



**MAHATMA GANDHI MISSION's DENTAL COLLEGE &
HOSPITAL**

Accredited by NAAC with "A++" Grade

Junction of NH-4 & Sion Panvel Expressway Sector -
1, Kamothe, Navi Mumbai -410
209

NATIONAL SERVICE SCHEME UNIT, MGDCH 2024

NOT ME BUT YOU



-25

Iron Deficiency Anemia

Date of Event: 09th January, 2025

Venue: MGM Dental College & Hospital, Kamothe, Navi Mumbai

Staff Incharges: Dr. Vaibhav Thakkar, Dr. Graciela Jaschek, Dr. Swati Singh

Organisation: NSS unit, Department of Public Health Dentistry, MGMDCH, Temple University, Philadelphia.

No. of participants: Teaching Faculty- 8, Participated Students- 9; Audience Students- 50, Non-teaching Staff- 38.

REPORT

Anemia is a condition where the body does not have enough red blood cells(RBCs) or hemoglobin, the protein in RBCs that carry oxygen throughout the body. Menstrual hygiene is the practice of keeping the genital area clean and healthy during menstruation. It includes using menstrual products, wearing breathable clothing, and practicing good bathroom habits. A comprehensive educational session was held for the Non-Teaching and House-keeping staff of MGM Hospital, with focus on two important health topics: Iron Deficiency Anemia and Menstrual Hygiene. Additionally, a guided tour of the dental departments of the college was arranged to provide insights into the various specialized areas of dentistry.

Aim and objective:-

To improve staff knowledge and promote awareness about these health concerns while fostering a deeper understanding of the dental care processes in a clinical setting.

Method:-

The session on Iron Deficiency Anemia was led by a senior healthcare professional who provided an overview of the causes, symptoms and prevention strategies for this.

House-keeping staff were trained to recognize signs of anemia in patients, particularly invulnerable groups such as children and women, and to provide dietary counselling to improve iron intake. A segment on menstrual

hygiene followed, aiming to empower female Non-Teaching and House-keeping staff with the knowledge to manage menstruation hygienically and to reduce stigma surrounding this natural process.

Emphasis was placed on the importance of using clean and safe menstrual products(such as sanitary pads or menstrual cups), changing them regularly to prevent infections and maintaining good hygiene.

Proper disposal of menstrual products was discussed, focussing on the need for environmentally friendly options and the importance of disposing of used materials in a sanitary manner. In the final debriefing session, the participants were encouraged to share their feedback and reflections on the day's educational activities. The collaborative learning environment over the past 10 days has helped foster better teamwork and openness in discussing healthcare topics



A group picture along with the House-keeping staff after the session



Students of both the universities presenting on the stage for the staff



House-keeping staff Engrossed in the session at MGDCH.



Group Picture of MGDCH House-keeping Staff and Temple University Professors

LIST OF PARTICIPANTS

List of Teaching Staff:-

Sr. No.	Name of the Teaching staff
1	Dr. Vaibhav Thakkar
2	Dr. Agraja Patil
3	Dr. Pankaj Londhe
4	Dr. Aishwarya Patil
5	Dr. Ragini Sanaye
6	Dr. Saurabh Waghchoure
7	Dr. Swati Singh
8	Dr. Mausami Malgaonkar

List of Non-Teaching Staff:-

Sr. No.	Name of the Non-teaching Staff
1	Mr. Priyanka Sharma
2	Mrs. Surekha Kadam
3	Mrs. Komal Ranjane
4	Mrs. Bhagyashree Thakur
5	Mrs. Sayali Mali
6	Mrs. Sonali Mulje
7	Mrs. Alice Varghese
8	Mrs. Kalyani Nangale
9	Mrs. Smita Bhiwandkar
10	Mrs. Priyanka Jadhav
11	Mrs. Pragati Kadam
12	Ms. Kirti Giri
13	Mrs. Rajashri kokale
14	Mrs. Kranti Kate
15	Mrs. Amritha Kumari
16	Mrs. Ankita Sankpal
17	Mrs. Sanchita Mane
18	Mrs. Pragati Mokal
19	Smt. Varsha Dhamanaskar
20	Mrs. Mariamma Thomas

21	Mrs. Sujata Kodalkar
22	Mrs. Susan Skariah
23	Mrs. Sai Padwal
24	Ms. Swati Parab
25	Mrs. Shital Manapure
26	Ms. Seema Rai
27	Mrs. Annamma Binoy
28	Mrs. Anita Shajan
29	Mrs. Shalaka Borkar
30	Ms. Meenakshi Bangar
31	Mrs. Liby George
33	Mrs. Sunita Gunjal
34	Smt. Sheela Ghadge
35	Mrs. Sheetal Mane

List of Participated Students:-

List

Sr. No.	Name of nterns
1.	Shreya Mate
2.	Tanvi Nakka
3.	Netra Yadav
4.	Sarveksha Khot
5.	Anvayi Gardi
6.	Mahi Shinde
7.	Aditi Sangle
8.	Samiksha More
9.	Hetvi Somaiya

of Students :-

Sr. No.	Name of the Student
1	Vaibhavi Rajadhyaksha
2	Rituja Neroorkar

3	Veda Desai
4	Ananya Karnik
5	Maheen Tamboli
6	Areeba khan
7	Shrutika Ohal
8	Pranali Bagal
9	Swati Sonwane
10	Ummehani Kanchwala
11	Faizan Khan
12	Suheb Patel
13	Priyanshi Doshi
14	Saumya Savla
15	Keval Salot
16	Arihant Jain
17	Utkarsh Suryawanshi
18	Gauri Bhavsar
19	Arnav Netam
20	Swayam Aundhkar
21	Vedant Patil
22	Shreegeeta Singh
23	Renuka Javal
24	Spruha Surve
25	Anvi Hajeri
26	Anannya Durwas
27	Neha Gite
28	Jagruti Gaikwad
29	Nandini Khatavakar
30	Jagrti Soni
31	Vanshika Sharma
33	Hiral Vora
34	Shruti Pingle
35	Muskan Agarwal

36	Prachi Mane
37	Rajlakshmi Jadhav
38	Urvi Kere
39	Nimmi Shah
40	Samiya Pawar
41	Kripa Patel
42	Janhavi Ingole
44	Vaishnavee Bagal
45	Shravani Kangane
46	Yashasvi Talele
47	Maher Gala
48	Sariva Sardar
49	Lavannya Salunkhe
50	Shivani Chavan

