



# HEALTH



*Nerus*

Volume 1 | Edition 6



## Let's **FIGHT SURVIVE BE WARRIORS** &



Fighting Covid-19

Success Stories

Healthy Heart

Eliminating Leprosy

International Day  
of the Girl Child

Vector Borne Disease

World Sight Day



# Fighting COVID-19

For the awareness of Corona Virus various Information, Education and Communication activities were conducted at the grass root level by the periphery units of DHS



Beneficiaries being educated about COVID-19 during Immunization session at SC Bhoma



General public being made aware about COVID-19 and its symptoms at OPD, PHC Betki



IEC at RMD Keri was conducted where information on **Atmanirbhar Bharat Abhiyaan**, Swayampurna Goa campaign, COVID-19, Diabetics and Diet was given to the patients. The talk was given by Dr Puja Rane Sardesai (AYUSH MO)



Anganwadi workers (AWW) and Mukhya Sevikas (MSs) made aware about COVID-19 during their PCV vaccine training at PHC Betki



Information, Education, Communication (IEC) on COVID -19 was conducted for the CMC Municipality staff by Dr. Diwakar Velip (Aurvedic Physician), the health staff of CHC Canacona were also present

IEC on COVID-19 was conducted at RMD Mollem of CHC Canacona for OPD Patients. **Atmanirbhar Bharat Abhiyaan** or Self-reliant India campaign was also conducted by Health staff. Talk was given by IEC Supervisor and Dr Navjyot Aldonkar (MO)



Talk on Covid -19 for Anganwadi worker on 26/10/2020 by Dr. Spandhana Desai (Homeopathic Physician). CHC Canacona

Awareness on COVID-19 and **Atmanirbhar Bharat Abhiyaan** was conducted for public by IEC supervisor



Inauguration of post COVID Clinic at Sankhali



Dr Vivek Pillai being felicitated by Deputy Collector Mornugao



Priol Pragati Manch felicitating COVID-19 warriors At PHC Marcaim



Registration for testing, swab and antigen at PHC Balli





Data feeding on the portal CoWIN for vaccination



Primary health centre, Navelim taking the 'COVID 19 Pledge' as a part of the Jan Andolan Campaign launched by Prime Minister Narendra Modi. The Pledge against COVID 19 was taken by the staff of PHC including medical officer incharge, medical officers, supervisory staff, field staff, veejay staff and all other staff . The key messages in the pledge were to follow COVID appropriate behaviours to wear mask, follow physical distancing and maintain hand hygiene to win the fight against COVID 19. Total number of members were 28.



'Jan andolan' campaign for COVID appropriate behaviour launched by Prime Minister Narendra Modi in view of upcoming festivals, winter season and opening up of the economy. COVID-19 PLEDGE" was taken by all the staff of PHC Pilliem Dharbandora



IEC cum awareness programme on COVID was conducted during Routine Immunisation at PHC Pilliem Dharbandora





IEC activities at PHC Balli



Screen on jetty for travellers at PHC Balli



IEC by counsellors at PHC Balli

Post COVID care awareness for elderly at PHC Pilliem Dharbandora





Under the programme Atmanirbhar Bharat Abhiyaan, general and eye check up was conducted at St Anthony's Old age Home, Siolim. Talk was given on diabetes, hypertension, cancer, how to take care of oneself and COVID-19

Pledge on COVID-19 was taken at Village Panchayat Marna



Pledge on COVID-19 at Corporation Bank, Siolim

IEC was conducted during immunization session at Church Hall, Siolim. Talk was given on MAA, immunization, family planning, National Vector Borne Disease Control Programme (NVBDCP) and COVID-19



Talk was given on Mother's Absolute Affection (MAA), COVID-19, immunization, family planning and nutrition



PCV vaccine training was conducted for ANM and MPHW at Primary Health Centre, Siolim by Dr. Umali Kerkar. Talk was given on immunization, MAA, family planning, hand-washing and COVID-19



Demonstration of hand-washing conducted for the senior citizens by Primary Health Centre, Siolim



IEC on hand-washing held on the occasion of Global Hand Washing Day at Sunny Bay Construction Site, Kariwada under UHC Vasco by Extension Educator (EE) Karishma Kerkar



Pledge on COVID-19 taken by staff of UHC Vasco



IEC on COVID-19 during PTA meeting for parents of students of Government High School, Vasco by Extension Educator (EE) Karishma Kerkar



# Success Stories



ENT Consultant of Sub District Hospital – Chicalim, Dr Vivek Pillai, has been the pioneer and the back bone of COVID-19 activities at Sub District Hospital, Chicalim Vasco. It was on June 1, 2020 that the first case of COVID-19 was detected from Mangoor Vasco which further lead to outbreak of virus at Mangoor and Vasco. This outbreak further took over the state with rapidly increasing cases. Dr Pillai was a one-man-army who functioned as consultant doctor, a trainer, a guide and at times also become the driver of the ambulance. He also trained the doctors of Airport Authority and Indian Navy in collecting the throat swabs and transporting them to different COVID Labs. At present Dr Pillai is functioning as a Nodal officer for COVID activity at Sub District Hospital, Chicalim and is available for people 24x7. He was felicitated for his hard work and extreme cooperative nature by Deputy Collector Mormugao, BJP Mahila Morcha, Indian Red Cross Society and Many other local organization.

93 year old lady treated Successfully for COVID-19 at SDH Chicalim by Dr Vivek Pillai



**HEALTH IS  
A KEY OF  
SUCCESS**

# Eliminating Leprosy

## The National Leprosy Control Programme

Sr. No.	Particular	September 2020	Cumulative from April to Sept 2020
1.	Total new Cases detected	09	29
2.	Child cases among newly detected cases	1	02
3.	Female Cases among newly detected cases	2	08
4.	PR/10000	0.41	0.41
5.	ANCDR	4.11	4.11
6.	Number of cases made RFT	7	62

Special Skin Care Camp was conducted at Kunchelim under UHC Mapusa in collaboration with North Goa District Hospital recently, under guidance of Skin Consultant from North Goa District Hospital, Dr Divya Fulari. Total number of beneficiaries present for the camp were 35



Special Skin Camp was held at UHC Margao. Dr. Karla Felero, skin specialist from STD clinic Hospicio, Margao, examined the people for various skin problems and prescribed medication accordingly. Around 31 people were present.



Leprosy survey held at Shantinagar, under UHC Vasco by ANMs and field workers



# Deen Dayal Swasthya Seva Yojana

## Statistics/ reports of the month: October 2020

Particulars	Achievements		Percentage
	For the month	Cumulative (April 20 -Oct 2020)	
Count of Cards	New : 703	Active cards Year2020-21- 216423	
Claims raised	No. of Beneficiaries – 1438 Procedure done - 1615	No. of Beneficiaries – 4333 Procedures Done - 9931	

Important links:

Website: [WWW.ddssygoa.com](http://WWW.ddssygoa.com)

Email Id : [ddssydhs@gmail.com](mailto:ddssydhs@gmail.com)

Contact No. : 0832-2225646 Ext. 248 / 204



**Deen Dayal  
Swasthya  
Seva Yojana**



# National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular diseases and Stroke (NPCDCS)

## Healthy Heart

Cardiovascular diseases (CDV) is the popular cause of death on the planet. It has many causes: unhealthy eating, obesity, smoking, diabetes, blood pressure, air pollution and negligence.

In current times of COVID-19, CDV patients are faced with a double-edged threat. Not only they are more at risk of developing severe forms of the virus, but they may also be afraid to seek ongoing care for their hearts. Keeping this in mind, DHS and other health centers on the occasion of World Heart Day organized camps and awareness drives on healthy lifestyle and cardiovascular diseases.

World Heart Day was celebrated at PHC Navelim. The theme for this year is 'Use heart to fight Cardiovascular diseases'. Talk on healthy lifestyle awareness and Cardiovascular Diseases (CVDs) was given by IEC supervisor Swallen Fernandes. The programme was attended by all the staff, field staff of PHC Navelim. Total number of members were 30



Health Check up was conducted by Medical Officer Dr Projakt Kamulkar and AYUSH Dr Smita Naik. The check up included BP, SPO2, RBSL, HB, height, weight, BMI was done for all the staff. Total no of members for the check up were 32

IEC on World Heart Day was conducted at PHC Pilliem Dharbandora for anganwadi workers. Medical Officer Dr Wilson Fernandes provided detailed information on keeping a healthy heart, he also educated the people about the STEMI Project Goa





**Programme: Ayushman Bharat – Health and Wellness Center (AB-HWC)**

October 27 and 29: NCD MO portal training was held of newly joined/appointed medical officers (MBBS/AYUSH/ RBSK Drs) through zoom platform at SIHFW, Mapusa (Training AV room). The training was held in collaboration of Tata Trust. 27 Medical Officers of North Goa participated for the training on October 27, and 27 medical officers of South Goa participated for the training on October 29.

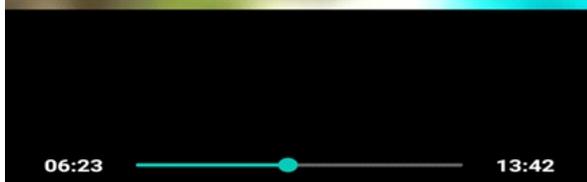


October 30: An orientation cum training for Medical Officer in charge (MOIC), Auxiliary Nursing Midwifery (ANMs), Multipurpose Health Workers (MPHWs) was held for the newly proposed sub-center – health and wellness centers. The training was held at DHS through zoom platform and 30 MOs and 72 ANMs participated in the training.

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**National Programme for Health care of Elderly**

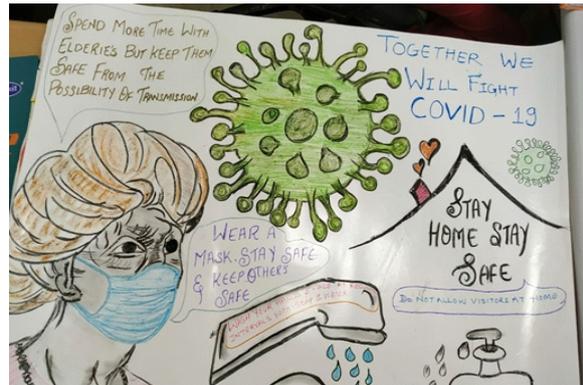
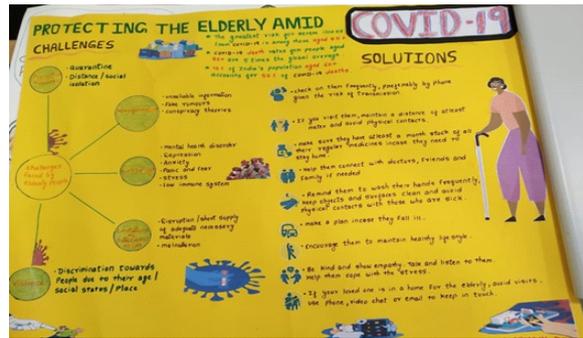
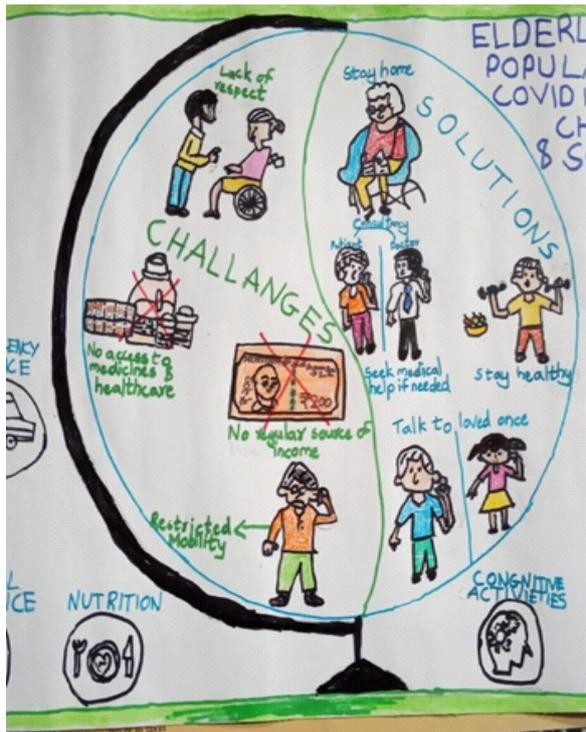
Interview of Geriatric Physician from Sub District Chicalim in view of International Elderly Day



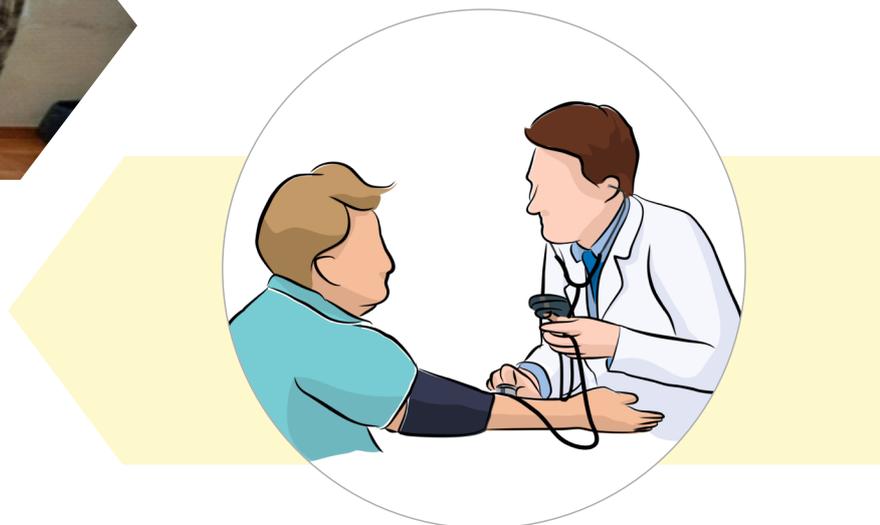
Ophthalmic check up done at old age home under PHC Aldona



Poster Competition for the staff organized for by Sub District Hospital Chicalim



Activities were conducted at old age homes and PHC level



### International Mental Health Day Celebrations

Every year October 10 is commemorated as International Mental Health Day. The theme for this year was '**Mental Health** for All: Greater Investment – Greater Access'. District Mental Health Programme, North Goa conducted mental health awareness session for all the health workers at various health centres of North Goa. Video clips were made on different aspects of mental health such as general mental health, myths on mental health, anxiety and services provided by the mental health department.



Mental health awareness session was conducted for the staff of Urban Health Centre, Mapusa. 25 staff members attended in batches.



Mental health aware session was conducted for the staff of CHC Pernem, PHC Adona, Candolim, Colvale and Betki.



PHC Candolim





PHC Colvale



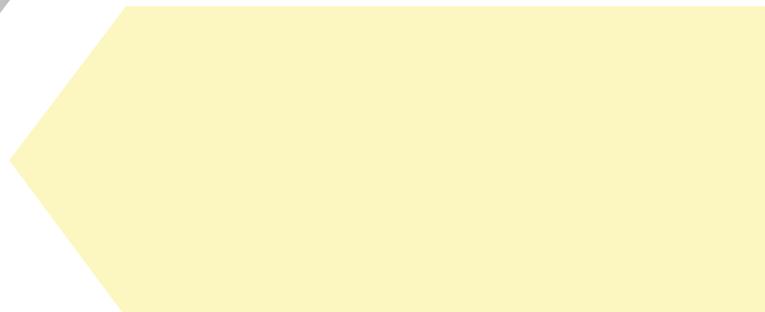
PHC Betki



PHC Pernem



PHC Aldona





# National Tobacco Control Programme NTCP

Awareness activities were conducted on ill and harmful effects of Tobacco use for students from various schools under National Tobacco Control Programme NTCP District Tobacco Cessation Center North Goa, : North Goa District Hospital

Sr. No.	Date	Type of Activity (Training/Awareness/Talk/Quiz)	Brief Details of Activity	No. of Participants & Type of Participants	Benefits to the Participants
1	17/9/2020	Awareness Talk for Sai Vidya Mandir Imbrapur	Awareness Talk on Health Hazards of Tobacco and the use of Tobacco & the risk of developing COVID-19- by Ms. Sneha Sawant Social Worker, and Ms. Sonam Sail Psychologist on Virtual platform, Google Meet.	30	Awareness among students and the youth regarding Health Hazards of Tobacco use and also spreading a word in their communities from them to their parents and other general people in the community consuming Tobacco by the ill & Harmful effects of the same.
2	19/9/2020	Awareness Talk for Vivekananda dnyan mandir high school kerisattari		16	
3	19/9/2020	Awareness Talk for Progress high school Sankhalim		78	
4	24/9/2020	Awareness Talk for Honda High school Honda		14	
5	28/9/2020	Awareness Talk for Shri Navdurga High School Pale		82	
6	28/9/2020	Awareness Talk for Government high School Thane		20	
7	18/10/2020	Awareness Talk for Honda higher secondary Honda		28	
8	19/10/2020	Awareness Talk for Government high School Menkurem		25	
9	27/10/2020	Awareness Talk for Shri Ganesh VidyalayaHarvalle		18	
10	29/10/2020	Awareness Talk for Peoples High School Camurtim		15	
11	29/10/2020	Awareness Talk for Shanta Vidyalaya High School Sodiem		15	
12	31/10/2020	Awareness Talk for Government high School Chandel		25	
13	21/11/2020	Awareness Talk for Halarn Panchkroshi High school Halarn		12	
14	27/11/2020	Awareness Talk for Government high school Morle		22	
15	28/11/2020	Awareness Talk for Sant Xavier High school Korgao		105	
16	30/11/2020	Awareness Talk for Tagore Educational Institution Kothambi Pale		18	



Appendix



# RMNCHA+A

## International Girl Child Day

To mark the celebration of International Day of the Girl Child 2020, State Family Welfare Bureau, Directorate of Health Services had organised various activities:

- Poetry Competition on the theme AamcheBai / AamchiMulgi / HumariBitya / Our Girl Child". This competition was organised for college and university students.

Government of Goa  
State Family Welfare Bureau  
Directorate of Health Services-Goa

Celebrating  
"International Girl Child Day-11<sup>th</sup> October 2020"  
by organising

**POETRY Competition**

**Prizes**  
Rs. 2000/-  
Rs. 1500/-  
Rs. 1000/-  
and seven consolation prizes of Rs. 500/- each.

**Terms and Conditions:**  
Competition is open to **College and University** students of the state of Goa.  
Poem should be on the subject and titled as 'Aamche Bai' / 'Aamchi Mulgi' / 'Humari Bitya' / 'Our Girl Child'  
The poem can be in **Konkani/ Marathi/ Hindi/ English** language.  
Only one entry per student in any one language is allowed.  
The poem should bring out the positive image of the Girl Child.  
The poem must be the original work of the poet  
The poem must not exceed 30 lines in length (excluding title)  
The poem should bear the name of the participant, Contact details and Name of the College/ Department.  
Poem will be judged on the content, originality, poetic technique, adherence to the subject, creativity and overall impact.  
The judge's decision will be final.  
The poem must not have been published, self-published or made public on social media before the result of the competition.  
Poems containing language that is vulgar offensive, inappropriate or obscene will not be accepted.  
Once submitted, the poem shall become the property of SFWB, DHS and may be used further for IEC.  
The short-listed entries will be contacted to verify their identities.  
Poem to be send via email only on [photobbbo@gmail.com](mailto:photobbbo@gmail.com)  
Under no circumstances can alteration be made to poems once sent.  
Poems will have to be submitted on or before **15th of October 2020**.  
The winners would be published on official Facebook page and official website of DHS i.e. [www.nhm.goa.gov.in](http://www.nhm.goa.gov.in)  
For any queries please contact 9822767444/ 9921878828 or visit our website [www.nhm.goa.gov.in](http://www.nhm.goa.gov.in)

- A short animated video film titled 'MUSKAAN" on Gender Equality and female foeticide was proposed to be shown to the school students. A circular to that effect was issued by the Directorate of Education(copy of the circular enclosed)
- Elocution competition was organised for the staff members of the Directorate of Health Services on the topic 'My voice-our equal future. The competition was organised in four languages.





- PCPNDT notice boards with the message 'Disclosure of the Sex of the foetus is prohibited under Law' were handed over to the respective District Appropriate Authorities to distribute the same to the respective clinics of North and South Goa.

**PCPNDT ACT**  
Pre-Conception & pre-Natal Diagnostic  
Technique (Prohibition of Sex Selection)  
Act-1994

गर्भाची लिंग चाचणी  
करप कायद्यान  
बंदी आसा

गर्भाची लिंग चाचणी  
करण्यास कायद्याने  
बंदी आहे

Disclosure of sex  
of the foetus is  
prohibited under law

Issued & printed by  
**State Family Welfare Bureau**  
Directorate of Health Services-Goa

### International Girl Child Day celebration under Periphery units.

0Health centres across the state celebrated International Day of the Girl Child. The objective behind celebrating this day is to provide support and opportunities to the girls of India. It is a day to empower women and help them get their rights so that they can face the challenges all over the world and meet their needs. The theme of International Day of the Girl 2020 was "My voice, our equal future," reimagine a better world inspired adolescent girls. International Day of the Girl 2020 focused on their demands to:

- Live free from gender-based violence, harmful practices, and HIV and AIDS
- Learn new skills towards the futures they choose
- Lead as a generation of activists accelerating social change

International Day of the Girl Child celebrated at Sankhali



Quiz Competition was conducted in Observance of International Girl Child Day for postnatal mothers at Routine Immunization, PHC Navelim. Questions related to PCPNDT Act, hand washing and personal hygiene were asked. Spot Prizes were distributed by MO incharge Dr Prajakt Kamulker, PHN Sr Pravina Karpe, Ayush Dr Smita Naik, IEC supervisor Swallen Fernandes and S/C Navelim ANM Sr Shruti Naik. Total number of member's present were 27.



Quiz Competition was conducted on the occasion of International Girl Child Day for Postnatal mothers at Routine Immunization at SC Dicarvale. Post natal mothers were asked questions related to PCPNDT Act, hand washing and personal hygiene. Spot Prizes were distributed by LHV Sr Ratan Pagui and ANM Sr Rakhi Bhandari. Total no of member's present were 19



Felicitation Programme on International Girl Child Day was conducted at SC Aquem Baixo. Postnatal mothers who delivered girl child were felicitated at immunization session by LHV Sr Ratan Pagui, SC Aquem Baixo MPHWF Sr Radhika Pagui and MPHWM Kapil Velip. Total no of member's present were 16



Quiz competition was organized for mothers during Routine Immunization (RI) Session at PHC Pilliem Dharbandora

Mask making and designing competition were organized for the students of XI and XII at Vishveshwar S Laad Highersecondary, Dharbandora



Prize distribution to the winners of Vishveshwar S Laad Highersecondary

Slogan writing competition were organised for the students of 8th, 9th and 10th of four High Schools under the jurisdiction of PHC Pilliem Dharbandora

1. Matoshri Anandibai vamanrao Marathe High School, Dharbandora
2. Govt High School, Shigao
3. Abhinav Vidhya Mandir High School, Mollem
4. Barabhumi High School, Sacorda

Prizes were given to all the winners





Parents who delivered a baby girl were felicitated during the RI Session at PHC Pilliem Dharbandora

Felicitations Programme was conducted for the parents who have delivered a baby girl. The parents were given a talk on 'Save the Girl Child', PCPNDT Act and COVID-19 by IEC supervisor



Poster competition was organised for students of 8th and 9th under UHC Vasco. Girl children were felicitated on the occasion at UHC Vasco

# Immunization



**Introduction of Pneumococcal Vaccine (PCV)**  
State level training for Health Educators/  
Extension Educators/ IEC Supervisors  
conducted on a virtual mode



State level training for Primary Health  
Networks (PHNs) and Lady Health Visitors  
(LHVs) was conducted on a virtual mode



Cascade training were conducted for peripheral staff such as Medical Officers (MO), Auxiliary Nurse Midwifery (ANMs), Multipurpose Health Worker (MPHWs), Anganwadi Workers (AWWs), Child Development Project Officers (CDPOs), Mukhya Sevikas (MSs) during the month of October 2020

Full immunization coverage for the state of Goa is above 90 per cent

Acute Flaccid Paralysis (AFPs) report in October 2020  
North Goa-02 | South Goa-01

Adverse Event Following Immunization (AEFI)  
North Goa-00 | South Goa-01

# Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY)

Statistics/ reports of the month: October 2020

Particulars	Achievements	
	For the month	Cumulative (May 2020 -Oct 2020)
Claims raised	7 cases	44 cases

State level Activities:

The National Health Authority (NHA) officials visited Goa on 29 and 30 of October 2020 to review the implementation of the scheme.

On October 29, 2020 three trainings were conducted by the NHA team on the following topics:

1. Online training by NHA Team on Hospital Quality and Accreditation  
Participants- State Health Agency (SHA) Officials, Implementation and Support Agency (ISA) staff and Hospital Officials
2. Online Training on Health Benefit Package 2.0- Organized by NHA  
Participants- State Health Agency (SHA) Officials, Implementation and Support Agency (ISA) staff
3. Training on Standard Treatment Guidelines - Organized from NHA  
Participants- State Health Agency (SHA) Officials, Implementation and Support Agency (ISA) staff and Hospital Officials



On October 30, 2020, the Deputy CEO NHA had a meeting with the Chief Secretary of Goa followed by a meeting with the Health Secretary/CEO SHA of Goa along with the officials of Directorate of Health Services and SHA Goa to discuss the progress of the scheme.

A Video Conference was conducted with non empanelled hospitals to encourage empanelment under AB PM-JAY.

During this visit the NHA officials also visited a couple of hospitals that are empanelled under the scheme to see the implementation and to address issues faced by the hospitals if any.



Important links:

Below is the link of empanelled hospitals under AB PMJAY :

<https://hospitals.pmjay.gov.in/Search/>

To check your eligibility kindly visit: <https://mera.pmjay.gov.in/search/login> or Can visit the nearest DDSSY Center/Kendra.

AB PM-JAY official website : <https://pmjay.gov.in/>

AB PM-JAY toll-free number/ Helpline number : 14555/18002332568

# National Vector Borne Diseases Control Programme (NVBDCP)

Vector Borne Disease (VBDs) form a major part of communicable diseases in India. Ignorance and impoverished conditions of people contribute in creating source and spread of vector borne diseases and hinder disease control strategy. Health officers and doctors from Directorate of Health Services distributed flyers and educated the public, with door-to-door visits, advising them to be wary of vector-borne diseases and keep their premises neat and clean.



IEC on Vector Borne diseases was conducted at Dhanshree Construction site , Baina under UHC Vasco by Extension Educator (EE) Karishma Kerkar

IEC on Vector Borne Diseases at Sunny Bay Estate Construction site, Kariwada under UHC Vasco



IEC on Vector Borne Diseases at Siri Infra Construction site, Vaddem under UHC Vasco



## VECTOR-BORNE DISEASES





IEC on Vector Borne Diseases and COVID-19 at construction site of Our Lady of Candelaria School



IEC at Susheela Homes Construction Site, Baina under UHC Vasco

Cleanliness drive organized at Anjuna



Cleanliness drive by health officials hosted at Oxel

IEC was conducted at Sub Centre, Assagao on Vector Borne Diseases and COVID-19



# World Sight Day

1 billion people around the world have a preventable vision impairment or one that has yet to be addressed. Reduced or absent eyesight can have major and long-lasting effects on all aspects of life, including daily personal activities, interacting with the community, school and work opportunities and the ability to access public services.

Reduced eyesight can be caused by several factors, including diseases like diabetes and trachoma, trauma to the eyes, or conditions such as refractive error, cataracts, age-related macular degeneration or glaucoma. To create awareness amongst the public on this neglected issue, health services organised various camps and programmes on the occasion of World Sight Day 2020.

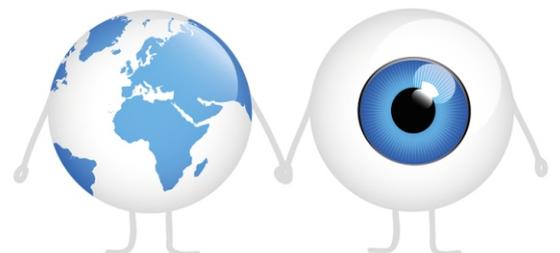


World Sight Day programme at PHC Pilliem Dharbandora

IEC on occasion of World Eye Sight Day was conducted at SC Borim. Awareness on importance of eye sight and how to take care of them was discussed by Ophthalmic Assistant, Shuelle Dias. 22 people attended the programme.



IEC on World sight day was conducted at Primary Health Centre, Siolim. Talk was given by IEC Supervisor



WORLD **SIGHT** DAY

## Other IEC/BCC Activities



On the occasion of Rashtriya Poshan Maah, nutritious laddoo preparation competition was hosted for the staff at CHC Sankhali



IEC cum awareness programme was conducted for the adolescents from Tamsoda Village under SC Dharbandora of PHC Pilliem Dharbandora recently. IEC Supervisor along with the counsellor provided thorough awareness on vaccination of dogs, treating bite wounds and dog bite prevention



Leaflets on rabies were distributed to all the patients registering at PHC Pilliem Dharbandora



PHC Shiroda collaborated with the local Panchayat at Mahamaya Sabhamandap to create awareness to elderly people. A counselling session was conducted by AYUSH MO Dr Ranjita Rajadhyax on common illnesses faced by the elderly. Around 44 people attended the session along with the Sarpanch and Panch members



PCV vaccine training by MO Dr Raksha Borkar was conducted for anganwadi workers at Primary Health Centre, Siolim

IEC on the occasion of International Day for Elderly on healthy lifestyle was conducted by extension educator (EE) Karishma Kerkar at UMMID (Day Care Centre for senior citizen), Baina under UHC Vasco



Outreach activity was conducted at Sunny Bay construction, where Dr Rashmi Khandeparkar examined the children and Vitamin A was administered to all the children by ANMs



### Iodine Deficiency

In Collaboration with Integrated Child Development Scheme (ICDS), quiz competition was conducted by IEC Supervisor at PHC Shiroda for Anganwadi workers on World Iodine



Deficiency Day. Nine workers participated, prizes were distributed to the winners

World Iodine Deficiency Day was celebrated at Village Panchayat Hall, Anjuna



IEC on World Iodine Deficiency Day was conducted at Church Hall Siolim, besides, talk given on Mother's Absolute Affection (MAA), immunization, family Planning and COVID-19 were also given

Block-wise trainings for ANMs and MPHWS were held on ANMOL and new integrated RCH register at State Institute of Health and Family welfare (SIHFW), Mapusa



IEC on Mothers Absolute Affection (MAA), immunization, and family Planning during Routine Immunization (RI) was conducted at Primary Health Centre, Siolim

# Yoga Activities

If stress has you anxious, tense and worried, meditation helps. Spending even a few minutes in meditation can restore your calm and inner peace. Keeping this in mind regular meditation and yoga session are conducted for health officers at centers across the state.



Yoga session conducted by Ayurveda physician, Dr Trupti Alvenkar and AYUSH Dr Sushma More. The session was attended by the staff of PHC Navelim, total number of members were 20



On occasion of World Heart Day, Yoga Session was conducted at an anganwadi in Vazem by Dr Shweta Naik, RBSK MO and IEC Supervisor. Besides, awareness on the importance of Yoga for a healthy heart and healthy living was conducted. Total 13 people attended the session. The session was conducted by following all social distancing norms





## GOVERNMENT OF GOA



### **DIRECTORATE OF HEALTH SERVICES**

Campal, Panaji- Goa. 403001

Tel. No: +91- 832- 2225540 / 2225646

directorhealth\_goa@yahoo.co.in

Public Grievance officer :- Dy. Director Public Health

Public Information Officer :- Dy, Director (HIB)

Officer In-charge of Mediclaim Scheme :- Jt. Director Accounts (Health)

[www.dhsgoa.gov.in](http://www.dhsgoa.gov.in)  
[www.nhm.goa.gov.in](http://www.nhm.goa.gov.in)