

NEWS LETTER

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Medicine

January - March, 2024

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SCHOOL HEALTH EDUCATION AND SCREENING PROGRAMME-2024

Implementing school health screening and providing health education is valuable for students. This initiative ensures early detection of health issues, promoting a approach to well-being. By this note, In SMVMCH under the guidance of RHTC in-charge Dr. Aswathy mam School health education and screening program was conducted for 6th,7th,8th standards students in Edaiyar Government higher secondary school on 24.1.2024. 60 students underwent screening, including anthropometry, hemoglobin estimation, blood grouping tests. Visual acuity was assessed using a Snellen chart and thorough examinations of Personal hygiene, ENT, dental and systemic examinations were done. Following the screening session, awareness talk on menstrual hygiene and personal hygiene, was given. By sharing this knowledge, we are helping students build habits for a healthy and happy li



WORLD CERVICAL CANCER DAY AWARENESS AND SCREENING - PROGRAMME-2024

Promoting cervical cancer awareness, our initiative encourages women to prioritize their health. Join us in spreading the word about the importance of regular pap smear screenings. Early detection through pap smears can be a lifesaver, making cervical cancer preventable. In SMVMCH Under the guidance of Dr. Aswathy mam World Cervical Cancer Day Awareness and Screening Program was conducted for health workers in Rural Health Training Centre Thiruvennainallur on 30.01.2024 . 20 members were participated following which cervical screening PAP smear for 9 participants were done. By focusing on the well being of those who dedicate their lives to care, amplify the impact of program, creating effective awareness and preventive measures in the broader community.



WORLD LEPROSY DAY AWARENESS PROGRAMME-2024

On world leprosy day, our awareness program is makes to Break the stigma, spread awareness, and support those affected by leprosy. In SMVMCH Under the guidance of RHTC in charge Dr. Aswathy

mam conducted world leprosy day 2024 awareness program was conducted for college students in Government Arts and science college in Manakuppam ton 30-01-2024. 200 students were participated in the session. The pledge was taken before starting the session. Questionnaires were given to the students to assess the knowledge and attitude of leprosy. By using PowerPoint slide's introduction and theme, risk factors, clinical features, screening and diagnosis, prevention and treatment of leprosy were explained. Queries were clarified at the end of the session. Our goal is not only to raise awareness about the leprosy but also to create a supportive environment for those affected.



SCHOOL HEALTH EDUCATION AND SCREENING PROGRAMME- FEBRUARY 2024

mam conducted world leprosy day 2024 awareness program was conducted for college students in Government Arts and science college in Manakuppam ton 30-01-2024. 200 students were participated in the session. The pledge was taken before starting the session. Questionnaires were given to the students to assess the knowledge and attitude of leprosy. By using PowerPoint slide's intro

duction and theme, risk factors, clinical features, screening and diagnosis, prevention and treatment of leprosy were explained. Queries were clarified at the end of the session. Our goal is not only to raise awareness about the leprosy but also to create a supportive environment for those affected.



NATIONAL DEWORMING DAY AWARNNESS PROGRAMME - 2024

National Deworming Day is celebrated on FEB 10th, making a commitment to breaking the cycle of parasitic worm infections among children in India. It was conceptualised to tackle the widespread issue of parasitic worm infections, particularly Soil Transmitted Helminths (STH), which affects millions of children nationwide. The program targets school going aged 1 to 19 years, as they are susceptible to worm infestations due to their lifestyle

and environment. These worms cause physical discomfort and impede nutrient absorption, leading to malnutrition, anaemia, and impaired cognitive development. This in turn hinders children educational performance and overall quality of life. RHTC organized a school health education and school health screening program under the guidance of RHTC in-charge - DR. Ashwathy mamat KGBV RESIDENTIAL SCHOOL, Thiruvennainallur on 23.02.2024.40 students were participated in the session. By using charts Introduction, Theme, Risk factor, Clinical features, Prevention and Treatment of worm infestation were explained. Albendazole tablets were distributed to students as a preventive measure against worm infestations. Detailed instructions were provided on how to take the tablets, emphasizing the importance of completing the prescribed course. This initiative aimed to empower students with knowledge about worm infestation, fostering a proactive approach towards their health and well-being.



WORLD CANCER DAY AWARENESS PROGRAMME - 2024

WORLD CANCER DAY is being celebrated on 4th February every year which aims to reduce mortality by raising awareness about cancer, about early diagnosis and to seek medical care at the earliest. The theme for world cancer day is CLOSE THE CARE GAP which emphasizes that every single one of us can make a difference, large or small and that together we can make real progress in reducing the global impact of cancer. IN SMVMCH, RHTC conducted WORLD CANCER DAY AWARENESS PROGRAMME under the guidance of RHTC in-charge - DR. Ashwathymam at GOVERNMENT PRIMARY SCHOOL, IRUNTHAI On 16.02.2024. 40 people are participated in the session. The introduction and theme regarding cancer were explained by Dr. SelvaMonika (PG), followed by skit played by interns regarding cancer awareness. By using charts Risk factors, clinical features, management of lung, oral cancer, breast and cervical cancer were explained. The goal was to empower individuals with knowledge to promote prevention, early intervention, and a better understanding of cancer-related issues within the community.



WORLD CANCER DAY AWARENESS PROGRAMME - 2024

WORLD CANCER DAY is being celebrated on 4th February every year which aims to reduce mortality by raising awareness about cancer, about early diagnosis and to seek medical care at the earliest.

The theme for world cancer day is CLOSE THE CARE GAP which emphasizes that every single one of us can make a difference, large or small and that together we can make real progress in reducing the global impact of cancer. IN SMVMCH, RHTC conducted WORLD CANCER DAY AWARENESS PROGRAMME under the guidance of RHTC in-charge - DR. Ashwathy mam at DHANAM COMMUNITY NURSING COLLEGE, On 20.02.2024. 30 students are participated in the session. The introduction and theme regarding cancer were explained by Dr. SelvaMonika (PG).

By using charts Risk factors, clinical features, management of lung, oral cancer, breast, and cervical cancer were explained. The goal was to empower individuals with knowledge to promote prevention, early intervention, and a better understanding of cancer-related issues.



Viluppuram, TN, India
 Thiruvannainallur, Viluppuram, 607107, TN, India
 Lat 11.829488, Long 79.427671
 02/20/2024 12:34 PM GMT+05:30
 Note: Captured by GPS Map Camera

under the guidance of RHTC in-charge - DR. Ashwathy mam at KGBV RESIDENTIAL SCHOOL, ANDRAYANALLUR on 26.02.2024. 50 students were participated in the session. By using charts Introduction, Theme, Risk factor, Clinical features, Prevention and Treatment of worm infestation were explained. This initiative aimed to empower students with knowledge about worm infestation, fostering a proactive approach towards their health and well-being.



NATIONAL DEWORMING DAY AWARENESS PROGRAMME - 2024

National Deworming Day is celebrated on FEB 10th, making a commitment to breaking the cycle of parasitic worm infections among children in India. It was conceptualized to tackle the widespread issue of parasitic worm infections, particularly Soil Transmitted Helminths (STH), which affects millions of children nationwide. The program targets school going aged 1 to 19 years, as they are susceptible to worm infestations due to their lifestyle and environment. These worms cause physical discomfort and impede nutrient absorption, leading to malnutrition, anemia, and impaired cognitive development. This in turn hinders children educational performance and overall quality of life. RHTC organized a school health education and school health screening program



T. Edaiyar, Tamil Nadu, India
 Sankarapuram - Cuddalore Rd, T. Edaiyar, Tamil Nadu 607203, India
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 Long 79.325959°
 26/02/24 11:38 AM GMT+05:30



T. Edaiyar, Tamil Nadu, India
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 Lat 11.898268°
 Long 79.325959°
 26/02/24 11:59 AM GMT+05:30

COMMUNITY AWARENESS PROGRAMME WORLD HEARING DAY – 2024

under the guidance of RHTC in-charge - DR. Ashwathy mam at KGBV RESIDENTIAL SCHOOL, ANDRAYANALLUR on 26.02.2024. 50 students were participated in the session. By using charts Introduction, Theme, Risk factor, Clinical features,

Prevention and Treatment of worm infestation were explained. This initiative aimed to empower students with knowledge about worm infestation, fostering a proactive approach towards their health and well-being.



WORLD HEARING DAY AWARENESS PROGRAMME-2024

On behalf of Department of community medicine, SMVMCH in RHTC conducted world hearing day awareness programme under the guidance of RHTC in charge Dr. Ashwathymam in consultation with HOD Dr. Prem Anadh sir among primary school students at Bonne Nehru Higher Secondary School, Thiruvannainallur. About 175 students were participated in the session. Brief introduction on theme given by Dr. SelvaMonika (PG). Later skit was performed DR. Prashanna, DR. Prasanna Venkatesh, Dr. Prasanna Kumar, Dr. Rajithra, Dr. Ramya, Dr. Riya. Ebenezer based on Do's and Don'ts in ear care.

Then chart activity on Do's and Don'ts on ear care was conducted for the students. Chocolates were given to the students who participated in the activity. Session was concluded by DR. SelvaMonika (PG).



COMMUNITY AWARENESS PROGRAMME- WORLD TUBERCULOSIS DAY 2024

On behalf of department of community medicine, SMVMCH in RHTC conducted world Tuberculosis Day awareness programme day under the guidance of RHTC in charge Dr. Ashwathy mamin consultation with HOD Dr. Prem Anandh sir conducted at Kuvagam village. Around 30 people participated in the session. Introduction and theme were clearly explained by Dr. SelvaMonika (PG).

Later Dr. Raghuram and Dr. Sameer explained the risk factors, symptoms of Tuberculosis using charts. Then Dr. Rithivibansiya and Dr Thabasum explained the prevention and treatment of Tuberculosis. Summary was given by Dr. SelvaMonika. Queries were clarified at the end of the session. Refreshments were distributed at the end of the session.



WORLD TUBERCULOSISDAY AWARENESS PROGRAMME- 2024

On behalf of department of community medicine, SMVMCH in RHTC conducted world Tuberculosisday awareness programme day under the guidance of RHTC in charge Dr.Ashwathy mam in consultation with HOD Dr.PremAnandh sir at Bonne Nehru Higher Secondary School, Thiruvannainallur on 27/03/2024. The programme started at 11:00am covering 210 students from 6th to 9th and 11th. Based on the theme 2024 we made the

Students stand in the form of END TB. Introduction and theme explained by Dr. Selva Monika (PG) followed by PowerPoint presentation by Dr Ramya RD, Dr Neela. Followed by activities for 6th standard students Do's and Don'ts chart activity conducted by Dr Riya, DrRithi. For 7th standard student's crossword puzzle was conducted By Dr Neela and Dr Ramya RD. For 8th and 9th standard students' skit was played by them based upon the given case scenario with the help of interns Dr Rupashri, DrRufina, DrRajithra, DrSameer. Doubts were cleared at the end of session. Refreshments and pens were distributed, and session was concluded at 1:00pm.



SCHOOLHEALTH SCREENING

School health screening is to improve students health .when students are healthy they are more likely to attend school and be successful in their studies, and it also identify students who are at risk for communicable diseases.By thisnote,In UHTC school health screening was conducted for 1st to 5th standard students in AdhiThiravidar government school in Kapoor villupuram on 24-1-2024 more than 60 students were participated. All the students were screened regarding anthropometry ,diet history, hb test,personalhygiene,visualacuity,ENT ,dental hygiene are checked.



WORLD LEPROSY DAY AWARENESS PROGRAMME -2024

An awareness programme on world leprosy day is celebrated every year to create awareness to common people about the disease and eliminate the stigma and discrimination faced by those who suffer from the disease. In SMVMCH worldleprosy day awareness programme was conducted for college students inDr. MGR women's arts and science college in Villupuram district on 30-01-2024.245 students were participated inthe session. Questionnaires were given to the students to assess the knowledge andattitude of leprosy,By using powerpoint

slides introduction and theme,risk factors , clinical features ,screening and diagnosis , prevention and treatment of leprosy wereexplained . Queries were clarified at the end of the session.



CERVICAL CANCER

HEALTH EDUCATION

Cervical cancer is the second most common cancer in women worldwide; early detection can play a key role in reducing the associated morbidity.by giving health education screening rate for cervical cancer was increased to 31.1% from 6.2%. and thus it has proved to be efficacious on cervical cancer prevention. In SMVMCHCervical cancerHealth education and awareness programme was conducted for self help group people in anangoorVillupuram district on 31/01/2024 .20 members wereparticipated in the session. By using powerpoint slides in tamil and with the chart introductionand theme, risk factors, clinical features ,screening and diagnosis ,prevention



and treatment for cervical cancer were explained. Queries were clarified at the end of the session.



SCHOOL HEALTH SCREENING

School health screening is to improve students health. When students are healthy they are more likely to attend school and be successful in their studies, and it also identifies students who are at risk for communicable diseases. By this note, In UHTC school health screening was conducted for 6th to 9th standard students in Poothamedu Government Higher Secondary School in Villupuram on 24-1-2024. More than 90 students were participated. All the students were screened regarding anthropometry, diet history, hb test, personal hygiene, visual acuity, ENT, dental hygiene are checked.



NATIONAL DEWORMING DAY 2024 AWARENESS PROGRAMME

The main Purpose of National Deworming Day is to deworm all pre-school and school-age children between the ages of 1-19 years through the platform of schools and Anganwadi Centers in order to improve their overall health, nutritional status, access to education and quality of life. By this note, In UHTC national deworming day awareness programme was conducted in Poothamedu government higher secondary school in Villupuram district on 8-2-2024. more than 45 students were participated in the session. Introduction and causative factors, signs & symptoms, prevention and treatment modalities were explained using powerpoint slide and charts, by animated cartoon video regarding transmission and life cycle of worms in intestine were displayed in TV. Albendazole tablets were prescribed to the students, Refreshments were given and Queries were clarified at the end of the session.





Cholaganur, Tamil Nadu, India
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WORLD CANCER DAY -2024 AWARNNESS PROGRAMME

The main aim of World Cancer Day is to prevent millions of deaths each year by raising awareness about cancer and to encourage its prevention, detection, and treatment by early diagnosis. By this note world cancer day 2024 awareness programme was conducted in collaboration with primary health center keezhpærumpakam on 12-2-2024. More than 60 patients who are attending the PHC were participated in the session. By using card boards introduction, most common risk factors, signs and symptoms of cancer were explained. For breast, cervical, lung and oral cancers a short skit was performed by CRMI and risk factors, signs and symptoms, screening, diagnosis, prevention and treatment modalities were included in the skit. Refreshment was given and Queries were clarified at the end.



Viluppuram, TN, India
 Meenakshi Sundareswarar Street, SVS Avenue,
 Viluppuram, 605602, TN, India
 Lat 11°56'14.9691"N, Long 79°30'59.3120"E
 02/12/2024 11:07 AM GMT +05:30



Viluppuram, TN, India
 Meenakshi Sundareswarar Street, SVS Avenue,
 Viluppuram, 605602, TN, India
 Lat 11°56'14.9919"N, Long 79°30'59.3316"E
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WORLD HEARING DAY AWARENESS PROGRAMME

The main aim of world hearing day is to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world. By this note, In UHTC discussion session was given to interns and nursing students regarding common ear problems, ear examination through Tuning fork, Rinne's and Webbers test was explained by using PowerPoint slides and test were also demonstrated on 5/3/2024. Around 15 members were participated. Queries were clarified at the end of the session. Following which today in UHTC 6/3/2024 ear screening was done to the OPD patients. More than 30 patients were screened. And the ear screening for the patient was continued daily in OPD for a week.



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 Lat 11.938657°
 Long 79.485048°
 06/03/24 11:09 AM GMT +05:30

INTERNATIONAL WOMEN'S DAY

In UHTC International Women's Day celebration was conducted in Ashwin's Fashion Academy in Villupuram district on 08/03/24. Rangoli and make up competition was conducted to the institute students. Totally 17 students were in competition in which, 6 pair of students participated in rangoli and 5 students were participated in make up competition. Prizes were distributed. After the competition awareness session was conducted to them. 30 students were participated in the session. Awareness were given regarding Breast Cancer and it's signs symptoms, prevention and treatment, along with that self breast examination was explained. Following which awareness was given regarding prevention of child abuse, good touch and bad touch to students. Queries were clarified at the end of the session.



Viluppuram, Tamil Nadu, India
 50, 50, School St, Selva Nagar, Kamalakannan Nagar, Viluppuram, Tamil Nadu
 605604, India
 Lat 11.938723°
 Long 79.484078°
 08/03/24 12:19 PM GMT +05:30



Viluppuram, Tamil Nadu, India
 50 50, School St, Selva Nagar, Kamalakannan Nagar, Viluppuram, Tamil Nadu
 605604, India
 Lat 11.938724°
 Long 79.484199°
 08/03/24 12:28 PM GMT +05:30

WORLD TUBERCULOSIS DAY AWARENESS PROGRAMME

World Tuberculosis Day was celebrated to raise public awareness and to step up efforts to end the global TB epidemic. By this note in UHTC World Tuberculosis Day Awareness programme conducted in Thokaipadi Primary Health Care centre, Villupuram District on 19/03/2024. Around 61 PHC patients were screened for Fore symptoms of Tuberculosis, 5 Patients had positive symptoms and they were addressed to Medical officer and Referred to Villupuram GH SMVMCH and also asked to Sputum test for further evaluation. More than 70 students participated in the Awareness session. By using Charts introduction and theme, Risk factors, signs and symptoms, Diagnosis and Screening, Prevention and Treatment for Tuberculosis was explained. Refreshment was given, queries were clarified and the end of session.



Tokavadi, Tamil Nadu, India
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 Tokavadi, Venkatesapuram, Tamil Nadu 605301, India
 Lat 11.93165°
 Long 79.447137°
 19/03/24 10:51 AM GMT +05:30



WORLD TUBERCULOSIS DAY AWARENESS PROGRAMME

World Tuberculosis Day was celebrated to raise public awareness and to step up efforts to end the global TB epidemic. By this note, In UHTC World Tuberculosis Day Awareness programme was conducted for Railway cleaners and Sanitation workers in South Railway Station, Villupuram District on 27/03/2024. More than 45 members were Participated in the session. All of them were Screened for Four symptoms of Tuberculosis. By using Powerpoint slides and Flipbook introduction and theme, Riskfactors, signs and symptoms, Diagnosis and Screening, Prevention and Treatment for Tuberculosis was explained. ASkit was played by Interns Regarding Early and Late Detection of Tuberculosis. Refreshment was given, Queries were clarified and the end of session.



WORLD OBESITY DAY AWARENESS PROGRAMME

The main purpose of World obesity day is to raise awareness and to consider the risk factors and other diseases linked to obesity. In UHTC World obesity Day Awareness programme was conducted in ANANGOOR GOVERNMENT HIGH SCHOOL on 11/3/24. 49 students were participated in the programme. Before the awareness session students were screened for obesity by measuring height, weight and BMI. Following which awareness was given regarding types of nutritional food, risk factors, causes and prevention of obesity using charts. A short animated video was displayed in the TV regarding food intake and fat deposition process. Junk foods and healthy foods were kept in the tray and students were asked to pick the correct nutritional foods. Pen was given to those who participated in the activity. Refreshment was given. Queries were clarified at the end of session.





Anangur, Tamil Nadu, India
 WG4C+CJ3, Anangur, Tamil Nadu 605103, India
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 Long 79.5215°
 11/03/24 11:45 AM GMT +05:30



Viluppuram, Tamil Nadu, India
 WC77+7QF, Kappur, Tamil Nadu 605301, India
 Lat 11.913189°
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 13/03/24 11:08 AM GMT +05:30

SCHOOL HEALTH SCREENING

School health screening is to improve students health .when students are healthy they are more likely to attend school and be successful in their studies, and it also identify students who are at risk for communicable diseases. By this note, In UHTC school health screening was conducted for 1st -5th standard students in Kapoor government elementary school, villupuram on 13-3-2024 .more than 90 students were participated. All the students were screened regarding anthropometry ,diet history, hb test, personal hygiene,visualacuity,ENT ,dentalcheck up , systemic examination were done.Further at present complaints have been addressed and relevant medication were prescribed.



Viluppuram, Tamil Nadu, India
 Unnamed Road, Tamil Nadu 605301, India
 Lat 11.913157°
 Long 79.41461°
 13/03/24 11:06 AM GMT +05:30



Photo Corner :



Kallakurichi, Tamil Nadu, India
 Chetti St, Tamil Nadu 607203, India
 Lat 11.866916°
 Long 79.363893°
 08/02/24 02:04 PM GMT +05:30



Viluppuram, Tamil Nadu, India
 Unnamed Road, Tamil Nadu 605301, India
 Lat 11.912963°
 Long 79.4148°
 13/03/24 11:04 AM GMT +05:30

