

THE

COMMUNITY

Sri
MANAKULA



VINAYAGAR

Medical College and Hospital

July - September, 2023



GPS Map Camera

Sithalingamadam, Tamil Nadu, India
W7JH+QP5, Sithalingamadam, Tamil Nadu 605803, India
Lat 11.933379°
Long 79.278428°
25/07/23 03:26 PM GMT +05:30

MEDICINE

News Letter

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NCD Screening at Enathimangalam village as a part of FAP done on 1.07.2023



Awareness generation on sterilization

As a part of NSS activity Orator competitions was conducted in our hospital premises by student council members on 11.7.2023. Motivated the OPD patients regarding the pros and cons of both tubectomy and vasectomy.



Palliative care orientation program

On behalf of the department of community medicine, the Palliative care orientation programme was conducted for CRMIs on 11-07-23 by faculty Dr. Arulmozhi and Dr.Asathy, coordinated by PG Dr. Arthi. A total of 32 interns participated in the program. Interns demonstrated their learning on pain assessment and communication skills by means of role play.

World population day celebration

On behalf of department of community medicine, UHTC SMVMCH conducted "world population day" awareness programme at thogaipadi primary health center, villupuram on 18/07/23. Around 40 people including ANC mothers and patients attending PHC actively participated. Introduction, theme for this year 'unleashing the power of gender equality: uplifting', the ill effects of population explosion, temporary & permanent methods of contraception were explained with the help of charts and placards by Dr.Saranya.S(PG) and medical interns. Action of various contraceptives were demonstrated using female reproductive system models. Family planning kits and facilities available in PHC was elaborated by PHC incharge Medical Officer Dr.Vaishnavi. Queries were answered by the doctors and the Programme was concluded by MSW Mrs.Devasundari.





HIV awareness program

As a part of Red Ribbon club activity, awareness on Mother to child transmission of HIV and importance of spouse screening was illustrated for All Antenatal mothers at Thirubhuvanai PHC on 19.07.23. Charts were prepared regarding risk factors ,modes of transmission and prevention of HIV and STD which was briefed by CRRIs. Queries were clarified at the end of the session .



Research Methodology workshop

On behalf of the department of community medicine, Research Methodology workshop was conducted for M. Sc Nursing students at seminar hall , Dept of Community Medicine -SMVMCH on 21-07-23 by faculties Dr.Premanandh, Dr.Arulmozhi , Dr.Aswathy , Dr.Kanimozhi (dept of paediatrics) and PG Dr. Saranya. S. A total of 18 nursing students participated in the workshop. Introduction to research, writing research objectives, literature search & Review of Literature, Study designs , sampling techniques, sample size calculation, data collection procedures, reference citation and SOP of research committee were elaborated. The programme concluded with query clarification session.



World population day celebration

On behalf of Department of Community Medicine SMVMCH we conducted 'world population day' awareness programme at Thenmangalam subcentre on 19.7.2023 under the guidance of RHTC incharge Dr. Aswathy Mam in consultation with HOD Dr Kalaiselvan sir. Around 35 patients including ANC and Post natal mothers attended the programme. Health education on theme and ill effects of population explosion and contraceptive methods were explained by charts. Skit was performed by a team of Interns. Queries were clarified at the end.



School health education program

On behalf of Department of Community Medicine SMVMCH we conducted an awareness programme at Government Girls Hr. Sec. School, Sithalingamadam on 25.7.2023 under the guidance of RHTC incharge Dr. Aswathy Mam in consultation with HOD Dr Kalaiselvan sir. 300 students from class 6 to class 9 participated in the program. Health education was given on Personal hygiene, anemia, causes, signs and symptoms, treatment of anemia and Menstrual hygiene was explained using charts and flip books. Hand washing technique and napkin disposal was demonstrated with explanation. Students actively participated and queries were clarified at the end.





World breastfeeding week celebration

On behalf of department of community medicine,UHTC SMVMCH conducted "world breastfeeding week day "awareness programme at thogaipadi primary health centre, Villupuram on 01/08/2023. Around 40 people including ANC mothers and patients attending PHC actively participated Introduction, theme for this year" Enabliny breast feeding:making a difference for working parents"Introduction , position,attachment, benefits for mother& baby ,hygienic,breast milk bank given by medical interns & MSW Mrs. Devasundari. PHC incharge Medical Officer Dr. Karthika to elaborated this program. Queries were answered by the doctors and the programme was concluded by MSW Mrs. Devasundari.



On behalf of Breast feeding awareness week, the department of Paediatrics conducted a PG quiz our PGs Dr.Priyanka and Dr.Sowbarnika Vaishnavi participated.



Breastfeeding awareness week - Poster and quiz competition

As a part of Breastfeeding awareness week from August 1st to 7th, Dr. Arthi. D, PG has participated in the Poster competition conducted by the Department of Pediatrics on the theme for 2023 "Enabling Breast feeding. Making a difference for working parents".

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.





World breastfeeding week 2023 celebration

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.

World breastfeeding week 2023 celebration

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

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, Thiruvannainallur 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.





World breastfeeding week program

On behalf of department of community medicine UHTC SMVMCH conducted world breastfeeding week program at Villupuram count frigh school Villupuram on 29/8/2023 around 21 female teachers were actively participated .The introduction theme was explained by Dr.divyasri, Dr.gomathi breast feeding adv & disadvantages was explained by Dr.divyasri side effects of bottle feeding was explaint by Dr. Gomathi.the important of breast milk bank was explaint by Dr. Girija. Conclusion was given by Mrs.Devasundari MSW. The programme was concluded with ya query, clarifying session for participants.



National Nutrition Week Programme

On behalf of community medicine Department, UHTC-SMVMCH conducted National Nutrition Week Programme at Kapoor Govt High school on 07/09/2023. Around 72 students were actively participated. The introduction was explained by Mrs Devasundari(MSW). Dr.Divyasri explained about vitamins,it's types and vitamin containing foods. Dr. Eyazhini explained about carbohydrates,proteins,fat and the food items containing it.Minerals and Anemia was explained Dr Jeevitha.Conclusion was given by Mrs. Devasundari (MSW).The programme was concluded with a query clarifying session for participants.



Medical camp

Good evening everyone. RHTC -SMVMCH Thiruvonnainallur operating under the guidance of Department of Community Medicine has been conducting mobile camps in Marangiyur, Keerimedu, Semmar and Sithalingamadam villages so far. Henceforth , it has been decided by the team to conduct camps in Kuvagam, Irundhai and 2 more villages (yet to be finalised)as well from 1.9.23. Attached are the glimpses from today's camp at kuvagam. The villagers welcomed the team and actively participated in the camp to get treated for their ailments.



National Nutrition Week Programme

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 around 10.40 am after the doubt clearing sessions. Afterwards, boiled chickpeas and groundnut were distributed to the participants.



Short course on "Crafting effecting Mixed methods in health research", Sep 13th - 15th 2023

Three-day workshop on "Short course on Crafting effecting Mixed methods in health research" was organised by the Department of Community Medicine and Research Committee (Under the guidance of IQAC) for in house faculties and postgraduates of SMVMCH. It was conducted for 15 participants from 13th to 15th September 2023. Every day the program started at 9 AM sharp and got finished at 4.30 PM. The course contents and additional reading materials were given to them in the form of binder and also by e-mail and whatsapp. Lunch and refreshments were arranged for the participants on all days.

The workshop comprised of interactive lectures, demonstrations and Hands on for softwares, group activities, individual exercises and hands on training related to research methods and development of proposal. The feedbacks were collected from the participants on the closure of each day of the workshop.





Nutrition awareness program

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.

19 participants including Staff nurses, midwives, radio & lab technicians, physiotherapist, clerks, attenders, house keeping staffs participated in the event. As Health care workers play a major influencing factor in patient's health , it is essential that they are adequately educated and trained . Hence to reinforce the importance of nutrition and to upgrade their existing knowledge on nutrition , they were involved in Awareness program and cooking competition. 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 flavorsome 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.



Nutrition awareness program

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 Celebzration. A total of

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, aetiology, 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.



World Rabies Day Awareness program

On behalf of community medicine department UHTC Villupuram conducted world Rabies day awareness program at Annai Community College Villupuram on 29/09/23. The session commenced at 11.00am and with around 62 students including staff members participated in the 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. The program was concluded by Mrs. Devasundari (MSW). The programme was concluded with a query clarifying session for participants.

World Rabies Day Awareness program

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. About 250 students including staff members participated in the 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). End of the session distributed pen for all students.

