

(Urban Health Training Center, Villupuram)

1. **Adolescent health awareness programme** for males (on **22-01-18**) and females (on 23-01-18). The "Adolescent general health awareness camp" was held at UHTC intended for Youth and adolescents from four villages in our service area, schools where we conduct health education and screening, and the paramedical colleges which we associate with. Thirty students from 8th and 9th standards from two of the Government Schools which we are associated took part in the event on 22nd January. Fifty eight female paramedical students from two colleges (Balaji paramedical institute and Thara paramedical institute) Villupuram took part in the event on 23rd January. There were stalls exhibiting posters and still models illustrating the risk factors, clinical manifestations and preventive measures for major NCD's (Systemic Hypertension/CVD, CKD, DM), and Flip charts and Pamphlets for HIV/AIDS, TB and Vector Borne Diseases and Vector Control. The program on 23rd January was presided by Mrs. Helen Rani, District Youth Coordinator, Nehru Yuva Kendra who motivated the adolescents about their social responsibility in the community. A quiz program assessing the students for their basic knowledge on diseases, drugs, risk factors, etc. was held for paramedical students on the 23rd January. The students enthusiastically participated in the quiz. Prizes were given to both teams as a token of appreciation. Our medical social workers – Mr. Jayaraman, Mrs. Jayanthi and Mrs. Bhuvaneshwari, Health inspector – Mr. Irusappan, Msc. Nursing students – Mr. Vazhmuni and Miss Dhanalakshmi and Interns facilitated the health education through stalls with posters, flip charts, and pamphlets.



Adolescent Health awareness programme

2. **Health awareness program for adolescent males and youth** (male) held at Pidagam, on **31-01-18**. Adolescent boys and men requested for the general health screening and awareness program in their villages. The program consisted of health education, health checkup, and health exhibition. Our medical social workers – Mr. Jayaraman, Mrs. Jayanthi and Mrs. Bhuvaneshwari; Health inspector – Mr. Irusappan; Msc. Nursing students – Mr. Vazhmuni and Miss Dhanalakshmi and Interns

facilitated the health education through stalls with posters, flip charts, and pamphlets.



Health awareness program for adolescent males and youth

3. **Health talk for Bullockcart Workers Development Association (BWDA) Self Help Group members** was conducted on 30-01-18 at their meeting held at Jeevajoti Marriage Hall, Villupuram. There were around 540 self help group women attendees in the meeting. Dr. Sindhuri (PG) gave a health talk on cervical cancer and breast cancer in women. She also talked about the early warning signs, risk factors, preventive measures, screening methods available, treatment facilities etc. were explained. She was assisted by Mrs. Jayanthi (MSW) and the event was coordinated by our UHTC team.



Health talk for Bullockcart Workers Development Association (BWDA) Self Help Group members

4. **Adolescent health awareness programme** for 90 adolescent girls was conducted in Anganwadi center, Kapoor village on 10.2.2018. The chief guests were Mrs.Elavarasi (Superintendent of Police), All women police station, Villupuram. Mrs.Sulochana, PC, All women police station, Villupuram. Health awareness was given on "Good touch and bad touch" by Mrs.Elavarasi (SP), Menstrual hygiene by

Miss. Dhanalakshmi (Msc Nursing student), Disposal of Napkin by Dr.Divya (PG), Iron rich diet by Mrs.Jayanthi (MSW) and Mrs. Bhuvaneshwari (MSW).We also conducted nutritional awareness program through exhibiting iron rich food items. We organized poster and quiz competition on adolescent health. All the students were actively involved in the program. Special speech was given by chief guest and finally we concluded the program with vote of thanks. The event was assisted by Dr.Pravin, Dr.Divya (PG), Mrs.Jayanthi (MSW), Mrs. Bhuvaneshwari (MSW), Mr.Irusappan (HI), Miss.Valli (ANM), Mr. Vazhumuni, Miss. Dhanalakshmi (Msc Nursing). We have a plan to form new adolescent groups, revive old groups especially among the school drop-out in the villages and to develop a structured training program based on their felt needs.



Adolescent health awareness programme at Kappur

5. **Screening programme for children** was conducted in Government children home, Villupuram on 12.2.18 and 13.2.18 upon request from the school management. We screened 150 students for skin disorders and other health issues were also screened. Skin disorders were identified by Post Graduate, Department of Dermatology. Free samples were given to students identified with scabies (from department of Dermatology) and educated on its application and prevention. Health education sessions were conducted by social workers on personal hygiene since that was their need. The event was assisted by PGs (Community Medicine and Dermatology), Medical Interns, Social Workers, Msc Nursing students, Scope India trainee students, Health Inspector, Staff nurse, Lab technician.



Screening programme for children at Government children home, Villupuram

6. **Screening Programme for 36 women in Kala pickle company, Maharajapuram** on 23.2.18 was done as a part of activity for industrial workers. We did general health examination for the workers by the medical interns. Health education was facilitated by our social workers. The event was assisted by Medical interns, Mr. Jayaraman (MSW), Mrs. Bhuvaneshwari (MSW), Miss. Valli, Mr. Anbu.



Screening Programme for women in Kala pickle company

7. **Cultural program for sensitization on Palliative care at Thennamadevi village, Villupuram** was conducted on 26.2.18 between 6.00pm to 9.00pm in a common place near a temple. This program was planned based on the request from the local people and support from volunteers working in Scope India. Around 150 village members attended the program. We went to Thennmadevi village and conducted cultural program regarding palliative care in collaboration with Scope India (NGO). We started the program by welcome address followed by Role plays, Mimicry, Dance performance and motivational performance in that village. Dr. Suguna gave a speech

to motivate the village members regarding the importance and need of palliative care program for the village members and how they can help the people in need. Lastly, we concluded with vote of thanks speech by Dr.Pravin. The event was conducted by the team of field workers at UHTC including Jayaraman (MSW), Miss. Valli (ANM), Mr. Vazhumuni, Miss. Dhanalakshmi (Msc Nursing) and Scope India students. The program was attended by Dr.E.Suguna and PGs- Dr.Balabaskaran, Dr.Divya, Dr.Pravin, Dr.Sindhuri, Dr.Padmavathy, Dr.Arulmozhi, Dr.Poomathy, Medical interns. The next step is to identify people who need palliative care in the village and to start home care services along with volunteer training programs. The village members showed interest and participated actively.



Cultural program for sensitization on Palliative care at Thennamadevi village

8. Screening program for 85 sanitary workers:

Screening program for 85 sanitary workers in Villupuram junction in collaboration with Scope India. Health checkup was done by Dr. Bala baskaran Postgraduate, Interns of Department of Community Medicine, SMVMCH and Blood sugar, Hemoglobin estimation was done. Health talk regarding awareness and Prevention of Tuberculosis was facilitated by our Interns. It was organised along with SCOPE-India, Villupuram. We thank Health Inspector of Villupuram railway, Scope-India and our social workers Mr. Jayaraman, Mrs. Bhuvana, nurses and driver for making this event successful. We received a good response from the Sanitary workers.



Screening program for 85 sanitary workers

9. Health camp for people in Thennamadevi village

Our interns and social workers conducted mobile camp at Thennamadevi village on 16/3/2018 and delivered health education about TB and non communicable diseases like diabetes, hypertension. This program was organised based on the request of people and was done in collaboration with Scope India (NGO). Then they informed about our pain and palliative care services to the general public of the village. A total 168 people attended the health camp and received medical care.



Health camp for people in Thennamadevi village

10. **Exposure visit for field workers to “Thai De-addiction Centre”** was arranged on **05-01-18** and was visited by Mr. Jayaraman & Mrs. Jayanthi (MSW), Mr. Vazhumuni, & Miss. Dhanalakshmi (Msc Nursing), Mr. Irusappan (HI). They interacted with the in-charge Mr. Kaviarasan (Medical Social worker) and he gave an introduction on the centre. There were 24 in patients at the centre. They met the counsellors and other staff of the centre and got to know from them various

modalities involved in the de-addiction treatment and the various types of patients they take care of. They also talked with the patients and got to know about their difficulties involved with de-addiction and lifestyle they follow and how they got addicted etc. This visit will help us to know the services available for de-addiction so that we can inform and refer people of need of these services in the community through our volunteers/adolescent groups/ self help group women.



Exposure visit for field workers to “Thai De-addiction Centre”

11. **Training program for field workers at UHTC on PRA methods:** A session on PRA exercise (Participatory Rural Appraisal) was conducted for field workers at UHTC and was attended by 8 staff. The session was facilitated by Dr Suguna E and the different PRA methods like social mapping, seasonal calendar, venn diagram, force field analysis were discussed. Following the discussion, the field workers were given the exercise to choose appropriate PRA methods relevant to their work in community and practice it. They were encouraged to share their experiences with all of us about their learning and problems faced.
12. **Workshop for field workers by Dr Amol at DCM** was held on 29.1.2018. Ten field workers attended the program along with two faculty Dr Rajalakshmi and Dr Suguna. It was an interactive session of experience sharing by Amol Sir. The objective was to motivate and awaken the field workers about the activities that they can do. They found the session useful and helped them to realize their big responsibilities that they can do in the community. The next session was planned on School health program for the month of February 2018.
13. **Exposure visit for field workers to Help Age India**, Thamaraikulam Elders village, Cuddalore was arranged on 19.2.18. Field workers Mr.Jayaraman (MSW), Mrs. Bhuvaneshwari (MSW), Miss. Valli, Mrs. Dhanalakshmi and Medical interns. The activities done in Help Age India was explained by the Medical Social worke, Mr Gauthamr. Our field workers met the old age people, interacted with them and got to know about their activities and problems they faced. This visit will help us to know the services available so that we can inform the need of these services in the community through our volunteers/adolescent groups for the benefit of elder

people and also be aware how an organisation can run for old people with their full participation.



Exposure visit for field workers to Help Age India

14. **Yoga training session:** Since our MSc students have undergone formal training in Yoga, we wanted to utilize this opportunity to train our field staff, staff, PGs and interns in yoga based on their interest. This might help them in their personal life and as well as to teach this to patients/ community members to reduce anxiety, stress and to improve the concentration capacity of the individuals. Surya namaskaram – 12 steps was done to make a clear thought and mind, to promote good health to our human body. It was conducted at UHTC (20.2.18) for Social workers, Scope India trainee students including driver, (21.2.18 Morning session) for 14 Nursing college students from our Nursing college and one Nursing lecturer and the evening session was conducted in Seminar hall, DCM, SMVMCH for Post Graduate students (Community Medicine), Assistant Professor- 1, Statistician, social workers and Attender. Surya namaskaram – 12 steps and Concentration yoga, Stress reduction yoga was conducted by – Mr. Vazhumuni, Miss. Dhanalakshmi (Msc Nursing).



Yoga training session

15. **Training program on Behaviour change communication:** Since our entire field workers are involved in delivering health education to people in community and school, they were interested to know more about how it should be delivered effectively. Hence we conducted a training session on "Behaviour change communication" on 06.02.2018 for all field workers, trainee students and medical interns. Around 20 people attended the program. It was an interactive session by Dr Suguna. It also included how to develop a health education material appropriate to the context.
16. **Adolescent girls programme for World Health Day – April 21, 2018.**

Around 50 adolescent girls from the village of Kappur who were studying in classes VI Standard to IX Standard were provided health education at Govt Higher Secondary School, Kappur on the following topics:

- Alertness and preservation of documents during fire outbreak at house and about tackling sexual harassments by Mrs. Vijaya Rani from Kalvi Kendra
- Universal Health Coverage by Dr.Poomathy (P.G.)
- Menstrual and Personal Hygiene by Dr.Swarnalakshmi, Dr.Sona Roshni and Dr. Kamala Gayathri (CRRI).





Adolescent girls programme for World Health Day

17. Awareness programme for Self-help group and Workers from Kalvi Kendra regarding Health Insurance on the occasion of World Health Day – April 23, 2018.

Around 20 females from a self-help group (Koliyanoor block) and 20 persons who are working at Kalvi Kendra were provided awareness programme at Community Hall, Kalvi Kendra, Villupuram on the following topics:

- Health Insurance by Mr. Sivakumar (Special Clinic)
- Screening and self-examination for Breast and Uterine Carcinoma by Dr.Poomathy (P.G.)
- Health Screening for Hypertension, Diabetes and General medical advice by Dr.Subulakshmi, Dr.Sugumar, Dr.Sivalakshmi, Dr. Jerry Rensha (CRRI)



Awareness programme for Self-help group and Workers from Kalvi Kendra

3. Training for Trainers (TOT) for Community volunteers The programme was conducted by Sanjeevan Palliative Care and it was attended by 100 volunteers at marriage hall, Bhagur on 23/04/2018. The programme was attended by Mrs. Jeyanthi and Bhuvaneshwari (MSW) and Miss. Valli(staff nurse). The co-ordinator of Sanjeevan Palliative Care- Mr. Vetri delivered speech about palliative care and its benefits. They stressed about nursing care of patient. Dr.Suguna conducted session

on communication skill. **4.Screening programme for drivers at Villupuram junction** As a part of UHTC field activities, we organized a screening program for drivers (auto and car) at Villupuram junction in collaboration with Scope India and Railway children project. This program was conducted as a part of observing World No Tobacco Day, 2018. The camp was held on 22.5.2018 at Villupuram Railway Junction. The program was inaugurated and attended by special guests Mr. Johan Pushk (senior program officer – Railway children project), Mr. Ashokan Sub-inspector (Railway police station), Mr.Nedujezhiyan, Director (Scope India), Mr. Sivaraj (President of Autostand). The program was coordinated by Medical Social Worker Mr Jayaraman, Dr Poomathy (Postgraduate), Dr Suguna and Dr Prabhadevi (Medical officer, UHTC). We had Dr Naveen, postgraduate from the Department of Ophthalmology to conduct eye screening as many of the drivers had diabetes and hypertension. MrKaviarasan (Medical Social Worker, Thai Deaddiction Centre, Kollianur) gave a briefing and motivation about the services available for deaddiction. Fifty nine drivers attended the camp and 54 of them underwent eye screening of which 16 patients were referred to higher centre. The program was well received by all the attendees.



Screening programme for drivers at Villupuram junction

18. Training program on Bio-Medical Waste management – June 29, 2018.

We identified problem with the handling and segregation of Bio-Medical Waste in our center. So the Bio-Medical Waste management training was conducted for 20 participants Staff Nurse, ANM , DNA students , Lab Technician, Social Workers and Interns on 29-06-2018. The Programme was conducted by Dr. Poomathy (PG) and Mr.Irussapan (HI). In which we have discussed about the BMW Management in-house segregation of Waste according to the colour coding Bags. **6.World Environment Day Celebration – June 30, 2018.** As a part of UHTC activities, we celebrated World Environment Day on 30th June 2018.On this day, an awareness talk about the theme “BEAT THE PLASTIC POLLUTION” to the people who attended the centre was delivered by Dr.Prabhadevi (MO), Dr. Poomathy (PG) and Interns

through health education material (Posters). As a part of the celebration we also planted 4 saplings in the backyard of our center.



World Environment Day Celebration

Rural Health Training Centre Adolescent health awareness programme: Adolescent health awareness programme for adolescent girls was conducted in keerimeduvillage on 13.2.2018. Health awareness was given on "Menstrual hygiene" by Mrs.Devasundari (MSW), Dr.Poomathy(PG), Dr Rajalakshmi M (AP).



Adolescent health awareness programme

World Health day celebration: The theme of world health day 2018 is Universal Health Coverage: Everyone, Everywhere. As a part of world health day celebration along with NGO BWDA we gave awareness talk to Self Help Group (SHG) womens at Madapattu on 16/4/18 and in Newton ITI college students on 24/4/18.



Awareness talk on World Health day celebration to SHG women at Madapattu



Awareness talk on World Health day celebration to Newton ITI college students

World No Tobacco day celebration:

Theme : "Tobacco and heart disease."

1. On 21/5/18 awareness about ill effects of tobacco usage was given to peoples in Semmar village. The following team carried the activites: Shyam (Intern), Vaishali (Intern) and Mrs Devasundari (MSW).
2. On 22/5/18 awareness about tobacco usage was given to peoples in Gramam village. The following team carried the activites: Dr Rajalakshmi (AP), Jesvi (Intern), Gowtham kumar (Intern), Jerry (Intern) and Mrs Devasundari (MSW).
3. On 30/5/18 awareness about tobacco usage was given to adolescent boys in Sithalingamadam village. The following team carried the activites: Jesvi (Intern), Vaishanavi (Intern) and Mrs Devasundari (MSW).



Awareness about tobacco usage to people in Gramam village

Adolescent girls programme:

On 21/5/18 awareness about menstrual hygiene and anemia to adolescent girls in Sithaingamadam village, conducted by Jesvi (Intern), Vaishanavi (Intern) and Mrs Devasundari (MSW)