

**Marathwada Shikshan Prasarak Mandal's
Vinayakrao Patil Mahavidyalaya, Vaijapur
National Service Scheme**

Lecture on 'Anaemia in Women & Haemoglobin Testing' by Dr. Deepmala Marmath

29-12-2017

Report

Dr. Deepmala Marmath, Medical Officer, Sub-District Hospital, Vaijapur, delivered an informative lecture on the topic 'Anaemia in Women & Haemoglobin Testing' for the NSS volunteers.

Kanchan Suresh Jagtap, B. Com. II, welcomed and introduced the resource person. Dr. Marmath said that the required HB level in women is 12 to 15. However, in the rural women low HB level is a major health concern. She said that in her medical career she has noticed that the rural women need take care of their health because they have to do a lot of physical activity. She said that the women get up early in the morning and start doing household chores. She has to fetch water, cook food, look after the children and even work in the field. So their health should be a top priority. However, due to the traditional and cultural misconceptions, their health is neglected.

They must eat iron rich food in order to maintain health and vitality. She called upon the students to eat spinach, millet, jiggery, peanuts, date etc. She also told them that to maintain HB level doesn't require expensive food stuff. We can eat the food items which are easily available in our households. She also told them that they can come to the Govt. Hospital and get their HB tested. For women, the HB tabs are also available.

She asked the students if they know their HB level. Only 40% of them could answer the question. She pinpointed that lack of awareness is the big problem. We must know our body profile and know what are our strengths and weakness and accordingly we can decide our life-style. She said that blood is an important fluid in human body and we must look it after. She also told the students not to rely on fast food and eat fresh fruits and vegetables. Karishma Sunil Gaikwad, B. Com. III, proposed the vote of thanks. Ganesh Appasaheb Kadam, B. Sc. I, conducted the proceeding. **Total 172 volunteers were participated.**

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Sl. No.	स्वयंसेविकांचे नांव	एड्युकेशन	26/11/2016	26/12/2016	25/10/2016	25/12/2016	20/10/2016	21/12/2016	21/10/2016
1	Shaikh Nida Abdul Hai	B.com TH	AS	AS	AS	AS	AS	AS	AS
2	Sheikh Asma Zaid	B.com SH	AS	AS	AS	AS	AS	AS	AS
3	Sheikh Zama Zaid	B.H. S.V.	AS	AS	AS	AS	AS	AS	AS
4	Jugale Manohari Dadasaheb	B.sc. F.Y.	AS	AS	AS	AS	AS	AS	AS
5	Malsare Archana Trimbak	B.sc. F.Y.	AS	AS	AS	AS	AS	AS	AS
6	Thombse Rani Sheshrao	B.sc. F.Y.	AS	AS	AS	AS	AS	AS	AS
7	Patil Shiksha Dhanubhai	B.com F.Y.	AS	AS	AS	AS	AS	AS	AS
8	handane Mayuri Dhanubhai	B.com F.Y.	AS	AS	AS	AS	AS	AS	AS
9	Kale Gauri Dhanubhai	B.sc. F.Y.	AS	AS	AS	AS	AS	AS	AS
10	Bahalakar Nitika Sannath	B.A.F.Y.	AS	AS	AS	AS	AS	AS	AS
11	Nase Archana Navaraj	B.A.F.Y.	AS	AS	AS	AS	AS	AS	AS
12	Ahadke Shivprabha Ambadas	B.A.F.Y.	AS	AS	AS	AS	AS	AS	AS
13	Madgal Sumnags Bhaginath	B.A.F.Y.	AS	AS	AS	AS	AS	AS	AS
14	Nasale Sakshi Sanyal	B.sc. F.Y.	AS	AS	AS	AS	AS	AS	AS
15	Jugale Mahini Dadasaheb	B.sc. F.Y.	AS	AS	AS	AS	AS	AS	AS
16	Sarode Savita Dattu	B.sc. F.Y.	AS	AS	AS	AS	AS	AS	AS
17	Gaikwad Rekha Anjan	B.sc. F.Y.	AS	AS	AS	AS	AS	AS	AS
18	Nale Yogita Ratandhra	B.sc. F.Y.	AS	AS	AS	AS	AS	AS	AS
19	Mogale Manali Lakman	B.com S.Y.	AS	AS	AS	AS	AS	AS	AS
20	Gabande Arti Pomech	B.com S.Y.	AS	AS	AS	AS	AS	AS	AS
21	Thombse Shital Ganadhaheb	B.com S.Y.	AS	AS	AS	AS	AS	AS	AS
22	Salunke Kavita Jalindar	B.com S.Y.	AS	AS	AS	AS	AS	AS	AS
23	Gaitwad Chaitali Ganapathrao	B.com S.Y.	AS	AS	AS	AS	AS	AS	AS
24	Gadake Vandana Kailas	B.com S.Y.	AS	AS	AS	AS	AS	AS	AS
25	Theat Banti Sunil	B.com S.Y.	AS	AS	AS	AS	AS	AS	AS
26	Theat Kangani Dadasaheb	B.com S.Y.	AS	AS	AS	AS	AS	AS	AS
27	Jugale Karita Sannath	B.com S.Y.	AS	AS	AS	AS	AS	AS	AS
28	Gaitwad Neeta Anil	S.com T.Y.	AS	AS	AS	AS	AS	AS	AS
29	Kumawat Prabhata Sunay	B.com T.Y.	AS	AS	AS	AS	AS	AS	AS
30	Shinde Rupali Vijay	B.com T.Y.	AS	AS	AS	AS	AS	AS	AS
31	Borse Sona Dhanubhai	B.com T.Y.	AS	AS	AS	AS	AS	AS	AS

162	Pawan Manohar Nishik	B.com F.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
163	Pawan Rameshwar Dattatray	B.com T.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
164	Jadhav Kameshwar Maheshwar	B.COM T.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
165	Pole Mahesh Pralhad	B.com S.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
166	Pawar Purna Ramesh	B.com F.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
167	Shubham Ganeshaheb Jadhav	B.A. T.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
168	Pawan Kameshwar Dinkar	B.Sc F.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
169	Magesh Suresh Vinod	B.Sc F.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
170	Rahane Kavita Balaram	B.Sc (S.Y)	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
171	Shinde Ashwin Gangadhar	B.Sc (F.Y)	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
172	Somnath Atharva Bapurao	B.Sc (F.Y)	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
173	Thambare Vrusho Nanaasah	B.Sc (F.Y)	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
174	Shewate Shital Sunil	B.Sc (F.Y)	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
175	Ketkar Sanath Shalajan	B.COM (T.Y)	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
176	Angte Rupali Laxman	B.com (T.Y)	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
177	Savitri Balganesha	B.COM (T.Y)	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
178	Shete Poo Poo	B.com T.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
179	Gosh Sujata Baban	B.COM T.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
180	Shinde Madhuri Devichand	B.com T.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
181	Mazin Pankaj Sunil	B.com T.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
182	Chandekar Bapurao Suresh	B.com S.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
183	Jagtap Rahul Sanyalal	B.com S.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
184	Jayaram Shubham Ashok	B.COM F.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
185	Patekar Poo Poo	B.com T.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
186	Nikam Kavita Dhanu	B.COM T.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित
187	Nikam Sunil Ramesh	B.com T.Y	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित	अनुसूचित


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