



## Primary Health Centre- Khirasara

Vill: Khirasara, Ta. Lodhika, Dist : Rajkot

Ph.No.:- ---

E-mail - [phckhirasara.health.rajkot@gmail.com](mailto:phckhirasara.health.rajkot@gmail.com)



Date: 28-08-2025

# CERTIFICATE

## TO WHOM IT MAY CONCERN

This is to certify that total 98 students of 4<sup>th</sup> BHMS (2025-26) of Rajkot Homoeopathic Medical college, Parul university, had visited Khirasara Primary Health Center, on dated 28-08-2025 under the guidance of Department of Community Medicine.

Prof (Dr.) Anup Kumar Das, HOD, Dept. of Community Medicine, Assistant Professor Dr. Hasti Dekivadiya, Dept. of 'Community Medicine, accompanied and guided the students during visit.

**MEDICAL OFFICER,  
PRIMARY HEALTH CENTRE  
KHIRASARA, TA; LODHIKA**

DEPARTMENT OF COMMUNITY MEDICINE

Proposal Letter

Date- 26.07.2025.

To  
The Principal  
Rajkot Homoeopathic Medical College,  
Parul University, Rajkot.  
Gujarat.

Sub: To arrange an academic Visit to Primary Health Centre

Respected sir,  
As per the curriculum by the National Commission for homoeopathy (Government of India), it is mandatory to arrange an academic visit for the students of 4<sup>th</sup> BHMS (2025-2026) at any Primary Health Centre for their academic purposes. So, in this regard Department of Community medicine is seeking your permission to conduct an Academic Visit to Khirasara Primary Health Centre, Rajkot, Gujarat, which will be convenient for our students, preferably in the 1<sup>st</sup> week of August 2025.  
Your kind co-operation is highly solicited.

Thanking you,

Yours sincerely,



*Done 28/7/25*  
Prof (Dr) A. K. Das.  
H.O.D

Department of Community Medicine.

HOD  
Department of  
Community Medicine

*H.N. Mehta*  
26/7/25  
Prof (Dr) H.N. Mehta.  
PRINCIPAL

Rajkot Homoeopathic Medical College.

PRINCIPAL  
RAJKOT HOMOEOPATHIC MEDICAL COLLEGE  
RAJKOT.



**Parul<sup>®</sup>**  
**University**

**NAAC**  
**GRADE A++**

**DEPARTMENT OF COMMUNITY MEDICINE**

Date- 14-08-2025.

To,  
The Medical Officer  
Khirasara Primary Health Centre  
Gujarat.

Sub: To arrange an academic visit to Khirasara Primary Health Centre.

Respected sir,

As per the curriculum by the National Commission for Homoeopathy (Government of India), it is mandatory to arrange an academic visit for the students of 4th BHMS (2025 – 2026) at any Primary Health Centre for their academic purposes. So, in this regard Department of Community medicine is seeking your permission to conduct an Academic visit to Khirasara primary Health Centre, Rajkot, Gujarat, at any convenient date to you, preferably in the month of August 2025. Our students are eagerly waiting to visit your esteemed Primary Health Centre at Rajkot.

Your kind co-operation is highly solicited.

Thanking you,  
Yours sincerely,



*you may kindly arrange visit  
on 28.8.25 (Thursday) during  
11.30 to 1.00.*

*Recd*  
*A*

*Done 14/8/25*

Prof (Dr) A. K. Das.

M.O. PHC  
KHIRASARA (R) H.O.D

Department of Community Medicine.

HUD

Department of  
Community Medicine

*H.N. Mehta*  
Prof (Dr) H.N. Mehta.  
PRINCIPAL.

Rajkot Homoeopathic Medical College.

PRINCIPAL

RAJKOT HOMOEOPATHIC MEDICAL COLLEGE  
RAJKOT.

**Rajkot Homoeopathic Medical College**  
Faculty of Homoeopathy

PARUL UNIVERSITY  
RAJKOT HOMOEOPATHIC MEDICAL COLLEGE  
DEPARTMENT OF COMMUNITY MEDICINE

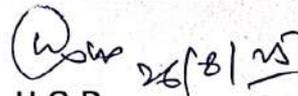
Date - 26.08.2025

CIRCULAR

All the students of <sup>th</sup> 4<sup>th</sup> B.H.M.S. BHMS are hereby informed that  
Department of Community Medicine has organized an academic visit to  
Primary Health Center - Khilasa  
On 28-08-2025

Your presence is mandatory. Absence without prior permission will attract a disciplinary action.



  
H.O.D.

Department of Community Medicine.

**HOD**  
Department of  
Community Medicine

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RAJKOT.



A Report on visit to  
**PRIMARY HEALTH CENTER**



On 28<sup>th</sup> August, 2025

At Khirsara, Rajkot 360021

ORGANISED BY,  
**DEPARTMENT OF COMMUNITY MEDICINE**

GUIDED BY :

DR. ANUP KUMAR DAS (HOD)

DR. HASTI DEKEVADIYA

(ASSISTANT PROFESSOR)

PREPARED BY :

VISAPARA MIHIR

Roll no : 99

4th BHMS (2025 -2026)

*[Signature]*  
29/8/25  
PRINCIPAL  
RAJKOT HOMOEOPATHIC MEDICAL COLLEGE  
RAJKOT.

*[Signature]*  
29/8/25  
HOD  
Department of  
Community Medicine



Rajkot, Gujarat, India

Primary health care centre, Khirasra, Gujarat,

Rajkot, Gujarat 360021, India

Lat 22.236517, Long 70.651997

08/28/2025 11:30 AM GMT+05:30

Note : Captured by GPS Map Camera

- **PLACE OF VISIT:**  
PRIMARY HEALTH CENTRE,  
Khirasara Rajkot-360021

- **DATE OF VISIT:** On 28<sup>th</sup> August, 2025

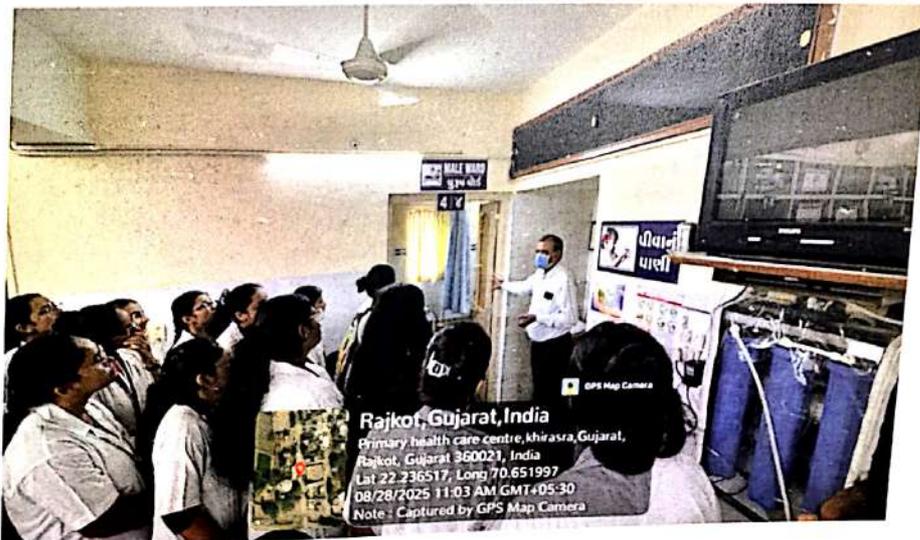
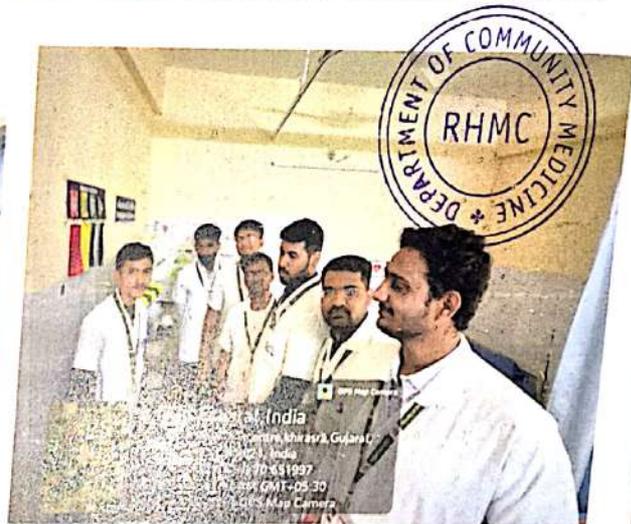
- **ABOUT VISIT :**

The PHC is situated in Khirasara village of Lodhika taluka, Rajkot district and it is NABH accricated.

- **OBJECTIVE OF VISIT :**

1. To provide comprehensive primary health care to community through The Primary Health Centres.
2. To Achieve and Maintain acceptable standards of Quality of Care.
3. To make the services more Responsive and Sensitive to the needs of the Community.





## ❖ INDIAN PUBLIC HEALTH STANDARDS FOR PHCS :

- The IPHS for primary health centres has been revised in 2012. Keeping in view the resources available with respect of functional requirements for PHC with minimum standard such as Building , Manpower, Instrument and equipment, drugs and other facilities etc. The standards prescribe dare for PHC covering 20000-30000 population with six beds. As all the block level PHC are ultimately going to be upgraded as CHC with 30 beds of providing specialised services.

## ❖ FUNCTIONS OF PHC:

1. Medical Care.
2. MCH including family planning.
3. Safe water supply and basic Sanitation.
4. Prevention and Control of locally Endemic Diseases.
5. Collection and reporting of Vital Statics.
6. Education about Health.
7. Natural Health Program- as relevant.
8. Referral Services.
9. Training of Health guides, Health workers, Health assistants.
10. Basic Laboratory Services.



नागरिक आरोग्य सेवा			
प्राथमिक आरोग्य सेवा			
अ.नं.	सेवांनी विंगत	दररोज	संपाद
१	ओ.पी.डी. सेवा	६३०	संपाद ६:०० થી १:३०:० सांजे ५:३० થી ९:३०:०
२	लेબોરટरी सेवा	"	"
३	આયુષ સેવાઓ	"	સવારે ૯:૦૦ થી ૧૩:૦૦
૪	ઈન્ડોર સેવા	દરરોજ	૨૪ ઠંભક
૫	ડીલીવરી સેવા	"	"
૬	તાલકાલિક સારવાર	"	"
૭	સંદર્ભ સેવા માટે વાહન	"	"
૮	મેડીકો-લિગલ કેસ	"	"
૯	ઉમર, માંદગી અને તંદુરસ્તીનું પ્રમાણપત્ર	દરરોજ જાહેર રજા સિવાય	સાંજે ૧૬:૦૦ થી ૧૮:૦૦
૧૦	મમતા દિવસ (રસીકરણ દિવસ, સગર્ભા અને બાળકોની તપાસ અને સારવાર)	દર સોમવારે	સવારે ૯:૦૦ થી ૧૭:૦૦
૧૧	પુરુષ, સ્ત્રી નસર્બંધી, એમ.ટી.પી., ઠાઈડોસીસના ઓપરેશન	દર શુક્રવારે	પદ્મબુંવરલા હોસ્પિટલ, રાજકોટ
૧૨	તમામ રાષ્ટ્રીય અને રાજ્ય સરકારના કાર્યક્રમોને લગતી સેવાઓ	દરરોજ જાહેર રજા સિવાય	સવારે ૯:૦૦ થી ૧૩:૦૦ સાંજે ૧૬:૦૦ થી ૧૮:૦૦

## ❖ DRESSING ROOM

- Dressing of injuries caused by road accidents, clean cut injuries is carried out.
- Post surgical dressings are also done.
- Before dressing cleaning of wound is carried out.
- According to the requirement of case tetanus injection, pain killers, antiseptic, antibiotic and local anaesthesia is given.
- Dressing material like cotton, spirit, tincture iodine, antiseptic, bandage, rolled bandage, plaster, surgical pads, absorbent gauze, etc. are used.
- Biochemical waste collection bins are also present to properly dispose the waste material produced due to dressing.

## ❖ OPD

- There are 2 medical officer present in out door patient department:
  1. MBBS Doctor
  2. AYUSH Medical officer
- OPD timings are depended on seasons:
  1. Winter: 9:00 a.m.to 1:00 p.m.
  2. Summer and Monsoon: 8:30 a.m.to 12:30 p.m.
  3. Evening:4:00 p.m.to 6:00 p.m.
- OPD is open daily except national holiday.

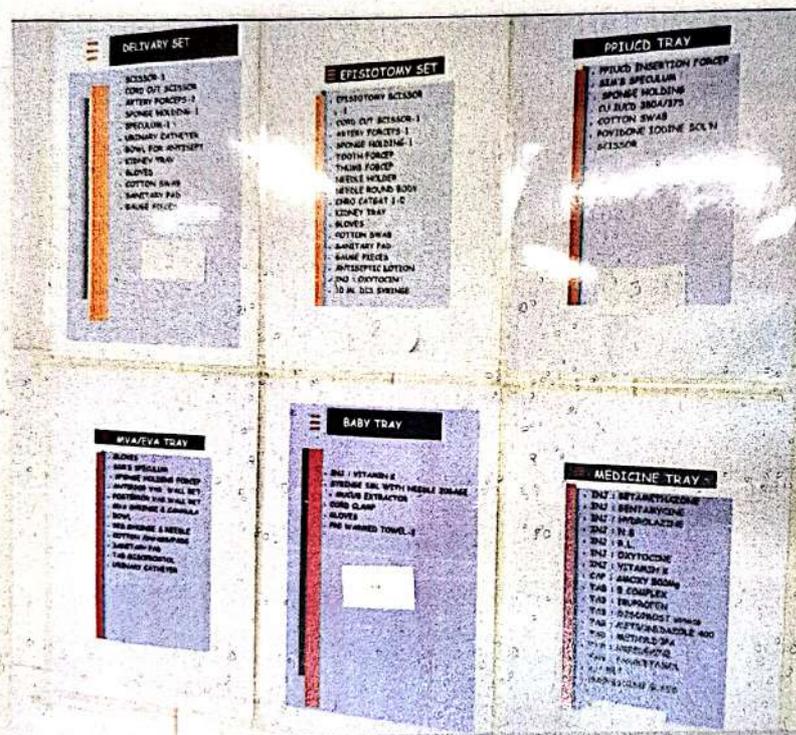


## ❖ PHARMACY

- Medicines and injections are dispensed as per prescribed by Medical officer.

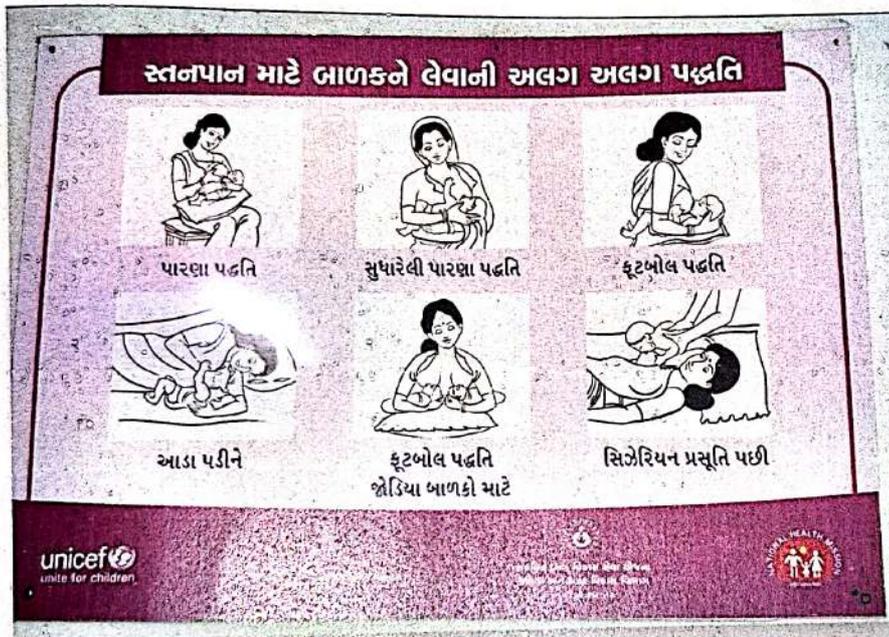
## ❖ LABOUR ROOM

- Labour room is well acquainted and all the necessary facilities are provided and proper hygiene is maintained as per the protocol.
- There is washroom inside the labour room and there are 2 doors which lead to the labour room if there is any emergency, 2nd door can be used.
- Suction machine and oxygen cylinder and 7 trays are available.
- There is baby corner present in the labour room which contains baby warmer.



# IPD FEMALE WARD

- There are 3 beds out which one was reserved for emergency.
- There was a bed confined for post-natal care where child and mother can stay after the delivery of child for 1-2 days.
- Here, method of breast feeding is also taught to mothers.
- Kangaroo Mother care is a special method of care of low birth weight babies.
- Kangaroo Mother Care consists of keeping the baby in close skin-to-skin contact with his/her mother as practiced by female kangaroo animal for their babies.
- Such Kangaroo Mother Care Chair is also placed for Mothers who need to take care of their babies accordingly.



# IPD MALE WARD

There were 3 beds out of which one is reserved for emergency cases.

# EMERGENCY WARD

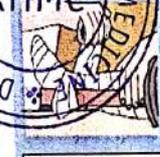
Emergency cases like accidental, snakebite, cardiac emergency, fire, etc. are treated.

Cases are taken on the basis of priority and follows triage system.

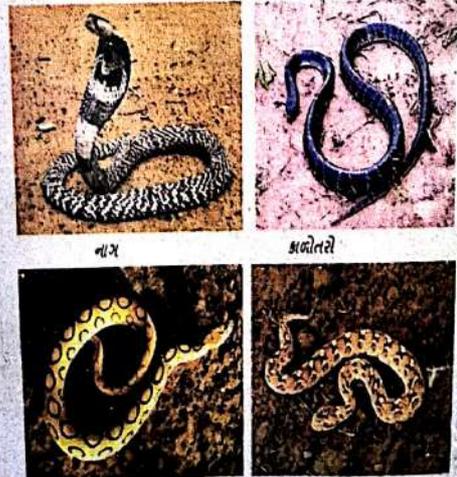
There was an emergency bell to inform any kind fire emergency or cardiac urgency.



सापना डंभनी प्राथमिक उपचार: दबाव वडे हलनयलन बंध करवानी पद्धति

 Fang marks		
1. हाथ भेटले उपरवी वेड वळीन रुग्ण मदी साप इश्टये मळत. पोलिथिन कपड्यांनी भेज करवावी. 2. 5 मि. सेक. परत फेड करचे.	2. पली तने मखेट पर बांधी भेटले खाल लेवी फोडये. एरीथ्रे ड्रायर विन हलन-यलन करवुं फोडये नही.	3. हाथे भेटले ठीचे सुधी बांधी.
		
4. पत्र पर मळीवुं बांधी. फेडी डंभनी भेजे तराकन सांध हली न करे.	5. येने परतल हाथ भेटला हातयां बांधी. कालकनुं मळित सेवुं फोडये.	6. हात परतल डंभ: 8) भेटो पर बांधी 9) भेटो सुधी मळीवुं राखी भेजे नु जेवी राखी.

आकृति 1: दबाव वडे हलनयलन बंध करवुं (सिधरलेक पद्धति)



# LABORATORY ROOM

Tests are carried out during the OPD timings. Various tests are carried out in laboratory.

Tests like:

- ✓ Blood report
- ✓ Glucose test: FBS, HbA1C, PPBS, RBS
- ✓ Pregnancy test
- ✓ Urine routine and micro
- ✓ Covid antigen test
- ✓ CRP
- ✓ LFT

# BIOMEDICAL WASTE

Biomedical waste or hospital waste is any kind of waste containing infectious (or potentially infectious) materials.

It may also include waste associated with the generation of biomedical waste that visually appears to be of medical or laboratory origin.



No	Name	Signature	Remark
1	Ajani Vishakha Rajeshbhai		
2	Ardesna Nirali Kalpeshbhai		
3	Bavaliya Isha Vipulbhai		
4	Bhalodiya Divyata Kiritbhai		
5	Bhatti Deep Mineshbhai		
6	Bhensadadiya Vrunda Rajeshbhai		
7	Bhetariya Karan Ramshibhai		
8	Bhuva Khushi Ashokbhai		
9	Boghara Akshit Hareshbhai		
10	Busa Naisargi Sanjaybhai		
11	Chaudhari Sohangiben Anilbhai		
12	Chauhan Lalji Punabhai		
13	Chauhan Monika Narayanbhai		
14	Chauhan Vishvrajsinh Arvindsinh		
15	Chavda Hardik Maheshbhai		
16	Chavda Mansiben Pankajbhai		
17	Chhayani Vishna Sureshbhai		
18	Damor Laxmiben Dineshbhai		
19	Dela Munir Rajakbhai		
20	Desai Vishal Manjibhai		
21	Dharaviya Monika Jasabhai		
22	Dikhit Ravikumar Rajansinh		
23	Doshi Krina Mayurbhai		
24	Gadara Viren Kamleshbhai		
25	Gadhiya Shruti Maganbhai		
26	Gadhvi Dev Aidan		
27	Galani Jenisha Sureshbhai		
28	Garasiya Miteshkumar Maganlal		
29	Geda Divyesh Narendrabhai		
30	Geriya Nidhi Manojbhai		
31	Gevariya Arpit Sanjaybhai		
32	Gohel Pratik Lalitkumar		
33	Goswami Darshangiri Maheshgiri		
34	Gumasana Janki Sanjaybhai		
35	Hadiya Ankita Jagdishbhai		
36	Hariyani Bipin Ishwarbhai		
37	Harsora Krishna Vijaybhai		
38	Hirapara Krushika Jentibhai		
39	Humbal Mansi Atulbhai		
40	Jadeja Chhatrapalsinh N.		
41	Jariya Darshna Natvarbhai		
42	Jinjala Payal Jivrajbhai		
43	Joshi Mansi Jayeshbhai		
44	Kaliya Falguni Hardevbhai		
45	Kamaliya Kavita Vallabhbhai		
46	Kanzariya Poojaben Dineshbhai		
47	Karia Kairavi Dipakbhai		



Name	Signature	Remark
ya Krinal Hareshbhai		
diya Jatin Karsanbhai		
Amor Abhay Nagjibhai		
Umor Urvashiben Dineshbhai		
kiya Aasta Bhikhubhai		
mbasiya Dixit Jagdishbhai		
mbasiya Hetvi Arvindbhai		
Makwana Paril Nileshbhai		
Malani Ayush Bipinbhai		
Maradiya Anjani Gautambhai		
8 Mehta Aayushi Ghanshyam		
59 Merani Vishal Ashvinbhai		
60 Mogal Faizal Javedbhai		
61 Mungara Dhruvil Ashvinbhai		
62 Nimavat Pallavi Kiribhai		
63 Pansuriya Ritika Manojbhai		
64 Parmar Ishita Govindbhai		
65 Parmar Omkesh Bhikhabhai		
66 Parmar Prarthna Kalpeshbhai		
67 Parmar Urvikumar Vibhuvanbhai		
68 Patel Devika Satishbhai		
69 Patel Vrund Mahendrabhai		
70 Pathak Hetvi Jayeshbhai		
71 Patvana Komal Nileshbhai		
72 Pipaliya Shruti Manishbhai		
73 Pipalva Rutika Jayeshbhai		
74 Rathod Geetaben Bhupatbhai		
75 Rathod Hiren Anilbhai		
76 Rathod Pruthvirajsinh Samatsinh		
77 Rathod Sagar Kathadbhai		
78 Rathod Shailee Nayanbhai		
79 Sakhiya Shruti Jayeshbhai		
80 Sanghani Ridham Dipakbhai		
81 Saresa Deepali Vijaybhai		
82 Solanki Anjali Bharatbhai		
83 Solanki Shivangi Maldebhai		
84 Sorathiya Isha Manishbhai		
85 Tarapada Darshita Bharatbhai		
86 Timbadiya Swati Bhaveshbhai		
87 Umraniya Himanshu Rohit		
88 Umretiya Aevanshi Narendrabhai		
89 Undhad Jay Kamleshbhai		
90 Vadoliya Divyesh Maheshbhai		
91 Vaishnav Vishva Mehulbhai		
92 Vekariya Dipal Hareshbhai		
93 Vekariya Pratik Kanubhai		
94 Vekaria Komal Vimalbhai		
95 Vidja Vivekkumar Hareshbhai		
96 Visapara Mihir Jitendrabhai		
97 Wadhar Dhruvi Mukulbhai		
98 Pabari Esha Kishorbhai		



HOD  
 Department of  
 Community Medicine