

Annual Report 2019-2020

1. Adolescent health education for boys in Kappur on 13/04/2019

Participants: 25 adolescent boys (Age group 15-20 years)

Material used: Flip book

As a part of our UHTC activities, adolescent health education was conducted for boys in age group of 15-20 years in Kappur village. The team consisting of Post graduate (Community Medicine), Medical Interns and Medical Social Workers conducted health education session which emphasized on health hazards of smoking and alcohol consumption with the help of Flip books. Various ways to motivate friends, relatives and other community people to quit smoking and alcohol were also discussed with them. Finally information regarding the De-addiction center available in the surrounding area were provided to them. At the end of the session, 20 saplings were given to them. The program was well received by the participants.



2. Adolescent health education for Girls in Thennamadevi village on 27/04/2019

Participants: 14 adolescents girls(age group : 9 – 19 years)

Material used: flip book

We have gathered 14 adolescent girls in Thenamadevi village for raising awareness on importance of Menstrual hygiene practices and also the importance of maintaining personal hygiene and taking nutritious food especially adolescent age group because prevalence of Anemia is more in this age group and its complications were emphasized to them. At the end of session their doubts were cleared. The participants interacted well and they felt free to ask question. The team consists of Post graduate (Community Medicine), Medical Interns and Medical Social Worker.



3. World Malaria Day celebration on 26/4/19

As a part of our Urban Health Training Center (UHTC) activities, we planned to observe **World Malaria day** based on the theme “**Zero malaria starts with me**”.

Venue: Tara Paramedical Training Institution.

Material used: Flip book

The program was conducted for 54 paramedical students. In this program we delivered a brief introduction and explanation about the **Malaria** and its importance. The session was based on causes of Malaria, its clinical features, how to diagnose, its complication and its treatment. Flipbook was used to show pictures like sources of malaria, preventive measures like source reduction, using Mosquito repellent and Bed nets, using fully covered dresses. The participants were so co-operative and interacted during the session. The team consists of Post graduate (Community Medicine), Medical Interns and Medical Social Worker.



4. Exposure visit to ART centre, Villupuram GH on *23 April 2019.*

As a part of our UHTC activities, we made an exposure visit to ART centre. On this day, we interacted with the Medical social worker and other staffs working there. We had collected information regarding the structure, staffs, patient's information, counselling and treatment. We interacted with the patients and asked about the treatment compliance and the struggle they face during the treatment course. Medical Officer explained us about ICTC centre and the importance of counselling which influence the patient in treatment adherence and also explained us about the government measures available for HIV patients and post exposure prophylaxis. We also obtained information from the staffs how they handle the patients during the course of the treatment. This exposure visit was arranged by Medical Social Worker and accompanied by Postgraduate and medical interns.

NCD Health education program at RHTC

Date: 04-02-2019

Topic: NCD dietary advice, lifestyle modifications and foot care

Venue: RHTC demo room

Number of participants: 12 NCD patients

Conducted by: Dr. Nancy. S (PG) and Mrs. Devasundari (MSW)

In RHTC, we have been creating awareness among the NCD patients about diabetic diet, lifestyle modifications and foot care practices. But, we do not know whether the patients were following it or not. We also need to explore the reasons behind their non-adherence to dietary advice and lifestyle modifications. So, I planned to conduct a group discussion with 12 NCD patients (diabetic + hypertensive) who came to the NCD clinic on a particular day. Group discussion was conducted to capture certain reasons behind non-adherence in the view of patients. NCD patients participated actively in the group discussion and the important points during the discussion were note taken.

Reasons explored during the group discussion

Reasons for not following the dietary advice	Reasons for nor not going for a walk
<ul style="list-style-type: none">➤ no awareness regarding what to eat and dietary restrictions.➤ local availability of food.➤ eating what other family members are eating.➤ eating only for hunger (poverty).	<ul style="list-style-type: none">➤ no time (house wife and office worker).➤ difficulty in walking due to OA knee (old age).➤ developing breathlessness while going for a walk (exertional dyspnoea - NCD with CAD).

During the discussion, I also found that many were having poor knowledge about diabetic foot care practices. Some were having problems like diabetic neuropathy, non-healing diabetic foot ulcer, indigestion, cataract, drug induced hypoglycaemia, coronary artery disease and OA knee. After the discussion, I gave them some solutions for their difficulties in adhering to diet and exercise.

1. Palliative care (Home care visit details)

Patient details	Diagnosis	Palliative care team member details	Date of follow up
Mr. Prakash, 30 years/Male Keerimedu	Lower Limb Paralysis	Chokalingam (CRR), Shoba (CRR) and Mrs. Devasundari (MSW)	02/04/2019
Mr Krishnamoorthy 74 years/Male Sithalingamadam	Stroke	Dr. Nancy (PG), Shaheena Parveen (CRR), Shakthi Juwala and Mrs. Devasundari (MSW)	03/04/2019
Mr. Jayaraman 75 years/Male Sithalingamadam	Hemiplegia	Dr. Nancy (PG), Shaheena Parveen (CRR), Shakthi Juwala and Mrs. Devasundari (MSW)	03/04/2019
Mrs. Shanthi 48 years/ Female Thiruvannainallur	CA Breast	Dr. Nancy (PG), Mrs. Devasundari (MSW), Mrs. Vennila (Staff Nurse) and Mrs. Tamilselvi (ANM)	12/04/2019, 24/04/2019
Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia	Shakthi Juwala (CRR) Shagina Banu (CRR) and Mrs. Devasundari (MSW)	24/04/2019

I. Celebration of World Health Day 2019 at RHTC:

We celebrated World Health Day 2019 in Kerimedu village on 16th April 2019 based on the theme "Universal Health Coverage". We gathered around 25 self help group members in a common place and created awareness among them regarding various government schemes and health insurances. We also informed them how important it is to stay healthy by consuming nutritious foods and by following certain lifestyle modifications. Then we discussed with them about the common diseases affecting women and how it can be prevented. The self help group

members actively took part in this awareness program and they also asked some doubts regarding health insurance schemes. Flip books helped us to deliver the key messages to the audience. It was organized and executed by Dr. Nancy (PG) and Mrs. Devasundari (MSW).



Photograph 1: World Health Day celebration in Kerimedu with Self Help Group members

II. Celebration of World Malaria Day 2019 at RHTC:

As a part of our RHTC activities, we celebrated World Malaria Day 2019 on 27th April 2019 in Kerimedu village. Key messages were delivered based on this year's theme "Zero Malaria starts with me" which advocates to empower communities to take ownership of Malaria prevention and care. We conducted an interactive health education session in the village Anganwadi and about 30 Adolescent girls participated in this session. We informed them about Malaria, its vector, route of transmission, clinical features, treatment and Prevention. We discussed with them about various vector control measures with the help of a flip book. At the end of the session, in order to evaluate the effectiveness of our health education, we conducted a small quiz program with the audience. Finally, we concluded the session by thanking the participants and serving them refreshments. This program

was organized and implemented by Dr. Nancy (PG), Shanmugapriya (CRR) and Mrs. Devasundari (MSW).



Photograph 2: World Malaria Day Celebration in Kerimedu Anganwadi With Adolescent girls

1. Training program for interns in UHTC regarding Standard Treatment Guidelines - 4th May 2019:

It was observed that the Interns posted in UHTC were not oriented with the diagnosis and treatment aspects of common diseases. So a training program was conducted for them regarding Standard Treatment Guidelines on 4th May 2019. The Interns were trained in diagnosing certain conditions with specific signs and symptoms and in prescribing drugs using Standard Guidelines. All the interns posted in UHTC actively took part in this program and they also asked some doubts. At the end, a question session was conducted in order to evaluate the effectiveness of the training and feedback was also obtained.



Photograph 1: Training program for interns in UHTC

2. Exposure visit to Nehru Yuva Kendra Sangathan (NYKS), Villupuram - 28th May 2019:

As a part of our UHTC activities, we made an exposure visit to Nehru Yuva Kendra Sangathan, Villupuram which is functioning under the Ministry of Youth Affairs and Sports on 28th May 2019. Program Coordinator welcomed us and briefly explained about the various activities of NYKS. We came to know that it was a central government program established in 1970 with the objective of providing opportunities for the rural youth to develop their skills and abilities in the process of nation building. It channelizes the power of youth on the principles of voluntarism, self-help and community participation. Under the program, several youth clubs have been established in the nearby villages. In order to form a youth club there should be a minimum of 20 members under the age of 29 years and they should register themselves in the NYKS program. Currently there are 40 active youth clubs registered in NYKS program, Villupuram. If the youth club members are interested in sports, free sports materials are provided to them and matches are also organized in the villages. This program also tries to identify eligible candidates for Olympics. Other activities include involving youths in Swacch Bharat Mission, conducting skill development workshops, providing funds for better performance,

income generation activities etc; Funds for this program is provided by the central government. If a particular youth club is functioning extraordinarily well then they will get an opportunity to make a visit to other state for a period of 1 week in order to build inter cultural relationships. It was a good experience to know about a program which is working meticulously for the youth development at the grass root level.



**Photograph 2: Exposure visit to Nehru Yuva Kendra Sangathan (NYKS),
Villupuram**

3. Celebration of World No Tobacco Day 2019 in Kappur Police Training Institute - 31th May 2019:

We celebrated the World No Tobacco Day 2019 in Kappur Police Training Institute (Pudiya Siragugal) on 31th May 2019. This program was organized meticulously and executed by the UHTC team consisting of Post Graduate, Interns, Medical Social Workers and Health Inspector. About 150 audience attended the program enthusiastically. We chose the target audience as Police training students because in the future they have an active role in creating a Tobacco free India. Key messages were delivered based on the theme "Tobacco and Lung Health" with the

help of power point presentations, videos and pamphlets. The program began with a warm introduction by Mr. Jayaraman (Medical Social Worker). Then, an interactive session by Dr. Nancy (Post Graduate) about types of tobacco, tobacco and lung diseases, how to quit tobacco and government rules and regulations against tobacco usage. Followed by the session, a quiz program was conducted by the interns (Nithya and Nithyashree) in order to evaluate the effectiveness of the session. Then a small documentary video was played in order to make the program interesting and also to create awareness in the minds of young people. We concluded the program with the pledge of no tobacco usage by Mrs. Jayanthi (Medical Social Worker). On behalf of our UHTC centre, we offered the institute a medical first aid kit and we also informed them how to use it. We are grateful to Mr. Sivaraj, head of the institute for his warm welcome and active participation throughout the program.



Photograph 3: Celebration of World No Tobacco Day 2019 in Kappur Police Training Institute

2. NCD Health education program at RHTC

Date: 30-05-2019

Topic: NCD dietary advice, lifestyle modifications and foot care

Venue: RHTC demo room

Number of participants: 27 NCD patients

Conducted by: Dr. Pravin. S (AP) and Mrs. Devasundari (MSW)

In RHTC, we have been creating awareness among the NCD patients about diabetic diet, lifestyle modifications and foot care practices. But, we do not know whether the patients were following it or not. We also need to explore the reasons behind their non-adherence to dietary advice and lifestyle modifications. So, we planned to conduct a group discussion with 27 NCD patients (diabetic + hypertensive) who came to the NCD clinic on a particular day. Group discussion was conducted to capture certain reasons behind non-adherence in the view of patients. NCD patients participated actively in the group discussion.

Reasons explored during the group discussion

Reasons for not following the dietary advice	Reasons for nor not going for a walk
➤ No awareness regarding what to eat	➤ No time (house wife and office worker).

<p>and dietary restrictions.</p> <ul style="list-style-type: none"> ➤ Local availability of food. ➤ Eating what other family members are eating. ➤ Eating only for hunger (poverty). 	<ul style="list-style-type: none"> ➤ Difficulty in walking due to OA knee (old age). ➤ Developing breathlessness while going for a walk (exertional dyspnoea - NCD with CAD).
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3. Celebration of days of Public Health Importance:

III. Celebration of World Menstrual Hygiene Day 2019 at RHTC:

We celebrated World Menstrual Hygiene Day 2019 in Sithalingamadam village on 25th May 2019 based on the theme "Leave no girls behind". We gathered around 30 women and adolescent girls in a common place in Anganwadi, Sithalingamadam and created awareness among them regarding the menstrual hygiene, their beliefs and taboos, how to manage the society. We also explained them about the equality to be seen among them even it includes the male during the menstruation and the menarche. This was an interactive session where they shared about their feelings that they suffer during menstruation in household and society level. Interns used various ice-breaker activity and pictures to make that session interactive. The key message that delivered includes that taboos regarding menarche and menstruation are not true and their equal rights in society which focused on the theme. Followed by counselling regarding women wellness and screening for the anaemia and general health was done. Nearly 13 patients were referred and followed subsequently in special clinic in RHTC on Friday. It was organised by the team of Post-graduate Dr. Jenifer, Medical interns Dr. Moushiga, Dr. Nithyasri, Dr. Nithya and Dr. Nandhini and by Medical social worker and Mrs. Devasundari (MSW).



Photograph 1: World Menstrual hygiene Day celebration in Sithalingamadam with women and adolescent girls.

IV. Celebration of World No Tobacco Day 2019 at RHTC:

As a part of our RHTC activities, we celebrated World No Tobacco Day 2019 on 31st May 2019 in Semmar village. Key messages were delivered based on this year theme "Tobacco and Lung disease" which advocates empowering communities to take ownership of lung disease prevention and care by the use of tobacco. We did active case finding in the village who smokes and also who use smokeless tobacco and gave counselling regarding the tobacco and its ill effects to lungs. We found nearly 15 cases on random walk method. For each smoker either as individual or group we did counselling. Interns actively involved in case findings. Counselling done using pictures regarding tobacco and its ill effects. Followed this surveillance, screening was done for lung and its related disorders. We found nearly 7 cases are asthmatic and referred them to the special clinic in RHTC. This program was organized and implemented by Dr. Jenifer (PG), Dr. Achyutharaman, Dr. Pranesh, Dr. Aarthi, Dr. Nivetha (CRR) and Mrs. Devasundari (MSW).



Photograph 2: World No Tobacco Day Celebration in Semmar.

1. Community Health Awareness Program in Kappur village - 19th June 2019:

We conducted a community health awareness program regarding air pollution and open defecation in Kappur village. Thirty general population and self help group members actively participated in this awareness program. Introduction was given by Mrs. Jayanthi (MSW). Then, an awareness speech about the ways to tackle air pollution was delivered by Dr. Nancy (PG). We also focused on the harmful effects of open defecation using videos and motivated people to use toilets consistently. While interacting with them we explored some reasons for the non utilization of Government built free toilets. Finally, we concluded the session by a vote of thanks by Mr. Irussapan (HI).



2. Celebration of World Environment Day 2019 in Kappur village - 2nd July 2019:

We celebrated World Environment Day 2019 in Kappur village based on the theme "Combatting Air Pollution". We conducted a rally across the streets of Kappur SC area with the help of Tara Institute Nursing students and UHTC interns. Along the way, we distributed saplings to the villagers and also created awareness regarding the importance of afforestation. Chief guest Mr. Sivaraj (Pudiya Siragugal Police Training Institute In-charge) was honored and he gave a spectacular speech on environmental protection. Then, we planted a sapling in Kappur Government High School with the permission of headmistress. Dr.Nancy. S (PG), Mrs. Jayanthi (MSW) and Mr. Irusappan (HI) organized meticulously and executed this program meticulously.



Exposure visit:

3. Participation in the Village Special Grama Saba Meeting - 22th June 2019:

As a part of our UHTC activities, we participated in a Special Grama Saba Meeting in Thennamadevi village with required permission from the village Panchayat leader. About 40 village people participated in this meeting headed by the Panchayat leader and the BDO Officer. In this meeting, the villagers discussed about the conservation of water and rain water harvesting. We gave a community health awareness regarding the harmful effects of open defecation and also motivated the people to use toilets consistently. This activity gave us a good opportunity to know about the various problems faced by the people in a village and also to create good rapport with the villagers.



V. Celebration of World Environmental Day 2019 at KGBV school, Andaryarpallayam:

We celebrated World Environmental Day 2019 in KGBV school, Andaryarpallayam village on 19th June 2019 based on the theme "Beat Air pollution". We gathered around 62 students (5th to 8th standard) and 5 teachers in the school and created awareness among them regarding the cause and effect of air pollution, their adverse effects and how to control it. We also explained them about the ill effects of the outdoor and indoor air pollution. This was an interactive session where they shared about their thoughts how to prevent it by various methods like planting trees, reducing smokes, etc. Interns used various ice-breaker activities like quiz and pictures to make that session interactive. We also provided 6 saplings to the students and made a oath regarding planting the trees and no to cut it. The key message that delivered includes effects of the outdoor and indoor air pollution and how to manage it which focused on the theme. It was organised by the team of Post-graduate Dr. Jenifer, Medical interns Dr.Poovarasi, Dr. Nivetha, Dr. Nourin and Dr. Pragnya Gowri and by Medical social worker and Mrs. Devasundari (MSW).



Photograph 1: World Environment Day celebration and planting the trees in KGBV school.

Celebration of World Blood Donor Day 2019 at RHTC with Krish Institute of Paramedical:

As a part of our RHTC activities, we celebrated World Blood donor day 2019 on 21st June 2019 in RHTC. Key messages were delivered based on this year theme "Safe blood for all". We conducted a two hour session includes what are the types of blood, its components, blood donation requirements and importance of blood donation. This interactive session include video lecture and group sessions. After the program, refreshments were given to the students. This program was organized and implemented by Dr. Jenifer (PG), Dr. Poovarasi, Dr. Arul Pandiyan, Dr. Bala Murali (CRRI) and Mrs. Devasundari (MSW).



Photograph 2: World Blood Donor Day Celebration in RHTC with Krish Institute of Paramedical.

Celebration of World food safety Day 2019 at Thiruvennainallur BDO office:

We celebrated World Food Safety Day 2019 in Thiruvennainallur BDO office on 2nd July 2019 based on the theme “Food safety, everyone’s business”. We gathered around 70 Anganwadi teachers in the office and created awareness regarding the safety use of food and how to protect it. We also explained them about how to handle the food and also hand washing hygiene. This was an interactive session where they shared about their thoughts how to protect the foods, and how they were delivering it in Anganwadi. Interns used charts to make that session understandable. The key message that delivered includes prevention of food borne disease through the safety measure and how to handle the food which focused on the theme. It was organised by the team of Post-graduate Dr. Jenifer, Medical interns Dr. Poovaras, Dr. Jeevan Kumar Pandiyan and Dr. Jeevan Kumar and by Medical social worker and Mrs. Devasundari (MSW).



Photograph 3: World Food Safety Day Celebration in Thiruvannainallur BDO office with Anganwadi teachers.

Training program for caregivers in Ayyur Agaram - 23rd July 2019:

As a part of our UHTC activities, we conducted a training program for the caregivers of the patients currently receiving community based palliative care services in Ayyur Agaram Anganwadi. About 6 caregivers participated in this 2 hours session actively. The session was about the importance of palliative care, role of caregivers, importance of caregiving and bed sore management. The key messages were delivered using charts and flipbooks. This program was organized and conducted meticulously by Mrs. Jayanthi (MSW) and Mrs. Devasundari (MSW).



Celebration of ORS day 2019 in Ayyur Agaram - 29th July 2019:

We celebrated ORS day 2019 in Ayyur Agaram Anganwadi. On this day, we conducted a health education session about the prevention and management of diarrhoeal disorders and the importance of ORS as a cost effective measure. We demonstrated how to prepare ORS and sugar-salt solution. About 20 postnatal mothers actively participated in this session. We also distributed free ORS packets to the postnatal mothers. This program was organized by Mr. Irusappan (HI) and Mrs. Jayanthi (MSW) and conducted by Dr. Nancy (PG).



World Population Day 2019 celebration in Tara Nursing Institute - 30th July 2019:

We celebrated World Population Day 2019 in Tara Nursing Institute, Villupuram. About 25 Nursing students actively participated in this session. We conducted a health education session regarding the reasons for increasing population and its adverse effects. We also created awareness regarding the various contraceptive methods and newer contraceptives. At the end of the session, we evaluated the effectiveness by conducting a quiz. This program was organized by Dr. Nancy. S (PG) and Mrs. Jayanthi (MSW) and conducted by Kaviya (CRRI) and Kavipriya (CRRI).



Celebration of World Food safety day 2019 at BDO, Thiruvennainallur:

We celebrated World Food Safety Day 2019 in Thiruvennainallur BDO office on 2nd July 2019 based on the theme "Food safety, everyone's business". We gathered

around 70 Anganwadi teachers in the office and created awareness regarding the safety use of food and how to protect it. We also explained them about how to handle the food and also hand washing hygiene. This was an interactive session where they shared about their thoughts how to protect the foods, and how they were delivering it in Anganwadi. Interns used charts to make that session understandable. The key message that delivered includes prevention of food borne disease through the safety measure and how to handle the food which focused on the theme. It was organised by the team of Post-graduate Dr. Jenifer, Medical interns Dr. Jeevan Kumar Pandiyan and Dr. Jeevan Kumar and by Medical social worker and Mrs. Devasundari (MSW).



Photograph 1: World Food Safety Day Celebration in Thiruvannainallur BDO office with Anganwadi teachers.

Celebration of World Population Day 2019 at Anganwadi in Semmar:

As a part of health observance in RHTC centre, we celebrated world population day 2019 on 27th July in Anganwadi centre at Semmar. Key message were delivered

based on the topic of family planning and male contraception. This is one hour session. We used charts to explain the contraception types and their uses. Explained the natural way of contraception to the female participants using calendar method and group discussion done based on this by sharing their thoughts. Males are also included and explained about the advantages and disadvantages of male sterilization. Anganwadi teacher also explained about the contraception and their myths to the participants. After the session, refreshments were provided to the participants. This program was organized and implemented by Dr. Jenifer (PG), Dr. Jeevan Kumar Pandiyan (CRRI), Dr. Kaviya (CRRI) and Mrs. Devasundari (MSW).



Photograph 2: World Population Day Celebration at Anganwadi centre in Semmar to ANC and PNC case.

Celebration of World Hepatitis Day 2019 to Self help group in Keerimedu:

In observance of World Hepatitis day, we conducted the health session and screening program to the Self – help group members in Keerimedu village on 31/07/2019 based on the theme “Invest in eliminating hepatitis”. Around 53 members from five self help groups were attended the meeting. Medical interns used the self-made charts on spread and symptoms of Hepatitis and explained to the participants. This health education ended with interactive session and the participants were actively engaged. Followed by health education, screening for the hepatitis was done using hepacard in the field itself. All participants were screened and the results were given to them. The result found that all were negative. This program was organised and implemented by Dr. Jenifer (PG), Dr. Manonmani (CRRI), Dr. Manoj Adithya (CRRI), Dr. Jeevitha (CRRI) and Mrs. Devasundari (MSW). Also we thank the lab technician Miss. Sankari who came to the field and did the screening with us.



Photograph 3: World Hepatitis Day celebration and screening for Hepatitis to self help group in Keerimedu.

World Breastfeeding week 2019 celebration in Narasinganur- 13th August 2019:

We celebrated World Breastfeeding week in Narasinganur Grama Sabain collaboration with Nehru Yuva Kendra based on the theme "EMPOWER PARENTS; ENABLE BREASTFEEDING". About 40 general population consisting of both male and female actively participated in this program. On this auspicious occasion, a powerful introductory speech was given by the volunteer from Nehru Yuva Kendra,

followed by an awareness speech about the importance of breastfeeding and problems in breastfeeding by Dr. Nancy (Post Graduate) using flipbooks and posters. Mrs. Jayanthi (Medical Social Worker) demonstrated the proper breastfeeding positions and latching using dolls. Finally, a concluding speech on the importance of males and workplace in enabling breastfeeding was given by Mr. Irusappan (Health Inspector). We also clarified the doubts of the audience and they gave feedback on our session. Other participants of the program are Medical Interns, Mrs. Rathinamala (ANM) and volunteers from Nehru Yuva Kendra.



Breastfeeding Awareness Program in Thennamadevi Grama Saba- 24th

August 2019:

We conducted a breastfeeding awareness program in Thennamadevi Grama Saba on 24th August 2019. The key messages based on the theme "EMPOWER PARENTS; ENABLE BREASTFEEDING" were delivered to 50 general population consisting of

both males and females from different sectors of the community including the panchayat leader. On this day, an awareness speech regarding the general information on breastfeeding, benefits of breastfeeding and harmful effects of formula feeding was given by Jeevan Kumar (Intern) using colorful posters and charts. We made an active demonstration on breastfeeding positions, holds and latching using dolls. Dr. Nancy (Post Graduate) gave a speech regarding how to tackle the common problems faced during breastfeeding and alternate methods of feeding. Mrs. Jayanthi (Medical Social Worker) gave an eye opening speech on the food items to be taken by lactating mothers to increase the their milk secretion. We emphasized on the importance of husbands and other family members in promoting breastfeeding. Finally, concluding speech was given by village panchayat leader and Mr. Irusappan (Health Inspector). At the end of the session, senior people shared their breastfeeding experience in those days and also encouraged the younger ones to practice and promote exclusive breastfeeding.



Breastfeeding health education for Nursing Students in UHTC- 26th August

2019:

As a part of our UHTC activities, we planned and executed a training program on practical skills to aid breastfeeding practices for the students and staffs of Tara Nursing Institute. Importance of Breastfeeding, harmful effects of Formula feeding, common problems faced during breastfeeding and alternate methods of feeding was explained by Dr. Nancy (Post Graduate) using posters and flipbooks. An active demonstration on the breastfeeding positions, holds and latching was done by Mrs. Jayanthi (Medical Social Worker). An awareness speech about the importance of males and workplace in enabling breastfeeding was given by Mr. Irusappan (Health Inspector). Finally, in order to evaluate the effectiveness of our session we conducted a small quiz on breastfeeding practices and we also clarified the doubts of the audience. Other participants of the session were Medical Interns and Mrs. Rathinamala (ANM).



**Breastfeeding Awareness Program for ANC and PNC mothers in UHTC,
Villupuram- 30th August 2019:**

We celebrated World Breastfeeding Week 2019 in Urban Health Training Centre, Villupuram among the ANC and PNC mothers attending the OPD along with their husbands. Key Messages were delivered based on the theme "EMPOWER PARENTS; ENABLE BREASTFEEDING". On this pleasant day, an interactive speech about the importance of breastfeeding, Breast crawl, harmful effects of formula feeding was given by Dr. Nancy (Post Graduate) and she also meticulously demonstrated the breastfeeding positions, holds and latching using the dolls. And a brief speech about the common problems faced during breastfeeding and alternate methods of feeding was given by Mrs. Jayanthi (Medical Social Worker) and Medical Interns. Finally, we concluded the program by a heart warming speech on importance of husbands and workplace in sustaining breastfeeding by Mr. Irusappan. Key messages were delivered using flipbooks, posters and pamphlets.



World Hepatitis day celebration in KGV school, Andarayapalayam:

In observance of World Hepatitis day, we conducted the health session and screening program to the students in KGV school, Andarayapalayam where it is residential school on 02/08/2019 based on the theme "Invest in eliminating hepatitis". Around 65 students from 6th standard to 8th standard were attended the health education sessions. Medical interns used the self-made charts on spread and symptoms of Hepatitis and explained to the participants. This health education ended with quiz session to the students and they were actively engaged. Followed by health education, screening for the hepatitis was done using hepacard in the field itself. All participants were screened and the results were given to them. The result found that all were negative. This program was organised and implemented by Dr. Jenifer (PG), Dr. Macrin (CRRI), Dr. Lakshmi (CRRI), Dr. Lathika (CRRI), Dr. Anugraha (CRRI) and Mrs. Devasundari (MSW). Also we thank the lab technician who came to the field and did the screening with us.



Photograph 1: World Hepatitis day Celebration in KGV school, Andarayapalayam with the students.

Celebration of World Breastfeeding week :

We celebrated World Breastfeeding week of 2019 in Thiruvennainallur PHC on 6th August 2019 based on the theme “Empower parents, enable breastfeeding”. Around 40 ANC mothers, 15 males and 10 family members along with 10 staffs, were participated in this program. We conducted demonstration on breastfeeding positions and attachment, and also awareness regarding the role of husband and family member in breastfeeding. One of the participants, volunteers to demonstrate the position of the breastfeeding. Foods that can be consumed and that can be avoided during breastfeeding, benefits of breastfeeding to the mother and infant also explained to the participants. These sessions made into an

interactive session were males also engaged and cleared their qualms. Medical officer from PHC also gave speech regarding the benefits of breastfeeding. We used the baby doll, posters, flipbook and slideshow to explain the above mentioned content and distributed the pamphlets. Followed by the interaction, we provided snacks to the participants. It was organised by the team of Post-graduate from Community Medicine, Medical interns and by Medical social worker.



Photograph 2: World Breastfeeding week Celebration in Thiruvannainallur PHC, with ANC mothers and their husbands.

Celebration of World Breastfeeding week 2019 at Krish Paramedical Institute:

ANM and nurses, who plays a major role in providing and support breastfeeding in the hospital and also in the community. They are individuals where the postnatal mothers have their first contact with the baby before the family members who aids

in breastfeeding techniques and its importance, they also reassure the mothers in all point of view. In view of that we conducted breastfeeding awareness to the paramedical students in Thiruvennainallur on 07.08.2019 at Krish Paramedical Institute. Around 25 students where participated in this program. Education regarding the position, attachment and how to give counselling to the breastfeeding mothers after delivery. Also they were taught about the theme "Empower parents, enable breastfeeding" and its importance in community level, as how to counsel the family members and their husband to support breastfeeding and their part in it. Participants were so interactive, we conducted quiz based on this. The materials used are flipbook, poster and baby doll. Postgraduate, medical interns and social worker from community medicine conducted this program. Refreshments were provided to the students at the end of the session.



Photograph 3: World Breastfeeding week Celebration at Krish Paramedical institute, Thiruvannainallur.

Celebration of World Breastfeeding week 2019 in RHTC, Thiruvannainallur:

In view of celebrating breastfeeding week, in RHTC we conducted demonstration on best practice of breastfeeding positions and attachments. Around 10 women, 2 males, 3 other family members attended. Dr. Sindhuri demonstrated the best recommended positions and attachments for various situations. One of the participants also demonstrated the learned methods to the people gathered. Followed by that benefits of breastfeeding and role of husband and family members in promoting breastfeeding and providing favourable environment for the mothers to breastfed in all situations were also explained. We displayed food materials recommended to be taken by the breastfeeding mothers and also distributed pamphlets that were developed by the Department of community medicine. The materials used are baby doll, poster and food display. Later, refreshments were provided to the participants and they were thanked for their participation.



Photograph 4: World Breastfeeding week celebration in RHTC.



Photograph 5: World Breastfeeding week celebration in RHTC – Displaying food materials that are useful during breastfeeding.

. Celebration of World Suicide Prevention Day 2019 in Kappur – 17th September:

We celebrated World Suicide Prevention Day in Kappur Police Training Institute (Pudiya Siragugal) based on the theme “Working together to prevent Suicide”.

About 50 students actively participated in this session. On this day, a powerful introductory speech was given by Mr. Sivaraj (Police Training Institute In-charge) followed a brief session on causes of suicide and its prevention by Dr. Nancy (Post Graduate). Key messages were delivered using videos and pamphlets. The session ended with a concluding speech by Mrs. Jayanthi (Medical Social Worker) and Mr.

Irusappan (Health Inspector). At the end, we participated in the Periyar Birthday Celebration and Athirai Notebooks distribution.



Special Camp in Villupuram Railway Junction - 21st September 2019:

As a part of our UHTC activities, we conducted a special camp in Villupuram Railway Junction for the sanitary workers. About 40 sanitary workers were screened for Anaemia, Diabetes and Hypertension. We found that most of them were Anaemic owing to the poor dietary intake of iron. We also conducted a health education session regarding the menace of open defecation.



Photographs :







Rally in Kappur against Open Defecation - October 4th 2019:

As a part of our Sanitation Promotion Activities, we conducted a huge rally across the streets of Kappur Village against open defecation and to promote toilet usage.

About 300 members consisting of students, teachers and headmasters from 3 schools, scout students, Local Police Recruitment exam coaching centre students and key persons actively participated in this rally reciting a slogan against open defecation. It sensitized the whole village about the menace of open defecation. We ended the rally with an ODF pledge for Tamil Nadu and refreshments were served.



Adolescent Health Education about the menace of Open Defecation in Pidagam - October 5th 2019:

In order to sensitize the Adolescents about the evil of open defecation that is widespread in their community, we gathered them in Pidagam Anganwadi and gave a speech on the harmful effects of OD and how they could eradicate it. About 30 adolescents in 2 batches actively participated in this session. Key messages like privacy and safety in using toilets were delivered using videos, flipbooks and charts. They also gave us some solutions to promote consistent toilet usage in their

area. At the end we took an ODF pledge for Tamil Nadu along with the adolescents.



Story Telling Activity in Kappur Primary and High School regarding Open Defecation - October 9th 2019:

As a child to adult approach in dissemination of innovation, we conducted story telling activity in Kappur Primary and High school. We demonstrated a story on promotion of toilet usage using flipbooks and then asked the students about the good and bad behaviours in the story. We also gave them homework to demonstrate this story to at least 10 people in their community and get a sign. Teachers also actively participated in this activity.

After a week, we went to the same village for the review and distributed prizes for students who got more signatures and painted good pictures against open defecation. We also got feedback from the headmistress, teachers and students about the activity. A student got more than 400 signatures from the villagers against OD. Some students acted as volunteers and warned the people who defecated in the road that led to the school. Most of the students wore a slipper during our visit and also showed us.



Story Telling Activity in Anangoor High School regarding Open Defecation - October 9th 2019:

As a child to adult approach in dissemination of innovation, we conducted story telling activity in Anangoor High school. We demonstrated a story on promotion of toilet usage using flipbooks and then asked the students about the good and bad behaviours in the story. We also gave them homework to demonstrate this story to at least 10 people in their community and get a sign. About 30 students and 3 teachers actively participated in this activity. At the end, we took an ODF pledge for Tamil Nadu along with the students and the teachers.



Rally in Anangoor against Open Defecation - October 11th 2019:

As a part of our Sanitation Promotion Activities, we conducted a rally across the streets of Anangoor village. About 150 students, headmistress, teachers and Anganwadi staffs actively participated in this rally by reciting a slogan against open defecation and promotion of toilet usage. By this activity the whole village was sensitized about the menace of open defecation. We ended the rally by taking an ODF pledge for Tamil Nadu and refreshments were served.



Special Camp and Health Awareness for the self help group women in Kappur- October 12th 2019:

We conducted a special camp and health awareness session for the self help group women regarding the the menace of Open Defecation in Kappur Anganwadi. About 60 members were screened for Anaemia, Diabetes and Hypertension. In parallel with this program staffs from blood bank checked blood grouping and typing and created awareness regarding the need for blood donation. On

observance of Breast Cancer Awareness Month 2019, we also created awareness regarding the importance of early screening and detection of breast cancer.



Celebration of Breast Cancer Awareness Month 2019 for self help group women in Anangoor - October 15th 2019:

On observance of Breast Cancer Awareness Month and as a part of our sanitation promotion activities, we conducted a health education session regarding the importance of early screening for Breast Cancer and the menace of open defecation in Anangoor Anganwadi. About 20 self help group women along with Anganwadi staffs actively took part in this session. Key messages were delivered using flipbooks. We showed them a video about how toilets are protecting the privacy and dignity of women and asked them their views. We also demonstrated them how to self examine the breasts.



Story Telling Activity in Ayyur Agaram Primary School regarding Open Defecation - October 16^h 2019:

As a child to adult approach in dissemination of innovation, we conducted story telling activity in Ayyur Agaram Primary school. We demonstrated a story on promotion of toilet usage using flipbooks and then asked the students about the good and bad behaviours in the story. We also gave them homework to demonstrate this story to at least 10 people in their community and get a sign. About 25 students and 2 teachers actively participated in this activity. At the end, we took an ODF pledge for Tamil Nadu along with the students and the teachers. After a week, we went to the same village for the review and distributed prizes. Many students got more than 100 signatures against OD. We obtained feedback from the headmistress, teachers and students about the activity. We implemented a new way of attendance taking as OD or ODF and checked its effectiveness. We allotted each student to take care of each street in that village from Open Defecation.





Story Telling Activity in Pidagam Primary School regarding Open Defecation - October 17^h 2019:

As a child to adult approach in dissemination of innovation, we conducted story telling activity in Ayyur Agaram Primary school. We demonstrated a story on promotion of toilet usage using flipbooks and then asked the students about the good and bad behaviours in the story. We also gave them homework to demonstrate this story to at least 10 people in their community and get a sign. About 30 students and 3 teachers actively participated in this activity.

After a week, we went to the same village for the review and distributed prizes for students who created awareness in the village. We also obtained feedback from the headmistress, teachers and students regarding the activity. When the teacher took attendance as OD/ODF, it was found that only 2 students house were Open Defecation Free. But the teacher said that Pidagam was certified as ODF village by the Government. At the end, we took an ODF pledge for Tamil Nadu along with the students and the teachers.





Rally in Pidagam against Open Defecation - October 18th 2019:

As a part of our Sanitation Promotion Activities, we conducted a rally against open defecation across the streets of Pidagam village. School children, headmistress, teachers, Anganwadi staffs, ex-panchayat leader, self help group women, 100 days workers and Tara Institute Nursing students. With the help of the Tara Institute Nursing Students, we also organized a role play for the general population and school children in a common place. By using the speaker system in the temple, we created a propaganda in the village.



Health Education regarding Open Defecation for the Self Help Group women in Ayyur Agaram - October 25th 2019:

As a part of our sanitation promotion activities, we conducted a health education session regarding the menace of open defecation in Ayyur Agaram. About 20 self help group women gathered in a common place and actively participated in this session. We showed them a video about how toilets are protecting the privacy and dignity of women and asked them their views. At the end we took an ODF pledge for Tamil Nadu along with the self help group women.



Rally in Ayyur Agaram against Open Defecation - October 30th 2019:

We conducted a rally across the streets of Ayyur Agaram against the menace of open defecation and to promote consistent toilet usage. School headmistress, teachers, students, Tara Institute Nursing Students, Anil Semiya Company workers, Anganwadi staffs and Panchayat leaders actively participated in the rally. After the rally we gathered the Anil Semiya Company workers and in-charges in a common place and sensitized them about the harmful effects of open defecation and how they could eradicate it in their community. We ended with an ODF pledge for Tamil Nadu.



World Diabetes day celebration at Thogaipadi PHC- 15/11/19

We celebrated world diabetes day 2019 of the theme “The family and Diabetes” on 15th November at Thogaipadi PHC, in collaboration with Thogaipadi PHC medical officer Dr. Karthiga, with the help of PG Dr. M.Arulmozhi, MSW Mrs. Jayanthi and medical interns posted at UHTC. Nearly 35 people were benefited at Thogaipadi PHC. Health talk on topics such as causes of diabetes, symptoms, complications, preventive measures such as life style modification, diet and compliance to drugs were given to the patient using charts and flipbooks. This session was followed by the demonstration of foot care by interns. At the end of the session, queries of the participants were addressed.



World Diabetes day celebration at Urban Health Training Centre- 25/11/19

We celebrated world diabetes day at our UHTC centre on 25th November at Urban Health Train centre, Villupuram. We conducted a health education session on diabetes for the general OPD population of all age groups. We gave a health talk on various subtopics of Diabetes such as causes of diabetes, its symptoms, warning signs, complications, life style modification, diet, physical activity, need of drug compliance, role of family members and need of family support followed by foot care demonstration. The sessions were delivered by PG Dr. M.Arulmozhi, MSW Mrs. Jayanthi and medical interns. Charts and flipbooks on diabetes, prepared at our centre were used for health education session. 40 people attended the health session at UHTC, Villupuram. At the end of the session, debriefing was done, participants queries were answered and got rectified with their doubts.



World Toilet Day 2019 Celebration in Kappur, Pidagam, Anangoor and Ayyur Agaram - 20th , 23rd , 26th and 27th November 2019:

We celebrated World Toilet Day 2019 in the 4 field practice villages of UHTC based on the theme "leaving no one behind". We collected slogans regarding toilet usage from key persons and volunteers in the community. Local Police training institute in-charges, Local TNPSC Coaching centre students, headmasters and teachers, Administrative clerks, Ex-panchayat presidents, Village Administrative Officers, Religious leaders, Post Office employees, Cooperative Society Bank employees, Ration shop workers, hostel wardens, SHG leaders and members, Subcentre ANMs, Anganwadi staffs and Sanitary workers actively participated in this activity. The collected slogans will be incorporated in health education material for IEC activities.



Recruiting volunteers for Toilet Campaign from among Sanitary Workers in Villupuram - 26th November 2019:

As a part of our Sanitation Promotion Activities, we planned to recruit volunteers for Toilet Campaign from among Sanitary Workers in Villupuram. We made a short interaction with them regarding their activities related to Sanitation and Vector control measures. They also demonstrated how mosquito control measures like spraying kerosene and Bleaching powder were done in urban areas. After the interaction, we gave them a brief awareness about the menace of open defecation and how they could act as volunteers for Toilet Campaign. We gave them an insight that Sanitary Workers contribute a major part in Clean India Movement.



Toilet Campaign in Ayyur Agaram - 30th November 2019:

In Ayyur Agaram, we recruited volunteers from among youth club members and trained them for Toilet Campaign. With the help of these volunteers, we distributed brochures on Toilet usage by house-to-house visit. We also gathered people in small groups and gave them a brief awareness regarding the menace of open defecation and the importance of using toilets consistently. While interacting with the people, we explored certain reasons for poor utilization of Government built free toilets. We also created a WhatsApp group for Village Development Activities involving the volunteers, school teachers and key persons in that village.



Photographs :



Toilet Campaign in Pidagam, Anangoor and Kappur - 2nd, 3rd and 4th December 2019:

In Pidagam, Anangoor and Kappur, in order to promote toilet construction and usage we distributed brochures by house-to-house visit. We also gathered people in small groups and gave them a brief awareness about the menace of open defecation and the importance of using toilets consistently. While interacting with the people, we explored certain reasons for poor utilization of Government built free toilets. We also created a WhatsApp group for Village Development Activities involving the volunteers, school teachers and key persons in that village. This activity was organized and implemented in the community by Dr. Nancy (PG), Mrs. Jayanthi (MSW), Mr. Irusappan (HI), Mrs. Rathinamala (ANM) and Medical interns.





Discussion with the transgender community in Ayyur Agaram - December 6th 2019:

We had a brief discussion with the transgender community in Ayyur Agaram to explore their perspectives about toilets. They had some difficulties in availing the government subsidized free toilets and using public toilets. One person was bitten by a snake while going for open defecation. For that, these people took an initiative by posting a You Tube video to capture the attention of Government officials. And now some houses are having toilets because of that initiative.



Total Sanitation Campaign in Pidagam - 12th December 2019:

We conducted a Total Sanitation Campaign in Pidagam involving the BDO team. We gathered the general population in a temple by making use of the speaker system. BDO co-ordinator (Mr. Tholkappian) and motivator (Mrs. Vijayalakshmi) explained briefly about the toilet infrastructure and usage. People raised questions regarding the pit size and the quality of the government built free toilets and their queries were clarified by the BDO team. A brief enlightening speech on how open

defecation affects the family and community was given by Dr. Nancy (PG). About 6 people applied for the government free toilet scheme with the help of the BDO team. In order to capture the attention of the people and make them think about the issue, we had a role play and a folk dance related to Sanitation by Tara Institute Nursing Students. The campaign ended with a vote of thanks by Mr. Irusappan (HI) and then we felicitated the BDO team with a Memento. This campaign provided an opportunity for the people to interact with the government stakeholders and to better utilize the government services.



Total Sanitation Campaign in Anangoor - 13th December 2019:

We conducted a Total Sanitation Campaign in Anangoor with the help of the BDO team. We gathered the people in a common place using tandora. Dr. Nancy (PG) delivered a brief speech on the menace of open defecation. Then, the BDO co-ordinator and motivator explained about the toilet infrastructure and maintenance. People interacted with the BDO and clarified their doubts on pit size and quality of the toilets. Tara Institute Nursing Students enacted a socio-drama in order to create awareness regarding toilet usage followed by a folk dance and folk song. Mr. Irusappan proposed the vote of thanks and ended the session by taking an TN ODF. During this campaign, the BDO team helped 8 people to avail the government scheme for free toilets.





Total Sanitation Campaign in Kappur - 17th December 2019:

In coordination with the Koliyanur BDO team, we conducted a Total Sanitation Campaign in Kappur. We gathered the inhabitants in a common place by using the tandora and the key persons in the village by using WhatsApp Sanitation Group interactions. On this auspicious day, Dr. Nancy (PG) spoke about the menace of open defecation. Then the BDO Co-ordinator for the Sanitation Project (Mrs. Vijayalakshmi) delivered a brief session about the construction and usage of government subsidized free toilet. She also explained the people the procedure for availing government subsidized free toilet. People interacted with the BDO team and key persons and clarified their doubts. We also had a role play and a folk dance about toilet usage by Tara Institute Nursing Students. Mr. Sivaraj (Local Police Training Institute In-charge) gave an overall feedback about our intervention on Sanitation Promotion and motivated the people to use toilets consistently. At the end, we honoured the key persons and the BDO team. This campaign was organized meticulously by Mrs. Jayanthi (MSW) and Mr. Irusappan (HI) and presided over by Dr. Amol. R. Dongre (HOD), Dr. Suguna (Associate Professor) and Dr. Pravin (Assistant Professor).



150th Birth Anniversary Celebrations of Mahatma Gandhi

150th Birth Anniversary Celebrations of Mahatma Gandhi was conducted in Govt High School, Kappur. The Topic explained was Gandhian Thoughts in Children upliftment. Around 95 Students from classes 6 – 8 participated in the celebration which was presided by Mrs.Vasuki Headmistress of the school. Special lecture was given by Mrs.Rajalakshmi PGT in Social Science who emphasized the need of younger generation to follow the principles of Mahatma to attain goals in their life. SMVMCH Urban Health Training Centre Villupuram Team consisting of Dr.K.Vivekananda (PG), Dr.Monish, Dr.Vigneshwaran, Dr.Vinodhini CRRI's, Mrs.Jayanthi (MSW), Mrs.Rathinamala (ANM) organized the function and distributed the prizes for the winners of the essay competition conducted in Kappur High School on the topic Mahatma Gandhi and Children's Right to Education.



புதுவை மாணக்குள் விநாயகர் மருத்துவ கல்லூரி சார்பில் கல்வி உரிமைகள் விழா

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புதுவை மாணக்குள் விநாயகர்
மருத்துவக்கல்லூரி மூலமாக
வருத்தினம்மாளை அழக நலத்
துறை தலைவர் கவுண்டர்
சம்பந்தினை சார்பாக கவுண்டர்
கிராமம்: அங்க உடயாற்றிவைப்ப
150-வது பிறந்த நாளை கல்வி
உரிமைகள் கொண்டாடும்
விழாக்களாக நடத்தியது.

இதில் அழக அமைதியில்
ஆசிரியை திருமதி. ராஜ
லட்சுமி சிந்திப்பு வினாத்திரைக
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நியை வளக்கி சிறப்பினை ஆழி
நினைர்.

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வியருக்கு கட்டுரை போட்டி
நடத்தப்பட்டது. இதில் 30
மாணவ, மாணவியர் பங்கு
கொள்ளனர். முதல் 3 கட்டுரை
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மேற்பார்வைவழியும் டாக்டர்
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