



# Report of Good Health and Well-Being

**3** GOOD HEALTH  
AND WELL-BEING





## SDG 3

### Team-3D Manipal: Dreams, Desire & Destiny

The idea of Team-3D Manipal was conceived in 2015 by a small group of likeminded individuals who joined hands to spread awareness and talk about health issues people are shy or scared to talk about. In one year this concept attract many more and the group evolved as 'Team-3D' a Nationally Registered Not for Profit Organization in November 2016. We strive to promote facts demystify myths and help create a healthier, bolder and more positive 'Gen Next'.

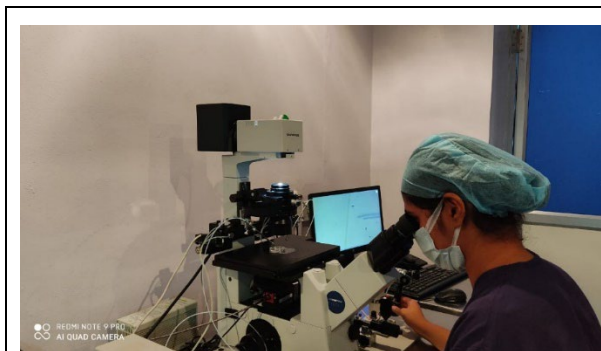


We achieve this through Interactive workshops, fact files and workbooks, a documentary, a flash mob and a street play. We have also branched out to focus on older age groups to raise awareness about common health issues faced by people and bust myths and misconceptions surrounding them. We have over 200 volunteers and have organized more than 50 for students. Since 2019 we are a regular part of the Med-Orient program organized as per the MCI (now NMC) rules, for orienting medical students as they enter first year of MBBS of Manipal Academy of Higher Education.

We also have a research wing which is involved in Epidemiological research and conducts studies to better understand the prevalence and impact of these diseases in our society.

### Centre for Fertility Preservation: A Ray of Hope

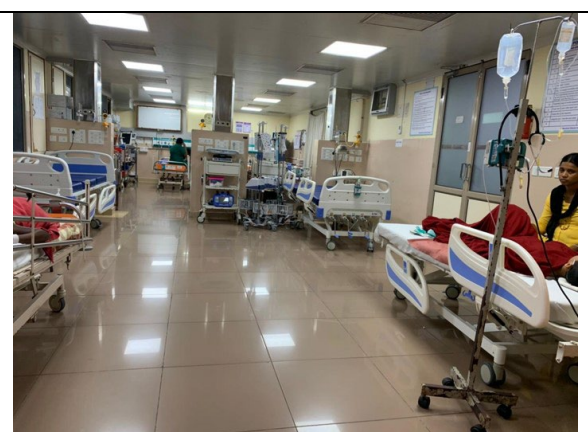
Survival rates among childhood cancer patients have progressively increased over the past four decades particularly due to advancements in cancer care. Presently, 3 out of 4 children diagnosed with cancer are cured from their disease. However, this success comes at a cost as nearly 60% of cancer survivors face infertility or even sterility due to effects of cancer and/or its treatment including chemo- and radiotherapy. Chemotherapy also is often used for non-cancerous conditions such as autoimmune diseases like systemic lupus erythematosus (SLE) and hematological diseases. The American Society of Clinical Oncologists (ASCO) & American Society of Reproductive Medicine (ASRM) recommends informing cancer patients about the options available to preserve their fertility. Though fertility preservation is a gaining popularity in developed countries, it is not so in India due to lack of facilities and skilled personnel in this field.



The Centre for Fertility Preservation (CFP) at Kasturba Medical College, Manipal is the first centre in the country to start fertility preservation and still remains one of the very few centres in the country offering male and female fertility preservation options for prepubertal and young adult cancer patients. CFP is a global partner of the Oncofertility Consortium, USA along with active collaborations with world's leading universities and institutes in Europe such as University of Muenster, Germany, University of Naples, Italy and University of Edinburgh, UK.

### **Public-Private partnership model: A success story**

Kasturba Medical College, Mangaluru [KMC, Mangaluru] was the first medical college to have a public-private partnership vis-à-vis the college, Infosys Foundation, India and the government hospitals in the city — namely district Wenlock Hospital and Lady Goschen Hospital and time has proved this to be a win-win situation for all.



This partnership has helped government hospitals to be in the forefront of providing quality patient care which meets needs of the community. KMC, Mangaluru has been providing services of 109 consultants; bearing the entire cost of laboratory tests; additional nurses, technicians, clerical staff (in all 303 staff); taking over the responsibility of house-keeping and security; networking of various departments and taking care of computerization of hospitals; servicing/maintenance of the medical equipment; computerization of medical records department; and creating separate clinical lab in Wenlock Hospital.



For providing these, KMC, Mangaluru is spending about Rs 19 crore per year. The college also pays the government around Rs 5 crore every year as clinical training fee for utilizing the hospitals for student training. MAHE, the parent body also provides 78 seats to the government for allocation through common entrance test (CET).

### **The Social Endeavour Group (SEG): Bonds that run deep!**

The Social Endeavour Group (SEG) at TAPMI, Manipal strongly believes in the philosophy of, “Do what you can with what you have, where you are.” With a team of 23 members, the committee works on several initiatives based on sustainable development goals – quality education, good health and well-being for the betterment of the local community.



SEG, in collaboration with NGO NOSFAM conducted CompCert: an event to promote Digital literacy. As a part of this event, we conducted a workshop for 29 students from Rajeev Nagar Public School on “How to build your own websites”. The event ran for five days from July 18th to July 22<sup>nd</sup>, 2021. The course curriculum was designed by Infosys professionals. This initiative is directly mapped with Sustainable Development Goal 4 - Quality Education. The event saw an overwhelming response from the students who were filled with the motivation to learn and grow. The entire week was filled with laughter, fun and learning. The Director’s visit and interaction with the students put them in high spirits.

### **Blackfrog Technologies Pvt. Ltd. is a Manipal - A start-up for Supply chain management**

Blackfrog Technologies Pvt. Ltd. is a Manipal, Karnataka-based technology Start-up Company that seeks to improve the efficiency of immunization supply chains. We have developed patented technologies for precision cold-chain and vaccine traceability systems with support from BIRAC (DBT) and leading impact investors in the nation including Venture Centre (NCL, Pune) and Social Alpha to provide logistical support in the last-mile delivery of vaccines.



### **Manipal Access Life: A home away from home!**

Manipal AccessLife provides a loving and temporary home for the parent or care taker and the child undergoing the treatment for cancer. The mission is to offer a home-like environment for these families and we also try to improve the quality of life of these children by providing practical support services, educational resources and recreational programs. The Center, dubbed 'Home away from Home' for children with cancer and their caregivers, provides free accommodation, nutrition, counseling, and education support services for them. This is a joint venture of Kasturba Medical College and Hospital, MAHE Manipal, and Accesslife and was conceived in 2019 by the division of Pediatric Hematology and Oncology (PHO), Kasturba Medical College and Kasturba Hospital, Manipal.

MAHE had developed a Memorandum of Understanding (MoU) with this foundation as more than 2/3rd of children with cancer taking treatment in the Division of Pediatric Hematology and Oncology of Kasturba Hospital were from rural interiors of Karnataka. MAHE provided two residential quarters close to the hospital and Access Life Assistance Foundation renovated it and made it into a hygienic accommodation that can host 12 families at any given time. All these facilities come at no extra cost to the patient and the operational cost for the center would be borne largely by the Access Life Assistance Foundation.



AccessLife MAHE, Manipal Center is located opposite Energy Cell, near BQ road, Madhavanagar, Manipal. Access Life Assistance Foundation, India is a Non-profit organization registered company, providing multi-disciplinary supportive care to families who come to the cancer center for their child's cancer treatment.

They offer accommodation, a hygienic environment, nutritional meals, counseling, recreational and educational support, both for the children and their parents during the entire duration of treatment which goes to the duration of 3-6 months and sometimes even a year.

### **Centre for Indigenous Population, KMC, MAHE, Manipal**

The purpose of this centre is to enhance the overall health and well-being of indigenous population. Tribal women (from Koraga, Marati Naika and Malekudiya communities) were screened for cervical cancer through a project funded by ICMR, New Delhi. The women were screened across the tribal hamlets, were treated for any infections of the genital tract and referred and treated for cervical dysplasia at Kasturba Hospital, Manipal. This activity was done in collaboration with District Health and Family Welfare Department and ITDP, Udupi. Assessment of socio-demographic and health status of Koraga community was carried out by organizing health camps at specific tribal hamlets in collaboration with District Health authorities, ITDP, local panchayats and NGOs and this activity was funded by ITDP, Udupi district. Tribal adults and children detected with infectious diseases and malnutrition were either treated at the camps itself or referred to respective PHCs for further follow up in liaison with the local panchayat members and tribal community leaders.



Centre has also taken up a project to assess the nutritional status and its determinants among Under-Five Children of Koraga Tribal Group in Udupi District which is funded by MAHE through Seed Grant (ongoing project).

### **Centre for Disadvantaged People – DHWANI**

Kasturba Medical College, Mangaluru inaugurated ‘Dhwani’ - the new born hearing assessment centre – at the Government Lady Goschen Hospital. Located at the neonatal ward on the third floor of the new building of the hospital, the centre has two sophisticated equipments placed in a soundproof room to test the hearing loss of newborns.





Lady Goschen Hospital records 750 births every month. Suja Sreedharan, Professor and Chief of ENT Department of KMC Hospital, said hearing loss is seen in four of every 1,000 newborns.

It was necessary to screen hearing loss soon after the birth and provide necessary treatment. All the children born at the Lady Goschen will be screened and provided necessary diagnosis for free. The new centre has been set up out of the contribution by Anuradha Gopal Pai. A programme to sensitise ASHA workers about new born hearing assessment was held at the Sushrutha hall of the KMC Hospital, Attavar.

### **Forensic medicine and criminal investigators: An Empowerment memoir**

The branch of forensic medicine and forensic science is facing a sudden reckoning. With the advent of integrated approach of police personnel with the Department of Forensic Medicine & Toxicology, KMC Manipal has not only helped in transforming and upgrading the future of criminal investigations, it also illuminated few lacunae in the past, holding up to convictions steadily and leading up to its legal proceedings in advance scrutiny. The aim of forensic oratory is to teach, to delight and to move and to certainly going back to Sherlock Holmes having a tradition of forensic science being featured in detective stories.



In a programme organized at the TMA Pai auditorium, KMC Manipal, the doctors empowered the police personnel's on the first aid session training combined knowledge – building activities with hands – on re – enactments in administering cardiopulmonary resuscitation (CPR), as being the first guide to arrive at any crime scene or accident spot or during emergencies. As the initial few minutes following an emergency are very crucial, truly Golden hour, as because of this care provided during this period has direct bearing on the final outcome. The personnel's belonging to different ranks and the department of forensic medicine along with hospital staffs participated in the training programme, seeking an immense response as it aids in fulfilling their motto 'to serve and protect'. It ought to characterize police knowledge and attitude towards cardiac arrest as well as their perceived willingness to perform CPR in situations demanded.



## Sports facilities

Marena, centrally-cooled sports complex at Manipal Academy of Higher Education is one of the largest and best-equipped sports centres in the country, aimed at ensuring that the six long months of monsoon in the region do not disrupt the fitness regimen of students and staff.

Some of the facilities in both Manipal & Mangalore campuses provided include a jogging track with a rubberised surface; a gymnasium with cardiovascular equipment, weights, strength training and flexibility machines; four squash courts with a viewing gallery; a basketball court built to NBA specifications; five badminton courts; a playing area for futsal; a cricket bowling machine; a kinesis circuit system and five enclosures for simulation games; a sauna and steam bath. And they are all under one roof.



Apart from the standard cardiovascular equipment like treadmills and steppers, weights and strength training equipment, there are also flexibility machines and a Kinesis circuit, the latest tool to improve stability, strength and flexibility and to train specific muscles for specific games. All the machines have heart rate, time, distance, calories, speed and incline monitoring systems with a Techno Gym System key reader, which measures and records all the physical activity a user completes during the day and motivates the user to reach his or her daily goals.

## The Student Support Centre (SSC)

SSC is a completely confidential service devoted to supporting the emotional well-being of students. SSC offers therapy sessions with qualified clinical psychologists, covered by student medical insurance (Medicare). Keeping in mind that going to large hospitals often distresses students and dissuades them from seeking help, the SSC is located in a quiet residential area that ensures privacy and accessibility. Modelled along the lines of counselling and wellness centres at the best universities in the world, the SSC at Manipal Academy of Higher Education (MAHE) is among very few such services in India.

SSC has set up a Student Advisory Board comprising of student leaders from all institutes that will work to ensure a student-friendly approach, and refer students in need of help to the Centre.





It also conducts awareness campaigns and outreach sessions across institutes, and extends the university's efforts towards supporting differently-abled students.



SSC conducts clinical assessments and gives referrals to psychiatry department at the Kasturba Hospital, Manipal, with the consent of clients. Emergency and other hospital charges would be taken care of through the existing Medicare system at the Kasturba Medical College and Hospital, Manipal.