

**AYUSHMAN BHARAT
HEALTH & WELLNESS CENTRE
URBAN PRIMARY HEALTH CENTRE
Panaji**



Name of the Incharge	Dr Sunita Arlekar
Contact number & Email	9011025041
Location	Opp Aaram Hotel, 18 th June Road, Panaji-Goa.
No. of Beds	Non Bedded Hospital

Hospital Services available

Services (as per type of UPHC)	Days	Timings
OPD services including special services	Mon-Sat (Except on public holidays)	Mon, Wed & Fri 9.00am to 7.00pm (Sp NUHM OPD from 2.00pm to 7.00pm) Tue & Thur- 9.00am to 4.30pm. Sat-9.00am to 1.00pm
Key services available during OPD		
General OPD	Mon –Fri Sat	9.00am to 4.30pm 9.00am to 1.00pm
Antenatal Care (ANC)		NO
Immunization	Mon & Thur	9.00am to 1.00pm
Emergency services	24 X 7	No (108 EMRI)
Minor O.T. / Dressing	24 X 7 Mon - Sat	9.00am to 4.30pm
Dental clinic	Mon –Fri Sat	9.00am to 4.30pm 9.00am to 1.00pm
AYUSH OPD	Mon –Fri Sat	9.00am to 4.30pm 9.00am to 1.00pm
Yoga day/ Wellness activities	Mon -Sat	9.30am to 10.30am
Fixed day services		
NCD Clinic	Tue & Fri	9.00am to 4.30pm
Geriatric Clinic		No
Disability & Palliative Clinic (Support)		No
Family Planning services	Mon –Fri Sat	9.00am to 4.30pm 9.00am to 1.00pm
Mental Health Clinic (Screening)		No
Eye / Optometry (screening)		No
ENT Clinic (Screening)		No
DOTS centre	Mon –Fri Sat	9.00am to 4.30pm 9.00am to 1.00pm
Adolescent clinics	Mon –Fri Sat	9.00am to 4.30pm 9.00am to 1.00pm
	Routine Lab	Mon –Fri 9.00am to 4.30pm

Laboratory		Sat	9.00am to 1.00pm
	Referral Lab	24 X 7 (<i>Hub & Spoke, if any</i>)	
Pharmacy		Mon –Fri Sat	9.00am to 4.30pm 9.00am to 1.00pm
Ambulance Services		24 X 7	9.00am to 4.30pm
Administrative Office Services		Mon –Fri Sat	9.00am to 4.30pm 9.00am to 1.00pm
Medico-Legal Services			No

Details of nearest CHC: NA

Details of nearest FRU: NGDH,Mapusa

Details of nearest District Hospital: NGDH,Mapusa

Details of nearest Tertiary care hospital: ___ GMC ___

RKS/ JAS detail: _____ RKS _____

Visitor's Policy:NA

Visiting time: Morning _____ Evening: _____

Only one person allowed to visit at a time. (*mention about pass system*)

Field services/information	
No. of RMDs	NA
Name of the RMDs	1.NA
No. of VHSNCs	NA
No. of village Panchayats	NA
Name of Village Panchayats	1. 2.NA
No. of Municipalities	01
Name of Municipality	City of Corporation of Panaji
No. of Anganwadis centres	18
Name of AWCs	1. AWW 01 Althino Police Qrts 2. AWW 02 Near Samrat 3. AWW 03 Bhatlem 4. AWW 04 Mala I 5. AWW 05 Mala-II 6. AWW 06 St.Inez Bandh 7. AWW 07 Tambdimati 8. AWW 8 Ganesh Temple, St.Inez 9. AWW 09 Chincholem 10. AWW 10 Aivao Donapaula 11. AWW 11 Marvel, Donapaula 12. AWW 12 Dando Caranzalem 13. AWW 13 Fondvem Ribander 14. AWW 14 Shrivoikar Garage,St.Inez 15. AWW 15 Tonca Caranzalem 16. AWW 16 Mitra Bazar,Caranzalem 17. AWW 17 Boca De Vaca 18. AWW 18 Old Post Caranzalem
No. of primary schools	13
No. of highschoools	9
No. of higher secondary	6
No. of colleges	8
No. of ITIs	1

