

Progress Report on Good Health and Well Being

GITAM offers health education in the areas of Medicine, Pharmaceuticals, Neuroscience, Anatomy, Community Medicine, Physiology, Psychology, Physiotherapy, Pathology, Microbiology, Pharmacology, anaesthesia technology, Optometry, Radiology & Imaging Technology, Renal Dialysis Technology, Food Technology and Nutrition, Yoga etc. It has committed to contributing to society's good health and well-being through educational services, research activities, and outreach & extension services.

GITAM Institute of Medical Science And Research (GIMSR) has a GITAM hospital with 600 in-patients bed strength and over 1000 daily outpatient footfall.

GITAM – earnest in combating COVID-19 pandemic

GITAM has collaborated with Local Public Health Authorities during COVID Pandemic, developed COVID protocols, treated 6000+ patients, conducted 12,000+ RT PCR tests, supported 250+ patients through Telemedicine.

It has established RT PCR Lab and Oxygen Plant to provide treatment for COVID patients. GIMSR Hospital has been designated as a Nodal hospital and dedicated hospital during the pandemic by the Government. It has received aplaudes for the services it rendered during the pandemic.

Updated list of Covid-19 hospitals in Visakhapatnam District

Armed forces honour ‘corona warriors’



Helicopter showers flower petals on medical personnel; two ships illuminated

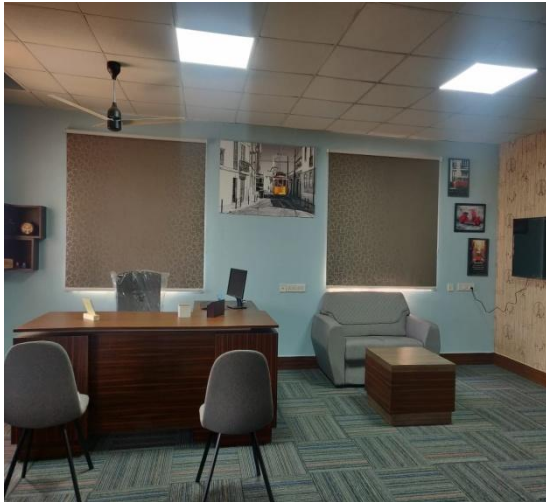
The nation, and world at large, has been experiencing a drastic increase in the number of Covid-19 cases, and subsequent deaths, since the past couple of weeks. Under the directions of the Andhra Pradesh State Government, the Chief Minister and the [Visakhapatnam District](#)

GITAM Collaborations with Other Institutions

It has collaboration with 'Elon University' for exchange of professors, researchers to promote collaborative research, other academic developments in the fields of Science and Technology, Medical and Pharmacy, Life Sciences etc; MOU with 'Mahatma Gandhi Cancer Hospital' for extension of better healthcare and research. GITAM has collaborated with the national govt to implement labs for the 'National Tuberculosis Elimination Program' and 'HIV patients NACO'. MOU with 'Bio valley Incubation Council' to support start-ups through an ecosystem, Joint Research in areas of nutraceuticals, and anti-ageing products. MOU with 'Mednutra' for propagating "Responsible Nutrition". MOU with 'YOURDOST' to connect students and staff with experts to get services on psychological well-being issues. GITAM has MOUs with the NGO to provide and organize the health services to the nearby people for a more extended period. GITAM, through several NGOs have been periodically conducting health camps in the nearby villages through the departments of 'Community Medicine' and through 'Rural Health Centre', 'Urban Health Centre' (located in a slum area), thereby having a positive impact on the peoples' life of in and around Visakhapatnam.

Establishment of wellness Center

In this year, GITAM Opened the wellness centre with the aim of providing psychological assessment and interventions for all students and faculty of GITAM University Visakhapatnam campus. The initiative aims at preventive as well as proactive interventions in minor psychological difficulties that cause distress and affect a student / faculty member's performance. This also reduces the stigma of attending a formal psychiatric setting in the Outpatient hospital department. The centre is now currently having student sessions (those who approach the centre by filling in an initial request form) lasting upto 30-45 mins, on a regular basis.



COME, TALK TO US IF YOU EXPERIENCE



- STRESS
- CONCENTRATION DIFFICULTIES
- SLEEP PROBLEMS
- EXAM ANXIETY
- SOCIAL ANXIETY
- FEELING SAD
- POOR SELF ESTEEM
- PSYCHOLOGICAL TRAUMA
- ANGER PROBLEMS
- RELATIONSHIP ISSUES
- ADDICTIONS (INCLUDING INTERNET)

OR IF YOU JUST FEEL LOST !

@ THE WELLNESS CENTRE



Gitam (Deemed to be University)



**Gitam Institute of Medical Sciences & Research
Visakhapatnam**

How to Approach us:
The Wellness centre is located at the GIMSAR medical college building side entrance (entrance opposite to the hospital building). Outside the centre, you will find a drop box with leaflets. Please fill in basic details in the leaflet and drop in the box. You can expect a call from one of us in a day or two, so that a convenient appointment is scheduled. Please note: The service is not for emergencies.

GITAM SCHOOL OF PHYSIOTHERAPY
Post COVID-19 Physiotherapy free health camp



ARE YOU SUFFERING
FROM FOLLOWING SYMPTOMS AFTER COVID-19

Breathing difficulty | General Weakness | Tiredness | Lethargy

📍 6TH TO 8TH SEPTEMBER 2021
📍 GIMSAR Hospital Physiotherapy OPD

For personal counselling registration: 0891-2866588



Research activities of GIMSAR

Let's talk about **Mental Health** and everything in between.



In conversation with
Ms. Richa Singh, CEO, YourDOST

Moderated by Mr. Joel Xavier,
Director of Student Life, GITAM.

📅 6th November 2020 ⌚ 5:00pm to 5:45pm

📺 IG Live on @gitamdeemeduniversity

GITAM
(DEEMED TO BE UNIVERSITY)

GITAM conducts Conferences, Workshops, Awareness Programmes, and Rallies to benefit academicians, professionals, students, faculty and the public. GITAM organized a conference associated with Indian Psychiatric Society Andhra Pradesh State Branch during **4th & 5th Sep 2021** on "Changing Face of Psychiatry in Modern Times" in a hybrid model where several international and national speakers of repute deliberated on the topics relevant to the theme. GITAM has conducted a webinar on "COVID 19 and Well Being: A Psycho-Social Perspective" on 09 April 2021. Dr. Jeff Morgan, Former Medical Adviser & Psychiatrist University of Hull & UK Atomic Energy Research Establishment, Oxford, addressed the gathering and delivered the lecture. On 10 October 2020, an online panel discussion on "Health and Ageing in the New Normal" was conducted. Two veterans viz., a 75+ year old Ms. Primla Hingorani, Pinkathon Ambassador and a 73+ year old Colonel Shashikant Dalvi, water conservationist, shared their experiences to overcome the challenges brought by the "New Normal".

The event and research activities relating to health and well being are available at the following web links

<https://gimsr.gitam.edu/images/cmcs-in-gimsr.pdf>

<https://gimsr.gitam.edu/research/publications>

<https://gimsr.gitam.edu/events>

<https://gimsr.gitam.edu/Facilities/Labs-Museums>

Outreach and extension programmes

The clinical services of Obstetrics and Gynecology are affordable and many poor antenatal patients were benefitted from Savitri Prasutha Padhakam Scheme of GITAM. As an ongoing programme, GITAM health centres will function under the Department of Community Medicine, where the students of GITAM participate in the implementation of National health programs at the primary health care level. Some activities to mention are family health visits, environmental health surveys, Nutritional assessment with a particular focus on antenatal & postnatal women and under-five children. These outreach programmes

provide preventive, promotive and curative health services to the underserved and needy population in the Community. The Dermatology and Venereology department offers treatment for Sexually Transmitted Infections, and there is a Government recognized Anti Retroviral Treatment center located in the hospital for catering to HIV patients.

GITAM has world-class sports facilities including Cricket Stadium, Tennis Ground, Volley Ball Court, Basket Ball Court, Shuttle Badminton courts, 400 m athletic track and indoor sports facilities

As a part of the ISR (Institute Social Responsibility), GITAM has adopted few villages in the nearby areas. The primary schools and middle schools of these adopted villages have been given privileges to use the sports facilities including indoor stadium and outdoor sports. GITAM extends support to NGOs to organize various charity events. Recently, "Boccia India" a registered National Sports Federation in association with GITAM University hosted the 'Paralympics Sport' during March 2021, in which all the sports facilities and other support facilities are extended to the sportspersons. Further, the "Top 15 athletes" of this Paralympics sport have been identified and trained by the sports academy of GITAM and enable their participation in the National/International Paralympics sports events.

