**Suraksha Rakshak Saptah for the Security Personnel of LTMMC and GH**

Suraksha Rakshak Saptah was jointly organized by Dept of Community Medicine and Dept of Psychiatry of LTMMC and GH for the Security Personnel of our hospital from 19/11/2020 to 28/11/2020 under the able guidance of the Dean, Dr Mohan Joshi. Dr Seema Bansode-Gokhe, Prof and Head of Dept of Community Medicine and Dr Heena Merchant, Associate Prof of Psychiatry coordinated the whole program.

The week-long program consisted of a Health Check Up Camp and a Training Program on Work Ethics and General Well Being for the Security Personnel. A five day health checkup was organized which included history taking and examination by the Physician, Surgeon, Psychiatrist, Gastroenterologist, Cardiologist and Gynecological examination for the female personnel to rule out any morbidities and make appropriate referrals for their diagnosis and treatment. The health checkup also included getting their blood investigations done from Aapli Chikitsa, an initiative of MCGM which included Complete Hemogram, Thyroid function tests, Liver and Renal function tests, Serum lipids, Electrolytes and ECG.

The training program included providing guidelines on how to take care of their Physical and Mental Health as well as interactive discussions on the roles and responsibilities of Security Personnel. Faculty from Sion, Nair and Cooper Hospital imparted training for the Security Personnel. An Inauguration program was organized on 23rd November, 2020 which was graced by Hon. Deputy Commissioner Shri Devidas Kshirsagar, Chief Security Officer of MCGM Shri Ravindra Pandurang Patil, Deputy Chief Security Officer of MCGM Shri Anil Baburao Tawde and the Associate Editor of the Express group of Papers, Shri Sandeep Acharya and our Dean Dr Mohan Joshi and Academic Dean, Dr Pramod Ingale.

The program was very well appreciated by the Deputy Commissioner Shri Devidas Kshirsagar sir, and he said such programs should be implemented not just for security personnel of BMC hospitals but the entire Security Dept of BMC.

At the end of the training program, a Booklet titled Work Ethics and General Well Being was distributed to all the Security Personnel along with a Certificate of Participation to them. Certificates of Appreciation was also given to the RMOs of the various Depts who participated in the Health Checkup Camp.The program received a lot of appreciation in the print media for being one of it’s kind in the city of Mumbai