



# News Letter

April to June 2024

## Department of Community Medicine



Preliminary round of WHD quiz was conducted today for the second year MBBS students Total participation: 33

On behalf of Department of Community Medicine SMVMCH. 2nd Year MBBS Students in a group of 28 members visited Ponlait (industrial visit). The techniques, processing, packing methods of milk, Ghee, curd and ice cream was explained and the process of packing, laboratory and storage of milk is visited by students on 2.4.2024. Under the incharge Dr Arulmozhi mam and Dr Subalakshmi mam in consultation with HOD Dr Premanandh sir. Queries were clarified at the end of the session and icecream is provided to each students





On behalf of Department of community medicine SMVMCH. In UHTC Palliative care needs were distributed for Pain and Palliative patient today 11-4-2024. Under the guidance of UHTC supervisory incharge Dr.Arulmozhi mam and UHTC incharge Dr.Subalakshmi mam and in consultation with HOD Dr. Premanandh sir.

1) Condom catheter was provided to Mr.Arumugam

Patient by Dr.subalakshmi mam in Maharajapuram ,villupuram

1)10 Uro bags was provided to Mrs.Ganambal patient by Dr.Sai santhoshini PG in Nannadu ,villupuram

2) Walking stick was provided to Mr.Udhayasuriyan by Dr.Subalakshmi mam in Enjampakam ,villupuram.



On behalf of department of community medicine SMVMCH. In UHTC World Health Day Awareness Programme was conducted in Annai Theresa paramedical was conducted [www.smvmch.ac.in](http://www.smvmch.ac.in)

in Annai Theresa paramedical college, villupuram on 12-4-2024. under the guidance of UHTC supervisory incharge Dr.Arulmozhi mam and UHTC incharge Dr.Subalakshmi mam in consultation with HOD Dr.Premanandh sir. By using charts Introduction and Theme and Brief about PM JAY scheme and how to use ABHA app were explained to the students. 180 students were participated in the session. Quires were clarified at the end of the session.

Competition:

1) COOKING WITHOUT FIRE COMPETITION

6 students were participated in the competition with the topic of organic and nutritional foods For the winner food storing container was given as

1st and 2 nd prize.

2) CHART COMPETITION

35 students were participated in the competition with the topic of my health my right For the winners all colour stick pen was given as 1st and 2nd prize.

3) DEBATE

Debate was conducted to the students with the topic of do's and don'ts of lifestyle changes for the current and past generation.

6 students were participated. For the winners shield was given as 1st and 2nd prize





On behalf of Department of community medicine SMVMCH. In RHTC Palliative care needs were distributed for Pain and Palliative patient. Under the guidance of RHTC incharge Dr. Ashwathy mam and in consultation with HOD Dr. Premanandh sir.

- 1) Foley catheter was provided to Mr. Rajkumar Patient by Dr. Selva Monika PG, in Perangiur, Thiruvannainallur
- 2) Foley catheter, Uro bag was provided to Mrs. Saravanan patient by Dr. Selvamoni PG in ottanantahal, Thiruvannainallur
- 3) Foleys catheter was provided to Mr. Naranyaswamy by Mrs. Jeyanthi MSW, in pavanthur Thiruvannainallur.



A part department activity for World Health Day celebration by Department of Community Medicine with guidance of HOD health talk was delivered by Dr. Reena Mohan (AP) Based on theme "My Health My Right" to MIT students it was an interactive session.



On behalf of the Department of Community Medicine, under guidance of Dr. Reena Mohan mam, Dr. Revadi Mam, Dr. Subalakshmi Mam, in consultation with Dr. Premanandh Sir, Prof. And Head, Department of Community Medicine, a health education on "Organ transplant" was conducted at Venkateshwara college (Manakula Vinayagar campus) for 2nd year and 3rd year B. Ed students. Around 50 students along with their staff actively participated in the session. The introduction was given by Dr. Subalakshmi Mam followed by which a poll session was conducted in which 10 questions related to organ transplantation were asked. 35 students participated in the poll. Followed by which, a Ppt presentation was given by Dr. Arthi. D, 3rd year post graduate. The topics covered were, statistics, types of transplantation, a note on live and cadaveric transplantation, various myths, legislation, importance of organ transplantation in India; clarification was also given on who can donate organs. We concluded the session by showing our Manakula Vinayagar Medical College's eye donation card and the basic pre-requisite for



organ donation. At the end of the session, answers of the questions were discussed where participants were able to answer the questions.



On behalf of department of community medicine SMVMCH. In RHTC on representing The world day for safety and Health at work -2024 . Health education awareness programme for farmers was conducted in keerimaedu village on 23-4-2024 .under the guidance of RHTC incharge Dr Aswathy mam in consultation with HOD Dr .Premanandh sir. More than 30 members were participated in the session . Introduction, signs and symptoms , prevention and treatment for heat stroke and dehydration ,anemia ,hook worm infestation, common farmers lung disease, were explained by using charts. Queries were clarified at the end of the session .

On behalf of the Department of Community Medicine, under guidance of UHTC Incharge Dr.Arulmozhi mam and Dr.Subalakshmi Mam in consultation with Dr.Premanandh HOD Sir. A health awareness program on "World Immunization Week" was conducted at Anganwadi, Ananganur for ANC and PNC mothers. Around 16-20 mothers along with their childrens actively participated in the session. The introduction was given by Dr. Nudhan Sabarish and Devasundari the benefits,overall theme, consequences, risk factors and importance of immunization was explained. The session was concluded by clarifying the doubts and distribution of snacks with thanks note by MSW.





On behalf of the Department of Community Medicine, under guidance of UHTC Supervisor Dr.Arulmozhi mam and UHTC Incharge Dr.Subalakshmi Mam in consultation with Dr.Premanandh HOD Sir. A health awareness skit on "World Malaria Day" was conducted at Kandampakkam Village Community, for Village People. Around 36-40 people actively participated in the session. The introduction was given by Dr. Nudhan Sabarish and Devasundari the Do's and Dont's,overall theme, Difficulties , consequences and risks was explained. The session was concluded by clarifying the doubts and distribution of snacks with thanks note by MSW



On behalf of department of community medicine SMVMCH.In RHTC world malaria day awareness programme was conducted in koovagam village on 26-4-2024.under the guidance of RHTC incharge Dr Aswathy mam in consultation with HOD Dr .Premanandh sir. More than 30 members were participated in the session . By using charts Introduction, life

cycle of mosquito ,risk factor ,signs and symptoms , prevention and treatment of Malaria was explained,Refreshment was given and Queries were clarified at the end of the session . Following that cleaning campaign was also conducted with the help of 5 government sanitary workers. By using ICMR Vector control research format PG and interns were surveyed for egg, pupae,larva stages of mosquito in koovagam kovil street and surrounding areas.Positive areas were addressed to the sanitary workers and to the village head Mr.Murugan .



On behalf of department of community medicine SMVMCH.In RHTC on representing The world day for safety and Health at work -2024 . Health education awareness programme for Brick klin workers was conducted in Thottikudisai village on 29-4-2024 .under the guidance of RHTC incharge Dr Aswathy mam in consultation with HOD Dr .Premanandh sir. More than 30 members were participated in the session . Introduction, signs and symptoms , prevention and treatment for heat stroke and dehydration ,hook worm infestation, respiratory disease were explained by using charts. Queries were clarified at the end of the session . Refreshments were distributed at end of the session .



On behalf of Department of community medicine SMVMCH. 'Palliative Care Orientation Program for Medical Interns' was conducted in the session pre test was conducted by Dr.Subalakshmi mam introduction, principles of palliative care and case sheet briefing and clarification of doubts was done by Dr.Arulmozhi mam then assessment of pain, symptoms assessment and management and communication skills was done by Dr.Asathy mam in consultation with HOD Dr.Premanandh sir Around 29 CRMI students actively participated in session in which snacks and lunch is provided



On behalf of department of community medicine SMVMCH. In RHTC on representing The world day for safety and Health at work -2024 . Health education awareness programme for Brick kiln workers was conducted in Thottikudisai village on 29-4-2024 .under the guidance of RHTC incharge Dr Aswathy mam in consultation with HOD Dr .Premanandh sir. More than 30 members were participated in the session . Introduction, signs and symptoms , prevention and treatment for heat stroke and dehydration ,hook worm infestation, respiratory disease were explained by using charts. Queries were clarified at the end of the session . Refreshments were distributed at end of the session .



On behalf of Department of Community Medicine SMVMCH, under the guidance of Head of the department Dr.Premanandh.K, debate on gender equality was held for medical interns posted in Community Medicine on 18.4.2024. As a continuation of the programme, the interns were encouraged by Faculties Dr.Rajalakshmi.M, Dr.Reena Mohan and Dr.Revadi to do trend analysis on Gender equity. Interns enthusiastically participated in the activity and completed the analysis on 14.5.2024.







On behalf of department of community medicine SMVMCH. In RHTC World Hypertension Day -2024 awareness programme was conducted in RHTC NCD clinic thiruvennainallur on 16-5-2024 .under the guidance of RHTC incharge Dr.Aswathy mam in consultation with HOD Dr .Premanandh sir. More than 35 members were participated in the session . By using PowerPoint slides and videos - Introduction,risk factors ,signs and symptoms , diet history, prevention and treatment for hypertension were explained . A skit was performed by interns with the title

On behalf of the Department of Community Medicine, under guidance of UHTC Supervisor Dr.Arulmozhi mam and UHTC Incharge Dr.Subalakshmi Mam in consultation with Dr.Premanandh HOD Sir. A Health Awareness Rally on "National Dengue awareness program" was conducted on 16/05/2024 at Seviyar Colony Villupuram Slum, for Village People in which 12 students from annai thersa college joined the rally in which awareness about dengue was given by CRMIs with some children also actively participated in the rally from village.Around 36-40 people totally participated in the rally and snacks has been provided.After which source detection was done by PG,CRMIs, MSW and ANM the steps to reduce source detection was explained to household members.

A skit was performed by interns with the title

- 1) Unfollow hypertensive patient and thier complication
- 2) Regular follow up hypertensive patient and thier benifits. A brief note on Hypertension and Queries were clarified by Dr.Aswathy mam. Refreshment were given at the end of the session.



On behalf of the Department of Community Medicine, under guidance of UHTC Supervisor Dr.Arulmozhi mam and UHTC Incharge Dr.Subalakshmi Mam in consultation with Dr.Premanandh HOD Sir. A Health Awareness



Activity was conducted on "World Hypertension Day" with collaboration with Kandamandi PHC around 90 members participated in which skit was organised, the steps to follow for hypertension was explained by medical officer of PHC the do's and don't's was explained by Dr. Nudhan Sabarish (PG) and activity of placard was displayed in front of each patient and asked to pick what can be followed and what not to be followed by patients after which each card was explained to patients by CRMIs which doubts were cleared by MSW the session concluded by giving healthy snacks to participants



On behalf of department of community medicine SMVMCH. In RHTC World Hypertension Day -2024 community awareness programme was conducted in Sithanangur village on 17-5-2024 under the guidance of RHTC incharge Dr. Aswathy mam in consultation with HOD Dr. Premanandh sir. More than 35 members were participated in the session. By using charts Introduction, risk factors, signs and symptoms, diet history, prevention and treatment for hypertension were explained.

All the Participants were screened for hypertension and 2 newly diagnosed hypertensive patients were identified and treatment was started and asked them to come and follow in RHTC NCD clinic. Refreshment was given. Queries were clarified at the end of the session.



In consultation with our HOD, Prof Dr. Premanand sir, we attended the 'Inter-department meeting' organised by the Department of Psychiatry today (17/5/2024). Venue: Hospital block, 3rd floor conference hall. Topic presented: "Challenges faced in treatment of STI among Female Sex Workers (FSW) in Puducherry". Participants: Dr. Arthi. D, post graduate, Dr. Reena Mohan mam (AP), Dr. Aswathy Raveendran mam (AP). To start with, the session was started by 2.30pm. Dr. Parvathy, 3rd year PG, Department of Psychiatry gave an



Introduction following which the article was presented by Dr. Arthi. D. Then there was a group discussion where their queries related to the study were clarified along with experience sharing. The session was concluded by



On behalf of the Department of Community Medicine, under guidance of UHTC Supervisor Dr.Arulmozhi mam and UHTC Incharge Dr.Subalakshmi Mam in consultation with Dr.Premanandh HOD Sir. A Health Awareness program about "World Menstrual Hygiene Day" at Annai Theresa Community College under which introduction was given by Dr.Nudhan Sabarish (PG) charts was explained by CRMIs under topics of theme of menstrual hygiene day, importance of cleanliness during menstruation, Pre-menstrual symptoms, the diet and aggravating factors during menstruation. Around 100-140 people totally participated in the program.

The program was concluded by MSW which doubts were clarified and Refreshments have been given at end of session.



On behalf of Department of community medicine SMVMCH. As a part of NSS activity on "World Dengue Day" a source detection with awareness was given individually by CRMIs on 23-5-2024 at Thirubuvanai. Under guidance of HOD Dr. Premanandh sir in consultation with Dr.Reena Mohan





On behalf of department of community medicine SMVMCH. In RHTC On representing World Hand Hygiene Day -2024. For Quiz competition Preliminary were conducted to interns on 15-5-24 with the topic on world hand hygiene day aim, objectives, theme, WHO guidelines of hand hygiene, Hand washing and infection control. 20 interns were participated in the preliminary session. Based on their marks, 8 interns were selected to final round quiz competition. Today Quiz competition was conducted to interns. Under the guidance of RHTC incharge Dr.Aswathy mam in consultation with HOD Dr .Premanandh sir. By spliting 4 teams, each per 2 team. 8 interns were participated in the quiz, Three rounds were conducted in the quiz

Round 1 - Each team had 5 Rapid fire question

Round 2 - Demonstration of hand washing technique

Round 3- each team had 2 Image based question and 1 case scenario Prize was distributed by Dr. Aswathy mam and participant certificate was given to all the participants.

1<sup>st</sup> Prize - Dr.Vaseegar, Dr.Mukesh

2<sup>nd</sup> Prize - Dr.Logarchana, Dr.Lajvanthi



On behalf of department of community medicine SMVMCH. In RHTC On representing World Hand Hygiene Day -2024 Rangoli competition was conducted to RHTC Health Workers (ANM, Staff nurses). Under the Theme of hand hygiene on 15-5-24.

under the guidance of RHTC incharge Dr.Aswathy mam in consultation with HOD Dr .Premanandh sir. 8 members were participated in the competition.

Today Prize was distributed by Dr. Aswathy mam and participant certificate was given to all the participants.

1st Prize - Tamilmozhi sister

2nd Prize - Chandraleka sister





On behalf of department of community medicine SMVMCH. In RHTC World No Tobacco Day -2024 awareness programme was conducted in VRS college of engineering and technology, Arasur. On 29-5-2024, under the guidance of RHTC incharge Dr. Aswathy mam in consultation with HOD Dr. Premanandh sir. More than 185 students were participated in the session. By using PowerPoint slides, \*Introduction&theme, social disadvantages of using tobacco. \*Risk factors, common signs and symptom prevention and treatment of lung cancer, oral cancer, bronchial asthma, \*Rehabilitation, nicotine replacement therapy, behavioral therapy, has explained. Queries were clarified. At the end of the session tobacco Survey questionnaire was given to the students and asked to fill the questionnaire Finally in Tamil language No Tobacco pledge was undertaken by the students and college staffs.



Arasur, Tamil Nadu, India  
VCJ4+CQ2, Semmar, Tamil Nadu 607107, India



Arasur, Tamil Nadu, India  
VCJ4+CQ2, Semmar, Tamil Nadu 607107, India

On behalf of department of community medicine SMVMCH. In RHTC World No Tobacco Day-2024 community awareness programme was conducted in semmaru on 29-5-2024, under the guidance of RHTC incharge Dr. Aswathy mam in consultation with HOD Dr. Premanandh sir. More than 32 members were participated in the session. By using charts introduction&theme, social disadvantages of using tobacco. \*Risk factors, common signs and symptom prevention and treatment of lung cancer, oral cancer, bronchial asthma. \*Rehabilitation, nicotine replacement therapy, behavioral therapy, has explained. Refreshment was given. Queries were clarified at the end of the session. Charts were displayed in RHTC notice boards.



Semmar, Tamil Nadu, India  
VCJ4+CQ2, Semmar, Tamil Nadu 607107, India



Semmar, Tamil Nadu, India  
VCJ4+CQ2, Semmar, Tamil Nadu 607107, India

On behalf of the Department of Community Medicine, under guidance of UHTC Supervisor Dr. Arulmozhi mam and UHTC Incharge Dr. Subalakshmi Mam in consultation with Dr. Premanandh HOD Sir. A Health Awareness program in a Community about "World No Tobacco Day" at Rahanath Com

[www.smvmch.ac.in](http://www.smvmch.ac.in)



plex, Villupuram under which introduction was given by Dr.Nudhan Sabarish (PG). Charts and detailed animated videos with PPT presentation in Laptop under the theme, history about how it started, different forms of tobacco, Mechanism how it affects your body,Risk factors of tobacco, Prevention of tobacco acquired disease,the methods of De-addiction was explained by CRMIs.Around 40 people totally participated in the program.The program was concluded by MSW which doubts were clarified at the end of session

donation,The methods of blood donation and types of blood was explained by using Charts and PPT presentation in Tablet by CRMIs. Around 40 students totally participated in the program. The program was concluded by MSW and doubts were clarified then refreshments were given at the end of session



On behalf of the Department of Community Medicine, under guidance of UHTC Supervisor Dr.Arulmozhi mam and UHTC Incharge Dr.Subalakshmi Mam in consultation with Dr.Premanandh HOD Sir. A Health Awareness program about "World Blood Donor Day" at Bharathi Para medical College under topics Introduction and theme by Dr.Nudhan Sabarish (PG), Criteria, Importance, Contraindications, Need for blood

[www.smvmch.ac.in](http://www.smvmch.ac.in)

As a part of NSS activity , world no tobacco day celebration were done under guidance of HOD sir . Poster competition we're conducted for UG students which was based on the theme . Dr Ashwathy mam was the judge for the event. Award was given for best 3 posters.





On behalf of the Department of Community Medicine, under guidance of UHTC Supervisor Dr.Arulmozhi mam and UHTC Incharge Dr.Subalakshmi Mam in consultation with Dr.Premanandh HOD Sir. A Health Awareness Skit was performed on "World Environmental Day" at Saradha Vidya Higher secondary school Skit topics covered the theme.of plant restoration, drought, desertification by PG, CRMI Around 100 students totally participated in the program.The conclusion was given by MSW and doubts were clarified then refreshments were given at the end of session followed by activity of planting trees and some plants inside the school.



On behalf of department of community medicine SMVMCH. In RHTC World food safety day -2024 community awareness programme was conducted in irundhai village on 14-6-2024.under the guidance of RHTC incharge Dr. Aswathy mam in consultation with HOD Dr . Premanandh sir. 40 members were participated in the session.

By usingcharts \*Introduction&theme, Food poisons riskfactors, signs and symptoms, reason and prevention strategies, consumption and handling a of drinking water and adulteration in food and food additives were explained \*Interns Demonstrated and explained how to find out the Adulterated food products with honey, tea powder, pepper, chilli powder, turmeric powder, asafoetida, milk, Wheat, Queries were clarified at the end of the session.



On behalf of the Department of Community Medicine, under guidance of UHTC Supervisor Dr.Arulmozhi mam and UHTC Incharge Dr.Subalakshmi Mam in consultation with Dr.Premanandh HOD Sir. A Health Awareness program about "World Elderly Abuse Day" in a Community Under topics Introduction and theme by Dr.Nudhan Sabarish (PG), Elderly emergencies, Vitamin deficiencies in elderly, National Health Program in Elderly were explained by using Charts by CRMIs. Around 100 people totally participated in the program.The program was concluded by MSW then doubts were clarified then



refreshments were given and general health check up camp was conducted to those people at the end of session



On behalf of department of community medicine SMVMCH. In RHTC World Elderly Abuse Awareness Day -2024 was conducted in NCD clinic Thiruvannainallur on 20-6-2024. under the guidance of RHTC incharge Dr.Aswathy mam in consultation with HOD Dr. Premanandh sir. 40 members were participated in the session. By using PowerPoint slides Introduction & theme, types of elderly abuses, risk factors, signs and symptoms, prevention strategies, government schemes for elders were explained. Queries were clarified at the end of the session. Finally interns and RHTC staff members signed the pledge to stop and raise the awareness for elderly abuse.



On behalf of department of community medicine SMVMCH. In RHTC World food safety day -2024 awareness programme was conducted in Government High School Sirumadurai on 24-6-2024. under the guidance of RHTC incharge Dr. Aswathy mam in consultation with HOD Dr. Premanandh sir. From 5th std to 9th std 174 students were participated in the session. By using charts# Introduction&theme, Food poisons risk factors, signs and symptoms, prevention strategies, hand hygiene &hand washing steps and techniques were explained. # Food additives which is used most commonly in eatable foods, were displayed in chart. And asked the students to pick the safe food and unsafe additives added foods. Pen was given to the students who were given correct answer. # Students were included in demonstration of finding adulterated foods,With commonly used food products such as honey, pepper, chillipowder, turmeric powder, asafoetida and Wheat. Students were participated eagerly. Refreshments was given and Queries were clarified at the end of the session.







As a part of Blood donation day awareness program face painting competition were conducted among MBBS students 12 candidates participants and best 3 were selected



As a part of Red Ribbon club activity Quiz program was conducted among MBBS students



As a part of Red Ribbon club activity Photo Booth completion were conducted among MBBS student. Total 6 team participated (3participants/team). best 3 we're selected and awarded



As a part of UHTC activity in SMVMCH Under guidance of UHTC Supervisor Dr.Arulmozhi Mam and UHTC Incharge Dr.Subalakshmi Mam in consultation with Dr. Premanandh HOD Sir. Thennamadevi Village was adopted for regular mobile camp. It was inaugurated by Panchyat Leader in which around 30 - 40 members attended the camp.



On behalf of department of community medicine SMVMCH. In RHTC World Blood donor day - 2024 awareness programme was conducted in Government arts and science college, Thiruvannainallur. on 26-6-2024.



On behalf of department of community medicine SMVMCH. In RHTC World Blood donor day - 2024 awareness programme was conducted in Government arts and science college, Thiruvannainallur. on 26-6-2024. under the guidance of RHTC incharge Dr. Aswathy mam in consultation with HOD Dr. Premanandh sir. 102 students were participated in the session. By using PowerPoint slides # Introduction & theme, Importance of blood donation, blood grouping and typing, eligibility criteria, voluntarism and community engagement, myths and facts of blood donation were explained. Queries were clarified at the end of the session.



Good evening sir and mam. I am happy to inform that I got first prize in oral presentation competition held at Chetcom conference today (28.6.2024). I would like to extend my sincere gratitude to HOD sir, Revadi mam, Subalakshmi mam and all the faculties for your support and encouragement.

As a part of UHTC activity in SMVMCH Under guidance of UHTC Supervisor Dr.Arulmozhi Mam and UHTC Incharge Dr.Subalakshmi Mam in consultation with Dr.Premanandh HOD Sir. School Health Screening Program was conducted on 27/6/2024 at govt adhidhravidhar welfare elementary school. Around 45 students participated in screening program in which HB,BMI, General examination was done to students





On behalf of department of community medicine SMVMCH. In RHTC World Blood donor day - 2024 awareness programme was conducted for Krish Paramedical Institute students in Rural health training centre, Thiruvannainallure on 28-6-2024. under the guidance of RHTC incharge Dr. Aswathy mam in consultation with HOD Dr. Premanandh sir. 25 students were participated in the session . By using PowerPoint slides # Introduction & theme, Importance of blood donation, blood grouping and typing, eligibility criteria, voluntarism and community engagement, myths and facts of blood donation were explained. Refreshment was given, Queries were clarified at the end of the session.



Photo Corner :



Thank You ...