnant women in accessing quality care.
- Developing Empathy and Communication Skills: Interacting with pregnant women from diverse backgrounds helps students develop empathy, sensitivity, and effective communication skills, which are crucial for healthcare professionals.

#### **Flow of the event: mention the flow / schedule of the event in detail**

- 1) At 9:30 am all students and faculties gathered at the college and headed to Uvarsad village by the University Bus at 10 am.
- 2) We reached Uvarsad village at 10:30 am and attended PHC Uvarsad and interacted with the Medical Officer for documentation and further headed to Mamta Kendra, a part of PHC Uvarsad, for an Antenatal Visit.
- 3) At Mamta Kendra, Dr. Densy ma'am provided a thorough explanation of clinical & practical approach to antenatal care using live patients.
- 4) We ended our visit at 11.30 am & headed back to University by the same Bus.
- 5) At 12 pm all the students and the faculties returned to college.

#### **Significance/Outcome:**

This antenatal visit at Mamta Kendra Uvarsad is significant as it provides crucial healthcare services to pregnant women, particularly in a rural setting. It enables early detection of potential health risks, promotes healthy pregnancies through education and counseling, and encourages safe delivery practices. Additionally, it offers valuable learning experience for students, contributing to improved maternal and child health outcomes in the community.

#### **Conclusion:**

On 05/02/2025, the antenatal visit conducted at PHC Mamta Kendra Uvarsad for students, facilitated by faculty, serves a multifaceted purpose. It aims to provide essential healthcare services to pregnant women, educate them on various aspects of pregnancy and childcare, engage with the community to promote healthy practices, and provide valuable learning opportunities for students. This holistic approach contributes to improving maternal and child health outcomes and empowering women to make informed decisions about their health and their children's well-being.





*Bhoyan Rathod*

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