

RURAL HEALTH TRAINING CENTRE

THIRUVENNAINALLUR

Celebration of Days of Public Health Importance

JANUARY - DECEMBER 2022

HOOKWORM AWARENESS PROGRAM:

Venue: Sirumadhurai

Date: 1/4/22 Time: 10:00am – 11:00am.

Faculty:

D.S Karthika Devi (CRRI)

Kasivishwanathan (CRRI)

Mrs. Jayanthi (MSW)

Mrs. Geetha (Lab technician)

Awareness programme on “Hookworm awareness among kiln and agricultural workers”. As the kiln workers also worked and agricultural activities, were the target population.

The programme started with the introduction to hookworm, its prevalence among bare foot workers, pathogenesis, mode of transport, signs and symptoms, investigation, prevention and treatment as explained by showing practical pictures in an ipad by D.S Karthika Devi. The participants were eager to listen as the topic provoked their felt need and interest, and they eagerly asked questions to the speaker. Doubts were cleared then and there. The programme was a good group discussion conducted out in a public common spot.

As the world health day’s 2022 motto goes as “Our planet our health” so was the programme conducted in an interactive way. The vote of thanks given by our medico-social worker Mrs. Jayanthi.



AWARENESS FOR NON COMMUNICABLE DISEASES :

Venue : Rhtc (Smvmch), Thiruvennainallur.

Faculty: Dr. Preethi (Medical Officer, R.H.T.C)

Dr. Dinesh (Crri)

Dr. Kasi (Crri)

Mrs. Jayanthi (Msw)

Date : 07.04.2022

Time : 10 Am To 10.15 Am

Event Report :

On behalf of World Health Day on April 7th, 2022, an Awareness about Non Communicable Diseases (Diabetes Mellitus & Hypertension) is given to follow-up patients in RHTC, Thiruvennainallur. Initially the introduction was given by Mrs. JAYANTHI (MSW) about Non Communicable Diseases (Diabetes Mellitus & Hypertension). Following which Dr.Kasi (CRRI) gave a brief explanation about Diabetes Mellitus, it's symptoms and complications. All the patients were co-operative and listened to the briefing. It was an interactive session and patients were interested and asked their doubts regarding the diseases and their misbeliefs



REPORT ON WORLD HEALTH DAY CELEBRATION:

Venue : RHTC (SMVMCH), thiruvannainallur.

Faculty: Dr. Akilan (medical officer, p.h.c)

Dr. Madhialagan (Senior Resident Medical Officer)

Dr. Preethi (Medical Officer, R.H.T.C)

Dr. Dinesh, Dr. Deivanai (CRRI)

Mrs. Ranjanamadha (Dhanam Nursing Institute, ANM In Charge)

Mrs. Jayanthi (MSW)

Quiz organising team : Dr. Preethi (Medical Officer, R.H.T.C)

Dr. Dinesh (Crri)

Dr. Deivanai (Crri)

Mrs. Ranjanamadha (Dhanam Nursing Institute, ANM In Charge)

Mrs. Jayanthi (Msw)

Date : 07.04.2022 & 11.04.2022

PARTICIPANTS:

1. 1ST YEAR AND 2ND YEAR ANM students of Dhanam Nursing Institute
2. CRRI's posted in RHTC and UHTC.
3. Staff nurses, technicians and workers of RHTC.

ACTIVITY HELD :

1. "Healthy Food" event for Staff nurses, technicians and workers of RHTC.
2. Quiz competition for ANM students of Dhanam Nursing Institute, Arasur.
3. Quiz competition for CRRI's of in RHTC and UHTC of SMVMCH.
4. Charts on "OUR PLANET, OUR HEALTH" for CRRI's of RHTC.

EVENT REPORT (07.04.2022):

On the occasion of World Health Day on April 7th, 2022, we organized a "Healthy Food" event for Staff nurses, technicians and workers of RHTC. All the participants displayed their preparations in a Hygienic Manner and explained the Nutritive Value present in their Food Preparation to the Diabetic and hypertensive patients. DR. PREETHI (Medical Officer, R.H.T.C) appreciated the efforts taken by the Staff nurses, technicians and workers of RHTC, and the event was concluded around 1 PM by Mrs. JAYANTHI (MSW)



EVENT REPORT (11.04.2022):

Owing to World Health Day on April 7th, 2022, We celebrated World Health Day on April 11th, 2022 in RHTC (SMVMCH), THIRUVENNAINALLUR. Dr.Dinesh (CRRI) gave a brief introduction on World Health Day and stressed importance of social and mental health. Following which Dr. Preethi conducted the preliminary round of Quiz competition for ANM students, Dhanam Nursing Institute, Arasur. The preliminary round consisted of 10 questions. All 35 ANM students participated in preliminary round. Among those, 5 students topped with high score in the preliminary round and were selected for Finals. The final quiz consisted of 3 rounds. Miss. Chandra (2nd year ANM student) won the 1st price and Miss. Nirosha (1st year ANM student) won the 2nd price in the final quiz competition. Following this event tea and snacks were provided for all the participants and staffs present in the program.

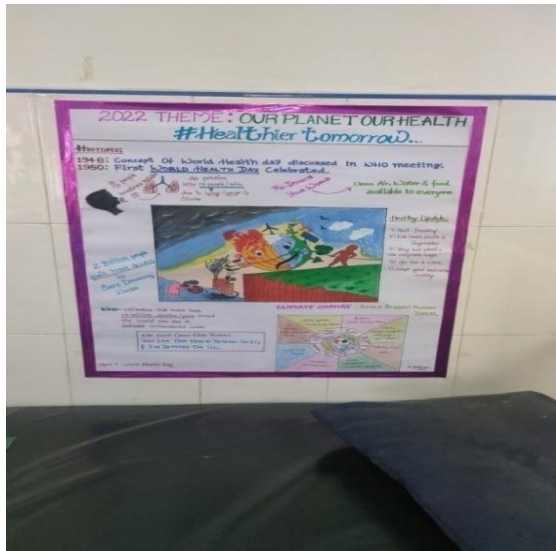


Following which Dr. Preethi (Medical Officer, R.H.T.C) conducted the preliminary round of Quiz competition for CRRI's of in RHTC and UHTC of SMVMCH. The preliminary round consisted of 15 questions. 5 CRRIs were selected for Finals. The final quiz consisted of 4 rounds. Dr. Gughan (CRRI from UHTC) won the 1st price and Dr. Hemashri (CRRI from UHTC) won the 2nd price in the quiz competition.



Following this event a Chart competition based on the Theme “OUR PLANET, OUR HEALTH” for CRRIs of RHTC has been conducted. 10 charts were received from the CRRIs of RHTC and the best 2 among them were selected. Dr. Gayathri (CRRI of

RHTC) won the 1st place and Dr. Deivanai (CRRI of RHTC) won the 2nd place in the Chart competition.



Then our guest of honor DR. AKILAN (Medical Officer, P.H.C), gave an health Education on Mental health to all the participants and distributed the prize to all the winners of the quiz and Healthy Food competition. Mrs. RANJANAMADHA (Dhanam Nursing Institute, ANM In charge) has been honored with a memento by DR. PREETHI (Medical Officer, R.H.T.C). DR. MADHIALAGAN (Senior Resident Medical Officer) after being honored by Dr. Dinesh (CRRI), distributed prizes to the winners of the chart competition. Finally vote of thanks was given by Dr. Deivanai (CRRI) and the program was concluded at around 1 PM.



WORLD MALARIA DAY AWARENESS PROGRAM:

VENUE-RHTC, SMVMCH, Thiruvainallur

FACULTY- Dr.Preethi (MO)

Dr.Giritharan(CRRI)

Dr.Dinesh Roshan (CRRI)

Mrs.Jayanthi(MSW)

On behalf of World Malaria day 2022,an awareness program was conducted on 22nd April 2022 in RHTC,SMVMCH,Thiruvainallur in front of NCD patients. About 30 patients participated. Initially the introduction was given by Mrs.Jayanthi about malaria prevalence in the society. Then Dr.Giritharan explained the disease spread,vector,signs and symptoms of the disease briefly. Some active participants were also there answering us. We prepared a chart explaining disease control and its importance. Dr.Dinesh Roshan explained the ways to prevent the spread of malaria. Mrs.Jayanthi explained safety measures and ways to decrease the breeding of mosquitoes.

WORLD MALARIA DAY CELEBRATION:

Venue: Modern Govt.Hr.Sec.School , Emapur

Mr.Murugan (Health Inspector)

Dr.Preethi (Medical Officer)

Mrs.Jayanthi (Msw)

Crri- Dr.Dhinesh , Dr.Thanigavel , Dr.Jayanath, Dr.Deivanai, Dr.Harsha Vardhini, Dr.Geddamm Divya, Dr.Gayathri.Dr.Radhi Devi, Dr.Divya Dharshini

Around 150 students from class 6 to class 8 participated in the awareness programme . The programme started at around 11:30 AM in morning with a pledge taking ceremony. The pledge aimed to end malaria by 2027 in front of Health Inspector MR. Murugan (Health inspector) PHC, THIRUVENNAINALLUR .Following which Mrs.Jayanthi (MSW) gave a brief introduction about the spread of malaria .Then Dr. Gayathri (CRRI) assessed the knowledge of students on the spread and clinical features of malaria. Following which a team of house surgeons divided themselves into various characters and performed a drama portraying the spread of malaria, misconceptions on malaria , complications ,treatment and preventive aspects of malaria .Dr.Rathi Devi (CRRI) then stressed on the importance of screening for malarial parasite. Dr.Preethi(M.O) assessed the students knowledge after the awareness session and cleared all their doubts. Mr.MURUGAN (Health Inspector) ,PHC ,THIRUVENNAINALLUR briefed about various programmes and treatment options available for malaria. Finally Dr.Divyadharshini (CRRI) gave vote of thanks and the programme was concluded.



FIRE SAFETY AWARENESS PROGRAMME :

Venue: RHTC-SMVMCH, Thiruvainallur

Faculty: Mr. Soundarrajan (SI,TVN), Dr.Preethi (MO), Mrs.Jayanthi(MSW)

Date: 29/04/2022

The fire safety awareness programme was conducted by the Tamilnadu Fire and Safety Services Department (TNFRS) on 29/04/2022 at around 3.00 PM. The program was attended by the members of RHTC including the Medical officer, CRRI, Staff nurses and attenders. The programme started and the introduction was given by the head crew member of TNFRS department and he himself explained about how to rescue the people during the fire accidents. The crew members enacted certain techniques on how to rescue injured patient out of the hospital. He also demonstrated technique to shut off small scale fire and extinguish large scale fire and also gave us an opportunity to practice the same.



EYE DONATION DAY:

Venue : Rhtc,Thiruvonnainallur

Date:01/09/2022

Team Included:

Dr.Pravin Kumar (AP, Dept.Of Community Medicine)

Dr.Jayalashmi (SR,Dept. Of Ophthalmology)

Dr.Arthi D (Pg,Dept. Of Community Medicine)

Dr.Priyadharshini (MO,Rhtc)

Mrs.Jayanthi (MSW) And Other Staff Members.

Crri:

Dr.Arthy

Dr.Amirithiya

Dr.Badmapriya

Dr.Aishwarya B

Dr.Abidha

Dr.Arunachalam

Dr.Aspana Jeba

Dr.Aishwarya R

Dr.Amith K Prasad

Dr.Bavadharanee

Dr.Archana

Dr.Ankit Azar Bage

Dr.Ashika

Dr.Arthana

Dr.Dhanushraman

Dr.Nellian

Dr.Mohanakrishnan

Dr.Dhanraneeshwaran

On behalf of World Eye Donation day, in tie with Ophtahlmology department, we conducted an awareness programme at our RHTC , Thiruvonnainallur. The programme started by 11.40 am ,around 35 people actively participated in the programme.Dr .Jayalakshmi SR, Dept. Of ophthalmology gave an awareness speech on importance of eye donation using PowerPoint presentation.

It was an interactive session following which our CRRI's performed a skit showing the difficulties faced by a blind person, their mental stress followed by the benefits and happiness of a blind person after getting vision using charts and drawings. Following the health education few people from the participants actively came forward to donate their eyes and they were registered for eye donation. They were appreciated by giving plant saplings . The programme was concluded by Dr.Pravin sir and Mrs.Jayanthi by 12.30 pm.



DR. Jayalakshmi, SR, Dept of Ophthalmology gave health education on Eye donation.



Interns performing skit on World Eye Donation Day.



Plant saplings given to the volunteers for eye donation.

SCHOOL HEALTH EDUCATION PROGRAM:

Topic : School Health Education On Rabies

Venue: Government High School; Sirumadurai

Date: 13.09.2022

Headmaster: Mr.Kalidas

Pg: Dr.Arthi.D

Crrri:Dr.Dheepiga.P.K

Dr.J.Aspara Jeba

Dr.Bavadharane

Dr.Dhanush Raaman

Social Worker: Mrs.Jayanthi (Msw)

Staff: Mrs. Suganya

The program was organized by Mrs. Jayanthi (MSW). Prior permission was obtained from the school Headmaster.

On behalf of World Rabies Day (September 28), we conducted rabies awareness program on 13.09.22 in Government High School , Sirumadurai. 186 students, teachers and the Headmaster of the school actively participated in the program.The introduction was given by Mrs.Jayanthi and Dr.Arthi. Symptoms of Rabies were elaborated by Dr.Dhanush Raaman. Signs were elaborated by Dr. Aspara Jeba. Pre exposure prophylaxis was elaborated by Dr.Bavadharane. Post exposure prophylaxis was explained by Dr.Dheepiga.P.K. Finally an interactive session was conducted by Dr.Arthi , PG in which students actively participated and they were able to answer the questions asked like pre exposure prophylaxis, wound cleaning etc., They were able to understand the importance of going to hospital to save lives. Few common people around the village also participated in the program. Finally the program was concluded at 12:30 PM.



Health Education given to school students on behalf of World Rabies Day by Dr. Arthi. D(PG)



Speech by our MSW, Mrs. Jayanthi.



Pre exposure prophylaxis of Rabies is explained by our inters using charts.

SCHOOL HEALTH EDUCATION AND SCREENING PROGRAM

Topic: School Health Education And Screening

Venue: KGBV Residential School, Andrayanallur

Date: 15/09/22

Pg: Dr.Arthi D

CRMI: Dr.Ankit Azar Bage, Dr.Arunachalam K, Dr.Ashika Achiraj, Dr.Badmapriya V, Dr.Dharaneeshwaran S, Dr.Bhattacharya Sammah, Dr.Divya Dharshini C

Social Worker: Mrs.Jayanthi

Nurse: Mrs.Suganya

Lab Technician: Mrs.Ranjani

On 15/09/2022 at 10.00 am, school health education and screening was done at KGBV Residential School, Andrayanallur. The introduction and health education was given to students, teachers, staffs and Headmaster by Mrs.Jayanthi and the faculty. Everyone actively participated in the session.

After the health education screening program was conducted for the students of VI, VII, and VIII standard of KGBV School which consisted of 50 participants. The screening includes history taking regarding – Epilepsy, diet history, addiction history and environment history following which the complete examination was done. Haemoglobin estimation was done and Iron tablets were prescribed accordingly. Appropriate drugs were prescribed and also few students were counselled and referred to the higher centre for further evaluation. Along with the students, Teachers, staffs, parents were also benefited with this programme.



School health screening done at KGBV Residential school, Andrayanallur.



WORLD HEART DAY AWARENESS PROGRAMME:

TOPIC: MYOCARDIAL INFARCTION TREATMENT AND PREVENTION

Venue: RHTC, Thiruvannainallur

Date: 22/09/2022

Speaker: Dr.Ashida ,Consultant Cardiologist

Pg: Dr.Arthi D

Crmi:

Dr.Arunachalam K

Dr.Ashika Achiraj

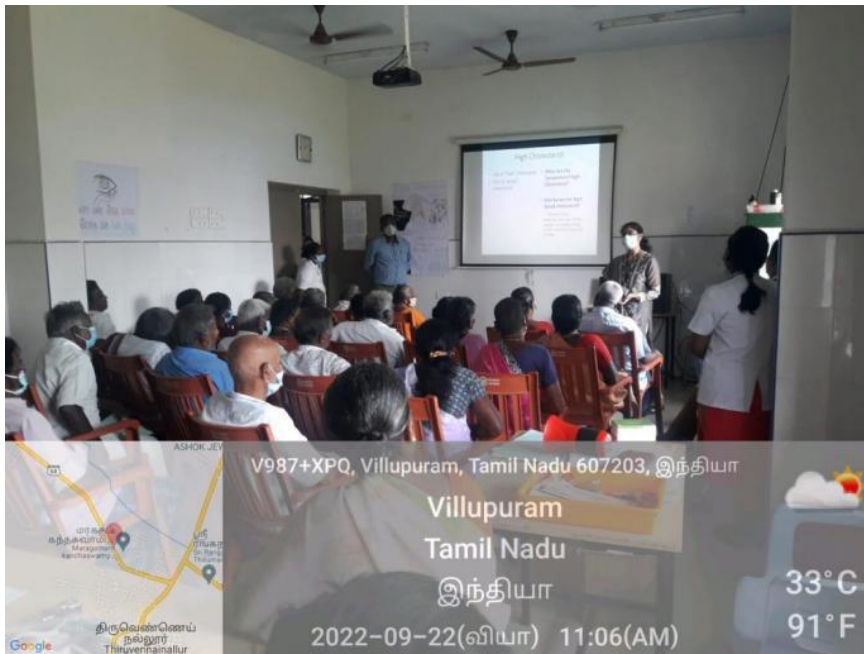
Dr.Ganesh

Msw:Mrs.Jayanthi

On behalf of world heart day 2022, 29th September, in tie up with the department of cardiology and general medicine, a health awareness programme was organized in our RHTC in which the Dr.Ashida, Consultant Cardiology gave a health talk on Heart attack treatment and prevention.

The programme commenced at 10.30 am. Around 50 NCD patients participated in the programme. Introduction was given by Dr.Pravin, following which Dr.Ashida, Consultant Cardiology sensitized people about the risk factors, symptoms, signs, treatment and prevention of heart attack using PowerPoint presentation. She mainly stressed on the importance of early recognition of symptoms and diagnosis for better prognosis. It was an interactive session. She also mentioned about the special health check up that is being conducted till September 30th at SMVMCH which mainly focuses on screening heart diseases. Pamphlets were distributed to the patients.

Patients actively participated in the programme and their queries were cleared. The programme was concluded by 12.00 pm. Refreshments were distributed to the patients.



WORLD NUTRITION WEEK:

Topic: Health Education About Nutrition Week

Theme: “Celebrate World Of Flavours”

Venue: RHTC, Thiruvannainallur

Date: 22/09/2022

Pg: Dr.Arthi. D

Mo Rhtc: Dr.Priyadharshini

Crmi:

Dr. Arthana A

Dr. Badmapriya V

Dr. Dharaneeshwaran S

Dr. Dheepika P K

Dr. Dhanushraman R

On behalf of world nutrition day a nutrition programme was conducted by the department of community medicine in RHTC at 11.00 am to create an awareness and importance about nutrition, diet habits, health life lifestyle. We arranged an exhibition displaying various locally available nutritious fruits, Vegetables, cereals, pulses, Poultry, ect. Charts are also made to explain the nutritious benefits of the above items.

The students of Christ Nursing College (20 in number) were invited and health education was given regarding balanced diet, healthy lifestyle, pros and cons of the displayed items. They actively participated and it was an interactive session queries were also cleared. We also displayed charts regarding the diet plan to be followed by the diabetic and hypertensive patients and we educated the importance about it to the patients who attended the NCD clinic.

A cooking competition was conducted for the staffs of RHTC using locally available healthy ingredients and prizes were distributed to all the participants by Dr.Pravin.





WORLD NUTRITION MONTH:

TOPIC: HEALTH EDUCATION ABOUT NUTRITION TO THE ANTENATAL MOTHERS

VENUE: PHC, Sirumathurai

Date: 27/09/2022

Pg: Dr.Arthi. D

Crmi: Dr. Badmapriya, Dr. Dharaneeshwaran, Dr. Dheepika, Dr. Dhanushraman R

Msw: Mrs.Jayanthi

Target People: Antenatal Mothers

On behalf of world nutrition month, a health education programme was organized by Mrs.Jayanthi in PHC Sirumathurai to the antenatal mothers at 11.30 am.

The nutrition programme was planned to create an awareness and importance about nutrition, diet habits and healthy life style for pregnant women in which around 45 antenatal women participated. Healthy foods to be taken during pregnancy were explained by using charts. The causes, clinical features, classification, effects of anaemia in the pregnancy. The effects of folic acid and Vitamin B 12 deficiency in pregnancy and importance of folic acid tablets was also explained. The effects of diabetes, hypertension in pregnancy and respective diet habits to be followed and the importance of spacing and contraception was explained; general physical exercise and Kegel exercise were also taught. The antenatal mothers actively participated, it was an interactive session and their queries were also cleared.



WORLD MENTAL HEALTH DAY:

Topic :Mental health awareness

Venue:Venkateshwara college of education

Date:10/10/2022

Professor:Dr. Praveen, AP

PG:Dr. Arthi. D

Interns:Dr. Gautham

Dr. Deepika

Medical social worker:Mrs. Jayanthi

Target people: B.Ed students

On behalf of World Mental Health Day,mental health awareness programme was organized by the department of community medicine,RHTC in Venkateshwara college of education to B.Ed students(1st year) around 50 students participated along with 10 faculties. The session started at 2:15 p.m. Welcome speech was given by the principal of the college. The introduction about the mental health was given by Dr. Praveen. The pretest was given to the target people through google forms. The powerpoint presentation was given by Dr. Arthi. D about the common mental health issues by the adolescents and children. Dr. Arthi explained the symptoms,prevention and the treatment of depression, anxiety and ADHD(Attention Defecit Hyperactivity Disorder). The faculty members 10 in number of the college also participated actively in the programme.

The outline, components, benefits of National Mental Health Program was explained. Then post test was conducted through google forms. It was an interactive session and the doubts were clarified. The session was concluded by Mrs. Jayanthi at 3.15 p.m



SCHOOL HEALTH EDUCATION:

Topic :Adolescent health education on menstrual hygiene

Date:14/10/2022

Venue: Gandhikuppam Govt. Hr. Sec. School, Thiruvennainallur

Target population :Students of grade 6th to 12th (girls)

PG: Dr. Arthi. D

CRR: Dr. Divya.C

Dr. Brinda

Dr. Geethanjali

MSW:Mrs. Jayanthi

On behalf of spreading awareness among school going girls about menstruation and hygiene during menses, a health education was conducted at Gandhi Memorial Hr. Sec. School. The program was started at 3.00p.m with introduction by Mrs.Jayanthi to a target population of 300 students. It was continued by Dr. Arthi by explaining the physiology of menstruation and abnormal menstruation followed by which Dr. Brinda discussed premenstrual syndrome and their relief from symptoms. Personal hygiene and importance of nutritious food was discussed by Dr. Divya.

Hand washing before and after the use of napkins was demonstrated and discussed by Dr. Geethanjali(WHO hand washing steps). Napkin disposal in an environment friendly method was enlightened by Dr. Arthi. D, PG. The session was concluded by clarifying doubts by Dr. Arthi and her team. Teachers were also actively involved in the discussion. The session concluded at 4.30 p.m. Benefiting all the students,teachers.



SCHOOL HEALTH EDUCATION:

Topic : Hand Hygiene Awareness Programme

Venue:Modern Government Higher Secondary School, Emmapore.

Date: 19/10/2022

Target population:Students of grade 6th to 12th

PG: Dr. Arthi.D

CRRI: Dr. Ganesh

Dr. Harshita Rani

Dr. Mohammed yousaf

MSW:Mrs. Jayanthi

RHTC Thiruvannainallur organised a school health education programme on hand hygiene. The program started at 3.00 p.m in Modern Government Higher Secondary School, Emmapore. Around 300 students participated in the programme which included students of standards 6,7,8,9,11. The introduction was given by Mrs jayanthi followed by which health talk was given by Dr. Arthi using a chart presentation. Dr. Arthi explained the importance of hand washing, when to wash hands, steps of hand washing and nail hygiene and also demonstration of hand hygiene was done and shown to the school students. Students actively participated in demonstration of handwashing and doubts were clarified . They were encouraged by giving chocolates, doubts were clarified. The session was concluded by Mrs. Jayanthi, MSW at 4.00p.m benefiting all students, teachers and staff members.



Interactive session on hand and nail hygiene, Symptoms of diseases due to improper hand hygiene explained using charts.

SCHOOL HEALTH EDUCATION:

Topic : Nutrition and hand washing

Date: 21/10/2022

Venue: Enanthimangalam Govt. Hr. Sec. School

Target population: Students of grade 6th to 12th standard

PG: Dr. Arthi. D

CRRI: Dr. Divya dharshini

Dr. Sammah bhattacharya

MSW: Mrs. Jayanthi

Around 500 students along with 25 teachers actively participated. Introduction was given by Mrs. Jayanthi, MSW followed by which health talk was given by Dr. Arthi. D using charts. Benefits of nutritious food were explained after which bowl of chits were given to the students and they were explained about the importance of fruits vegetables and meat. Importance of physical activity explained. A note on BMI was added. Ill effects of junk foods were explained using charts by Dr. Arthi. Questions were asked after the discussion which they were able to answer. Handwashing techniques was demonstrated by our intern Dr.Samah. Students volunteered in hand washing. They were encouraged by giving groundnut cake and pens. Queries were clarified.



WORLD OBESITY DAY:

Topic:Health Education on World Obesity Day

Venue: RHTC, Thiruvannainallur

Date: 13/10/2022

Professor: Dr. Praveen

Dr. Aswathy

PG: Dr. Arthi

CRRI: Dr. Dheepikka. M

Dr. Djegajenanie. D

Dr. Freddie flavian cruz

Dr. Gayathri

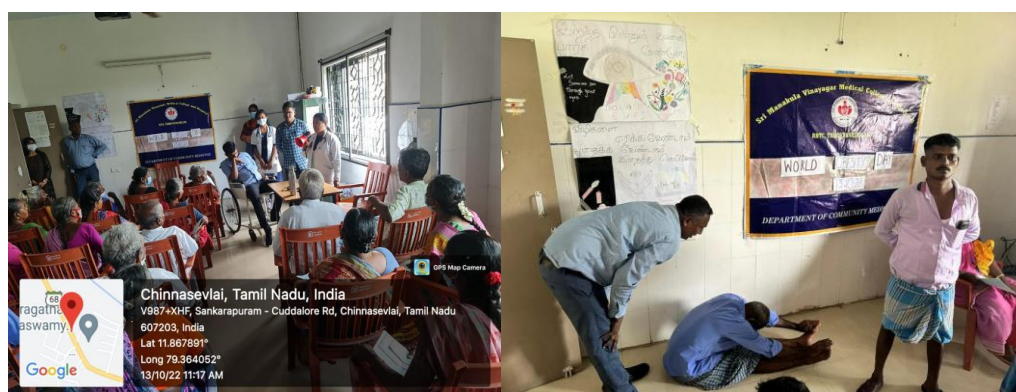
Dr. Mohammed Yousaf

Dr. Sammah bhattacharya

MSW: Mrs. Jayanthi

Target people: Diabetic ,Hypertensive Patients attending our NCD Clinic at our RHTC, (around 60 participants).

RHTC Thiruvannainallur organised a health awareness programme on world obesity. The introduction was given by Dr. Praveen and Dr. Arthi . Then the skit was performed by our RHTC interns. It was based on the lifestyle of healthy and unhealthy person.It was followed by a health talk given by Dr. Arthi with the help of chart presentation which included what is obesity, causes, ill effects and complications of obesity. Following which the prevention was explained which included food habits and physical activity. Then Dr. Praveen, AP taught about the exercises to a few participants. Everyone actively participated. It was an interactive session and the doubts were clarified. It was concluded by Mrs. Jayanthi at 11.45 a.m and refreshments were given to the participants.



BREAST CANCER AWARENESS PROGRAMME:

Topic: Awareness on Breast cancer

Venue: Emmapore community hall

Date: 26/10/2022

PG: Dr. Arthi.D

CRRI: Dr. Debrup Pal

Dr. Djegajenanie

Dr. Shakeen sulaiman

Dr. Shubhadha chaudhary

Dr. Vasanthi

MSW: Mrs. Jayanthi

Target people: community people

RHTC Thiruvannainallur organised a health education program at Emmapore community hall. A health talk on breast cancer awareness was given on 26/10/2022 in tie up with Sirumadurai govt. PHC. Around 50 participants, 15 staff members participated in the program. Introduction was given by Sirumadurai PHC Medical officer Dr. Archana followed by Mrs. Jayanthi. Health talk was given by Dr. Arthi using charts and models. Risk factors, protective factors, signs and symptoms, investigation and different management modalities were explained. They were also taught about self breast examination. Participants actively participated. A breast cancer survivor gave a speech on her journey with breast cancer. Queries were clarified, refreshments were given, following which screening for cervical cancer was done by sirumadurai PHC team.



SCHOOL HEALTH AND SCREENING PROGRAMME:

DATE : 9/11/22

VENUE : GOVERNMENT HIGH SCHOOL, SIRUMADURAI

PG :Dr. ARTHI .D

CRMI :Dr. Satyapragkash , Dr. Harshitha Rani, Dr. Sarveshwara Rao, Dr. Siva Rama Krishna, Dr. Freddy Flavian, Dr. Vaisali, Dr. Vasanthi, Dr. Shakeen, Dr. Thaiyal Nayagi, Dr. Shubadha, Dr. Degajenani

MSW : MRS. JEYANTHI

LAB TECHNICIAN: Mrs. RENUGA

STAFF NURSE: Mrs. TAMILSELVI

RHTC Thiruvannainallur organised a school health screening programme at Sirumadurai Government High School.

Screening was started at 11am on 9/11/22. Students of Standard 6th, 7th were covered. 100 students actively participated in school health screening. History, head to toe examination, general examination, ENT, ophthalmology examination and systemic examination were done for all students. Haemoglobin estimation, blood grouping, visual acuity were done for all students. Symptomatic students were treated accordingly and few references to general surgery, dental, ENT for further management were given. Doctors and nurse led this school health screening programme efficiently. Screening programme concluded by 3pm (9/11/22).



WORLD DIABETES DAY:

Topic : World Diabetic Day

Venue : RHTC Thiruvennainallur

Date : 10/11/2022

Proffessor: Dr.Pravin.S (AP)

PG : Dr. Arthi.D

CRRI: Dr. Vishwa ganeshan, Dr. Shakeen sulaiman, Dr.Srihari.R

MSW:Mrs. Jayanthi

Staff: Mrs.Nithya

Target people: NCD patients attending our NCD clinic at RHTC.

RHTC Thiruvennainallur organised a health education program on behalf of “**world diabetes day**”. Around 45 NCD patients actively participated.

Welcome speech, was given by MSW Mrs. Jayanthi, introduction given by Dr. Arthi. D(PG). Introduction about diabetes mellitus was given followed by discussion on the causes and symptoms of Diabetes. Investigations and management was explained. Complications and diabetic foot care was explained. This session included interaction with the participants. Few participants shared their own life experience about diabetes mellitus and about diabetic wound. Foot hygiene, importance of foot wear, nail cutting, self foot examination was explained followed by foot care demonstration to participants. Doubts asked by the patients were clarified. The session ended by 11. 45am. Refreshments were given to the participants.



SCHOOL HEALTH EDUCATION:

TOPIC : DENGUE AND MALARIA AWARENESS

DATE : 15.11.22

TIME: 11:30 am– 12:45pm

TARGET POPULATION: STUDENTS OF 9 TH STD (GIRLS)

TEAM MEMBERS: Dr.Arthi. D(pg)

Dr.Sowntharyaa.c.k (crri)

Dr.Yoganand .m (crri)

Dr.Vasireddy siddhan (crri)

Dr.Siddharth .r (crri)

Mrs Jayanthi (msw)

VENUE: GOVT GIRLS HIGH SCHOOL, SITHALINGAMADAM.

RHTC Thiruvannainallur organized a school health education programme under the guidance of centre in charge Dr.Pravin sir (Asst professor) in consultation with all faculties and HOD prof. Dr.Kalaiselvan (Department of Community Medicine SMVMCH) at 'Sithalingamadam Govt. Girls High School' on 15.11.22. The topic was on "**Dengue and Malaria awareness**".

The programme was started around 11:30 a.m. Welcome speech was given by Mrs.Jayanthi. Introduction was given by Dr. Arthi. D and Dr.Sowntharyaa about dengue and malaria. Dr.Yoganand explained about signs and symptoms of dengue and malaria followed by Dr.Vasireddy Siddhan explained about investigations. Dr.Siddharth explained about management and prevention. Summarised and an interactive session was conducted by Dr. Arthi. D -PG and Conclusion speech was given by the school head master Mrs. Janasakthi. Students actively participated in the programme and their queries were cleared. Few students were called on stage and they were able to explain about the warning signs, preventive measures of dengue and malaria. The programme was concluded around 12:45pm.



HEALTH EDUCATION PROGRAM:

Topic: NEW BORN CARE.

Team: Pediatric team.

On behalf of world pre-maturity day, a team from Dept of Paediatrics led by Dr.Vinothini, AP organized a health education program at out RHTC, Thiruvennainallur on 18/11/22. The topic was on NEW BORN CARE. Around 45 participants actively participated in the programme. Most of them were paediatric mothers They explained about the Do's and Dont's for a new born. Following the health education, they distributed a questionnaire to the mothers which consisted of 10 questions which mainly included the Do's and Dont's for a new born. They were asked to fill the questionnaire. Participants with the high scores were rewarded with small steel bowls.



HEALTH EDUCATION PROGRAM:

Topic: Anaemia.

Team: Pediatric team.

On behalf of World Anaemia day, a team from Dept of Paediatrics led by Dr.Arulkumaran, Professor organized a health education program at out RHTC, Thiruvannainallur on 25/11/22. The topic was on Anaemia. Around 25 participants actively participated in the programme. They explained about the signs and symptoms of anaemia, diet for anaemia, prevention of anaemia was explained. Nutritious food were displayed. Also benefits of prophylactic iron tablets was explained. Following the health education, they distributed a questionnaire to the participants. Following which Gifts and groundnut cakes were distributed to all the participants.



WORLD AIDS DAY:

Date: 07.12.2022

Place: RHTC Thiruvannainallur

Team members:

Dr. Arthi. D (PG)
Dr.Sriram(CRMI)
Dr.Sri Meenakshi (CRMI)
Dr.Sumitha(CRMI)
Dr.Subpiksha(CRMI)
Dr.Surya(CRMI)
Dr.Shankar(CRMI)
Mrs. Jayanthi (MSW)

On behalf of World Aids Day, RHTC Thiruvannainallur organised a rally on 07.12.2022 at Thiruvannainallur. The team started at our centre and went upto bus stop and returned to our centre. Many slogans were raised on creating awareness over HIV . All of our staffs and nursing students actively participated in the rally. At the end of the rally, a speech was given at RHTC regarding AIDS prevention. Refreshment was distributed to all the participants.

SCHOOL HEALTH EDUCATION:

Date: 23.12.2022

Place: Sirumadhurai Government High School

Team members:

Dr. Arthi. D (PG)
Dr.Sriram(CRMI)
Dr.Sri Meenakshi (CRMI)
Dr.Swadha(CRMI)
Dr.Sushmitha(CRMI)
Dr.Siva Shankar(CRMI)
Mrs. Jayanthi (MSW)

We conducted an awareness programme on personal and menstrual hygiene at Sirumadhurai Government High School. Around 80 students actively participated in the program. Introduction and anatomy ,menstrual hygiene, proper disposal of menstrual pads and proper handwashing technique were explained .We concluded the program by having a query clarifying session.

URBAN HEALTH TRAINING

CENTRE

VILLUPURAM

Health Day Celebrations

January – December 2022

WORLD LEPROSY DAY AWARENESS PROGRAMME

DATE : 27/01/22

PLACE : VILLUPURAM

TIME : 10:30 TO 12:30 PM

PARTICIPANTS: ANNAI TERASA NURSING COLLEGE STUDENTS

On behalf of World Leprosy Day, 2022, which is being celebrated every January. We, from the Department of Community Medicine, SMVMCH, conducted an awareness programme for the students of Mother Terasa Nursing College at Villupuram. Nearly 90 participants benefited from this programme. Our programme was based on the theme for this year, which is “united for dignity” where our focus was not only on the disease alone but also on its effects on the community and also on the social stigmas around leprosy. First, we explained the epidemiology of the disease and later moved on to the causative organism, mode of transmission, clinical features, investigations, treatment, prevention and then the social stigmas around leprosy. We also discussed the ways in which leprosy does not spread, prevention and complications & and also on the psychological support that the patients suffering from leprosy will be needing. We included interactive activities such as a pre-test, which was conducted before we started our presentation. Group activities where a group of 10 students discuss among themselves and talk on the topic. After our presentation, we conducted a post-test to assess how our awareness programme has reached among them. There was active participation and our topic was also explained effectively using charts and ppts. after our presentation, a question session was conducted where the students clarified their doubts about leprosy.





WORLD CANCER DAY AWARENESS PROGRAMME

DATE: 15/2/22

PLACE: VILLUPURAM- DR.MGR ARTS & SCIENCE COLLEGE

TIME: 10.30 AM TO 11.45 AM

PARTICIPANTS: ARTS COLLEGE STUDENTS

On behalf of world cancer day which was on Feb 4, we the doctors from department of community medicine conducted an awareness session to the students of Dr.MGR arts and science college. The theme of this year's world cancer day was "CLOSE THE CARE GAP". Based on this theme we focus on nearly 60 students from social work department to increase the benefit of this programme. We started with introduction of our purpose at this institution and thanking for this opportunity given to us. Moved on to a small talk on general cancer, its prevalence, risk factors, epidemiology and general prevention. Later on, we focused on the most important cancers in male which is Lung and Oral cancer, and in female, breast and cervical cancers. Since our audience were female students this particular session on self-breast examination would have been an eye opener for the students and it may save the life of certain people in the future. To make the session more effective we had a pretest and post-test questionnaire, any further doubts were clarified on the subject.



NUTRITION AWARENESS PROGRAMME

Date: 12.02.2022

Time: 11.00 am to 1.00 pm

VENUE: KORKADU

PARTICIPANTS: SELF HELP GROUPS

ORGANISED BY: DHAANAM FOUNDATIONS

CONDUCTED BY:

DR. SUBALAKSHMI (PG),

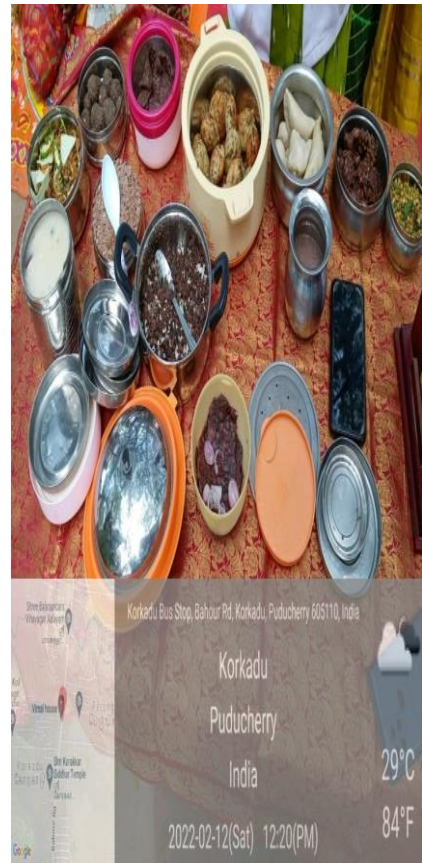
DR.MANEESHA (CRRI) ,

DR.LOGESHKUMAR (CRRI) ,

MRS.DEVASUNDARI (MSW)

MATERIALS USED: CHARTS

As a part of Department of Community medicine (DCM), Sri ManakulaVinayagar Medical College and Hospital, we conducted an awareness program on NUTRITION for SELF HELP GROUPS which was organized by DHAANAM FOUNDATIONS in korkadu village. Around 60 women participated in the program. Covid preventive measures were followed (social distancing, wearing mask, sanitizing). We were honored by the members of the foundation. A brief session regarding nutrition and its components and meal plate were enlightened in their own language by Dr.Subalakshmi. Balanced diet, carbohydrates and protein rich foods and its deficiency disorders were discussed by Dr.Logeshkumar. Foods rich in Vitamins and minerals and its importance were discussed in detail by Dr.Maneesha. Vote of Thanks was given by Mrs.Devasundari. At the end of session, we were honored with memento by the members of the foundation. Competition based on home cooked multigrain meal was conducted and winners were announced.



WORLD TB DAY AWARENESS PROGRAMME:

DATE: 28-3-2022

PLACE: ANNAI THERESA COMMUNITY PARAMEDICAL COLLEGE,
VILLUPURAM

TIME: 10.45AM TO 11.45AM

CONDUCTED BY: Mrs.Devasundari (MSW)

Dr.Joel (CRRI)

Dr.Jayasti (CRRI)

On behalf of world TB day which was on March 24, the department of Community Medicine conducted an awareness session to the students of paramedical college at Villupuram. The theme of this year's World TB day was "INVEST TO END TB – SAVE LIVES". Based on this theme we focused on nearly 70 students from social work department to increase the benefit of the program. We explained on introduction to TB, its symptoms, risk factors, diagnosis, treatment and prevention. To make the session more effective we had a doubt clarifying and questionnaire session for any further doubts to be clarified.



WORLD TB DAY AWARENESS PROGRAMME

DATE: 11-3-2022

PLACE: GOVERNMENT HIGH SCHOOL ,KAPPUR.

TIME: 10.45AM TO 11.40AM

PARTICIPANTS: 9TH STD STUDENTS.

CO-ORDINATED BY: Mrs.Devasundari (MSW)

Dr.Kiruthika(CRRI)

Dr.Neela(CRRI)

Dr.Keerthelakshmi(CRRI)

On behalf of world TB Day which was on March 24, the department of Community Medicine conducted an awareness session to the students of 9th std, Government school, Kappur. The theme of this year 's World TB day was "INVEST TO END TB –SAVE LIVES". Based on this theme we focused on nearly 40students from social work department to increase the benefit of the program. First, we explained on introduction to TB, moved on to symptoms, risk factors, diagnosis, treatment and prevention then on social stigmas around TB. To make the session more effective we had a doubt clarifying and questionnaire session for any further doubts to be clarified.



COMMUNITY-BASED TB AWARENESS PROGRAM IN THIRUKANNUR:

Community based TB awareness program for community people in our field practice area on mode of transmission, high risk group and role of PHC for diagnosis, management and ways of prevention.



WORLD HEALTH DAY

DATE: 29/4/2022

PLACE: Annai Teresa Paramedical College, Villupuram

TIME: 9.30 – 12.30 PM

PARTICIPANTS: Paramedical students

On behalf of World Health Day which was on 7th April 2022, we doctors from the Department of Community Medicine conducted a drawing competition for paramedical students. Nearly 160 participants were presented. DR.Arulmozhi judged the participants. The students cooperated and presented well. World Health Day awareness speech was given by doctors. Doubts asked by students were clarified. Prize distribution for the best presenters was done. A vote of thanks was given by Mr.Thirumal, Annai Teresa community. Coordinated by Mrs. Devasundari.



DENGUE AWARENESS PROGRAMME 2022:

Place: Anganwaadi of Panampattu village at Villupuram

Timing: 10.30 am-11.30 am

We conducted a stall and awareness programme on Dengue in collaboration with the Urban Government primary hospital for National Dengue day. The program was conducted for Community people of Panampattu village, Villupuram. Urban Government primary hospital MHO Dr. Bala, Health inspector gave a brief note on dengue followed by we doctors gave awareness about the disease and the prevention of dengue. And we concluded the program with distribution of nilavembu khashayam to community people.



DENGUE AWARENESS PROGRAMME 2022

Date: 27th July 2022

Place: R G Modern Community College, Villupuram

Timing: 10.30-11.10 am

We conducted an awareness program on dengue epidemiology, signs and symptoms, treatment, and prevention. The program was conducted for paramedical students of RG Modern Community College, Villupuram. Around 70 students participated in the program. We started the program at around 10.30 a.m. Mrs. Devasundari (MSW) gave a brief note on dengue followed by we doctors gave awareness about the disease and the prevention. Finally interactive session between us and the students were done. Students cooperated with us and the program ended well at around 11.10am.



WORLD BREASTFEEDING WEEK PROGRAMME

Date: 23.8.2022

Time: 10.30 to 11.30am

VENUE: THOGAIPAADI PHC

TARGET AUDIENCE: Antenatal mothers attending ANC clinic at PHC

CONDUCTED BY: Dr. B. Sowbarnika Vaishnavi (PG)

Dr. Brinda (CRRI), Dr. Ganesh (CRRI), Dr.Deepika (CRRI), Dr.Divya Darshini(CRRI), Mrs.Devasundari (MSW)

On behalf of the Department of Community Medicine, Sri Manakula Vinayagar Medical college and Hospital conducted an outreach activity on WORLD BREASTFEEDING WEEK on 23.8.2022 at THOGAIPADI PHC. The programme started around 10.30 am and around 55 Antenatal mothers attending ANC clinic at PHC participated in the programme. A brief introduction about breastfeeding to antenatal mothers was given by Mrs.DEVASUNDARI followed by Dr.SOWBARNIKA VAISHNAVI about breastfeeding week, benefits of breast milk for babies using charts,

flip books, availability of Human Milk Banks and demonstration of breastfeeding positions using dummy baby models. The benefits of breastfeeding for mothers were explained by Dr.DEEPIKA(CRRI). Then doubts were clarified by Dr.SOWBARNIKA VAISHNAVI who concluded the programme by thanking the participants for their participation in the programme. Groundnut cakes were distributed to Antenatal mothers at the end of the session.

INTRODUCTION GIVEN BY MRS.DEVASUNDARI



HEALTH EDUCATION BY DR. SOWBARNIKA VAISHNAVI

DEMONSTRATION OF POSITION OF BREAST FEEDING



NATIONAL NUTRITION WEEK CELEBRATION PROGRAMME

Date: 23.09.2022

Place: Urban Primary Health Centre at Villupuram.

Timing: 11.45 am-1.20 pm

Team members:

Dr. Priyanga. D(PG)

Dr. Dhivya (CRRI)

Dr. Gayathri (CRRI)

Dr. Geethanjali (CRRI)

Mrs. Deva Sundari (MSW)

We conducted a programme in collaboration with the urban primary health centre for the national nutrition week celebration. The program was conducted for ANC & PNC mothers and community people at Villupuram. Dr. Priyanga.D gave a brief speech on the history and theme of National Nutrition week 2022 using charts. Dr.Gayathri (CRRI) gave speech on various vegetables and fruits based on their flavours. Dr. Geethanjali (CRRI) explained the importance of locally available food. Dr.Diviya (CRRI) spoke about the nutrition for ANC and PNC mothers. We concluded the session by distribution of groundnut cakes to the ANC mothers and community people.



Speech by Dr.Gayathri (CRRI)

Speech by Dr. Geethanjali (CRRI)



Speech on nutrition for ANC & PNC mothers by Dr.dhivya (CRR)



Raw ingredients kept for exhibition

CEREALS & PULSES



GREEN LEAFY VEGETABLES



NATIONAL NUTRITION WEEK CELEBRATION PROGRAMME

Date: 06.09.2022

Place: PHC of Thogaipadi village at Villupuram

Timing: 10.45 am-11.45 am

We conducted a programme on national nutrition week based on its theme in collaboration with PHC of Thogaipadi village for national nutrition week celebration. The program was conducted for ANC mothers and Community people of Thogaipadi village at Villupuram. Government Primary Health Centre hospital MO Dr. Karthiga, gave a note on National Nutrition week followed by Mrs. Devasundari (MSW) gave speech on nutrition. A speech on National Nutrition week, it's history, purpose of celebrating it and theme for the year 2022 was given by Dr. Priyanga.D (PG). nutrient content based on flavours were addressed by Dr. Dheepika (CRRI) and conclusion speech was given by Dr. Deepika (CRRI). And we concluded the program with distribution of Groundnut cakes to the audience.



NATIONAL NUTRITION WEEK CELEBRATION PROGRAMME

Date: 17.09.2022

Place: Anganwaadi of Kapur village at Villupuram

Timing: 11.15 am-12.15 pm

We conducted a programme on national nutrition week based on its theme in collaboration with Anganwaadi of Kapur village for national nutrition week celebration. The program was conducted for ANC & PNC mothers and adolescent girls of Kapur village at Villupuram. Various vegetables, cereals, pulses, iodized & fortified salt and government issued health mix powder which are used in day-to-day life was kept for exhibition. Dr. Priyanga.D gave a brief speech on theme of National Nutrition week using chart and explained about the nutritive value of each raw ingredients that was kept in exhibition. Followed by this, Dr. Aswathy gave a detailed explanation on nutritious food for ANC & PNC mothers. Mrs. Devasundari (MSW) gave speech on iodised salt. And we concluded the program with a query clarification session.



Speech on nutrition for ANC & PNC mothers by Dr. Aswathy(AP)

Raw ingredients kept for exhibition



GLOBAL HANDWASHING DAY PROGRAMME

Date: 14.10.2022

Place: Panchayat Union Primary School Kappur

Timing: 11.45 am-1.20 pm

We conducted a programme in Panchayat Union Primary School , Kappur for Global handwashing day programme. The program was conducted for 50 students of Panchayat Union Primary School , Kappur at Villupuram. Dr. Priyanga.D (PG) demonstrated the steps of handwashing. A skit was performed by Dr. Amit.K.Prasad (CRRI),Dr. Aishwarya (CRRI),Dr.Abidha (CRRI),Dr. Archana(CRRI). Speech on the importance of handwashing using charts was given by Dr. Priyanga.D (PG), Dr. Amit.K.Prasad (CRRI), and Dr. Debrup Pal (CRRI). Students actively participated in the program. We concluded the session by distributing a banner and some sanitizers to the school and had a query clarifying session.



Skit by CRRI

The importance of handwashing is explained using Charts Dr.Priyanga.D(PG), Dr.Amit and Dr.Debrup pal



Distribution of a Banner and sanitizers:

Students utilising the banner which dissipates the handwashing steps:



BREAST CANCER AWARENESS MONTH PROGRAMME

Date:19.10.2022

Place: Lotus bottle company, Villupuram

Timing: 10.45 am- 12.30 pm

Team members:

Dr. Priyanga. D(PG)

Dr. Arthana (CRRI)

Dr. Aishwarya.B (CRRI)

Dr. Aishwarya.R (CRRI)

Dr. Aarthy (CRRI)

Mrs. Deva Sundari (MSW)

We conducted a programme on breast cancer awareness month program at Lotus bottle company, Villupuram. The program was conducted for all the female employees of the company. A speech on Introduction was given by Dr. Aishwarya.B(CRRI). Risk factor was explained by Dr.Aishwarya.R(CRRI) . Clinical features was explained by Dr.Priyanga (PG) with module demonstration of self-examination of breast. Diagnosis and treatment were explained by Dr. Aarthy (CRRI) and speech on prevention was given by Dr. Arthana (CRRI). We concluded the session by having query clarifying session. Participant's query were clarified by Dr.Priyanga.D(PG).



BREAST CANCER AWARENESS MONTH PROGRAMME

Date: 21.10.2022

Place: E.S Arts and Science College, Villupuram

Timing: 11.30am-01.00 pm

Team members:

Dr. Priyanga. D(PG)

Dr. Aishwarya.B(CRRI)

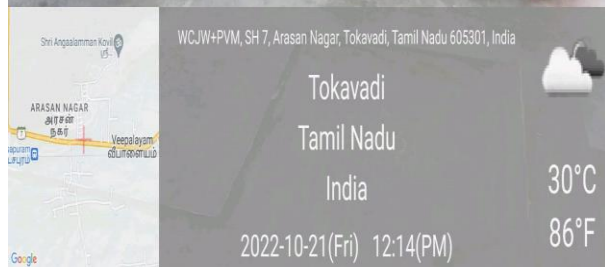
Dr. Amirthiya(CRRI)

Dr. Aishwarya.R(CRRI)

Dr. Arthana (CRRI)

Mrs. Deva Sundari (MSW)

We conducted a programme on breast cancer awareness month program at E.S Arts and Science college, Villupuram. The program was conducted for all the female students of the college. A speech on Introduction was given by Dr. Aishwarya.B(CRRI) . Risk factor was explained by Dr.Aishwarya.R(CRRI) . Clinical features was explained by Dr.Priyanga (PG) with explanation of breast self-examination. Treatment was explained by Dr. Amirthiya(CRRI) and speech on prevention was given by Dr. Arthana (CRRI).

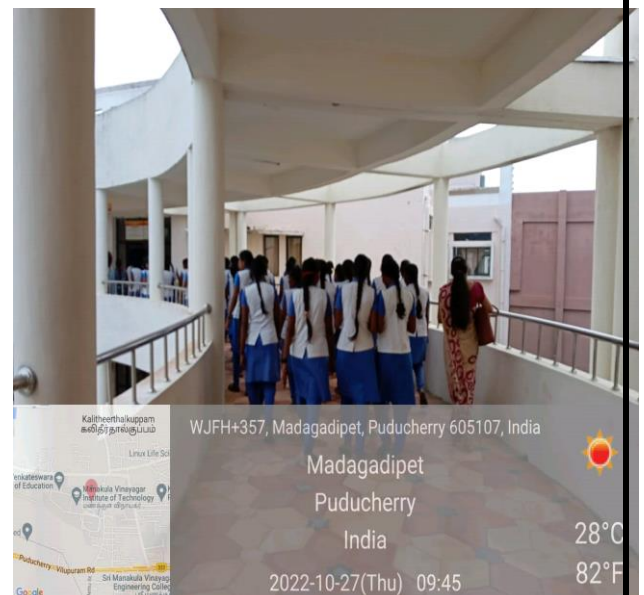


We concluded the session by distributing biscuits to the students.

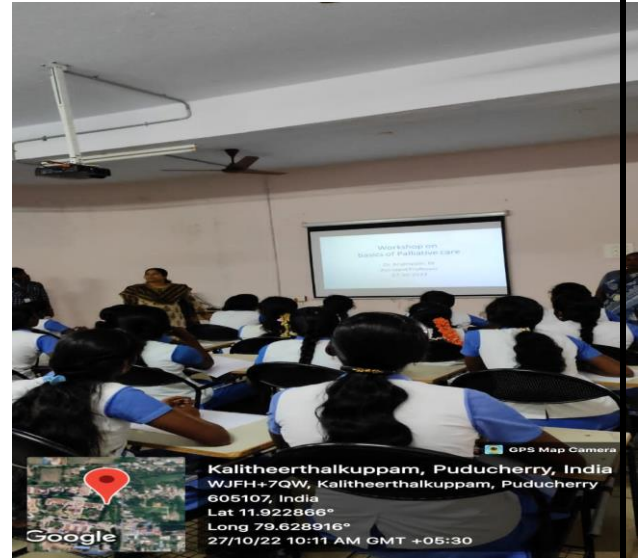


WORKSHOP ON BASICS OF PALLIATIVE CARE

On behalf of World Palliative Care Day, we, Urban Health Training Centre belonging to the Department of Community Medicine conducted a workshop on the basics of Palliative care for the paramedical students from Annai Theresa Paramedical Institute, Villupuram. Sessions were conducted on Introduction of Palliative care, Components of Palliative care, Common nursing problems, and the role of health care workers by Dr.Arulmozhi.M and Dr. Aswaathy Raveendran. The workshop was concluded by the distribution of participation certificates to the paramedical students by the Dean of our institute, Dr.Kagne.



Paramedical students entering the workshop At the registration desk

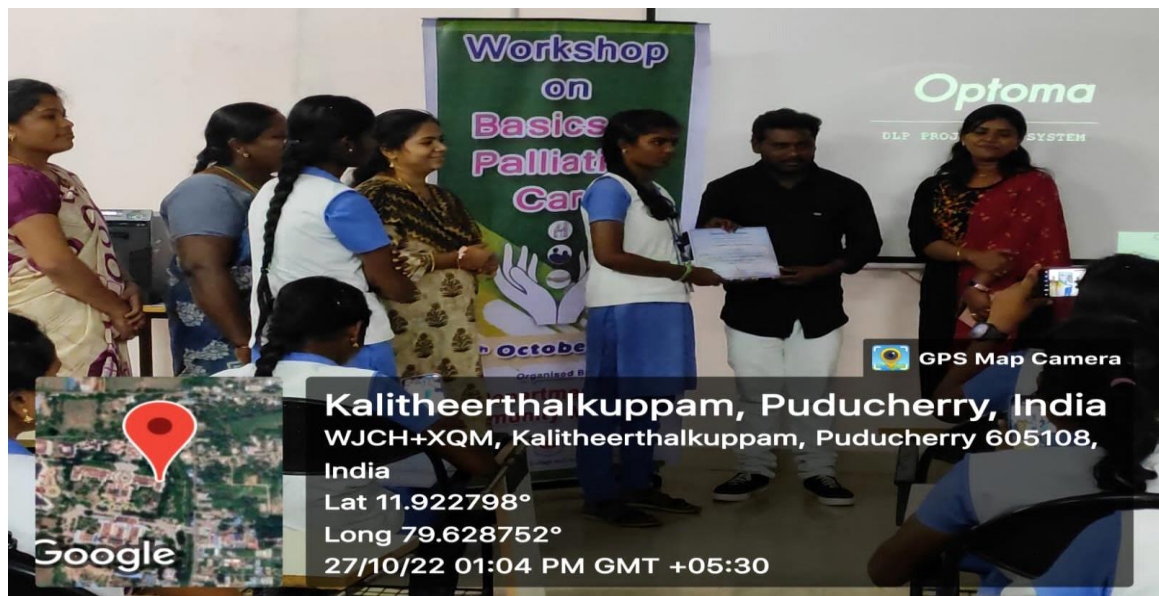


Participation certificate was awarded by Dr.Kagne to the paramedical students.



The paramedical students being awarded with participation certificate by Dr.Arulmozhi & Dr. Aswaathy Raveendaran

Participation certificate was awarded by The Principal of Annai Theresa Paramedical Institute to the paramedical students.



World Diabetes Day Programme

Date:16.11.2022

Place: Urban Primary Health Centre, Villupuram

Timing: 10.30 am-12.30 pm

Team members:

Dr. Priyanga. D (PG)

Dr. Sri ram(CRMI)

Dr. Surya(CRMI)

Dr. Subpiksha(CRMI)

Dr. Sumitha (CRMI)

Mrs. Deivasundari (MSW)

We conducted an awareness programme on World diabetes day at Urban Primary Health Centre, Villupuram. Around 40 people actively participated in the program. Introduction was given by Mrs.Deivasundari(MSW).Theme of world diabetes day 2022 , cause of diabetes and a note on gestational diabetes was explained by Dr. Priyanga (PG). Clinical features was explained by Dr.Sri ram (CRMI) . Complications was explained by Dr. Surya (CRMI). Diabetic diet was explained by Dr. Sumitha (CRMI) and speech on Diabetic foot care was given by Dr. Subpiksha (CRMI). We concluded the session by distributing black chana to the participants.



World Diabetes Day Programme

Date:14.11.2022

Place: Urban Health Training Centre, Villupuram

Timing: 10.00 am-12.30 pm

Team members:

Dr. Priyanga. D (COMMUNITY MEDICINE PG)

Dr.Induja (OPHTHALMOLOGY PG)

Dr. Sri ram(CRMI)

Dr. Surya(CRMI)

Dr. Subpiksha(CRMI)

Dr. Sumitha (CRMI)

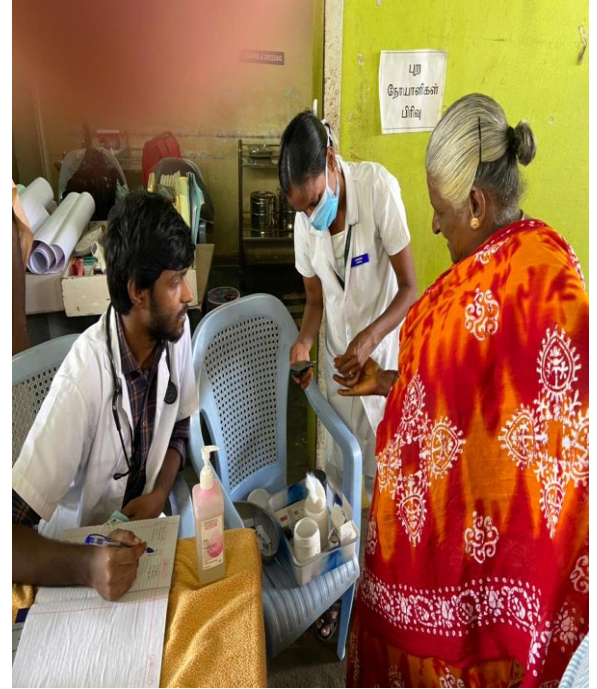
Dr. Siva shankar(CRMI)

Mr. Jayaraman (MSW)

Mrs.Shankari(Staff Nurse)

Mrs.Jayalakshmi(Attender)

We conducted an awareness programme and screening of ophthalmic complications on World diabetes day at Urban Health Training Centre, Villupuram. Around 50 people actively and enthusiastically participated in the program. Introduction about diabetes and theme of world diabetes day 2022 was explained by Dr. Priyanga (PG). Clinical features was explained by Dr.Sri ram (CRMI) . Complications was explained by Dr. Surya (CRMI). Diabetic diet was explained by Dr. Sumitha (CRMI) and speech on Diabetic foot care was given by Dr. Subpiksha (CRMI). Demonstration of diabetic foot care was done by Dr.Siva shankar(CRMI) .We concluded the session by distributing black chana to the participants. Random blood sugar was tested for around 20 symptomatic patients. Ophthalmic screening was also done by Dr.Induja for patients who had symptoms.



WORLD AIDS DAY AWARENESS PROGRAMME

Date: 27.12.2022

Place: R.G Modern Community College, Villupuram.

Timing: 10.30 am-12.30 pm

We conducted an awareness program on World HIV Day at R.G Modern Community College, Villupuram. Around 130 students actively and enthusiastically participated in the program. Initially, we distributed a red ribbon to all the participants for pinning up the symbol of awareness of HIV Day. A speech on HIV was given by Mrs. Deivasundari. Introduction about HIV, history, and theme of World HIV Day 2022 was explained by Dr. Priyanga (PG). Causes explained by Dr. Sri Hari (CRMI). Clinical features were explained by Dr. Vishwa (CRMI). Management was explained by Dr. Thaiyal Nayagi (CRMI). Prevention was explained by Dr. Yoganadh(CRMI). We concluded the program by having a query-clarifying session.



UHTC Villupuram organized an Awareness Program under the guidance of Centre Incharge Dr.Arulmozhi Ma'am Assistant Professor in consultation with all faculties and HOD Prof.Kalaiselvan sir Department of Community Medicine SMVMCH on behalf of World Aids Day. Around 40 students actively participated. Red ribbon was given to all the participants. An introduction was given by Mrs.Deivasundari. Theme, History, and prevalence of HIV were explained by Dr. Priyanga. D (PG). Causes and risk factors of HIV, clinical features, management and prevention by interns. Then we concluded the session by having query query-clarifying session.

