

MCH Camp at Kakdwip:

On the 26th of August we had a huge MCH camp at Kakdwip in a remote village in Sundarban region. We have been organizing this camp at Kakdwip for the last three years. This was a joint programme with Rotary Club of Calcutta East Central, Rotary Club of North Calcutta and Inner Wheel Club of North Calcutta in association with Bhuban Nagar Rural Development Society. We were about 150 members' altogether. This was a whole day programme. More than 700 mothers and children attended this camp.

This health check-up was divided in two phases. In the first phase we assessed the knowledge, attitude and behaviour regarding HIV/AIDS amongst the mothers through a questionnaire. We gave 1st, 2nd and 3rd prizes to the mothers who scored the highest points. We also did a health check-up to find out their cardiac risks by waist- hip ratio, their height and weight for calculating their BMI and we also measured their blood pressure

In the second phase we focused on the health of pregnant mothers. A slide presentation was done on the nutritional aspect during pregnancy and the post natal care of a child was shown. Special emphasis was given to promote breast feeding. We also spoke on weaning after 6 months of age. Finally we concluded the session by awaring all of them about selecting the food in their regular diet to avoid obesity, hypertension and reduce the risk cardiac diseases

Apart from the health check-up camp we distributed blankets to the old people. Books, pencils, erasers, sharpeners, toys were give to all the children present and few books were also donated for their library. Old clothes were distributed because they had had terrible floods in that area and most of their things we destroyed. The smiles on their faces and warm welcome, gave us the feeling that we had achieved our goal.

Pulmonary Function Test (PFT):

Pulmonary Function Test was held from the 23rd of August to the 31st of August 2007. This programme was organized by S. B. Devi Charity Home in association with Regional Occupation Health Central (Eastern), National Institute of Occupational Health (Indian Council of Medical Research) Rotary Club of Calcutta South Central also took active part in this programme.

Dr. B. P. Chattopadhyay, Assistant Director, and Head of Respiratory Physiology Division provide us with their technical expertise and sophisticated instruments to carry out the Pulmonary Function Tests for a selected group of students. These tests were carried out for five different schools and on 117 students as well as all the staff of S. B. Devi Charity Home.

This Pulmonary Function Test is mainly to focus the Pulmonary Status of roadside school and interior schools. We have a parameter regarding road traffic pollution. So we can reach a point that human lung function depends on different climatic conditions.