

**RURAL HEALTH TRAINING CENTRE**

**THIRUVENNAINALLUR**

**Celebration of days of Public Health Importance**

**JANUARY - OCTOBER 2023**

## **MENSTRUAL HYGIENE AWARENESS PROGRAMME:**

Date: 06.01.2023

Place: Bonne Nehru school, Thiruvannainallur.

Timing: 02:00 pm-03.30 pm

Team members:

Dr. Priyanga. D ( PG)

Dr. Vishnupriya(CRMI)

Dr. Shiva shankar (CRMI)

Dr. Vaibhav (CRMI)

Mrs. Jayanthi (MSW)

We conducted an awareness programme on menstrual hygiene at Bonne Nehru school, Thiruvannainallur. Around 50 students actively participated in the program. Introduction and anatomy was explained by Dr. Priyanga (PG). Menstrual symptoms were explained by Dr. Vishnupriya (CRMI). Menstrual hygiene explained by Dr. Shiva shankar (CRMI). Anemia was explained by Jayanthi (MSW). We concluded the program by having a query clarifying session.



## **WORLD LEPROSY DAY AWARENESS PROGRAMME 2023:**

Date: 13.01.2023

Place: Primary Health Center, Thiruvannainallur.

Timing: 10:00 pm-12.00 pm

Team members:

Dr. Priyanga. D ( PG)

Dr. Vasanthi(CRMI)

Dr. Swadha (CRMI)

Mrs. Jayanthi (MSW)

We conducted an awareness programme on World Leprosy Day at Primary Health Center, Thiruvannainallur. Around 40 community people actively participated in the program. Initially, Non medical social worker explained in short regarding the various stigma of Leprosy. Then history, prevalence of leprosy and theme for world leprosy day was explained by Dr. Priyanga (PG). Causes,risk of transmission and ways through which leprosy is not transmitted was explained by Dr. Swadha (CRMI). Clinical features, management and prevention was explained by Dr.Vasanthi (CRMI). A leprosy treated patient shared his experience throughout the treatment course and also regarding his treatment of complication. At the end of the session , pamphlets and MCR slippers were distributed to the affected patients by the Medical Officer of Thiruvannainallur PHC.



## WORLD CANCER DAY:

Date: 13.02.2023

Place: Gram Panchayat, Iruvelpattu, Villupuram.

Timing: 11.00 am-01.00 pm

Team members:

Dr. Priyanga. D (PG)

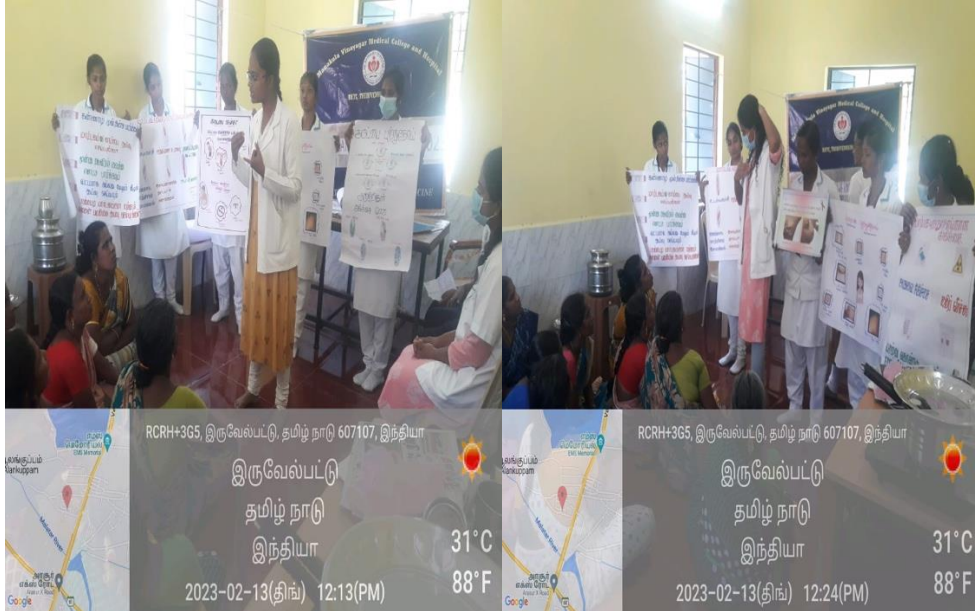
Dr. Reshma (CRMI)

Dr. Monisha (CRMI)

Dr. Rajesh (CRMI)

Mrs. Jayanthi (MSW)

We conducted an awareness programme on World Cancer Day for women of self-help group in Iruvelpattu village, Villupuram. Around 20 women actively and enthusiastically participated in the program. Initially, a speech on Prevalence of cancer, theme of World Cancer Day 2023, general symptoms of cancer, general preventive steps for cancer was explained by Dr. Priyanga (PG). Breast cancer was explained by Dr. Monisha (CRMI). Cervical cancer and ovarian cancer were explained by Dr. Reshma (CRMI). Cancer of oral cavity and colon was explained by Dr. Rajesh (CRMI). We concluded the program by having a query clarifying session.



# SCHOOL HEALTH PROGRAM

## Hand hygiene awareness and competition for students

Date: 07.03.2023

Place: Government Primary school , Keerimeedu.

Timing: 10:30 AM - 12.30 PM

Team members:

Dr. Priyanga.D(PG)

Dr. Munnusamy (CRMI)

Mrs.Jayanthi(MSW)

Miss.Ramya(DNA)

Initially introduction was given by Mrs.Jayanthi (MSW).Speech on importance of handwashing using flip chart was given by Dr.Priyanga(Pg) and Dr.Munnusamy (CRMI). Then Dr.Priyanga(Pg) demonstrated the steps for handwashing. Finally we conducted handwashing competition for students (1-5std) through preliminary rounds , semi final and final rounds . Students actively and enthusiastically participated in the competition. We selected 1 Winner from each standard. We ended the session by distributing certificates for the winners and donated liquid handwash to the school.



## TUBERCULOSIS AWARENESS RALLY

Date: 20.03.23

Place: Iruvelpattu Primary Health Centre

Timing: 11 AM – 12.30 PM

Team members: Mr.Murugan (HI), Mr.Ramachandiran(HI),Dr.Priyanga(PG), RHTC interns, Mrs.Jayanthi (MSW),Mrs.Rajasekari (ANM), Nursing students ( DNA) and students from Dhanam Community college.

Rally started at Iruvelpattu PHC and extended covering upto Iruvelpattu village . During the rally , we raised slogans against stigma over tuberculosis. Then we concluded the rally with speech on Spread of tuberculosis by Dr.Priyanga .D (Pg) and by distributing samosa and juice to the participants.



## WORLD TUBERCULOSIS DAY AWARENESS PROGRAM

Date: 24.03.2023

Place: Krish Institute, Tiruvennainallur

Time: 10.30 AM – 12.30 PM

Team members:

Dr.Priyanga(PG)

Dr.Nandhini.JS (CRMI)

Dr.Bhuvaneshwari (CRMI)

Mrs.Jeyanthi (MSW)

Initially, Speech on causes, spread , risk factor of tuberculosis was given Dr.Priyanga(PG). Management of Tb was explained by Dr.Nandhini.JS (CRMI). Prevention of Tb was explained by Dr.Bhuvaneshwari (CRMI). We conducted Pre-test and Post-test for the participants. And we concluded the session by distributing samosa and juice to the participants.



RHTC Thiruvannainallur, Villupuram in collaboration with Thiruvannainallur Phc organized a surveillance program on behalf of World Tb day under the guidance of Centre Incharge Dr.Aswathy ma'am Assistant Professor in consultation with all faculties and HOD Prof.Kalaiselvan sir Department of Community Medicine SMVMCH on 31.03.2023 at Madhampattu village , Thiruvannainallur. Around 188 community people participated in the surveillance program . Out of which 67 people took chest xray . 20 women were screened through Per speculum examination for Carcinoma Cervix . Participants who attended the screening program were treated symptomatically .

Team includes:

Dr.Sushmitha ( PHC Medical officer)

Dr.Priyanga ( PG)

CRMI Dr. Miralini, Dr.Nisha, Dr.Nithin

Mr.Senthil (STS-HI)

Mrs.Jayanthi (MSW)

Miss. Sathiya (DNA), Miss.Veeralakshmi (DNA)





## **WORLD HEALTH DAY HEALTH EDUCATION PROGRAM**

RHTC Thiruvannainallur, Villupuram in collaboration with Govt. Arts and Science college, Thiruvannainallur organized a health education program on behalf of World Health Day on 10.4.23 at Govt. Arts and Science College, Thiruvannainallur.

Around 300 students participated in Health awareness program.

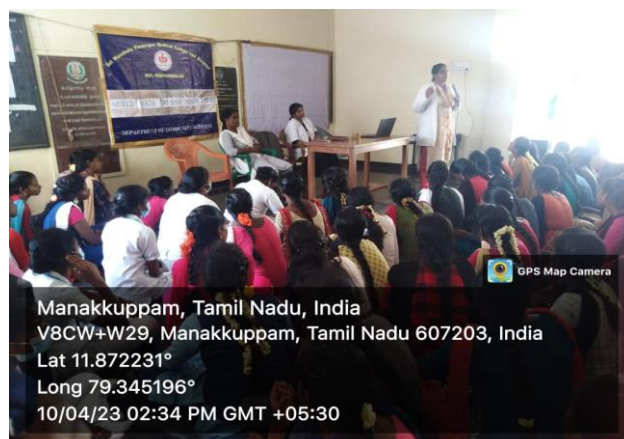
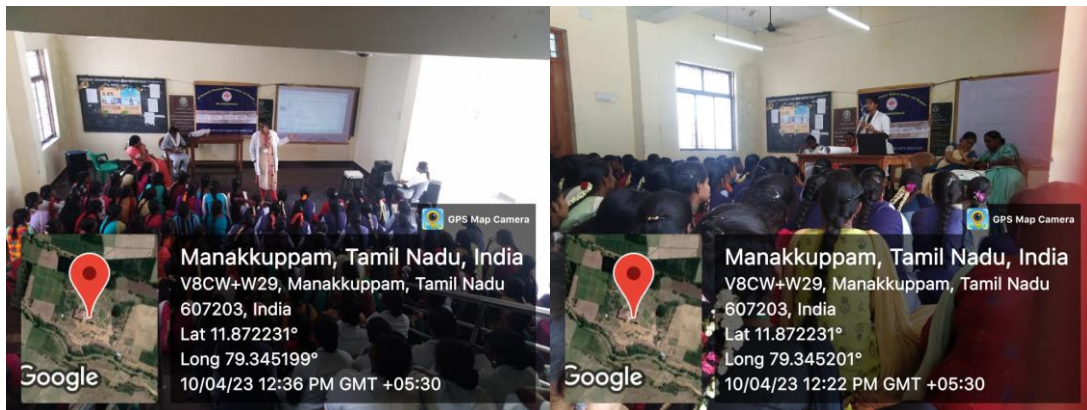
We conducted two sessions ( 11.30 am to 12.45pm and 2pm to 3.30 pm). In the session health education was given on theme of world health day, nutrition, universal health coverage, menstrual education, STD, and Anemia by powerpoint presentation. Queries were clarified at the end of the session.

Team included :

Dr. Sowbarnika Vaishnavi (PG)

Dr.Nandhini J. S

Mrs. Jayanthi(MSW



## WORLD MALARIA DAY – CLEANING CAMPAIGN

Date : 24.04.23

Place : Keerimedu Village

Time : 10.00 AM – 12.30 PM

Team members:

Dr. Sowbarnika Vaishnavi (PG)

Mrs. Jayanthi(MSW)

Interns posted at RHTC

As a part of World Malaria Day, we conducted a cleaning campaign at Keerimedu Village. Health education on Malaria, its prevalence, signs and symptoms treatment and preventive measures were explained to 100 day workers by Dr. Sowbarnika Vaishnavi (PG) and interns. Health education was given through charts and flip books. The session was concluded by Mrs. Jayanthi(MSW) and queries were clarified at the end.



## **WORLD HAND HYGIENE DAY 2023 - HEALTH EDUCATION PROGRAM**

Date : 24.04.23

Place : Sithalingamadam Village

Time : 10.00 AM – 12.30 PM

Team members:

Dr. B Sowbarnika Vaishnavi(PG)

Dr. Manickam

Dr. Nithilla

Dr. Jasmine Afina

Mrs. Jayanthi (MSW)

As a part of 'World Hand Hygiene Day 2023', today, we conducted a health education programme at Sithalingamadam Village. Health education on importance of hand hygiene and methods of hand hygiene was explained by charts with demonstration. Participants actively participated and demonstrated to others. The program was concluded by distribution of prizes for those who correctly performed all the steps of hand washing. At the end of the session queries were addressed.

## WORLD HAND HYGIENE DAY

We conducted an outreach activity on WORLD HAND HYGIENE DAY PROGRAMME on 5.5.2023 at SITHALINGAMADAM. The programme started around 10.30 am. A brief introduction about importance of hand hygiene was explained using charts to the community people by Dr.B.Sowbarnika Vaishnavi (PG). Methods of hand washing was explained by Dr,Manikkam (CRRI). Techniques of hand washing was demonstrated by Dr.Nithilla (CRRI) and Dr. Jasmine Affina (CRRI) . Participants actively participated by coming forward and demonstrating to other people. Soaps and sanitizers were distributed for the people who correctly performed all the steps of Hand washing. Queries were clarified at the end by Dr. B.Sowbarnika Vaishnavi. Finally Mrs.Jayanthi (MSW) concluded the programme by thanking the participants for participating in the programme.



## WORLD HAND HYGIENE DAY

We conducted an activity on WORLD HAND HYGIENE DAY PROGRAMME on 9.5.2023 at RHTC. The programme started around 10.30 am. Students of KRISH PARAMEDICAL INSTITUTE participated in the programme. A brief introduction about importance of hand hygiene was explained using PowerPoint presentation by Dr.B.Sowbarnika Vaishnavi (PG). Methods of hand washing was explained by Dr.Hariharan (CRRI). Techniques of hand washing was demonstrated by Dr. Maheshwaran (CRRI) and Dr. Vasuki (CRRI). After which Students actively participated by coming forward and demonstrating to patients attending OPD. Queries were clarified at the end by Dr. B.Sowbarnika Vaishnavi. Finally Mrs.Jayanthi (MSW) concluded the programme by thanking the participants for participating in the programme.



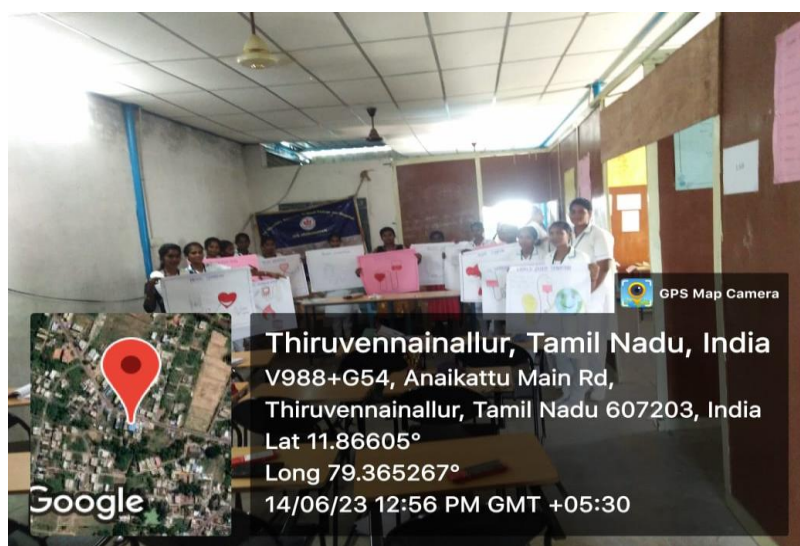
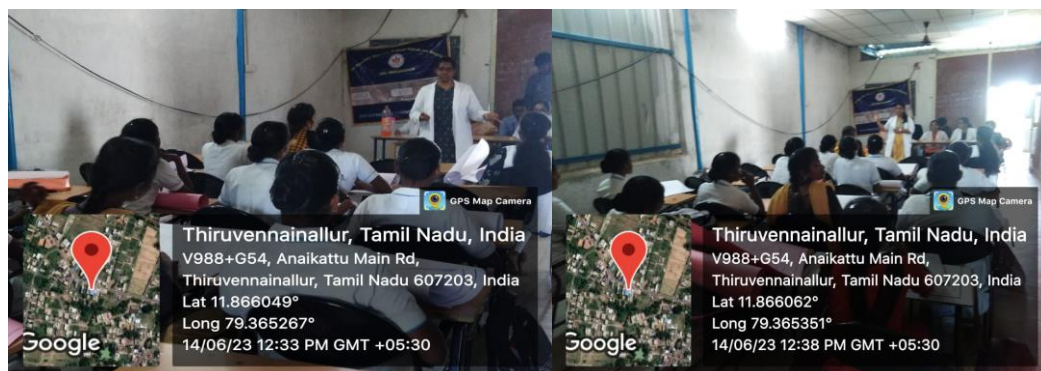
## WORLD NO TOBACCO DAY

We conducted an outreach activity on WORLD NO TOBACCO DAY on 12.5.2023 at DHANAM COMMUNITY COLLEGE. The programme started around 11.30 am. Around 35 II nd year Nursing students participated in the programme. A brief introduction about theme of World No Tobacco Day, types of tobacco, environmental impact of tobacco, COTPA Act was given by Dr. B. Sowbarnika Vaishnavi. Health education on ill effects of tobacco, preventive measures was given by Dr. Hariharan. Queries were clarified at the end. After which quiz programme was conducted for the students and prizes were distributed for the winners of the quiz. Finally, Mrs.Jayanthi (MSW) concluded the programme by thanking the participants for participating in the programme.



## WORLD BLOOD DONAR DAY

We conducted an outreach activity on WORLD BLOOD DONAR DAY on 14.6.2023 at KRISH PARAMEDICAL INSTITUTE. The programme started around 10.30 am. Around 25 paramedical students participated in the programme. A brief introduction about theme of World Blood Donor Day, and Importance of unpaid voluntary blood donation was given by Dr. B. Sowbarnika Vaishnavi. Health education on Necessity of safe transfusion of blood and its components was given by Dr. Neelambigai. Queries were clarified at the end. After which poster competition programme was conducted for the students and prizes were distributed for the winners of the competition. Finally, Mrs. Jayanthi (MSW) concluded the programme by thanking the participants for participating in the programme.



## WORLD ENVIRONMENT DAY

We conducted an outreach activity on WORLD ENVIRONMENT DAY on 19.6.2023 in collaboration with Sri Manakula Vinayagar College of Nursing. The programme started around 10.30 am. Around 115 nursing students participated in the programme. A brief introduction about theme of World Environment Day, and ill effects of plastic pollution was given by Dr. B. Sowbarnika Vaishnavi. Followed by an awareness rally starting from RHTC Thiruvannainullur to Thiruvannainallur bus stand. Interns and nursing students actively participated in the rally by raising slogans against plastic pollution. After which the students performed skit and villupattu to the community people. Finally, Mrs.Jayanthi (MSW) concluded the programme by thanking the participants for participating in the programme.





## WORLD POPULATION DAY

We conducted an outreach activity on WORLD POPULATION DAY on 19.7.2023 at Thenmangalam Subcentre. The programme started around 10.30 am. A brief introduction about World population day 2023, was given by Dr. B. Sowbarnika Vaishnavi (PG). Health education on theme of world population day, impacts on the community were explained by Dr.B.Sowbarnika Vaishnavi using charts. Health education on ill effects of population explosion was given by Dr. Maheshwaran (CRMI), Dr.Maheshwaraj (CRMI), Dr.Maheshkumar (CRMI), Dr.Lekha (CRMI), Dr.Kaviyashree (CRMI), Dr.Logesh (CRMI) by performing skit. Around 60 participants including ANC and Postnatal mothers actively participated. Queries were clarified at the end. Finally, Mrs.Jayanthi (MSW) concluded the programme by thanking the participants for participating in the programme.



## SCHOOL HEALTH EDUCATION PROGRAMME

We conducted an outreach activity on 25.7.2023 at Government Girls Higher Secondary School, Sithalingamadam. The programme started around 2.30 pm. Health education anaemia, causes of anaemia, risk factors, signs and symptoms of anaemia, treatment of anaemia were explained by Dr.B.Sowbarnika Vaishnavi using charts. Health education on personal hygiene was given by Dr. Divyashree (CRMI) using flipbook. Hand washing technique was demonstrated. Health education on Menstrual hygiene was given by Dr. Jeevitha (CRMI) and disposal of napkin was demonstrated to the participants. Around 300 participants from class 6 to 12 actively participated. Queries were clarified at the end. Finally, Mrs.Jayanthi (MSW) concluded the programme by thanking the participants for participating in the programme.



## **WORLD BREAST FEEDING WEEK – 2023**

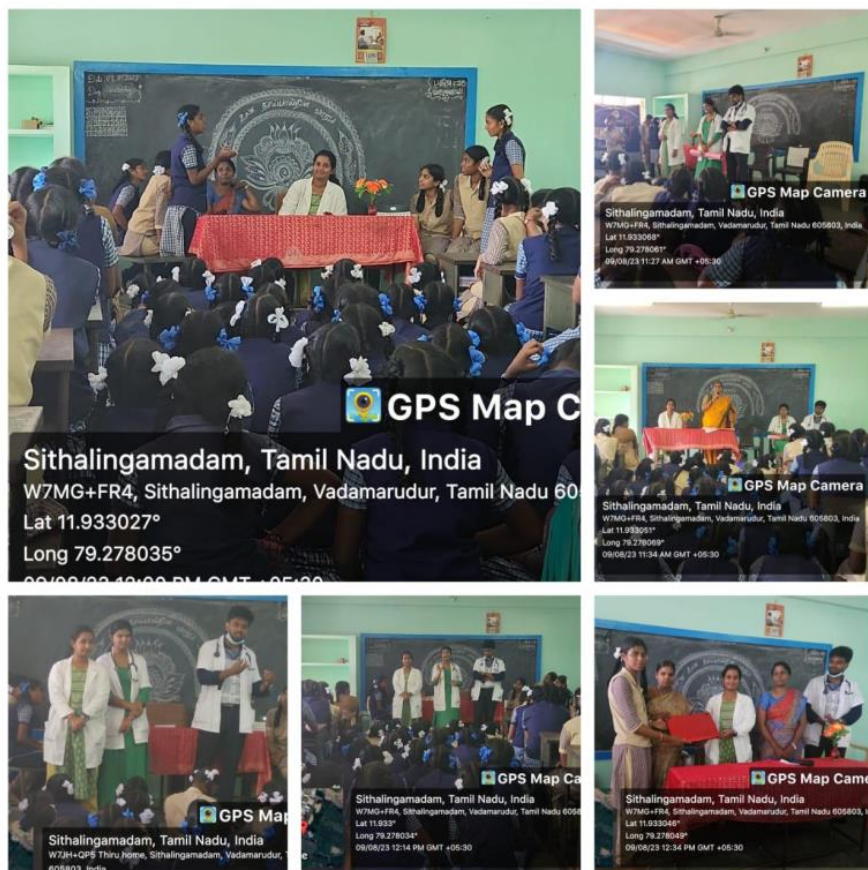
### **BREAST FEEDING AWARENESS PROGRAM**

On behalf of Department of Community Medicine RHTC SMVMCH conducted breast feeding awareness program for ANC and PNC Mothers and females of reproductive age group in the community as a part of world breastfeeding week 2023 celebrations at community hall, sithalingamadam on 04/08/2023. Introduction and theme for this year was explained by Dr. Saranya.S (in charge PG) . Positions and signs of breastfeeding was explained by Dr.Arunchalam & Dr.Aravind, benefits of Breastfeeding and hygiene was explained by Dr.Narmadha, hazards of bottle feed was explained by Dr.Arunachalam and Breastmilk bank was explained by Dr.Barathselvan. The session was concluded with query clarification by the doctors.



## BREAST FEEDING WEEK – DEBATE COMPETITION

On behalf of Department of Community Medicine RHTC SMVMCH conducted breast feeding awareness program for 11th standard students of Sithalingamadam Girls Government Hr.Sec.School as a part of world breastfeeding week 2023 celebrations on 09/08/2023. Welcome speech and Introduction was given by school Headmaster Mrs. Importance of breast feeding & Theme for this year was explained by Dr. Saranya.S (in charge PG) , benefits of Breastfeeding and hygiene was explained by Dr.Narmadha and hazards of bottle feed and advantage of breast milk banks were explained by Dr.Arunachalam. Debate competition was conducted . 6 students actively participated and 100 students played the audience. The session was concluded with query clarification by the doctors and prize distribution to first two prize winners Ms.Dhevagi and Ms.Loganayagi.



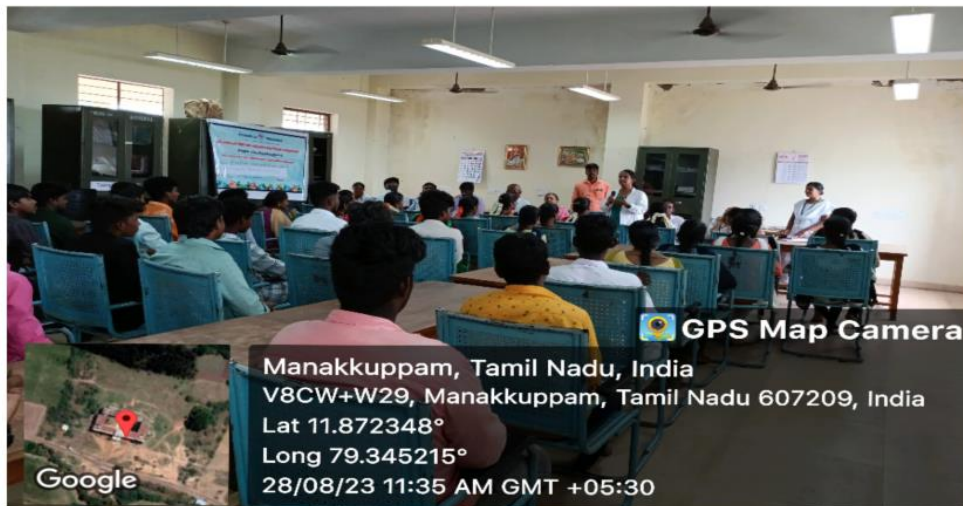
## BREAST FEEDING AWARENESS PROGRAM

On behalf of Department of Community Medicine RHTC SMVMCH conducted breast feeding awareness program for adolescent girls and self-help women group in the community as a part of world breastfeeding week 2023 celebrations at Thaduthakondur on 18/08/2023. Introduction , theme for this year ,Importance & benefits of breastfeeding,use of breast milk banks and expressed breastmilk were explained by Dr. Saranya.S (in charge PG) and medical interns. Rangoli competition was conducted to create awareness about breast feeding. 20 people actively participated in 10 teams. The session concluded with query clarification by the doctors and prize distribution to first 2 prize winners. Roses were distributed to all the participants to appreciate their efforts.



## WORLD ORGAN DONATION DAY 2023

On behalf of Department of Community Medicine ,RHTC -SMVMCH conducted World Organ Donation day 2023 awareness program at Govt. Arts and Science college in Manakkupam, Thiruvennainallur on 28/08/2023. Around 50 students and 10 faculties actively participated in the event. Welcome speech was given by Principal of the college Mrs.Indira and Professor Mr. Arun. Introduction, theme of this year and importance of organ donation & NOTTO ,History , statistics, organs that can be donated, Eligibility criteria for donors and Standard operational procedure for Organ donation by NOTTO were explained by Dr. Saranya.S (PG) and medical interns.The programme concluded with query clarifying session by doctors. The students enthusiastically expressed their interest towards organ donation at the end of the awareness program.



## NATIONAL NUTRITION WEEK - 2023

On behalf of Department of Community Medicine, RHTC SMVMCH Thiruvannainallur conducted nutrition awareness program, cooking competition for medical interns and Food Exhibition for NCD patients as a part of National Nutrition week celebration held at RHTC Centre on 21.9.2023. Dr. Aswathy Raveendran -RHTC I/C Assistant professor presided over the meeting.

Around 60 patients who attended the NCD clinic participated in the awareness program and food exhibition. 16 Medical interns (8 teams) enthusiastically took part in the cooking competition and show cased their creativity and cooking skills by making delicious healthy foods and drinks using locally available and affordable vegetables, fruits, cereals & Pulses.



The patients were explained about the importance & role of food in maintaining good health, healthy food items that are cheap, easily available and can be cooked within short period of time and using easy cooking methods. Patient's doubts were clarified and Medical interns who won the first two places were awarded with prizes.





## NATIONAL NUTRITION WEEK – 2023

### HEALTHY FOOD - COOKING COMPETITION

On behalf of Department of Community Medicine, RHTC SMVMCH Thiruvannainallur conducted nutrition awareness program and cooking competition for healthcare workers on 23.9.2023 at RHTC centre as a part of National Nutrition Week Celebration. A total of 19 participants including Staff nurses, midwives, radio & lab technicians, physiotherapist, clerks, attenders, housekeeping staffs participated in the event. Dr.Gayathri , the Block Medical officer from Iruvelpattu PHC was invited as a guest speaker and was felicitated by Dr.Aswathy Raveendran -RHTC I/C Assistant Professor.



Dr. Gayathri elaborated about various nutrition supplementation programs available and the importance of eating healthy in the promotion of reproductive and child health & in the prevention of non-communicable diseases. She inaugurated the cooking competition and congratulated the participants for their efforts and time to cook healthy food items. The program concluded with distribution of special gifts to first 2 prize winners and consolation prizes to all the participants to appreciate their interests and efforts.



## WORLD RABIES DAY AWARENESS PROGRAM

On behalf of Department of Community Medicine SMVMCH, RHTC Thiruvannainallur conducted World Rabies Day Awareness program on 27.09.2023 at Marangiyur village for people in the community. About 85 people including high school students participated in the program. Introduction, the prevalence of disease burden worldwide and in India, etiology, modes of Rabies transmission, clinical features, steps of first aid following dog bite and vaccination regimen were explained by Dr. Saranya.S (PG) and medical interns. The program was concluded by Mrs. Jayanthi (MSW) following query clarifying session.



## SWACHHATA HI SEVA ABHIYAN 2023

On behalf of Sri Manakula Vinayagar Medical college and hospital, Department of Community medicine under the guidance of Prof & HOD Dr.G.Kalaiselvan conducted a cleanliness campaign as per Swachhata Hi Seva Abhiyan 2023 in the semmar colony, Thiruvannainallur village on 1.10.2023. The team consisted of Associate Professor Dr.M.Rajalakshmi, Post graduate Dr.Saranya.S, 15 medical interns, ANM Mrs.Rajasekari, MSWs Mrs.Devasundari and Mrs.Jayanthi. Around 20 people residing in semmar colony also actively participated in the cleaning campaign which was conducted between 10 AM to 11 AM.



## **GANDHI JAYANTHI SPECIAL CAMP**

Date: 4/10/2023

Place: Edaiyar Village

On the occasion of Gandhi Jayanthi 2023, we conducted a special camp was conducted at Community hall, Edaiyar Village by a team of PG Dr.Saranya, interns Dr. Chandrakanth, Dr.Dhanya, Dr.Dhivya, Dr.Eyazhini, Dr.Girija, Dr.Gomathi, MSW Mrs.Jeyanthi and ANM Mrs.Suganya. Around 150 people actively participated in the health camp.



## **WORLD BREAST CANCER AWARENESS MONTH 2023**

### **BREAST CANCER AWARENESS PROGRAM FOR SELF-HELP WOMEN**

On behalf of department of Community Medicine , RHTC-Thiruvannainallur conducted breast cancer awareness program for self-help women group at Vellur village in Periyasevalai on 27/10/2023..Introduction was given by MSW Mrs.Jayanthi. Prevalence, risk factors , clinical features , Diagnosis and treatment of breast cancer were explained by Medical interns. Importance and steps of Self Breast Examination and Prevention of Breast Cancer were elaborated by PG Dr.Saranya.S. The program concluded with demonstration of Self Breast examination by the participants and doubt clarification session.



## WORLD MENTAL HEALTH DAY AWARENESS PROGRAMME

On behalf of Department of Community Medicine, RHTC -Thiruvannainallur in collaboration with Department of Psychiatry, SMVMCH conducted World Mental Health Day awareness program at Gandhi Memorial Hr.Sec.School ,Thiruvannainallur on 20.10.2023. Around 400 students actively participated in the program. Welcome speech was given by School Head Master Mr.Kumar. Introduction was given by MSW Mrs.Jayanthi. Assistant Professor from Department of Psychiatry Dr.S.Perarul elaborated on various stress factors prevalent among adolescents & methods to overcome them and measures to be taken to maintain a good Mental health. Dr. Saranya .S, Post graduate from Department of Community Medicine college explained about the various adolescent health services available under the scheme 'Rashtriya Kishore Swastiya Karyakram' and importance of utilizing those health services effectively to improve Mental and Physical wellness. The Program concluded with query clarifying session.



## BREAST CANCER AWARENESS RALLY

Date: 7.11.23

Place: Rural Health and Training Centre

Timing: 3 - 4 PM

Team members: Dr.Saranya (PG), Team of interns posted at RHTC, Staff nurse - Mrs.Nithya, Mrs.Senthamizh, Mrs.Tamimozhi, Mrs.Jayanthi (MSW), ANM – Mrs.Rajasekari, Mrs.Suganya, Mrs.Tamilselvi and Mrs.Kanagavalli, Nursing students (DNA) and students from Annai Therasa Community college.

A total of 40 members participated in the awareness rally. Rally started at Rural Health and Training Centre, Tiruvennainallur and extended covering to Tirukovilur junction . During the rally , we raised slogans on awareness and prevention of Breast Cancer.





**URBAN HEALTH TRAINING**

**CENTRE**

**VILLUPURAM**

**Health Day Celebrations**

**January – October 2023**

## WORLD LEPROSY DAY AWARENESS – 2023

**Date:** 20-01-2023

**Place:** Government High School , Poothamedu

**Timing:** 10:30 AM – 12:00 PM

**Team Members:**

Dr. Saranya.S(PG)

Dr. Sowntharyaa.C.K(CRMI)

Dr. Siddharth (CRMI)

Dr. Shakeen Sulaiman (CRMI)

Dr. Shankar (CRMI)

MSW -Mrs. Deva Sundari

Theme: “Act Now.End Leprosy.”

We conducted ‘Leprosy awareness Program’ at Poothamedu Govt High School. Around 140 students actively participated. The introduction and theme for this year were explained by Dr.Saranya.S (PG). Causes and Transmission were explained by Dr.Siddharth(CRMI) , Clinical features were explained by Dr.Shankar (CRMI), Management was explained by Dr.Sowntharyaa (CRMI), Prevention and Schemes available were explained by Dr.Shakeen Sulaiman (CRMI). The program was concluded by MSW Mrs.Devasundari. Queries were clarified and Groundnut cakes were distributed to the participants at the end of the session.



## WORLD LEPROSY DAY --2023

**Date:** 30/01/2023

**Venue:** Primary Health Centre – Thogaipadi

**Timing:** 10:30 AM – 12:00 PM

### **Team Members:**

Dr.Bhuvaneshwari(CRMI)

Dr.Munusamy (CRMI)

Dr.Nagaharish (CRMI)

Dr.Misba (CRMI)

Mrs.Devasundari (MSW)

**Theme:** Act Now.End Leprosy.

On behalf of World Leprosy Day Awareness – 2023, we conducted an awareness programme in Primary Health Centre – Thogaipadi .Around 50 people from local community actively attended the programme. Dr .Munusamy(CRMI) gave the welcome address and a basic introduction on Leprosy. Dr.Misba (CRMI) explained about causes and transmission, Dr Bhuvaneshwari(CRMI) gave explanation about clinical features of leprosy. Dr.Munusamy (CRMI)explained about investigation and management of leprosy and Dr .Nagaharish (CRMI) explained about prevention and government schemes. The programme was concluded by Mrs.Devasundari(MSW). The session was interactive and doubts were cleared .At the end of the session oath was taken and pamphlets were distributed to the people.



## “World Cancer Day Awareness Program – 2023”

Date: 28-02-2023

Place: Vazhuthureddy

Timing: 10:30 AM-12:30 PM

Theme: "Close the care gap"

We conducted "Cancer awareness Program' at Vazhuthureddy

Around 40 women from self-help group actively participated. Introduction and theme for this year were explained by Dr. Nithin. Causes and symptoms were explained by Dr. Nisha M(CRMI), Health programs were explained by Nandhini C, Management explained by Dr. Nandhini C(CRMI), Prevention was explained by Dr. Nithin M (CRMI). The program was concluded by MSW Mrs. Devasundari. Queries were clarified and refreshments were distributed to the participants at the end of the session.





## TB Awareness Program for high school students- 2023

Date: 20.03.2023

Place: Government High school, Poothamedu.

Timing: 10.30 am-12 pm

Team members:

Dr. Saranya.S (PG)

Dr. Pradeep (CRMI)

Dr. Naufal Rizwan (CRMI)

Dr. Nithilla (CRMI)

On behalf of Department of community medicine, Sri Manakula Vinayagar Medical College and Hospital, 'Tuberculosis awareness Program' was conducted under the guidance of UHTC in-charge Dr. Arulmozhi, Assistant Professor, in consultation with HOD Dr.G.Kalaiselvan and all faculties on 20/03/2023 at Poothamedu Govt High School. Around 75 students (Class 6 to 9) actively participated. Introduction, theme for this year, Causes, Transmission, Clinical feature, Management, Prevention and Schemes available were explained by Dr.Saranya.S (PG) & medical interns. The program was concluded by Mrs.Devasundari (MSW). Queries were clarified and pens were distributed to the participants at the end of the session.



## Community Based TB Awareness Program - 2023

Date: 22.03.2023

Place: Aanangoor Grama Sabha

Timing: 10.30 am-12 pm

Team members:

Dr. Saranya.S (PG)

Dr. Pradeep (CRMI)

Dr. Atshara (CRMI)

Dr. Rohit Raj(CRMI)

Community based TB awareness program in our field practice area of Aanangoor (Grama sabha), was conducted on 21/03/2023, on behalf of Department of Community Medicine, SMVMCH, under the guidance of UHTC in-charge Dr. Arulmozhi, Assistant Professor, in consultation with HOD Dr.G.Kalaiselvan and all faculties. Mode of transmission, risk factors, clinical features and role of PHC for diagnosis, management and ways of prevention were explained in detail by Dr. Saranya.S (PG) and medical interns. Around 50 people in the community actively participated. The program was concluded by Mrs.Devasundari.



## Tuberculosis awareness Program for B.Ed. students – 2023

Date: 23.03.2023

Place: Sri Vidyodhaya college of education, Villupuram

Timing: 10.30 am-12 pm

Team members:

Dr. Saranya.S (PG)

Dr. Pradeep (CRMI)

Dr. Nithilla (CRMI)

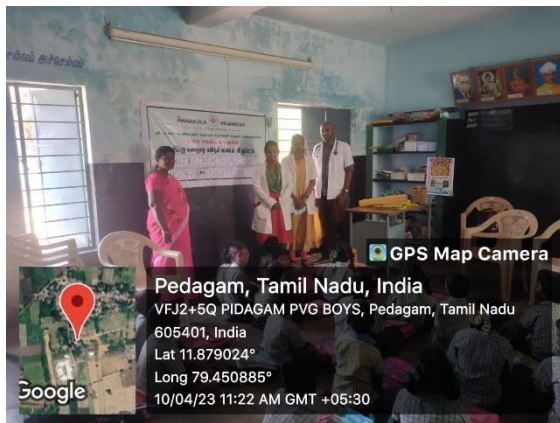
Dr. Rohit Raj(CRMI)

We conducted 'TB awareness program' on 23/03/2023 at Sri Vidhyodhaya College of education, Villupuram under the guidance of UHTC in charge Dr.Arulmozhi , Assistant Professor, in consultation with HOD Dr.G.Kalaiselvan and all faculties of Department of Community Medicine, SMVMCH. Around 50 budding teachers along with 10 faculties actively participated. Causes, Transmission, Clinical features, Management, Prevention and health program benefits available were explained by Dr.Saranya.S (PG) and medical interns. The participants were also briefed about the importance to overcome Stigma. The program ended with query clarification session and Pens were distributed to the students.





**Personal Hygiene Awareness Program-2023** On account of WHO day 2023 celebration, UHTC conducted 'Personal Hygiene Awareness Program' for Primary school students on behalf of Department of Community Medicine SMVMCH on 10/4/2023 at Pidagam Government primary school, Villupuram. Around 50 students actively participated. Importance of Personal hygiene, environmental cleanliness and hand hygiene practices were emphasized by Dr. Saranya.S (PG) and interns. Health education was given through stories, role plays and by using charts. Refreshments were distributed at the end of the session.



**Immunization Awareness Program-2023**

On account of World Immunization week 2023 celebration, UHTC conducted 'Immunization Awareness Program for ANC & PNC mothers' on behalf of Department of Community Medicine SMVMCH on 18/4/2023 at Urban PHC, Villupuram. Around 25 mothers actively participated. Introduction about vaccine preventable diseases, Theme for this year, Schedule and Importance of Immunization were emphasized by Dr. Saranya.S (PG) and interns. The session was concluded by Mrs.Devasundari (MSW) and Queries were clarified at the end.



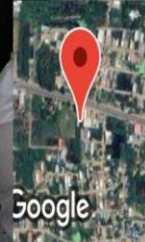
### World Health Day 2023

On behalf of Department of Community Medicine SMVMCH, as a part of 'World Health day 2023 - Health for all' celebration, today (20.4.2023) we conducted medical camp at Koonichampet pet for tribal community under the guidance of UHTC in charge Dr. Arulmozhi in consultation with HOD Dr.G. Kalaiselvan. Around 120 patients got benefited. Blood Pressure, Random blood sugar and Hemoglobin levels (screening test) were measured. Patients with severe anemia, uncontrolled diabetes and those who required specialist consultations were referred to SMVMCH.

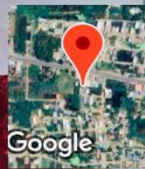


### World Health Day 2023 – Drawing Competition:

On behalf of Department of Community Medicine SMVMCH, as a part of 'World Health day 2023 - Health for all' celebration, today (27.04.2023), UHTC conducted health awareness program and drawing competition for ANM institute students at RG Modern Community college, Villupuram. Around 102 students actively participated in the awareness program and 17 students Participated in the drawing competition and showcased their creativity. A brief Introduction about the program was given by MSW (Mrs. Devasundari). Importance of health and various ways to lead a healthy life was elaborated by Dr. Arulmozhi (UHTC -in charge). Theme 'Health for all' was explained by Dr. Saranya.S (PG). WHO and their role in health was detailed by Dr. Neelambigai(CRMI). The program was concluded with distribution of prizes to the winners who occupied first 3 places.



GPS Map Camera  
 Viluppuram, Tamil Nadu, India  
 1046, Road, Kamalakannapan Nagar, Sri Ram Nagar,  
 Viluppuram, Tamil Nadu 605604, India  
 Lat 11.928508°  
 Long 79.477424°  
 27/04/23 11:52 AM GMT +05:30



GPS Map Camera  
 Viluppuram, Tamil Nadu, India  
 1046, Road, Kamalakannapan Nagar, Sri Ram Nagar,  
 Viluppuram, Tamil Nadu 605604, India  
 Lat 11.928395°  
 Long 79.477537°  
 27/04/23 11:13 AM GMT +05:30

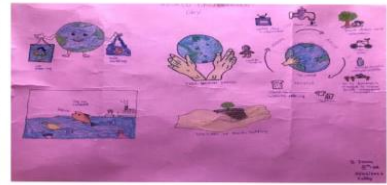
# National Dengue Day Awareness Programme -2023



## World Environment Day celebration @ UHTC SMVMCH



**World Environment Day celebration @ Poothamedu Govt High school, June 2023**



**World Environment Day celebration @ Kappur**



World Elderly Abuse awareness day @ Ayyur Agaram



World Blood Donor Day celebration @ Annai Theresa Community college



## World Population day, 2023

**Theme:** Unleashing the power of gender equality : uplifting the voices of women and girls to unlock our world’s infinite possibilities”

On behalf of Department of Community Medicine,UHTC SMVMCH,conducted ‘World Population Day’ Awareness at Thogaipadi-PHC,Villupuram on 18/07/23.Around 40 people including ANC Mothers and patients actively participated.Health Education was given regarding contraceptives.The Introduction and theme was explained by Dr.Saranya(CM,PG) and Dr.Vaishnavi(MO).The effects of overpopulation was explained by Dr.Keerthiga Kumar(CRMI).The temporary methods of contraception was explained by Dr.Jasmine Afin(CRMI).Permanent methods of contraception and gender equality was explained by Dr.Gopiga(CRMI).Conclusion was given by Mrs.Devasundari(MSW).The Programme concluded with a query clarifying session for participants.





### Breastfeeding Awareness Week Programme, 2023

On behalf of Community Medicine Department, UHTC, SMVMCH conducted World Breastfeeding Awareness Week Programme at Primary Health Centre, Thogaipadi, 01/08/23. Around 40 people including about 20 ANC mothers & patients actively participated. The Introduction and theme was explained by Dr. Karthika and Dr. Arunachalam and Dr. Aravind explained the positioning of breastfeeding. Advantages of breastfeeding was explained by Dr. Narmadha. Hygiene about breastfeeding was explained by Dr. Varshith. Side effects of bottle feeding was explained by Dr. Karthikakk. The Importance of BreastMilk Bank was explained by Dr. Harrish.. Conclusion was given Mrs. Deva sundari (MSW). The Programme was concluded with query clarifying session for the participants.



## Breastfeeding Awareness Week Programme, 2023

On behalf of Community Medicine Department, UHTC, SMVMCH conducted World Breastfeeding Awareness Week Programme at Govt.High School, Villupuram on 29/08/23.Around 21 female teachers were actively participated.The Introduction and theme was explained by Dr.Divyasree and Dr.Gomathi. Advantages of Breastfeeding was explained by Dr.Eyazhini. Positioning, Latching and Hygiene was explained by Dr.Divyasree. Side effects of Bottle Feeding was explained by Dr.Gomathi. The Importance of Breast Milk Bank was explained by Dr.Girija. Conclusion was given Mrs.Deva sundari(MSW).The Programme was concluded with query clarifying session for the participants.





**WORLD BREASTFEEDING WEEK (1-7 AUGUST 2023)**

## **ENABLING BREASTFEEDING**

*Making a difference for working parents*

### **CERTIFICATE OF ACHIEVEMENT**

*is presented to*

**Department of Community Medicine  
Sri Manakula Vinayagar Medical College & Hospital  
Puducherry**

*for the contribution towards celebration of  
World Breastfeeding Week 2023*

A handwritten signature in blue ink, which appears to read 'Arun Gupta', is positioned above the printed name of the signatory.

**Dr. Arun Gupta**  
Central Coordinator, BPNI

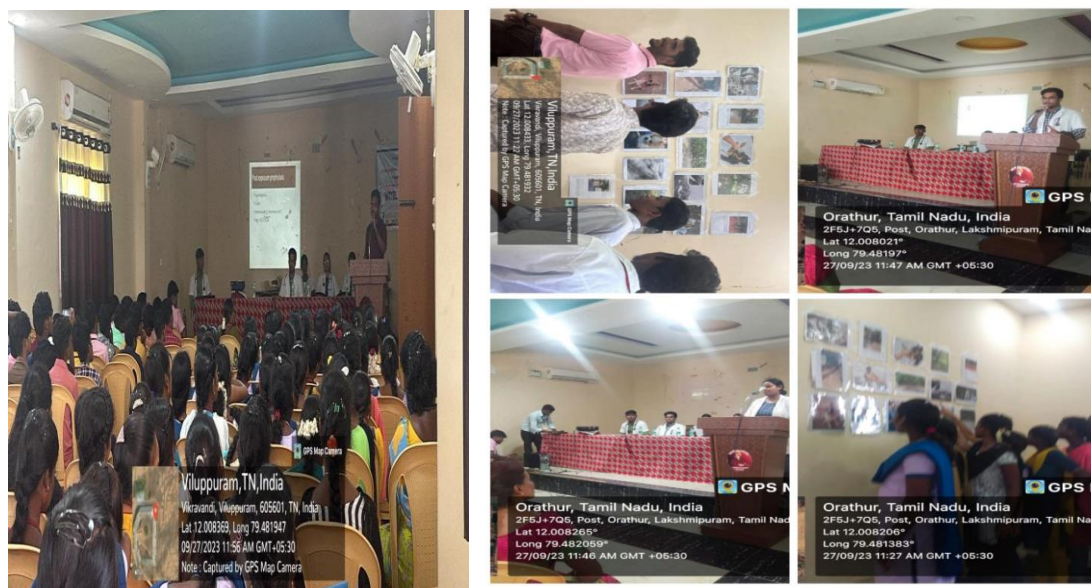
## National Nutrition Week, 2023

On behalf of Community Medicine Department, UHTC- SMVMCH, Villupuram conducted "National Nutrition Week "program at our UHTC on 11/09/23. The session started at 10.00 am with around 25 people. The introduction was given by Mrs. Devasundari (MSW). Dr. Girija & Dr. Gomathi explained about carbohydrates, proteins, fat and its sources and benefits. Vitamins--it's source and benefits was explained Dr. Divyasri & Dr. Girish briefed about minerals and the food items contains it. Advice on Diabetic Diet was given by Dr. Jeevitha. Various Nutritional food items were displayed for the public view. The session was concluded with distribution of boiled chickpeas and groundnut to the participants.



## WORLD RABIES DAY 2023

On behalf of department of community medicine SMVMCH, UHTC Villupuram conducted world rabies day awareness program on 27.09.2023 at Swamy Vivekananda art's & Science College and at Annai Community College Villupuram on 29/09/23. Around 320 students including staff members participated in total. Prevalence of disease burden worldwide and in India, aetiology, modes of Rabies transmission, clinical features, step of first aid following dog bite and vaccination regimen were explained by medical interns. Exhibition conducted in this program. The program was concluded by Mrs.Devasundari (MSW).



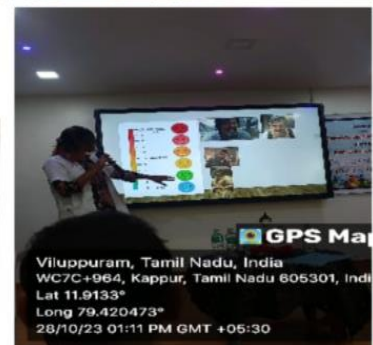
## World Breast Cancer Awareness Month 2023

On behalf of “Department of Community Medicine, SMVMCH”, Breast Cancer Awareness programme was conducted by “UHTC, Villupuram” under the guidance of Dr.Arulmozhi (AP) on 13/10/2023. The session commenced at 10.00am in Ayyur Agaram with 100 day workers as our audience. The foreword was given by Mrs.Devasundari (MSW). Theme & Introduction was given by Dr.Sai santhoshini( PG) after the foreword. Risk Factors, Symptoms, Screening modalities, Treatment options and Self Breast Examination were explained by the medical interns. Breast Cancer Awareness Ribbon (Pink Ribbon) was distributed to participants at good will. The session was concluded at 11.30am.



## Pain and Palliative Care Awareness programme,2023

On behalf of Department of Community Medicine, UHTC-SMVMCH conducted Pain and Palliative Care program at Puthiya Siragagul IAS Academy, Kappur, Villupuram District on 28/10/2023 under the guidance of UHTC in charge. Dr. Arulmozhi mam in consultation with HOD Dr. Prem sir. More than 50 Police Training students participated in program of Pain and Palliative Care. Introduction, Goals and Pillars, Management and Approach were explained through PPT presentation by Dr.Subalakshmi (SR) , Dr.Nudhan Sabarish (PG) , CRMIs and MSW Mrs.Devasundari.



## Global Hand washing day 2023

On behalf of “Department of Community Medicine, SMVMCH”, Global Hand washing day programme was conducted by “UHTC, Villupuram” under the guidance of Dr.Arulmozhi (AP) on 19/10/2023. The session commenced around 10.00am at the Govt. elementary School, Pidagam, Villupuram with 40 school children including both boys and girls of Std II to V. The foreword was given by Mrs.Devasundari(MSW). Theme & Introduction was given by Dr.Subalakshmi (SR) after the foreword. Dr.Subiksha A.G.(CRMI) proceeded to explain about “Conditions for Hand Washing and situations” with a Banner containing pictures. Followed by it, Dr.Suprasanna ,demonstrated the “Steps of Hand washing”,using hand wash and water with explanations. Dr.Subulakshmi(CRMI) explained about the “Harmful Effects of unclean Hands” to the students. 2 girls and 2 boys volunteered to answer questions regarding hand washing and demonstrated hand washing steps in front of whole class. The 4 students were awarded with sketch packets as a token of appreciation. Finally biscuit packets were distributed to all for refreshment and conclusion note was given by Mrs.Devasundari(MSW).





