

BEST PRACTICES OF THE INSTITUTION

Medical Aid Centre:

The centre is well equipped with blood pressure machine, blood sugar (HGT) testing machine, a pulse oximeter, a stretcher, a wheel chair, a first aid kit, a dressing kit, a medicine kit and an oral rehydration kit.

The centre provides immediate medical help to students, staff, non-teaching and support staff on campus and on occasions like sport day and student festivals. The medical assistance provided consists of 1. Lifesaving Emergency First Aid 2. Accidental First Aid 3. Injection Tetanus toxoid 4. Dressing with sterile technique 5. Oral Rehydration facility 6. Medicine and injection administered as per patients requirement 6. Checking of: Blood pressure, Blood Sugar (HGT), Oxygen Saturation and pulse, Temperature 7. Nebulization given according to the need of the casualty 8. Stretcher and wheel chair to bring casualty to medical room 9. Personal Health Education given on : Personal Hygiene, Healthy Diet, Stress and Time Management

Activities conducted in 2017-18:

- Free Medical Health check-up, in collaboration with Health Spring, for teaching and non-teaching staff on 15th December, 2017. The response was good with total of 120 people came for general check up and 40 people for Bone Mineral Density.
- Hepatitis 'B' virus screening and Vaccination was organised on 15th December 17 in collaboration with Cipla. 37 people got vaccinated.
- Dr. Vaibhav Somani, Haematologist, Bombay Hospital, conducted a session to build awareness about Hepatitis 'B' on 16th Dec 2017.
- A free eye check-up camp was organised on 9th march 2018 in collaboration with Bombay Citi Eye Institute. A medical van was brought to the campus with Ophthalmic set up and three doctors. Auto Refraction and manual refraction were done. 73 teaching and non-teaching staff and 94 students avail of this facility.

Activities 2018-19:

- The medical center & NSS unit of Wilson College conducted a lecture by Mrs. Bharati Muntode, dietician at GT Hospital on Balanced diet and nutrition on 13th August 2018. The session was very interactive, as students were given the chance to ask questions and clear their doubts regarding the topic. 42 students across streams attended the session.
- The Medical Aid Centre and NSS Unit, in collaboration with J.J. Hospital (I.N.E) organized a mental health awareness programme on 11th October 2018. The speaker for this programme was Ms. Shweta Srinivasan who is a Counsellor. She explained different aspects about mental health issues and depression. She highlighted key points to understand the

causes, warning signs and risk factors to prevent mental health issues. There was an excellent interaction between counselor and students and many doubts were cleared. Members of J.J. Hospital (I.N.E) performed a role play about mental health issues and prevention. It was excellent way to help students understand their inner conscious state of mind. 50 students attended the session.

- The centre conducted various courses: Medical Aid Centre organized St. John Ambulance First aid certificate course. The Instructor from St. John Ambulance Dr. Nariman explained the theoretical aspects of the course through a power point presentation. The response to the session was extremely positive with 32 student participants. The centre also organised Paramedical training course from 15th Jan 2019 to 18th Jan. 2019. The Paramedical Course was conducted by our student Mr. Maheir Kapadia of Fy.Bsc and Medical Department Nurse in-charge Mrs. Carolina Barretto.
- The Course Covered the following topics:
 - First Aid:- Wound Management , Crowd Management & Advanced First Aid
 - Basic Life Support:- Airway Management , Advanced CPR & AED Concepts
 - Advance Life Support:-Advanced Airway management, Pharmacology & IV/IO access routes
 - Pediatric Life Support:- Advanced Airway management, Infant Pharmacology & Infant CPR. Theory was conducted through a powerpoint and in an interactive manner. The student interaction with the instructor was excellent, many doubts were cleared. All the procedures in regards to the topics were- demonstrated.
- Medical Aid Department Provided Basic First Aid Facilities upon request by the Sanjeevani NGO. A Team of Paramedics and First Aiders of Wilson College assembled Team of Paramedics and First Aiders under supervision of Nurse In-charge And Assistant. The Team of Medical Department and the Department were given Letter of recommendation for their efforts. A total of 2718 patients were treated in the academic year 2018-19.
- Medical waste is disposed off in a responsible manner

Evidence of Success:

September 2017- February 18

Month	Students	Teaching Staff	Non-teaching staff	NAAC peer Team member	Total no of Patients treated	Total no of Patients sent to Hospital after initial medical assistance
Sept -2017	131	08	37	01	177	01
Oct- 2017	70	09	25	-	104	01
Nov - 2017	77	11	51	-	139	02
Dec - 2017	106	07	19	-	132	-
Jan - 2017	176	27	58	-	261	-
Feb - 2017	227	20	46	-	293	-
Total	787	82	236	01	1106	04

Total other check –ups : Blood Pressure – 238, Blood Sugar Test (HGT) – 25, O2 saturation – 27
April 2018 to March 2019

Month	Students	Teaching Staff	Non-teaching staff	Total no of Patients treated	Patients referred to Hospital after initial medical assistance	BP	HGT	Temp	Nebulizer	Stao2	Pulse
April '18	59	35	72	166	1		1	-	-	1	1
May '18	13	17	31	61	1	12	1	-	-	1	1
June '18	32	18	83	133	-	32	5	7	-	6	6
July '18	130	23	99	252	1	37	1	14	-	7	7
August'18	189	23	68	280	-	36	5	21	-	16	16
Sept '18	206	24	79	309	2	41	5	19	5	20	20
Oct '18	209	63	69	341	2	56	5	30	1	14	14
Nov '18	41	18	41	100	1	14	2	5	1	4	4
Dec '18	138	26	60	224	1	22	3	13	1	2	2
Jan '19	317	57	75	449	1	48	1	20	1	10	10
Feb '19	157	34	70	261	1	61	2	18	1	12	12
March '19	87	18	37	142	-	31	1	7	1	8	8
Total	1578	356	784	2718	11	391	32	154	11	101	101

Andrew's Vision Centre (AVC)

To Help Visually Challenged Students to be Educationally, Technologically, Psychologically and Socially Enriched so that they are Better Equipped to Face the Challenges of Life

Pioneers among educational institutions in extending support to visually challenged, AVC over the years aims at ensuring that the visually challenged students can comfortably pursue their education and fulfil their potential to excel in extracurricular activities without their disability being an impediment in progress. The centre facilities are used by students from other colleges. It has enlarged its vision and extended support to students with learning disabilities.

- The centre has a full time co ordinator for efficient functioning of the centre.

Different assistive technologies such as amplified support system and computer facilities that are designed to specifically cater to the needs of the visually challenged. The same is available to students free of cost.

- The centre provides support to needy students for education and accommodation facilities.

Host interviews conducted by NGOs and other organisations for scholarships that helps students meet their financial needs

- Volunteers at AVC lend support as mentors, readers and writers to its members. They develop a deep sense of commitment towards the cause and dedicatedly work to make the programme effective.

Regular tutorials and remedial sessions are conducted by teachers and mentors to help students cope with academic and non-academic endeavours.

- The centre continues to conduct various training programmes, yoga, personality development sessions aimed at life skill development.
- The ‘Third Eye’ (an initiative of visually challenged students of the college) is a unique festival of St Andrews Vision Centre to spread awareness about the talents as well as difficulties faced by visually impaired people.

Conducts a 30+ hours certificate course in Disability Studies that aims at spreading awareness as well as understanding disability as a social political and cultural construct.

Evidence of Success

- Rising number of students benefitting from AVC (progression of last 5 years)

S.NO	ACADEMIC YEAR	NUMBER OF MEMBERS
1.	2018-2019	27
2.	2017-2018	24
3.	2016-2017	21
4.	2015-2016	17

- Ms. Payal Bhattad , gold medalist, University of Mumbai and is currently faculty in Department of History, Wilson College
- Mr. Ajay Shukla secured admission at the prestigious Media School, TISS Mumbai Campus. (2018)
- Mr. Azharuddin Shaikh secured job at Maharashtra Bank.(2018)
- Mr. Rahul Singh secured the top rank in college at the HSC examination (2018).
Currently secretary of Political Science Association, Wilson College
- 18 students secured scholarships from HELP THE BLIND FOUNDATION, India
 - Shemshergir, winner at national blind kabaddi tournament
 - Yusuf Balaporia, state level chess winner and team member of national blind cricket and football team
 - Harshad Chakare, theatre artist and state level chess champion
 - Vishal Deshmane, accomplished musician and state level chess player

The centre supported by well-wishers and infrastructure support from college management. Corporate support is required to sustain its practices, introduce more assistive technologies and making curriculums and campus more accessible for visually challenged as well as students with other disabilities