

URBAN HEALTH TRAINING CENTRE

VILLUPURAM

Health Day Celebrations

2021

World Rabies Day Celebration – September 28,2021

Every year 28th September is celebrated as “world Rabies Day” to raise awareness about rabies prevention. This year’s world Rabies Day theme is: “Rabies: Facts, not Fear”.

Facts are essential for raising disease awareness, preventing rabies cases, having the animal population vaccinated and educating people about the dangers of rabies and how to prevent it. Rabies - a 99% fatal, yet 100% preventable disease. Fear has 3 meanings in this year’s theme. 1. It relates to the general fear caused by rabies, the fear people experience when encountering rabid animals, and the fear that people live with in communities plagued by rabies. 2. It relates directly to the symptom of fear that people may experience when infected with rabies. 3. It relates to the fear caused by “fake news” or myths about rabies- making people afraid of vaccination, making people afraid to get their animals sterilised or vaccinated and making people believe in ineffective treatments for the disease.



In view of 15th World Rabies Day, we the department of community medicine celebrated world rabies day on September 29 at Urban Health Training Centre, Villupuram. We conducted a poster exhibition on rabies and a health education session to Tara Paramedical nursing Institute first year college students and to the patients at UHTC in order to raise awareness about rabies prevention and control. There were 15 participants which included 10 nursing college students, one nursing teacher and 4 patients. The programme commenced at 10.30 am and ended by 11.45 a.m. The programme began with a brief sensitization on rabies

day programme by MSW Mrs. Devasundari followed by introduction to the theme of world rabies day 2021 by Dr. M.Arulmozhi, Assistant Professor, dept. of community medicine. Then our intern sneha talked about the symptoms of rabies and its pathogenesis. Topics like wound care of dog bite and post exposure prophylaxis were spoken by interns shyal Priyanka and sirpi respectively. Then vaccination in animals and preventive measures on rabies were explained in detail by Dr. Arulmozhi. Manoeuvres for preventing themselves from dog bite were demonstrated by interns to the participants. All the queries of the participants were addressed by Dr. Rajaveni, Medical Officer, UHTC. Then all the posters in the exhibition were visited by nursing college students and were explained by the interns. The posters were prepared in advance by the third-year medical students and by the interns in both languages Tamil and English. The session ended with vote of thanks and the participants were served with biscuits. The faculty in-charge and the interns were trained and have completed an online course and certified as ‘Rabies Educator’ by Global Alliance Rabies Control.



Health Talk given by our interns



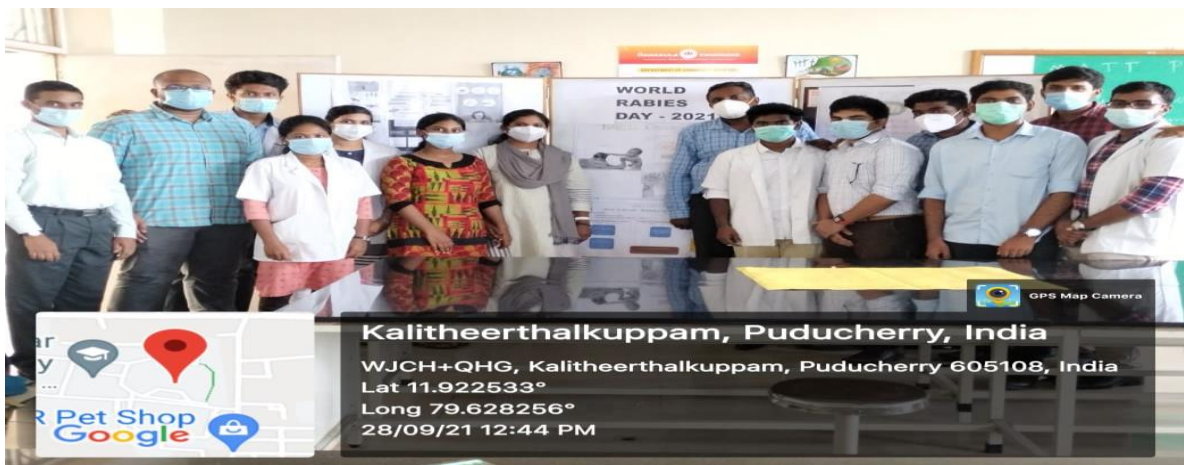
Demonstration of manoeuvres for prevention from dog bite by the interns and participants



Rabies posters explained to the participants



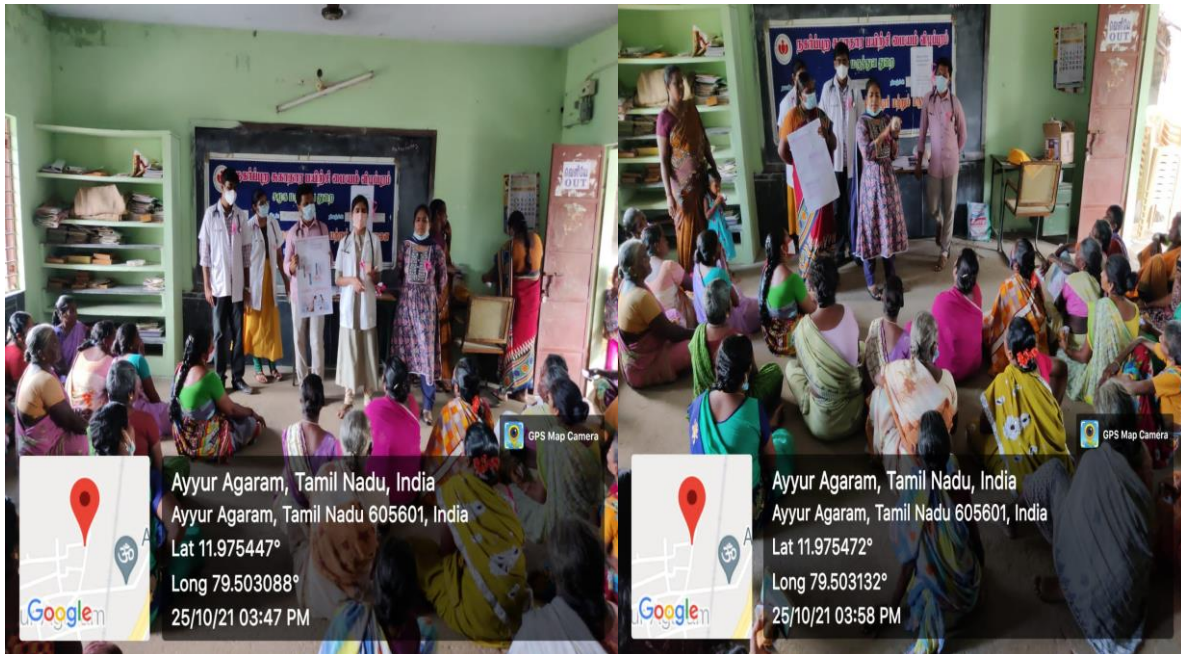
**Successful completion of online certificate course on Rabies by Faculty in charge & interns
Rabies Educator Certificate by Global Alliance on Rabies Control**



Poster preparation by third-year MBBS students

Breast Cancer Awareness Programme – October 2021

In view of Breast Cancer Awareness Month, the Department of Community Medicine, SMVMCH organised a Breast cancer awareness programme for Self-Help Group women on 25-10-2021 at Aiyur agaram village in UHTC covering area, Villupuram.



Worldwide, every year October month is celebrated as breast cancer awareness month. The theme for Breast cancer awareness month 2021 is “Rise: Rally In supporting, Serving and Screening Everyone”. We conducted a Breast cancer awareness and screening programme for the self-help group women of all age groups at Ayyur Agaram government school. Around 60 women participated and benefitted out of this programme. Initially, a pre-test was conducted for those who were able to read and write among self-help group women to know about their prior knowledge on breast cancer and self-breast examination. Hand-outs of pre-test questionnaire with a pen was distributed to the participants. After the completion of pre-test of ten minutes duration, the programme begun with a brief sensitization about the overview of the programme by MSW Mrs. Devasundari. Then Dr.Arulmozhi, Assistant Professor, department of community Medicine introduced the topic, the problem statement of breast cancer, the alarming increase in breast cancer in the recent years and the importance of knowing about breast cancer. Then the interns explained about the risk factors, the signs and symptoms, the investigations and treatment modalities available using appropriate charts with illustrated pictures. The preventive aspects of breast cancer including diet and life style modification were explained in detail. All the health education material was prepared by the interns under the supervision of faculty in-charge. Participants were taught how to do self-breast examination by Dr.Arulmozhi and the ways to identify the early symptoms and signs of breast cancer was reinforced. The Self-Breast Examination techniques were demonstrated using picture charts and mannequins. Followed by that, the participants were given a ten minutes interactive session and the queries of the participants were addressed. Then the post test was conducted to the same group to know about their level of understanding and the effectiveness of the health education programme. Followed by the post-test, pamphlets on self-breast examination were distributed to the target audience. Refreshments were served to the audience towards the end of the programme. Women who gave voluntary written consent for clinical breast examination were subjected to clinical breast examination by Dr. Arulmozhi after ensuring privacy. About three women gave voluntary consent for clinical breast examination in which one woman who had breast swelling was referred to Obstetrics and Gynaecology OPD, SMVMCH for further management.

AYUDHA POOJA CELEBRATION AT UHTC, VILLUPURAM:



WORLD DIABETES AWARENESS AND SCREENING PROGRAMME

Date: 19.11.2021

Place: Krupalaya Old Age Home

Timing: 10.30 am-12.15pm

Coordinated By:

Dr Arulmozhi. M (Assistant Professor)

Mrs. Devasundari (MSW)

Dr. Roshan (CRRI)

Dr. Geethavarshini (CRRI)

Dr.Sailesh Barik (CRRI)

Dr. Sajith kannan (CRRI)

Dr. Sajitha M.S (CRRI)

Dr.Samgeeth (CRRI)

In view of World Diabetes Day 2021, which is being celebrated every November month, We the Department of Community Medicine, SMVMCH conducted an awareness and screening programme at Krupalaya old age home, Villupuram coordinated by UHTC in-charge Dr. Arulmozhi. M and interns posted at UHTC. Nearly 25 elderly women benefitted from this programme. A health education session on Diabetes regarding risk factors, symptoms, diet modification, and other preventive aspects was given to the elderly women at the old age home followed by a screening camp for Diabetes Mellitus.

The Programme commenced at 10.30 a.m. Welcome address was given by Mrs. Devasundari (MSW) and Dr.Arulmozhi (AP), Dept. of community medicine spoke about the theme of world Diabetes Day 2021 and the importance of screening for diabetes. The program started with an introduction to diabetes which was given by Dr.S.Geethavarshini (CRRI). The risk factors of diabetes were also explained. The symptoms of diabetes were explained by Dr.Roshan (CRRI). The importance of timely screening along with screening modalities was emphasized. Lifestyle modification was described by Dr.Sajitha (CRRI). The ‘Diabetic diet plan’ was imparted to the gathering. The complication of diabetes was stressed so that timely prevention can be undertaken. The step-by-step demonstration of foot care was done by Dr.Samgeeth (CRRI). The dos & Dont’s of foot care was explained in detail. All these are aided with illustrations and flip books prepared by Dr.Sajethkanna & Dr.Sailesh Barik (CRRI). The doubts regarding diabetes were clarified at the end which made the section more interactive.

The Diabetes screening was initiated at 11.00 a.m. and included four stations: Measurement of height and weight, Blood pressure, Waist and Hip circumference, and checking capillary blood glucose levels for Diabetes Mellitus. The other health complaints were also addressed. General medical checkup for school children in that home was also done on their request. Nearly 25 girl children were examined and appropriate referral and treatment was given. The whole session lasted for about 2 hours. Then the session was ended by thank You note given by old age home in-charge sister Josiya.

Health Education session



Self-foot care demonstration



Weight measurement



Height measurement



Blood Pressure measurement



Waist & Hip circumference measurement



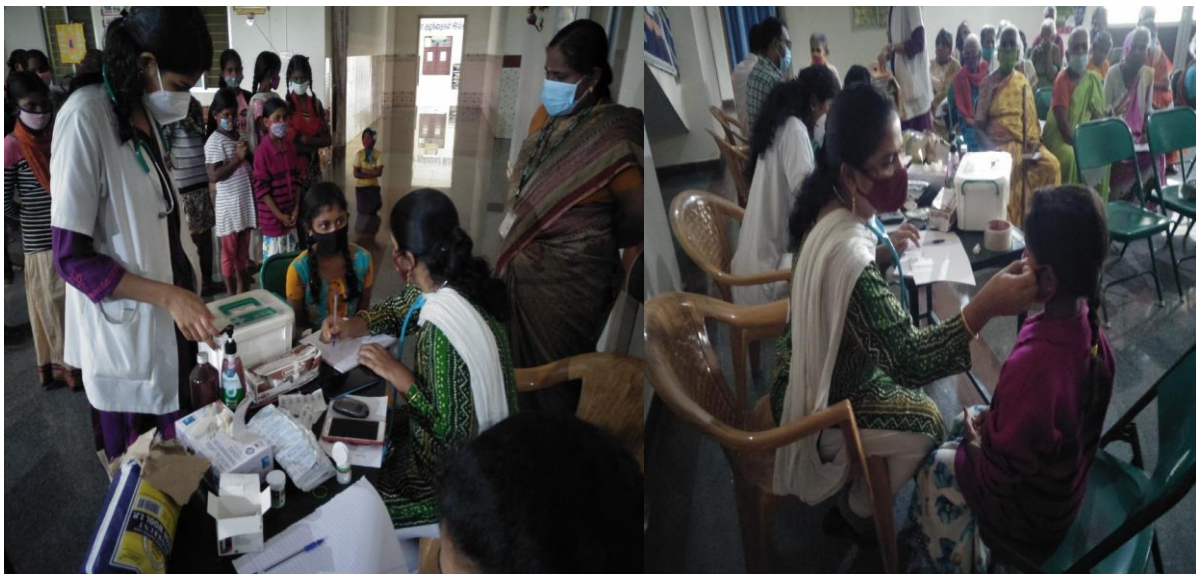
Screening for Blood Glucose



General Health Check-up



General medical check-up of school children in old age home



UHTC Health care team at Kirupalaya Old Age Home



World Diabetes Day Celebration At Daanam Foundation Self Help Group Programme, Seshanoor.

Coordinated By:

Dr.S.Geethavarshini(CRRI)

Dr.Sajith Kanna(CRRI)

Mrs.Devasundari(MSW)

The diabetes day celebration was conducted by the Department of community medicine on 24-11-2021 in Seshanoor Shivan temple at 11.30 a.m to 12.30 p.m. The introduction of diabetes along with its signs and symptoms was explained by Dr.S.Geethavarshini. Investigation Management and Preventive measures were emphasized by Dr.Sajith Kanna. Footcare was also discussed by interns. Finally, the whole session was summarized by Mrs.Devasundari (MSW). As the group requested to talk about Dengue and Malaria, the same was discussed by Dr.Geethavarshini and Dr.Sajith Kanna. Around 45 women of varying age groups participated and all their doubts were clarified. The session was ended with a thank you note by SHG in-charge Mrs. Kurl Arasi.



DIABETES AWARENESS



WORLD HIV DAY AWARENESS AND SCREENING PROGRAMME

Date: 14.12.2021

Place: Ayyur agaram

Timing: 11.00 am-11.40am

Team members:

Dr.Reshma .P (CRMI)

Dr.Preepa .A (CRMI)

Mrs. Deva Sundari (MSW)

On behalf of World HIV Day 2021 which is being celebrated every December. We, the Department of community medicine, SMVMCH conducted an awareness programme at Ayyur agaram. Nearly 30 participants benefitted from this program. First, we explained about HIV and its causative organism, mode of transmission, symptoms, vertical transmission, the ways by which HIV was not transmitted, investigation, psychological support, and preventive measures were explained.



HIV AWARENESS PROGRAMME

Place: Government higher secondary school, Kapoor

Participants: 9th and 10th std students

Resource person: Dr.M.Reveda(CRRI)

Dr.R.N.Roghanbalaji(CRRI)

Mrs. Devasundhari(Female social worker)

Material used: - Chalk and Board charts

we visited the Government Higher Secondary School, Kapoor, and requested the principal of the school to conduct an awareness program about HIV. Permission was obtained from the principal and they assembled 9th and 10th Standard Students. Totally 45 boys and 30 girls attended the program. At the request of the school principal, we conducted two sessions separately for boys and girls. During the sessions, initially, we asked them what they knew about HIV, and then we gave a lecture about HIV, its route of transmission, and its prevention methods using the charts we made, for about 15 to 20 mins each. At the end of the session, we asked questions to the students, and we gave chocolates to the students who answered correctly. Students were attentive and they gave very good responses from their side. Both the sessions were interactive between us and the students. Finally, we thanked the school management and the teachers, for giving us such a wonderful opportunity.



VASECTOMY FORTNIGHT PROGRAMME

Date: 28.12.2021

Place: Koliyanur

Timing: 10.30 am-12.30pm

Team members: Dr. Arulmozhi (AP)

Dr. Ram prakash(CRMI)

Dr. Rama (CRMI)

Mrs. Deva Sundari (MSW)

On behalf of vasectomy fortnight 2021 which is being celebrated every year by the government. we the Department of Community Medicine, SMVMCH conducted a programme for the motivation of vasectomy (no-scalpel vasectomy) for anganwadi workers at koliyanur BDO office. Nearly 15 participants were involved in this program. First, we collected feedback from the participants about their knowledge of vasectomy, the advantages and disadvantages of vasectomy, its procedure, government services & and schemes to promote vasectomy, and precautions to be taken after vasectomy. We explained about the myth present about vasectomy. We promoted and explained the topic effectively. All the participants were actively involved in the session. Vasectomy hoardings were prepared by the interns to enforce the practice of vasectomy promotion.



AWARENESS PROGRAMME ON VASECTOMY AMONG SELF-HELP GROUP REPRODUCTIVE WOMEN

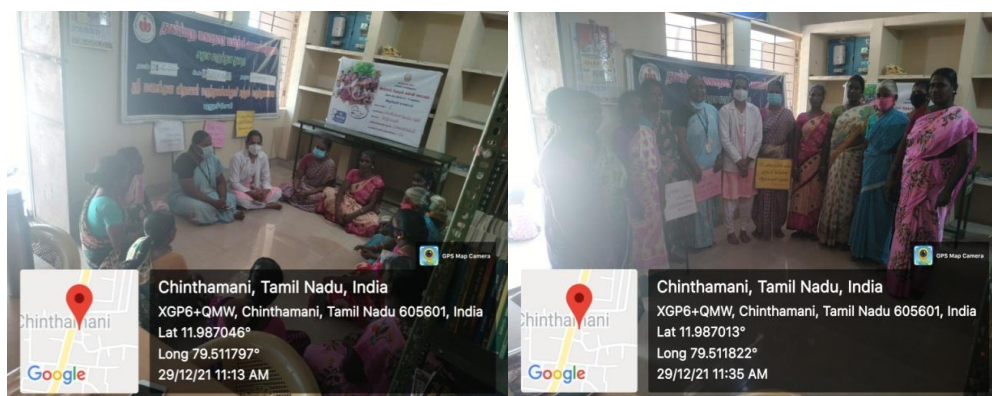
Date: 29.12.2021

Place: Sinthamani, Villupuram district

Conducted by: Dr.Subalakshmi.S(PG)

Mrs.Devasundari(MSW)

On behalf of Sri Manakula Vinayagar Medical College and Hospital, the Department of Community Medicine-Urban Health Training Centre (UHTC) conducted an awareness program about vasectomy among a self-help group of reproductive-aged women in Sinthamani village, Villupuram. Around 10-15 women participated in the program. Self-help group women were gathered in Sinthamani- a local library by Mrs. Kumari (self-help group - head). An introduction about the session was given by Mrs.Deva Sundari. Followed by a focus group discussion about male sterilization (vasectomy) was done. Women shared their views about it in their own language, after obtaining consent. It was audio recorded. The reason behind the refusal to do vasectomy was given by the participants. Then, the Advantage of doing a vasectomy is explained by Dr. Subalakshmi (pg). Consent was obtained from all the women before doing an audio transcript. Initially, the participants were asked to share their opinions about male sterilization. They mentioned that it is not practically possible because males need to go to work and should earn to run the family, they should lift heavy weights, if they do a vasectomy their sexual desire will get reduced and social stigma. Then Dr.Subalakshmi explained about advantages of doing vasectomy in detail in their own language. It is a simple day-care, non-invasive procedure, with minimal bleeding, and can perform their routine works a day after surgery. Mrs.Devasundari advised women to communicate the information to others in the village and motivate them. At the end of the program, their doubts were cleared. The session was closed by Mrs. Deva Sundari.



RURAL HEALTH TRAINING CENTRE

THIRUVENNAINALLUR

Celebration of days of Public Health Importance

2021

TB Awareness program and Blood Donation Awareness program

Place: Bonn Nehru High School ,Thiruvannainallur

Audience: 11th and 12th Standard Students

Date: 01.03.2021

Tuberculosis and Organ Donation Awareness Program at Bonne Nehru School

We organized a comprehensive awareness program at Bonne Nehru School to educate students and staff about tuberculosis (TB) and organ donation. The initiative aimed to disseminate crucial information, dispel myths, and encourage a proactive approach towards health and community well-being.

The medical faculty conducted an informative session on tuberculosis, covering the basics of the disease, its transmission, symptoms, and available treatment options.

The program also addressed the life-saving impact of organ transplantation.

Information was provided on the organ donation process, legal aspects, and the positive impact individuals can make by registering as organ donors



Women's Day celebration

Place: Bharath Training Institute, Perriyapalayam

Event : Rangoli competition

Date: 08.03.2021

Women's Day Rangoli Competition at Bharath Training Institute

We celebrated International Women's Day with a vibrant Rangoli competition that brought together creativity, talent, and a spirit of celebration. The event aimed to honor the artistic abilities of women while fostering a sense of community and empowerment.

The Rangoli competition featured a diverse range of participants, including students, faculty, and staff of Bharath Training Institute.

Participants showcased their creativity on the theme of women's empowerment, highlighting the achievements, strength, and resilience of women from various walks of life.



Awareness about cervical and breast cancer

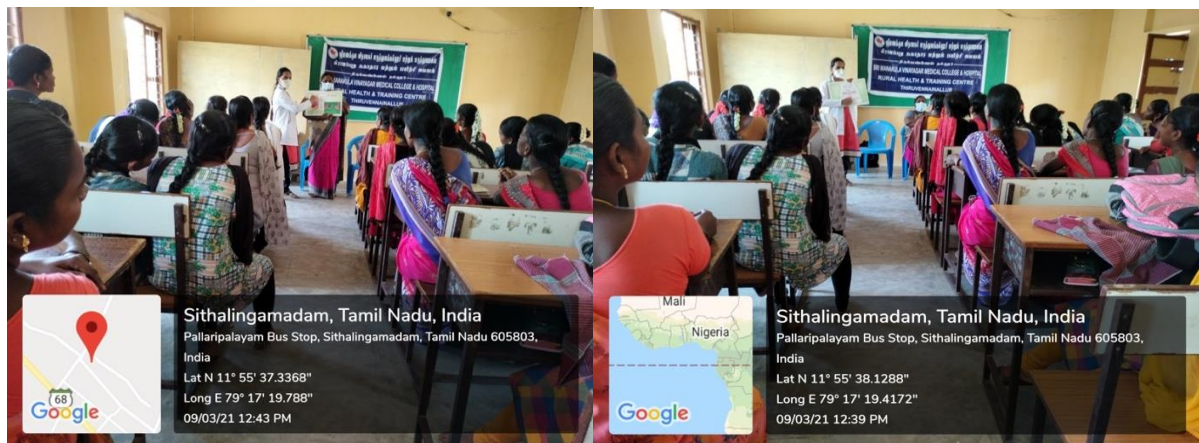
Place: Bharath Training Institute

Perriyapalayam

Date: 09.03.2021

Title: Breast Cancer and Cervical Cancer Awareness Program at Bharath Training Institute

We organized a comprehensive awareness program on breast cancer and cervical cancer, underscoring the importance of early detection, prevention, and overall women's health. The event, aimed to educate students, faculty, and staff about the risk factors, symptoms, and preventive measures associated with these two prevalent types of cancer affecting women. Participants had the opportunity to ask questions and seek clarifications during dedicated Q&A sessions. This interactive format encouraged an open dialogue about women's health concerns and dispelled myths and misconceptions related to breast and cervical cancers.



World TB Day-2021

Program: Special Guest Lecture

Date : 26.03.2021

Venue: RHTC

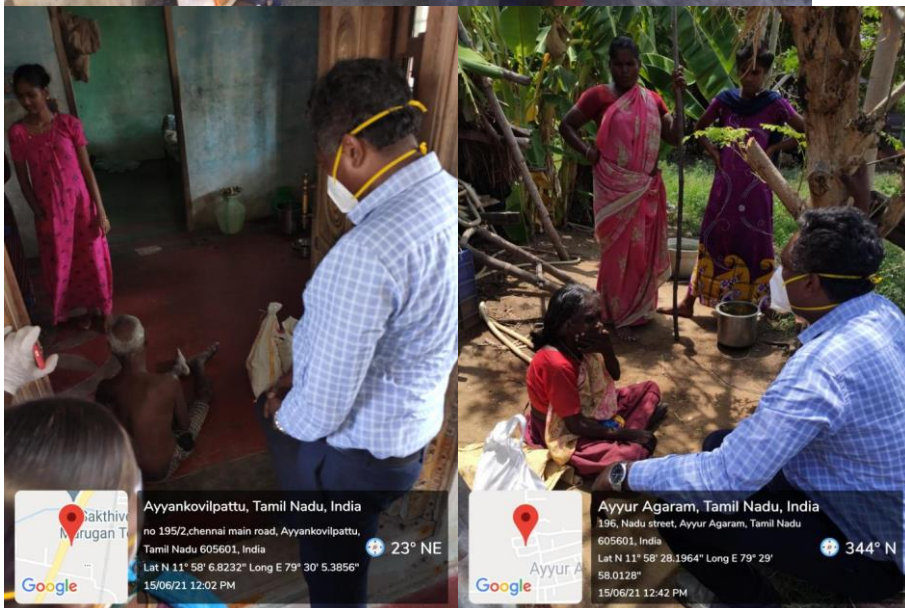
World Tuberculosis Day is observed annually on March 24th to raise awareness about the global epidemic of tuberculosis (TB) and efforts to eliminate the disease.

In line with this, the Rural Health Centre in Tiruvannainallur organized a comprehensive awareness program on World Tuberculosis Day 2021 to educate the local community about TB prevention, diagnosis, and treatment.



Assistance to beneficiaries of Home Based Palliative Care

Distribution of food and essentials kit sufficient for one month use of one patient to all beneficiaries of our program.



World breast feeding week celebration

Theme: Protecting Breastfeeding: Where lies the Responsibility?

Activity 1: Breastfeeding awareness program for Antenatal mothers at Thiruvennainallur PHC

Date: 03.08.2021

Timing: 10.00AM-12.00PM

Place: Thiruvennainallur PHC

Target audience: Antenatal mothers

Resource persons: Dr. Vivekananda (PG)

Dr. Sridevi (CRRI), Dr. Subahsree (CRRI)

Mrs. Tamizhselvi (ANM)

World Breast Feeding Week Celebration was held at Primary Health Centre Thiruvennainallur on behalf of Rural Health Training Centre of Department of Community Medicine, Sri Manakula Vinayagar medical College and Hospital Thiruvennainallur on 03 – 08 – 2021. The programme emphasized the theme of this year's Breast Feeding Week Theme. A team consisting of Post Graduate in Community Medicine Dr. Vivekananda, Ms. Sridevi, Ms. Subahsree CRRI and Mrs. Tamizhselvi ANM from Rural Health Training Centre, Department of Community Medicine, Sri Manakula Vinayagar medical College and Hospital Thiruvennainallur visited the PHC and demonstrated the correct way of breast feeding and the benefits of Exclusive Breast Feeding to the ante natal mothers who were attending the Ante Natal Clinic. Dr. Akilan Medical Officer In-charge and Mrs. Muthambigai SHN of Primary Health Centre made elaborate arrangements to make the programme a grand Success.



Photograph 1 & 2: Breastfeeding awareness program for antenatal mothers at Thiruvennainallur PHC

Breastfeeding awareness program for Postnatal mothers at Thirubhuvanai PHC

Date: 05.08.2021

Timing: 11.00AM-12.00PM

Place: Thirubhuvani PHC

Target audience: Postnatal mothers

Resource persons: Dr.Subalakshmi.S (PG), Dr.Agilandeshwari (CRRI), Mrs.Jayanthi (MSW)

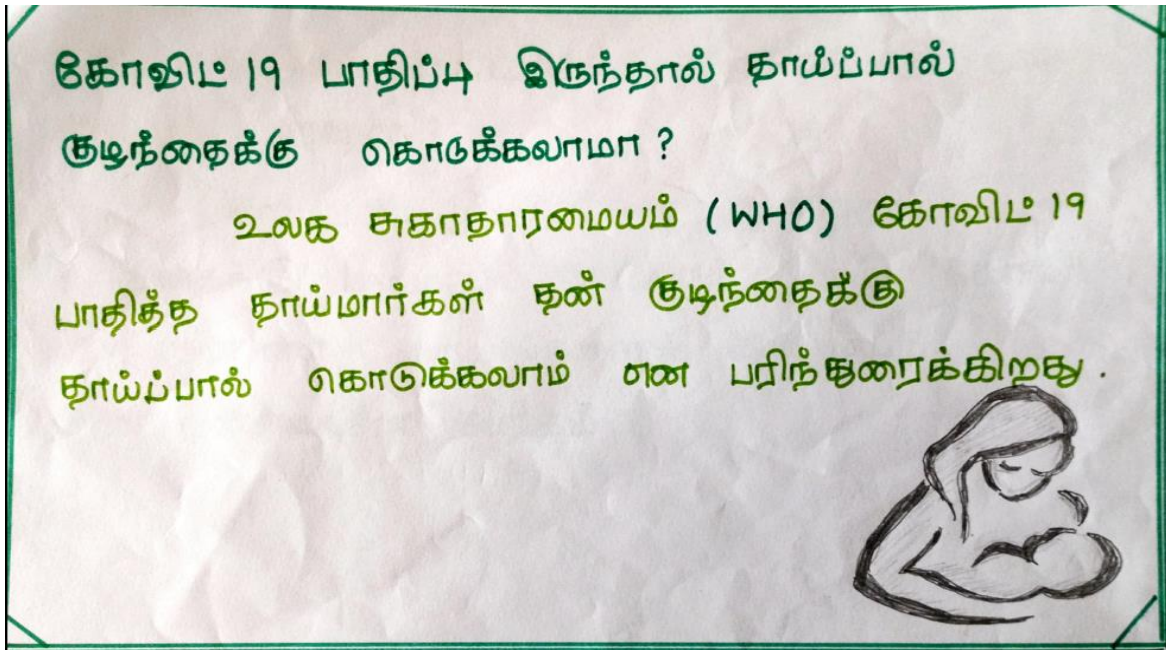
As a part of World Breast Feeding Week celebration, a breastfeeding awareness program was conducted by Department of Community Medicine of Sri Manakula Vinayagar Medical College and Hospital (SMVMCH), Puducherry at Thirubhuvanai PHC on 05/08/2021 between 11.00AM-12.00PM. About 25 post natal women were gathered at Thirubhuvanai PHC following all Covid appropriate norms such as maintaining Social distancing, wearing masks etc. Introductory session about the program was given by Mrs.Jayanthi(MSW). Benefits of breast feeding, advantage of breast feeding to child and mother, when to initiate feeding, how long it should be given, proper positioning and attachment, exclusive breast feeding and when to initiate complementary feeding, precautions to be followed during covid-19 was explained in native language by Dr.Subalakshmi.S(PG) and Dr.Agilandeshwari (CRRI). Demonstration was done using dummy baby and breast about various types of positioning and proper method of attachment by Dr.Subalakshmi.S(PG). At the end of the session overall summary was explained in short by Mrs.Jayanthi(MSW) and doubts raised by the postnatal mothers regarding breast feeding was cleared by proper explanation. Thirubhuvanai PHC Medical officer Dr.Aishwarya, Staff nurses and ANM's also participated in the program.



Photograph 3 & 4: Breastfeeding awareness program for post natal mothers at Thirubhuvanai PHC

Development of Health Education Material on Breastfeeding and Covid-19

Since we are celebrating this Breastfeeding week amidst Covid situation, we decided to clarify the doubts of the mothers and their family members regarding breastfeeding during covid times. For this purpose we developed a flip book on “ Breastfeeding and Covid 19”. To start with, we had a half day training program for Medical Interns posted in our department about Health Education Material Preparation. The contents for the preparation of flipbook was obtained from recommendations provided by WHO and UNICEF on Breastfeeding during Covid times. The flipbook was prepared by the Medical interns, Medical Social Worker Mrs. Jayanthi and PG Dr. Subalakshmi under the guidance of Assistant Professor Dr. Sindhuri. This flipbook included information on breastfeeding, its benefits to mother and infant, whether mothers can breastfeed their babies during Covid times? Whether Covid 19 positive/ suspected mothers breastfeed? Precautions to be followed during breastfeeding in Covid times.



Photograph 5: Cover page of the Flipbook on Breastfeeding and Covid-19

Health education sessions to improve knowledge of mothers about breastfeeding during Covid Pandemic

As a part of World Breastfeeding week celebration, we initiated a Community Survey in the first week of August to find out the breastfeeding status of postnatal women in Puducherry during Covid pandemic. Through this survey we also tried to find out the knowledge of antenatal and postnatal mothers about breastfeeding during covid times, which included precautions to be taken during breastfeeding. After survey, a health education session was conducted on “Breastfeeding and Covid 19” by Medical Interns and Medical Social Worker using the flipbook. At the end of the session, the knowledge of mothers on breastfeeding during Covid was again tested and we found a significant improvement in the knowledge of mothers.



Photograph 6 &7: Community survey and Health Education session on Breastfeeding and Covid 19

Breastfeeding awareness program for antenatal and postnatal mothers

Date: 28.08.2021

Timing: 10.00AM-12.00PM

Place: Keerimedu Anganwadi

Target audience: Antenatal and Postnatal mothers

Resource persons: Dr.Subalakshmi.S (PG),

Dr.Pavithra (CRRI),Dr.Swetha(CRRI),Dr.Ashish(CRRI)

Mrs.Devasundari (MSW)

As a part of World Breast Feeding Week celebration, a awareness program was conducted by Department of Community Medicine,SMVMCH in Keerimedu Anganwadi on 28/08/2021 between 10.00AM-12.00PM. 20 post natal and 5 ante natal women were gathered in Keerimedu Anganwadi.Social distancing was maintained.Introductory session was dealt by Mrs.Devasundari(MSW).Benefits of breast feeding,advantage of breast feeding to child and mother,when to initiate feeding,how long it should be given,proper positioning attachment,exclusive breast feeding and when to initiate complementary feeding.Precautions to be followed during covid-19 were explained in patients own language by Dr.Subalakshmi.S(PG).Benefits of breast feeding to mother and child was explained byDr.Pavithra&Dr.Swetha(CRRI).Demonstration was done using baby and breast models about various types of positioning and proper method of attachment by Dr.Subalakshmi.S(PG).At the end of the session overall summary was given in short by Mrs.Devasundari(MSW). Doubts raised by the postnatal mothers regarding breast feeding was cleared by proper explanation.Anganwadi staff Mrs.Ambiga helped in co-ordinating the program.At end of the session refreshment were given to all mothers and children who participated in the program.



Photograph 8 &9: Breastfeeding awareness program for antenatal & post natal mothers at Keerimedu anganwadi