



# HSNC UNIVERSITY, MUMBAI KISHINCHAND CHELLARAM COLLEGE

DEPARTMENT OF LIFE SCIENCES  
Under the aegis of DBT Star Status



AN INTERACTIVE SESSION FOR THE NON-TEACHING STAFF  
ON

## **MEDICAL LITERACY**

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**Date : 22nd March, 2022**

**Resource person : Dr. Vinayak Sawardekar**

**Number of Participants : 41**

An interactive session on 'Medical Literacy' was organized under the aegis of DBT Star Status by the Department of Life Science, K.C. College, HSNC University. This session aimed to educate the members of the Non-Teaching Staff about personal health. 40 Non-Teaching Staff Members of K.C. College from various departments actively participated in this interactive session. Dr. Vinayak Sawardekar, a renowned doctor, Associate Professor in Medicine, GMC & JJ Group of Hospitals as well as the Treasurer Of API of Thane Branch was invited as the resource person for this session. This session was organized with an aim to create awareness about the basics of healthcare and the different diseases related, amongst the non-teaching staff members. The session was conducted in a bilingual dialect, Hindi and Marathi, which made it easy for the participants to comprehend.

Dr. Tejashree Shanbhag, Vice Principal Science section, K.C College addressed the participants by giving them a warm welcome and sharing a personal life experience before expressing her best regards to all the participants present. Dr. Vinayak Sawardekar began with the session by stressing upon the importance of health care in relation to the recent pandemic. Mr. Sawardekar later went on to talk about common health issues. He gave clear health instructions based on the different ages and genders. Sir spoke about routine checkups, blood reports, CBC and many other things, explaining each component assessed in detail.

This provided insights as to how important even the smallest of the components are and what huge difference would a small change in them make in our body. Then, he thoroughly discussed the common disorders like diabetes and heart related issue etc. providing an insight on the cause, symptoms and the treatment.

The session ended with a question and answer round where all the participants actively raised all their queries pertaining to the session, while Dr. Savardekar patiently answered all of them. The participants were invited to give their feedback through a feedback form circulated. Most of the participants expressed their gratitude to the speaker and requested to have more such sessions, and thanked the department and the organizing committee for having arranged such an important and necessary session. Mrs. Savita, the registrar of K.C. College was called upon to speak a few words and to thank the resource person with a token of appreciation.

This session on 'Medical Literacy' was a vital session in sight of the COVID-19. This session proved to be immensely beneficial for the non-teaching staff members as a lot of their doubts and concerns related to their health were cleared by the resource person. A group photo was taken at the end of the session to store this marvelous experience.

An appreciative, formal vote of thanks was proposed by a member of the organizing committee to express their gratitude towards everyone involved in making this session a huge success. This interactive session proved to be significant for the non-teaching staff members of our college.

The success of this session was an outcome of the continuous efforts and hard work by the organizing committee, the 'Evengers' and the Department of Life Science who are ever ready to face any challenge thrown in their way. The Department of Life Science hopes to continue this approach to learning in the near future as well as to work towards helping the society and to present meaningful and necessary content to everyone.

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