

अखिलभारतीयआयुर्विज्ञानसंस्थान (एम्स), कल्याणी  
All India Institute of Medical Sciences (AIIMS), Kalyani  
राष्ट्रीयराजमार्गनंबर-34 कनेक्टर, वसंतपुर, सगुना, कल्याणी, पश्चिमबंगाल, 741245  
National Highway-34 Connector, Basantapur, Saguna, Kalyani, West Bengal 741245

# SEWA PAKHWADA

## REPORT-2023



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“Swachh Bharat Abhiyan” is an initiative by the Hon’ble Prime Minister, Sh. Narendra Modi ji as a nationwide cleanliness/hygiene campaign. It was launched on 2<sup>nd</sup> October 2014, on the birthday of “Father of the Nation”, Mahatma Gandhi, with a vision of a clean India, and making Indian people aware, and realize the importance of clean and green environment.

**Sewa Pakhwada** started in September 2023 with the objective of bringing a fortnight of intense focus on the issues and practices of Swachhta by engaging Government of India Ministries/Departments in their jurisdictions.

As a part of this “Government of India” initiative, AIIMS, Kalyani has actively organized and participated in “Swachh Bharat Abhiyan” by organizing various Swachhta activities and awareness events during the 16 day “Sewa Pakhwada” event. .Executive Director, Prof. Ramji Singh inaugurated the event, and highlighted the relevance of Mahatma Gandhi teachings in the present day, and stressed on the need of educating people about importance of hygiene and plastic wastes, its impacts and cleanliness .

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## Housekeeping Activities



अखिलभारतीयआयुर्विज्ञानसंस्थान (एम्स), कल्याणी  
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 **AIIMS-Kalyani** @AiimsKalyani · 2d  
Glimpses of various swachhata activities (23-25 Sept, 2023) done under "Sewa Pakhwada" 2023 at AIIMS, kalyani. #AyushmanBhav @sramji57



Dr.Bharati Pravin Pawar and 2 others

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 **AIIMS-Kalyani** @AiimsKalya... · 4m  
A painting/poster design competition for patients attendant/kids under SEWA PAKHWADA-2023 was organized at AIIMS, Kalyani on 26 September, 2023 at OPD complex. #AyushmanBhav #SevaPakhwada @SwaachBharat @sramji57




Dr.Bharati Pravin Pawar and 2 others

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 **AIIMS-Kalyani** @AaimsKalyani · 11h  
A waste segregation awareness program for general public under "SEWA PAKHWADA-2023" was organized along with other routine cleaning activities in the AIIMS, Kalyani campus from 27-29 Sept, 2023  
[#Ayushmannbhav](#) [#SwachhBharat](#) [#SewaPakhwada](#) [#PMOIndia](#) [#MOHFW](#)




Dr.Bharati Pravin Pawar and 6 others

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 **AIIMS-Kalyani** @AaimsKalyani · Oct 1  
Shramdan activities under [#SwachhataHiSeva](#) @AaimsKalyani by faculty members and executive director @sramji57  
[#SwachhBharat](#)  
[@SwachhBharatGov](#) [@swachhbharat](#) [@PMOIndia](#) [@mansukhmandviya](#)  
[@DrBharatippawar](#)



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AIIMS-Kalyani @AiimsKalyani · Oct 2

Honourable Executive Director, Medical Superintendent and AIIMS staff paid homage to Mahatma Gandhi ji 🙏 #SwachhataHiSeva #SwachhBharat @sramji57 @SwachhBharatGov @mansukhmandviya



Dr.Bharati Pravin Pawar and 3 others



AIIMS-Kalyani @AiimsKalyani · 11h

Massive cleanliness drive in @AiimsKalyani campus from 30th Sept to 2nd Oct 2023 under "Sewa Pakhwada 2023"  
#sevapakhwada #SwachhBharat  
#SwachhtaPakhwada #SwachhtaHiSeva #sevapakhwada



Ramji Singh and 7 others



**अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स), कल्याणी**  
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**Blood Donation Awareness Program**

**Dept. of Transfusion Medicine & Blood Centre**  
 All India Institute of Medical Science, Kalyani  
 NH - 34 Connector Basantapur, Saguna, Kalyani, West Bengal 741245

**What should I do before Blood Donation?**  
 रक्त दातार आगम की की करणीय?

- Avoid alcohol consumption atleast for last 24 hours.**  
 आसतः 24 घण्टी आसतः आरत सिरो लऱुन।
- Stay hydrated.**  
 ढरिग ढरिगन ढरिग ढरिग लऱुन।
- Get enough sleep.**  
 ढरिग ढरिगन सुतऱन।
- Call us if you feel sick.**  
 आरुतऱ ढरिग लऱुन आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Spread the word of Donating Blood.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Take rest & avoid driving for one hour.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन आरुतऱ आरुतऱ आरुतऱ लऱुन।

**What should I do after Blood Donation?**  
 रक्त दातार ढरिग की की करणीय?

- Don't fast before donation.**  
 रक्त दातार आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Wear comfortable clothes.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Avoid over heat or sun exposure.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन आरुतऱ आरुतऱ लऱुन।
- Drink plenty of fluid & iron rich diet.**  
 ढरिग ढरिगन ढरिग आरुतऱ आरुतऱ लऱुन।
- Don't remove band-aid for two hours.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन आरुतऱ लऱुन।

**Dept. of Transfusion Medicine & Blood Centre**  
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**What should I do before Blood Donation?**  
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- Stay hydrated.**  
 ढरिग ढरिगन ढरिग ढरिग लऱुन।
- Get enough sleep.**  
 ढरिग ढरिगन सुतऱन।
- Call us if you feel sick.**  
 आरुतऱ ढरिग लऱुन आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Spread the word of Donating Blood.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Take rest & avoid driving for one hour.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन आरुतऱ आरुतऱ आरुतऱ लऱुन।

**What should I do after Blood Donation?**  
 रक्त दातार ढरिग की की करणीय?

- Don't fast before donation.**  
 रक्त दातार आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Wear comfortable clothes.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Avoid over heat or sun exposure.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन आरुतऱ आरुतऱ लऱुन।
- Drink plenty of fluid & iron rich diet.**  
 ढरिग ढरिगन ढरिग आरुतऱ आरुतऱ लऱुन।
- Don't remove band-aid for two hours.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन आरुतऱ लऱुन।

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**Benefits of donating blood.**  
 रक्त दातार डे ढरिगन।

- Free medical check up.**  
 डिगनन आरुतऱ ढरिगन।
- One unit of blood can save three lives.**  
 आरुतऱ डे रक्त, डिगन आरुतऱ डिगन डिगन आरुतऱ।
- Reduce risk of cancer.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Boosts production of new blood cell.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Improve heart health.**  
 आरुतऱ आरुतऱ लऱुन।

**Dept. of Transfusion Medicine & Blood Centre**  
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**Am I eligible to donate blood?**  
 आरुतऱ डि रक्त दातार ढरिग?

- Physically fit & Mentally sound.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Age between 18 to 65 years.**  
 आरुतऱ आरुतऱ आरुतऱ लऱुन।
- Haemoglobin  $\geq 12.5$  gm/dl.**  
 डिगनन  $\geq 12.5$  gm/dl आरुतऱ लऱुन।
- Weight (आरुतऱ)**  
 Blood Donation > 45KG, Apheresis > 55KG.  
 आरुतऱ आरुतऱ आरुतऱ आरुतऱ आरुतऱ आरुतऱ आरुतऱ लऱुन।
- For Female donor / ढरिगन आरुतऱ आरुतऱ**  
 I'm not menstruating. / आरुतऱ आरुतऱ आरुतऱ लऱुन।  
 I'm not pregnant. / आरुतऱ आरुतऱ आरुतऱ लऱुन।  
 I'm not breast feeding. / आरुतऱ आरुतऱ आरुतऱ लऱुन।

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## Body Donation Program

More than 50 staff of AIIMS Kalyani took body donation pledge during the sewa pakhwada. Boards for registration for blood donation was placed at various locations inside the campus of AIIMS Kalyani. Many people scanned the QR code and registered themselves for blood donation during the fortnight.

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Other Department Program



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AIIMS-Kalyani @AiimsKalyani · Sep 30

The Department of Psychiatry conducted a stress management lecture and workshop for 112 Battalion @BSF\_India at BOP- Bithari Bazar on 28th September 2023.

#AyushmanBhava

@sramji57 @PMOIndia @mansukhmandviya @DrBharatippawar @Drsubhassarkar



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AIIMS-Kalyani @AiimsKalyani · Sep 29

Celebration of #PoshanMaah by the Department of CMFM, @AiimsKalyani. The faculty members and staff demonstrated home based nutritious food preparation for kids and mothers. #AyushmanBhav

@sramji57 @PMOIndia @mansukhmandviya @DrBharatippawar



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 **AIIMS-Kalyani** @AiiamsKalyani · Sep 23 ...

Medical Education Unit (MEU) organised Foundation Course for MBBS batch 2023. Glimpses of sessions on Health Humanities, Self Directed Learning, Student Salutogenesis, Hand Washing Technique and Basic Life Support. [#AyushmanBhav](#) @sramji57



Dr. Bharati Pravin Pawar and 3 others

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 **AIIMS-Kalyani** @AiiamsKalyani · Sep 23 ...

In the context of 'Reaching the Unreached' a health camp was conducted by a team of doctors and nursing officers of AIIMS Kalyani at Birnagar, Nadia on 22.9.23. More than 250 individuals were treated at the camp. Free medicines were provided to the needy people [#AyushmanBhav](#)



Ramji Singh and 5 others

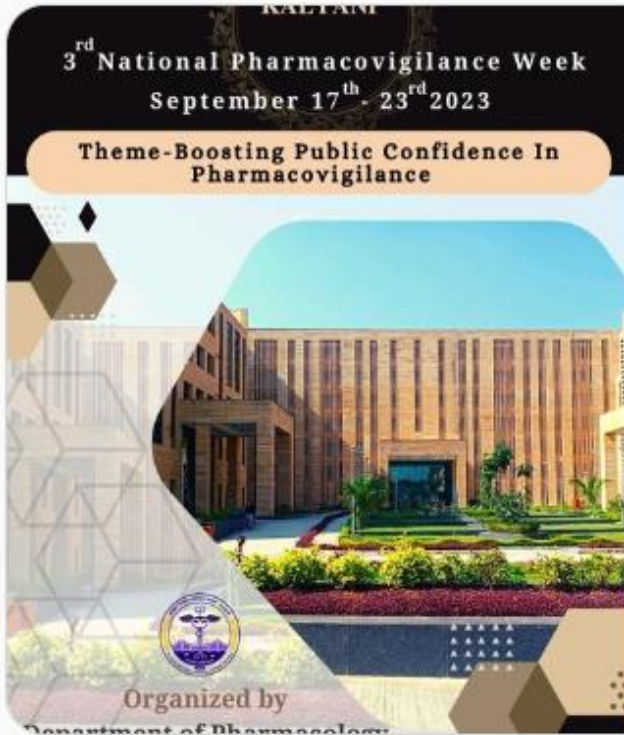
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AIIMS-Kalyani @AaimsKalyani · Sep 21

A Pharmacovigilance programme is scheduled tomorrow. Event notification attached. #AyushmanBhav #NPW2023 @ipcgbz @sramji57



Programme Schedule of Day 6		
Time	Topic	Speaker
12:00 – 12:05	Welcome Speech & Introduction	Dr Arkopal Bandhyopadhyay Assistant Professor, Pharmacology
12:05 – 13:00	Importance of Pharmacovigilance & Materiovigilance programmes of India to enhance patient safety (online)	Prof. Dr. Bikash Medhi Professor, Pharmacology Coordinator, PVPI & MVP PGIMER, Chandigarh, India
13:00 – 13:05	Thank you note	
13:05 – 15:00	Break	
15:00 – 15:10	Inaugural ceremony	
15:10 – 15:20	Words of wisdom	Prof. Dr. Ranjini Singh Executive Director Prof. Dr Kalyan Goswami Dean Academics Prof. Dr Biswabina Ray Dean Research Prof. Dr Aparna Palli Dean Examinations Addl. Prof. Dr Ritesh Singh Deputy Medical Superintendent
15:20-15:30	Journey of Pharmacovigilance at AIIMS, Kalyani	Dr Deepasree Sukumar Assistant Professor Deputy Coordinator,AMC AIIMS, Kalyani
15:30 – 16:30	Panel Discussion "Patient-Centric Pharmacovigilance: The importance of involving patients in reporting and monitoring"	Moderator: Dr Karuna Sree Podila Addl. Professor, Pharmacology Panelists: Prof. Dr. Bikash Medhi Professor, PGIMER Dr Suparna Chatterjee Professor, IGMER, Kolkata Dr Aparna Palli Professor & Head, Dermatology AIIMS, Kalyani
16:30 – 17:00	Overview of Materiovigilance	Dr Korra Parashuram Naik Assistant Professor Coordinator, MVP AIIMS, Kalyani

Dr.Bharati Pravin Pawar and 2 others



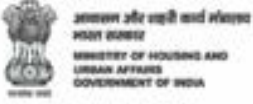
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# Certificate of Appreciation

This is to certify that

**AIIMS kalyani**

Has contributed in  
Shramdaan for Swachh Bharat  
On  
1st October, 2023, at 10 AM

**A Swachh Bharat Mission Initiative**

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