

deposited in the name of [unclear]

Ragd

No. EDN-H(8)- Misc./2012-
Directorate of Higher Education
Himachal Pradesh
Email: dir.edu@rediffmail.com, college_branch@rediffmail.com
Phone No. 0177-2653120, 2653575. Fax 0177-2812882
Dated Shimla- 171002 the September, 2015



To
The Principal,
Govt. College, Karsog Distt. Mandi, HP

Subject: - Regarding implementation of Thalassemia Project in the State of H.P.

This is in reference to letter No. SIHFW(Thalassemia Project) Implementation/2015-16-1263 dated 19.08.2015 (copy enclosed) received from State Institute of H&FW Parimahal Shimla-171009 on the subject cited above.

In this context, it is to inform you that as per the Thalassemia Project details FPS sampling has been done and your college has fallen under the desired sample size for taking blood sampling of the students and students need to be motivated regarding thalassemia carrier status and its long term impact on having a child born with thalassemia disease. Therefore, Rs. 15000/- is being given to you so that the awareness activities under the IEC Head of the project can be carried out so that a favorable atmosphere is generated among the students to get themselves checked up for thalassemia carrier status and voluntarily give 2 ML of Blood sample for the same.

In this regard, please find enclosed herewith a bank draft No. 218824 dated 11.09.2015 Rs. 15000/- (Rs. Fifteen Thousand only) in your favor on account of IEC activity under thalassemia project with the direction that the same project has to be completed within three months positively and Utilization Certificate has to be submitted for the same along with a brief activity report on said project. For any kind of query/help you may contact on following No./email ID:

- Dr. Omesh Kumar Bharti, Corporation
- Officer, MC Shimla.
- Ph. 0177 2650287, 2801959, Mob. 94181-20302
- Email: bhartiomesh@yahoo.com

The detail of activities to be carried out as per the directions of the state institute of H&FW Parimahal, Shimla (copy enclosed).

Director of Higher Education,
Himachal Pradesh,
September, 2015

Endst. No. even Shimla the

- Copy for information to: -
1. The Principal SIHFW Parimahal Shimla-171009 w.r.t. aforesaid letter.
 2. Guard File.

The committee consists of following members

Seen Principal - Director of Higher Education, Himachal Pradesh.

22/9/15

22/09/15
Principal, College Karsog, Mandi (H.P.)

- (1) Sh. Pankaj
- (2) Ms. Kiran
- (3) Ms. Nidhi

थैलेसीमिया

या माता पिता से बच्चों में आने वाली

गाक बीमारी है। यह एक पैदायशी रक्त विकार है।

बाप दोनो थैलेसीमिया कैरियर हों तो 25% बच्चों को

या रोग होना सम्भावित है।

करिब एक लाख थैलेसीमिया पीडित बच्चों को महीने में कई बार खून चढ़ाया जाता है।

थैलेसीमिक बच्चे पर हर वर्ष हजारों रुपये खर्च करने पड़ते हैं।

हर 100 लोगो मे से 3-4 व्यक्ति थैलेसीमिया के कैरियर हैं।

प्रदेश में लगभग दो लाख लोग थैलेसीमिया के कैरियर हो सकते हैं।

खे में खून की कमी, थकावट और वजन न बढ़ना इत्यादि लक्षणों से थैलेसीमिया का

र पता चलता है।

हर व्यक्ति को थैलेसीमिया कैरियर होने की जांच करवानी चाहिए।

स्थ दिखने वाला कोई भी व्यक्ति थैलेसीमिया का कैरियर हो सकता है।

व्यक्ति थैलेसीमिया कैरियर पाए जाएं वह दूसरे थैलेसीमिया कैरियर से शादी करने के बजाए ऐसे व्यक्ति से शादी करें जो थैलेसीमिया का कैरियर न हो।

कैरियर मां बाप अपने पहले गर्भ की अवश्य जांच करवायें।

मां बाप अगले गर्भ की थैलेसीमिया के लिये जांच करवायें।

माता पिता बगले से
सभी दम्पति अ
नवून की उ
अवश्य क

यह जानना जरूरी है कि ये

प्रेम का बंधन है या थैलेसीमिया

इलाज से परहेज बेहतर

थैलेसीमिक बच्चों के लिए
रक्त की हर बूंद ज़िंदगी है
उनके लिये रक्त दान करें



National Health Mission
राष्ट्रीय स्वास्थ्य मिशन



J.C. BOSE Science Society

Government College Karsog, District Mandi (H.P)

Thalassemia Project in the State of H.P

Brief report on-Thalassemia awareness event held in Conference Hall of Government College Karsog on dated 23/12/15

“**Thalassemia**”-is a blood disorder passed down through families (inherited) in which the body makes an abnormal form of Hemoglobin inside Red blood corpuscles (RBC).The abnormal hemoglobin formed results in improper oxygen transport and destruction of RBC.

The disease is quite common in Mediterranean, Southeast Asian countries including India, China, Nepal Thailand, Malaysia and Bangladesh, also in Middle East mainly but can also occur in Africa, America etc. In Europe, this disease is quite common in Greece, Turkey and Italy etc.

“Thalassemia” is mainly of two types:-

“*Alpha Thalassemia*”-which is common in Southeast Asia African decent

“*Beta Thalassemia*”-which is common in Mediterranean origin. {diseases also known as **Cooleys disease**}

Thalassemic patient (child or adult) shows following symptoms: - Anemia, fatigue, bone deformities in the face, growth failure, shortness of breath, yellow skin etc. But minor forms of alpha & beta thalassemia have small blood cells but no symptoms.

Thalassemia can be diagnosed by enlarged spleen & blood sample diagnosis showing small & abnormal shaped RBC , a complete blood count revealing anemia, Hemoglobin electrophoresis test showing abnormal form of hemoglobin etc. whereas its treatment only includes regular blood transfusion and folate supplements. A bone marrow transplant may help the patient specially children's.

Untreated cases may lead into heart, liver & other vital organ failures.

“Thalassemia”- has autosomal recessive pattern of inheritance mainly. About 60-80 billion people around the globe can be carriers of this disease. Three out of 100 Indian may be its carriers. In Himachal Pradesh, its exact figure is unknown. Hence studies in this regard, will be a milestone in order to counteract its occurrence in such a Hilly zone where people are unaware, poor & ignorant about such diseases.

“State institute for health and Family planning”(SIHFP) has taken this great challenge under “Nation Health Mission” in this small state, which is educating Youth in various colleges (about 20) regarding this fetal disease which has genetic origin.

Such awareness program was conducted in our college under the banner of “J. C. Bose Science Society “on dated 23/12/2015. The event started at 10.30 AM with the Goddess Sarswati Vandana, followed by University Kulgeet. Dr. Gulshan Mahajan (President) of the society welcomed the chief guest of the function that was respected Dr. Kamal Kant (Principal of Government College, Karsog)also the Guest of Honor Sh . Girdhari Lal (Principal of G.S.S.S- Karsog) , Assistant Professors of the college along with students/ participants on the day of event. The chief Guest the function, Dr KamalKant started the function by lighting the lamp. Than Mr. Pankaj Gupta (AP- Zoology) presented PowerPoint presentation on the theme along with its relevance its present scenario.

There were three events for the participants on the event theme “Thalassemia”, which were conducted with the help of members of the Society in Seminar Room, Hall & in Physics Lab. Those were-

1. Declamation contest
2. Essay writing
3. Poster making

In declamation contest, 14 students participated with great enthusiasm & winning spirits. Each participant enriched the knowledge of the students with new thoughts. All were appreciating the efforts of the SIHFW & NHM –A government of India Initiative.

In Essay writing contest, 27 students’s participated with new thoughts & ideas. The participants highlighted the importance of such functions in grassroots

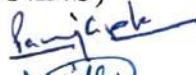


level of education system. There were many in the race of positions but only few succeeded having good contents, with remarkable style of presentation.

In Poster making, 10 students participated who showed diverse ideas on the sheet of paper regarding this theme. During the conclusion of the event, the chief Guest along with teachers & student visited the event room & appreciated the participants for their performance.

At the conclusion of the function, (Dr. Kamal Kant-Principal Government College Karsog) the chief guest of this function-appreciated the SIHFW, Shimla, Department of Higher Education (H.P) & NHM (Government of India) initiative. He also appreciated the J. C. Bose Science society members of the college along with participants for their great response & enthusiasm for this event. He also appreciated non science stream participants for their participation on such theme event which is not common for them.

At last, he announced the names of the prize winners & awarded them with cash prizes in the valedictory function. The function ended with the vote of thanks by Dr. Gulshan Mahajan (President of the Society). The function finally concluded with National anthem.

Signature of the J. C .Bose science society members:-

1. Dr. Gulshan Mahajan) (President-J.C.B.S)
2. Mr. Pankaj Gupta (AP -Zoology) 
3. Mrs. Nidhi Kapoor (AP -Physics) 
4. Ms. Kiran Kumari (AP -Zoology) 

Dated:- 29/12/15


Principal
Government College Karsog
Distt. Mandi
District Mandi (H.P)

o/c

Dated: 21/12/2015

Govt. College Karsog, Distt. Mandi (HP)

NOTICE

This is for information for all the students of B.A. / B.Sc. / B.Com .I, III ,V Semester that "J. C .BOBE SCIENCE SOCIETY" will organize a function on – "THALASSEMIA" on dated 23/12/15 in college campus at 10:00 AM.

The events are as follows:-


1. On spot POSTER making (Topic-"THALASSEMIA")
2. On Declamation contest (Topic-"THALASSEMIA")
3. Essay writing competition (Topic-"THALASSEMIA")

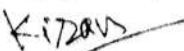
The event is sponsored by the "State Institute for Health & Family Welfare" Perimahal, Shimla(H.P)-171009.


Note: - In each event, prizes will be as follows:-


1. First prize Rs. 1500/- cash + certificate
2. Second prize Rs. 1000/- cash + certificate
3. Third prize Rs. 500/- cash + certificate

The willing students can contact:-

Pankaj Gupta (A.P-Zology) 

Ms. Kiran (A.P-Zology) 

Ms. Nidhi Kapoor (A.P-Physics) 


Principal
Govt. College Karsog
Distt. Mandi (H.P.)
Govt. College Karsog

Newspaper Cutting of the event

शिमला

शिमला, शनिवार, 26 दिसंबर, 2015

दिव्य हिमाचल

divyohimachal.com

कर किया। मेधावी छात्रों से भी आश्चर्य किया कि वह मा समाचार में अवश्य भाग लेना चाहते थे।



करसोग में थैलेसीमिया पर बांटी जानकारी

■ कार्यालय संवाददाता, करसोग

राजकीय महाविद्यालय करसोग में थैलेसीमिया दिवस पर कार्यक्रम आयोजित किया गया। कार्यक्रम में महाविद्यालय प्राचार्य डॉ. कमलकांत बतौर मुख्यातिथि पहुंचे। इसका आयोजन स्वास्थ्य एवं परिवार कल्याण राज्य संस्थान के सहयोग से किया गया।

कार्यक्रम में बताया गया कि थैलेसीमिया रक्त रोग है, जो कि अनुवांशिक है। माता-पिता से ही यह रोग संतान में देखने को मिलता है व आम लोग इस रोग के प्रति जागरूक हो इसको लेकर ऐसे कार्यक्रम आयोजित किए जा रहे हैं। इस अवसर पर प्रा. प्रकज गुप्ता, डा.

यमुना गुप्ता, रुचि नांग, सुधीर कनोजिया, कुलभूषण शर्मा, कृष्ण चंद, जय कुमार, डा. विनय कुमार, डा. प्यार लाल, निधी गुप्ता, विरण आदि भी उपस्थित थे। प्रकज गुप्ता ने बताया कि इस मौके पर तीन प्रतियोगिताओं का आयोजन किया गया, जिसमें भाषण प्रतियोगिता, निबंध लेखन प्रतियोगिता व चित्रकला प्रतियोगिता का आयोजन किया गया जिसमें महाविद्यालय के अनेक विद्यार्थियों ने भाग लिया। निबंध लेखन में प्रथम प्रकज शर्मा, द्वितीय प्रियंका व तृतीय नीलम वर्मा रहे। चित्रकला प्रतियोगिता में प्रथम स्थान पर कमलेश, ज्योति दूसरे स्थान पर प्रीनला व प्रियंका, तीसरे स्थान पर सुनिता व अवती रहे।

शिमला

करसोग में थैलेसीमिया दिवस के आयोजन में छात्रों की भागीदारी

Photographs of the function.

ला मण्डी

