

**RURAL HEALTH TRAINING CENTRE
THIRUVENNAINALLUR
ANNUAL REPORT (2022-2023)**


Dr. KAGNE. R.N
DEAN
SRI MANAKULA VINAYAGAR
MEDICAL COLLEGE & HOSPITAL
KALITHEERTHALKUPPAM,
PUDUCHERRY-605107.

The major activities of the Centre are –

1. OPD at Centre
2. Rural Mobile Clinic in four villages
3. Physiotherapy unit
4. Specialist visits
5. Counselling OPD
6. Internship and Nurses Training Program
7. Laboratory investigations
8. Activities under national health program
 - a) Non Communicable disease clinic
 - b) Cancer screening program
 - c) School Health Education Program
 - d) National Tuberculosis Elimination Program
9. Celebration of national health days
10. Community based palliative care program
11. RHTC Staff details with name and designation
12. Population covered by the centre

2.1 OPD at centre:

OPD runs every weekday from 8.30 am to 1 pm and then 2 pm to 8 pm. It receives laboratory support with basic investigations such as basic blood and urine examination, haemoglobin estimation, blood sugar, and serum cholesterol, blood urea etc. OPD is also supported by a counselling centre. It offers free treatment for minor ailments. The centre has a pharmacy attached to it. Patients who need referral are referred to our hospital or nearest government hospital at Villupuram. The details of the number of patients in each month are given below.


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**Table 2.1: Month-wise distribution of patients in RHTC OPD
(April 2022 to March 2023)**

Month /Year	Male	Female	Pediatric	Total
Apr-22	1333	1425	104	2862
May-22	1610	1600	253	3463
Jun-22	1611	1550	282	3443
Jul-22	1511	1800	263	3574
Aug-22	1711	1600	243	3554
Sep-22	1904	2128	101	4133
Oct-22	1796	1966	79	3841
Nov-22	2081	2088	300	4469
Dec-22	2177	2187	316	4680
Jan-23	1817	1913	310	4040
Feb-23	1951	1999	368	4318
Mar-23	2395	2340		4735
Total				


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Photograph 2.1: RHTC OPD

2.2 Rural Mobile Clinic:

Among the most visible activities of RHTC, is 'Rural Mobile Clinic' (RMC) in the villages. During these clinics, Primary care for minor ailments is provided at village level. It is conducted from Tuesday to Friday (four days) during the morning hours on fixed days in the village. We have selected four villages within ten kilometre area. It is run by a team of medical interns, social worker and nursing staffs. No user fee is charged for the service. It provides an entry point for other health promotive and preventive activities in the village. It is an opportunity to build-up contact and faith among the villagers and to develop better understanding of the community among the staff of RHTC. It offers an opportunity to medical interns to educate patients in their social environment.

Objectives:

1. To ensure access to Primary health care to the villagers at their doorstep.
2. To ensure interaction of medical interns and postgraduate students with the local community.

Table 2.2: Days and village name for Rural Mobile Clinic

Weekday	Name of the village
Tuesday	Sithilingamadam

Wednesday	Keerimedu
Thursday	Maarangiur
Friday	Semmar

Table 2.3: Progress in number of patients in Rural Mobile Clinic over the period (April 2022 to March 2023)

Month /Year	Male	Female	Paediatric	Total
Apr-22	-	-	-	-
May-22	-	-	-	-
Jun-22	-	-	-	-
Jul-22	-	-	-	-
Aug-22	-	-	-	-
Sep-22	-	-	-	-
Oct-22	-	-	-	-
Nov-22	82	186	52	293
Dec-22	190	305	242	737
Jan-23	116	187	129	432
Feb-23	157	288	230	675
Mar-23	229	302		531
Total				

Mobile camp did not function due to Covid during the period of April 2022-Oct 2022.


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Photograph 2. 3: RHTC mobile clinic

2.3 Physiotherapy unit:

A physiotherapy unit was started with a trained physiotherapist. The unit consist of infra-red radiation, wax bath, short wave diathermy, inferential therapy, ultrasound stimulator, wood radar and marine wheel. Conditions like osteoarthritis, neck pain, low backache, stroke etc. were treated. The details of the number of patients treated in physiotherapy unit for each month are given below.

Table 2.4: Month-wise distribution of patients in Physiotherapy unit

Month	Male	Female	Total
Apr-22	97	142	239
May-22	102	108	210
Jun-22	95	71	166
Jul-22	121	112	233
Aug-22	112	136	248
Sep-22	183	144	323
Oct-22	194	183	377
Nov-22	483	396	879

Dec-22	261	227	488
Jan-23	117	135	252
Feb-23	112	126	238
Mar-23	142	151	293
Total			



Photograph 2.4: Physiotherapy Unit

2.4 Specialist visit

Every week specialist from various departments visit our RHTC to see patients in the OPD. The specialist OPD operates from 10:00 AM to 1:00 PM. Any patient who wants further management they referred to our tertiary care hospital (SMVMCH).

The list of specialist from various departments visiting RHTC is given below.

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S.No	Day	Specialist Visit
1	Tuesday	Dental Dermatology Orthopaedics Radiology
2	Thursday	Ophthalmology
3	Friday	General medicine ENT Psychiatry Pulmonology Paediatrics

Table 2.5: Month wise distribution of patients in specialist visit

Department	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23
Dental	45	53	43	53	53	66	50	59	35	40	59	84
Dermatology	58	75	81	99	104	123	83	131	60	101	104	75
Psychiatry	32	36	41	59	54	56	49	55	67	54	42	63
Surgery	48	57	54	52	53	64	73	131	56	61	96	115
OBG	19	15	13	13	22	30	-	-	-	-	-	-
E.N.T	50	34	46	74	41	81	76	72	79	44	63	71
Paediatrics	44	38	31	53	59	83	47	44	65	50	62	72
Ophthalmology	27	43	44	33	37	53	44	40	70	42	4	53
General Medicine	72	119	37	119	162	260	161	157	155	176	208	130
Ortho	191	195	170	209	199	200	189	338	203	263	236	262
Pulmonary Medicine	27	32	31	33	29	52	29	29	54	56	50	59
Radiology	-	-	-	-	-	-	-	59	73	40	62	
Total	613	697	591	797	813	1068	801	1115	887	927	1027	

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Photograph 2.5: Specialist visit

2.5 Counselling OPD

Counselling of patients is done for non-communicable disease like diabetes, hypertension, anaemia etc. by medical interns, postgraduates, medical officer and social worker.



Photograph 2.6: Counselling services

2.6 Internship Training Program:

We post our medical interns at RHTC for field exposure. Medical interns are given 'Internship card' to document their daily activities under the supervision of medical officers and Postgraduate in Community Medicine. Medical Interns have to work in centre OPD, Rural Mobile Clinic, participate in health education program and weekly academic program where we cover treatment guidelines and National Health Program. Interns' academic activities are held at RHTC on afternoon. They are given the topic of standard treatment guidelines of common conditions developed by the ministry of health and family welfare, India, which are relevant to their day to day practice. The discussion was facilitated by faculties and post graduate from the Community Medicine department.

Table 2.7: Training\seminars and capacity building sessions for medical interns



Photograph 2.7: Internship

Training Program


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2.8 Laboratory investigations

The following laboratory investigations were done for the patient attending RTHC OPD from April 2019 to March 2020.

Table 2.10: Month-wise distribution of lab investigations (April 2022 to March 2023)

Investigations	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23
HB,CBC	96	101+60	50+85	117+58	207	242	199	157	221	240	214	220
ESR	12	15	7	9	7	11	7	7	9	18	13	6
Malarial Parasite	-	-	1	1	4	32	1	5	7	-	4	8
BT / CT	-	2	1	2	1	4	3	2	2	-	3	1
UPT	18	19	11	7	17	2	10	10	15	1	9	4
Albumin	17	11	9	-	7	7	8	2	3	-	-	6
BS / BP	1	1	1	-	1	2	1	-	-	56	-	10
FBS	231	235	290	277	257	323	262	301	338	253	292	373
PPBS	207	233	290	281	253	322	264	305	339	251	294	372
RBS	109	76	66	90	107	118	67	76	112	101	68	81
Urea	48	31	37	48	34	24	38	37	85	64	61	72
Cholesterol	12	12	13	11	35	3	1	10	6	3	2	6
Widal	9	7	8	16	32	112	23	41	-	45	38	29
HBsAg	9	10	2	4	13	4	1	6	3	4	-	9
Blood Group	20	19	104	116	52	36	17	24	17	16	14	13
Total	789	832	975	1037	1027	1242	902	983	1157	1052	1012	1210


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Photograph 2.10: RHTC Laboratory

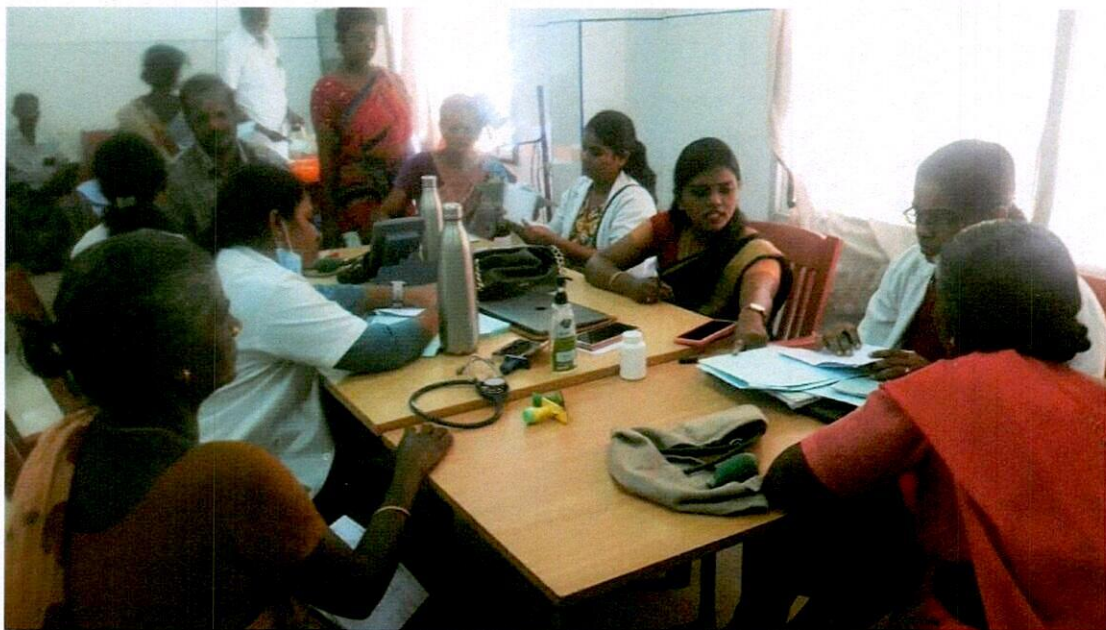
2.9 Activities under National Health program

a) Non Communicable Disease control program

Month-Year	Male	Female	Total
Apr-22	44	119	163
May-22	55	130	185
Jun-22	68	126	194
Jul-22	70	116	176
Aug-22	65	149	214
Sep-22	64	167	258
Oct-22	80	178	261
Nov-22	92	178	270

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Dec-22	132	208	340
Jan-23	79	125	204
Feb-23	108	171	279
Mar-23	116	182	298
Total	973	1849	2822



Photograph 2.11: Non Communicable Disease Clinic

b) Screening program for breast cancer and cervical cancer

Every Friday a team of assistant professor from Community Medicine and OBG, post graduates, interns, social workers and ANM conduct cancer screening program. The screening for breast and cervical cancer is done for the women above 30 years of age from the field practice area of RHTC. Breast cancer screening is done by physical examination and cervical cancer screening is done by Pap smear in collaboration with Department of Pathology. Along with the screening of breast and cervical cancer, women are also screened and treated for Sexually Transmitted Diseases. Partner treatment is also done with help of social workers. Also basic anthropometric measurements and blood examinations (Hb, blood glucose) are done for all the women. Totally 107 patients were screened last year. Out of that nilwere diagnosed to have carcinoma cervix and 1 were diagnosed to have pre invasive lesion.

a) School health education program

In order to promote health awareness among students, schools were identified in the villages of field practicing areas of RHTC. Every month on a particular topic health education and awareness was provided by a team of Assistant Professor, Health

Educator, Medical Social Worker, Post Graduate and Medical Interns in 4 Government schools namely 1) Government Elementary school - Kerimedu, 2) KGBV school - Andrayanallur, 3) KGBV school - Thiruvannainallur, 4) Government high school - Edaiyar, 5) Government high school - Periyasevallai. This activity helps generate awareness among students and in training medical interns.

S.No	Name of the school	Total number of Participant / Date	Topic	Details of health educators
1.	Siumadhurai PHC	15 1/4/22	TB awareness	Mrs. Jayanthi(MSW) CRRI Dr. Karthiga devi Dr. Kasi vishwanathan
2.	Modern Government higher secondary school	150 25/4/22	World Malaria day awareness	Mrs. Jayanthi(MSW) CRRI Dr. Gayathri Dr. Rathidevi
3.	KGBV, Unduuraiyida School, Andrayanallur.	62 15/7/22	Injuries and first aid	Mrs. Jayanthi(MSW) CRRI Dr. Anbarasi Dr. Aparna Aishwarya Devi
4.	Government High School, Periyasevalai.	57 19/7/2022	Injuries and first aid	Mrs. Jayanthi CRRI Dr. Arun naachiyappan Dr. Angeline felix
5.	Anganwadi	25 27/7/22	World population day	DR. Priyadarshini, MO MRs. Jayanthi CRRI Dr. Anbarasi Dr. Bhuvana
6.	Government High School, Edayur.	47 27/7/22	Injuries and first aid	Mrs. Jayanthi CRRI Dr. Barath kumar
7.	Enanthimangalam, Govt. High School	400 7/8/22	Special camp	Dr. Agilan MO MRs. Jayanthi CRMI Dr. Gayathri Dr. Arthi
8.	Gandhi Memorial Government Higher Secondary School,	300 14/10/2022	Adolescent health education on	PG: Dr. Arthi. D CRRI: Dr. Divya, Dr. Brinda Dr. Geethanjali MSW: Mrs. Jayanthi

	Gandhikuppam.		menstrual hygiene	
9.	Modern Government Higher Secondary School, Emmapore.	400 19/10/2022	Hand Hygiene Awareness Programme	PG: Dr. Arthi.D CRRI: Dr. Ganesh Dr. Harshita Rani Dr. Mohammed yousaf MSW: Mrs. Jayanthi
10.	Government Higher Secondary School, Ennathimangalam	525 21/10/2022	Nutrition and hand washing	PG: Dr. Arthi. D CRRI: Dr. Divya dharshini Dr. Sammah bhattacharya MSW: Mrs. Jayanthi
11.	Government High School; Sirumadurai	13.09.2022	World Rabies day	Pg: Dr.Arthi.D Crri: Dr.Dheepiga.P.K Dr.J.Aspaña Jeba Dr.Bavadharane Dr.Dhanush Raaman Social Worker: Mrs.Jayanthi (Msw) Staff: Mrs. Suganya
12.	Gandhikuppam Govt. Hr. Sec. School, Thiruvannainallur	300 14/10/2022	Adolescent health education on menstrual hygiene	PG: Dr. Arthi. D CRRI: Dr. Divya.C Dr. Brinda Dr. Geethanjali MSW: Mrs. Jayanthi
13.	Modern Government Higher Secondary School, Emmapore.	19/10/2022	Hand Hygiene Awareness Programme	PG: Dr. Arthi.D CRRI: Dr. Ganesh Dr. Harshita Rani Dr. Mohammed yousaf MSW: Mrs. Jayanthi
14.		15.11.22	Dengue And	Dr.Arthi. D(Pg) (Crri)

	Govt Girls High School, Sithalingamadam.		Malaria Awareness	Dr.Sowntharyaa.C.K Dr.Yoganand .M Dr.Vasireddy Siddhan Dr.Siddharth .RMrs Jayanthi (Msw)
15.	Bonne Nehru School, Thiruvannainallur	06.01.2023	Menstrual hygiene	Dr.Priyanga.D (PG) Dr.Vishnupriya (CRMI) Dr.Shivashankar(CRMI) Dr.Vaibhav (CRMI) MRS JAYANTHI (MSW)
16.	Government Primary school , Keerimedu	07.03.2023	Personal hygiene and hand washing	Dr.Priyanga.D (PG) Dr.Munuswamy (CRMI) Mrs. Jayanthi (MSW) Miss.Ramya(DNA)

Table 2.12: List of topics for each month in school health program

Month	Topic
January	Nutrition and healthy lifestyle
February	Awareness about cancer and prevention
March	-(Annual exam)
April	-(Annual holiday)
May	-(Annual holiday)
June	World Environmental day-beat air pollution
July	Injury and first aid measures
August	World Mosquito day-malaria
September	Personal hygiene
October	Personal hygiene

November	Personal hygiene
December	Awareness on AIDS



Photograph 2.13: School health education program

b) National Tuberculosis Elimination Program (NTEP):

Our centre functions as a Non-designated Microscopy centre. Our centre health inspector goes to the field and collects sputum samples from Tuberculosis suspects on a regular basis. Both active and passive surveillance for Tuberculosis is being done.

2.13 Community based Palliative care program

In order to utilise the trained manpower and resources, we planned to initiate community based palliative care services in the field practice areas (four villages) of our Rural Health Training Center. We have signed an MoU with Scope India for the providing support for community mobilisation activities and nursing care for people who need palliative care under the National Rural Health Mission.


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Table 2.15: Details of palliative care patients

	Patient details	Diagnosis
	Mr. Prakash, 30 years/Male Keerimedu	Lower Limb Paralysis
	Mr Krishnamoorthy 74 years/Male Sithalingamadam	Stroke
	Mr. Jayaraman 75 years/Male Sithalingamadam	Hemiplegia
	Mrs. Shanthi 48 years/ Female Thiruvannainallur	CA Breast
	Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia
	Mr. Prakash, 30 years/Male Keerimedu	Lower Limb Paralysis
	Mr Krishnamoorthy 74 years/Male Sithalingamadam	Stroke
	Mr. Jayaraman 75 years/Male Sithalingamadam	Hemiplegia
	Mrs. Shanthi 48 years/ Female Thiruvannainallur	CA Breast (Declared DEAD on 26/05/19)
	Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia
	Mr. Prakash, 30 years/Male Keerimedu	Lower Limb Paralysis
	Mr Krishnamoorthy 74 years/Male Sithalingamadam	Stroke

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Mr. Jayaraman 75 years/Male Sithalingamadam	Hemiplegia
Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia
Mr. Prakash, 30 years/Male Keerimedu	Lower Limb Paralysis
Mr Krishnamoorthy 74 years/Male Sithalingamadam	Stroke
Mr. Jayaraman 75 years/Male Sithalingamadam	Hemiplegia
Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia
Mr. Prakash, 30 years/Male Gramam	Lower Limb Paralysis
Mr Krishnamoorthy 74 years/Male Sithalingamadam	Stroke
Mr. Jayaraman 75 years/Male Sithalingamadam	Hemiplegia
Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia
Mrs. Amaravathi 65 years/ Female Sithalingamadam	Diabetic ulcer- Amputations
Mr. Prakash, 30 years/Male Gramam	Lower Limb Paralysis
Mr Krishnamoorthy 74 years/Male Sithalingamadam	Stroke

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Mr. Jayaraman 75 years/Male Sithalingamadam	Hemiplegia
Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia
Mrs. Amaravathi 65 years/ Female Sithalingamadam	Diabetic ulcer- Amputations
Mr. Prakash, 30 years/Male Gramam	Lower Limb Paralysis
Mr Krishnamoorthy 74 years/Male Sithalingamadam	Stroke
Mr. Jayaraman 75 years/Male Sithalingamadam	Hemiplegia
Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia
Mrs. Amaravathi 65 years/ Female Sithalingamadam	Diabetic ulcer- Amputations
Mr. Prakash, 30 years/Male Gramam	Lower Limb Paralysis
Mr Krishnamoorthy 74 years/Male Sithalingamadam	Stroke
Mr. Jayaraman 75 years/Male Sithalingamadam	Hemiplegia
Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia
Mrs. Amaravathi 65 years/ Female Sithalingamadam	Diabetic ulcer- Amputations
Mr. Prakash, 30 years/Male Gramam	Lower Limb Paralysis

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Mr. Jayaraman 75 years/Male Sithalingamadam	Hemiplegia
Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia
Mrs. Amaravathi 65 years/ Female Sithalingamadam	Diabetic ulcer- Amputations
Mr. Prakash, 30 years/Male Keerimedu	Lower Limb Paralysis
Mrs. Amaravathy, 65 years Female, Sithalingimadom	Stroke
Mr. Jayaraman 75 years/Male Sithalingamadam	Amputation, Diabetic Foot
Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia
Mr.Prakash, 30 years/Male Keerimedu	Lower LimbParalysis
Mrs. Amaravathy,65 years Female, Sithalingimadom	Stroke
Mr. Jayaraman 75 years/Male Sithalingamadam	Amputation, Diabetic Foot
Mr. Krishnamoorthy74 years/Male Sithalingamadam	Stroke
Mr. Anbazhagan 55 years/Male Pudhupalayam	Left side Hemiplegia

Celebration of days of Public Health Importance:
REPORT ON HOOKWORM AWARENESS ON 01/04/2022:

Venue: Sirumadhurai

Date: 1/4/22 Time: 10:00am – 11:00am.

Faculty:

D.S Karthika Devi (CRR)

Kasivishwanathan (CRR)

Mrs. Jayanthi (MSW)

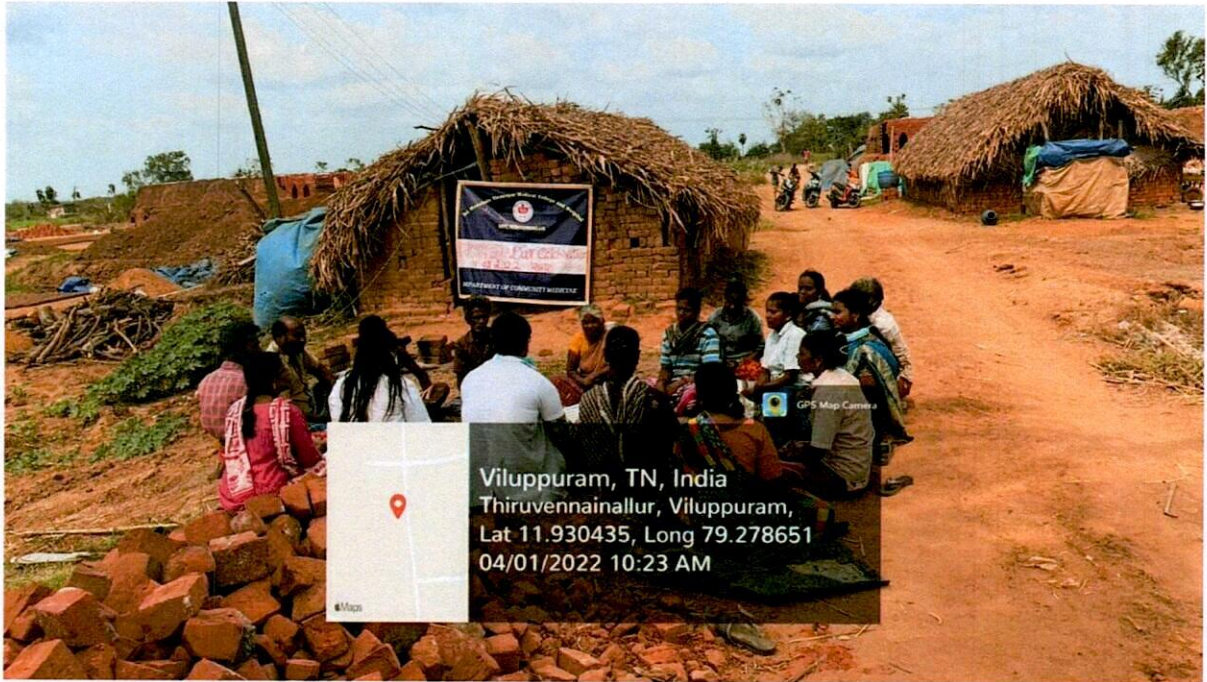
Mrs. Geetha (Lab technician)

As the world health day falls on APRIL 7TH, the doctors of SMVMCH planned an awareness programme on topic “Hookworm awareness among kiln and agricultural workers”. As the kiln workers also worked in agricultural activities, they were our target population.

The programme started with the introduction to hookworm, its prevalence among bare foot workers, pathogenesis, mode of transport, signs and symptoms, investigation, prevention and treatment as explained by showing practical pictures in an iPad by D.S Karthika Devi. The participants were eager to listen as the topic provoked their felt need and interest, and they eagerly asked questions to the speaker. Doubts were cleared then and there. The programme was a good group discussion conducted out in a public common spot with 15 participants.

As the world health day’s 2022 motto goes as “Our planet our health” so was the programme conducted in an interactive way. The participants thanked the speaker at the end; vote of thanks given by Mrs. Jayanthi.


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REPORT ON AWARENESS FOR NON COMMUNICABLE DISEASES ON 07/04/2022:

VENUE : RHTC (SMVMCH), THIRUVENNAINALLUR.

FACULTY: DR. PREETHI (Medical Officer, R.H.T.C)

DR. DINESH (CRRI)

DR. KASI (CRRI)

Mrs. JAYANTHI (MSW)

DATE : 07.04.2022

TIME : 10 AM TO 10.15 AM

EVENT REPORT :

On behalf of World Health Day on April 7th, 2022, an Awareness about Non Communicable Diseases (Diabetes Mellitus & Hypertension) is given to follow-up patients in RHTC, Thiruvennainallur. Initially the introduction was given by Mrs. JAYANTHI (MSW) about Non Communicable Diseases (Diabetes Mellitus & Hypertension. Following which Dr.Kasi (CRRI) gave a brief explanation about Diabetes Mellitus, it's symptoms and complications. All the patients were co-operative and listened to the briefing. It was an interactive session and patients were interested and asked their doubts regarding the diseases and their misbeliefs


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REPORT ON WORLD HEALTH DAY CELEBRATION ON 07/04/2022 & 11/04/2022:

VENUE : RHTC (SMVMCH), THIRUVENNAINALLUR.

FACULTY: DR. AKILAN (Medical Officer, P.H.C)

DR. MADHIALAGAN (Senior Resident Medical Officer)

DR. PREETHI (Medical Officer, R.H.T.C)

DR. DINESH (CRRI)

DR. DEIVANAI (CRRI)

Mrs. RANJANAMADHA (Dhanam Nursing Institute, ANM In charge)

Mrs. JAYANTHI (MSW)

QUIZ ORGANISING TEAM : DR. PREETHI (Medical Officer, R.H.T.C)

DR. DINESH (CRRI)

DR. DEIVANAI (CRRI)

Mrs. RANJANAMADHA (Dhanam Nursing Institute, ANM In charge)

Mrs. JAYANTHI (MSW)

DATE : 07.04.2022 & 11.04.2022

PARTICIPANTS:

1. 1ST YEAR AND 2ND YEAR ANM students of Dhanam Nursing Institute, Arasur.
2. CRRI's posted in RHTC and UHTC.
3. Staff nurses, technicians and workers of RHTC.

ACTIVITY HELD :

1. "Healthy Food" event for Staff nurses, technicians and workers of RHTC.


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2. Quiz competition for ANM students of Dhanam Nursing Institute, Arasur.
3. Quiz competition for CRRI's of in RHTC and UHTC of SMVMCH.
4. Charts on "OUR PLANET, OUR HEALTH" for CRRI's of RHTC.

EVENT REPORT (07.04.2022):

On the occasion of World Health Day on April 7th, 2022, we organized a "Healthy Food" event for Staff nurses, technicians and workers of RHTC. The event started around 12.30 PM in RHTC (SMVMCH), THIRUVENNAINALLUR. All the participants displayed their preparations in a Hygienic Manner and explained the Nutritive Value present in their Food Preparation to the Diabetic and hypertensive patients. DR. PREETHI (Medical Officer, R.H.T.C) appreciated the efforts taken by the Staff nurses, technicians and workers of RHTC, and the event was concluded around 1 PM by Mrs. JAYANTHI (MSW)

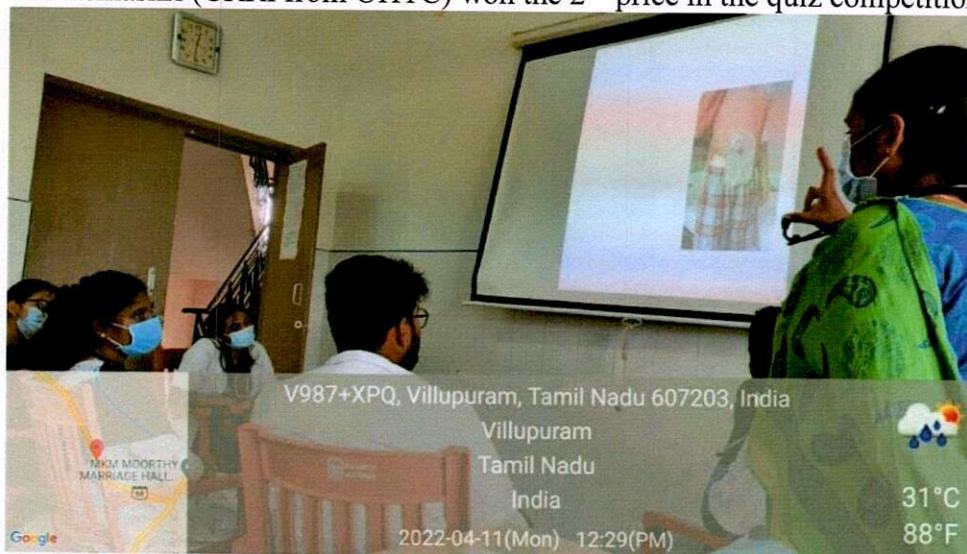


EVENT REPORT (11.04.2022):

Owing to World Health Day on April 7th, 2022, We celebrated World Health Day on April 11th, 2022 in RHTC (SMVMCH), THIRUVENNAINALLUR. Dr.Dinesh (CRRI) gave a brief introduction on World Health Day and stressed importance of social and mental health. Following which Dr. Preethi conducted the preliminary round of Quiz competition for ANM students, Dhanam Nursing Institute, Arasur. The preliminary round consisted of 10 questions. All 35 ANM students participated in preliminary round. Among those, 5 students topped with high score in the preliminary round and were selected for Finals. The final quiz consisted of 3 rounds. Miss. Chandra (2nd year ANM student) won the 1st price and Miss. Nirosha (1st year ANM student) won the 2nd price in the final quiz competition. Following this event tea and snacks were provided for all the participants and staffs present in the program.



Following which Dr. Preethi (Medical Officer, R.H.T.C) conducted the preliminary round of Quiz competition for CRRIs of in RHTC and UHTC of SMVMCH. The preliminary round consisted of 15 questions. 5 CRRIs were selected for Finals. The final quiz consisted of 4 rounds. Dr. Gughan (CRRi from UHTC) won the 1st price and Dr. Hemashri (CRRi from UHTC) won the 2nd price in the quiz competition.

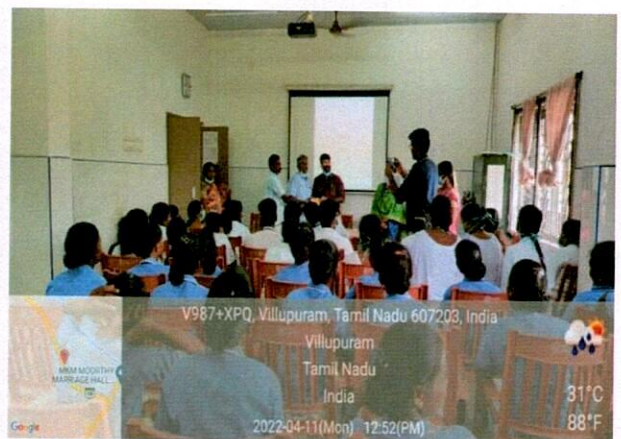


Following this event a Chart competition based on the Theme “OUR PLANET, OUR HEALTH” for CRRIs of RHTC has been conducted. 10 charts were received from the CRRi’s of RHTC and the best 2 among them were selected. Dr. Gayathri (CRRi of RHTC) won the 1st place and Dr. Deivanai (CRRi of RHTC) won the 2nd place in the Chart competition.


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Then our guest of honor DR. AKILAN (Medical Officer, P.H.C), gave an health Education on Mental health to all the participants and distributed the prize to all the winners of the quiz and Healthy Food competition. Mrs. RANJANAMADHA (Dhanam Nursing Institute, ANM In charge) has been honored with a memento by DR. PREETHI (Medical Officer, R.H.T.C). DR. MADHIALAGAN (Senior Resident Medical Officer) after being honored by Dr. Dinesh (CRRI), distributed prizes to the winners of the chart competition. Finally vote of thanks was given by Dr. Deivanai (CRRI) and the program was concluded at around 1 PM.



REPORT ON WORLD MALARIA DAY AWARENESS IN RHTC 22/04/2022:

VENUE-RHTC, SMVMCH, Thiruvananthapuram

FACULTY- Dr.Preethi (MO)

Dr.Giritharan(CRRI)

Dr.Dinesh Roshan (CRRI)

Mrs.Jayanthi(MSW)


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On behalf of World Malaria day 2022, an awareness program was conducted on 22nd April 2022 in RHTC, SMVMCH, Thiruvannamalai in front of NCD patients. About 30 patients participated. Initially the introduction was given by Mrs. Jayanthi about malaria prevalence in the society. Then Dr. Giritharan explained the disease spread, vector, signs and symptoms of the disease briefly. Some active participants were also there answering us. We prepared a chart explaining disease control and its importance. Dr. Dinesh Roshan explained the ways to prevent the spread of malaria. Mrs. Jayanthi explained safety measures and ways to decrease the breeding of mosquitoes.

REPORT ON WORLD MALARIA DAY CELEBRATION ON 25/04/2022:

VENUE: MODERN GOVT. HR. SEC. SCHOOL, EMAPUR

MR. MURUGAN (HEALTH INSPECTOR)

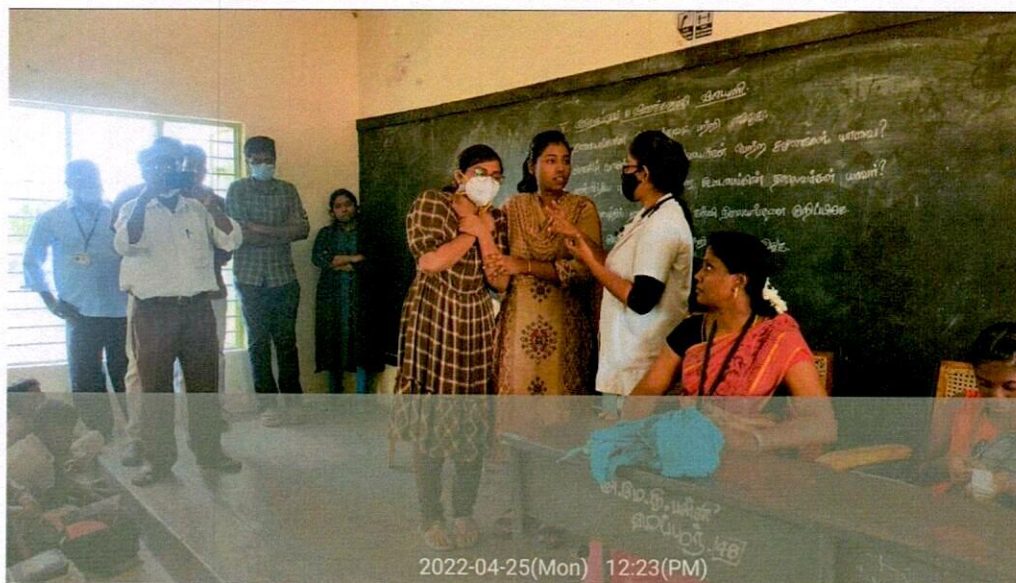
DR. PREETHI (MEDICAL OFFICER)

MRS. JAYANTHI (MSW)

CRRI- DR. DHINESH, DR. THANIGAVEL, DR. JAYANATH, DR. DEIVANAI, DR. HARSHA VARDHINI, DR. GEDDAM DIVYA, DR. GAYATHRI, DR. RADHI DEVI, DR. DIVYA DHARSHINI

Around 150 students from class 6 to class 8 participated in the awareness programme. The programme started at around 11:30 AM in morning with a pledge taking ceremony. The pledge aimed to end malaria by 2027 in front of Health Inspector MR. Murugan (Health inspector) PHC, THIRUVENNAIALLUR. Following which Mrs. Jayanthi (MSW) gave a brief introduction about the spread of malaria. Then Dr. Gayathri (CRRI) assessed the knowledge of students on the spread and clinical features of malaria. Following which a team of house surgeons divided themselves into various characters and performed a drama portraying the spread of malaria, misconceptions on malaria, complications, treatment and preventive aspects of malaria. Dr. Rathi Devi (CRRI) then stressed on the importance of screening for malarial parasite. Dr. Preethi (M.O) assessed the students knowledge after the awareness session and cleared all their doubts. Mr. MURUGAN (Health Inspector), PHC, THIRUVENNAIALLUR briefed about various programmes and treatment options available for malaria. Finally Dr. Divyadharshini (CRRI) gave vote of thanks and the programme was concluded.


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2022-04-25(Mon) 11:55(AM)



2022-04-25(Mon) 12:28(PM)

REPORT ON FIRE SAFETY AWARENESS PROGRAMME IN RHTC ON 29/04/2022:

Venue: RHTC-SMVMCH, Thiruvananthapuram

Faculty: Mr. Soundarrajan (SI, TVN)

Dr. Preethi (MO)

Mrs. Jayanthi (MSW)

Date: 29/04/2022

The fire safety awareness programme was conducted by the Tamil Nadu Fire and Safety Services Department (TNFRS) on 29/04/2022 at around 3.00 PM. The program was attended by the members of RHTC including the Medical officer, CRRI, Staff nurses and attenders. The programme started and the introduction was given by the head crew member of TNFRS department and he himself explained about how to rescue the people during the fire accidents. The crew members enacted certain techniques on how to rescue injured patient out of the hospital. He also demonstrated technique to shut off

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small scale fire and extinguish large scale fire and also gave us an opportunity to practice the same.



Eye donation day

VENUE : RHTC, THIRUVENNAINALLUR

DATE: 01/09/2022

TEAM INCLUDED:

DR. PRAVIN KUMAR (AP, DEPT. OF COMMUNITY MEDICINE)

DR. JAYALASHMI (SR, DEPT. OF OPHTHALMOLOGY)

DR. ARTHI D (PG, DEPT. OF COMMUNITY MEDICINE)

DR. PRIYADHARSHINI (MO, RHTC)

MRS. JAYANTHI (MSW) AND OTHER STAFF MEMBERS.

CRR:

DR. ARTHY

DR. AISHWARYA B

DR. ASPANA JEB

DR. BAVADHARANEE

DR. ASHIKA

DR. AMIRITHIYA

DR. ABIDHA

DR. AISHWARYA R

DR. ARCHANA

DR. ARTHANA

DR. BADMAPRIYA

DR. ARUNACHALAM

DR. AMITH K PRASAD

DR. ANKIT AZAR BAGE

DR. DHANUSHRAMAN


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DR.NELLIAN

DR.MOHANAKRISHNAN

DR.DHANRANEESHWARAN

On behalf of World Eye Donation day, in tie with Ophtahlmology department, we conducted an awareness programme at our RHTC , Thiruvonnainallur. The programme started by 11.40 am ,around 35 people actively participated in the programme.Dr .Jayalakshmi SR, Dept. Of ophthalmology gave an awareness speech on importance of eye donation using PowerPoint presentation. It was an interactive session following which our CRRI's performed a skit showing the difficulties faced by a blind person, their mental stress followed by the benefits and happiness of a blind person after getting vision using charts and drawings. Following the health education few people from the participants actively came forward to donate their eyes and they were registered for eye donation. They were appreciated by giving plant saplings . The programme was concluded by Dr.Pravin sir and Mrs.Jayanthi by 12.30 pm.



DR. Jayalakshmi, SR, Department of Ophthalmology giving health education on Eye donation.



Interns performing skit on World Eye Donation Day.



Plant saplings given to the volunteers for eye donation.

SCHOOL HEALTH EDUCATION PROGRAM

TOPIC : SCHOOL HEALTH EDUCATION ON RABIES

VENUE: GOVERNMENT HIGH SCHOOL; SIRUMADURAI

DATE: 13.09.2022

HEADMASTER: MR.KALIDAS

PG: DR.ARTHI.D

CRRI:DR.DHEEPIGA.P.K

DR.J.ASPANA JEBA

DR.BAVADHARANE

DR.DHANUSH RAAMAN

SOCIAL WORKER: MRS.JAYANTHI (MSW)

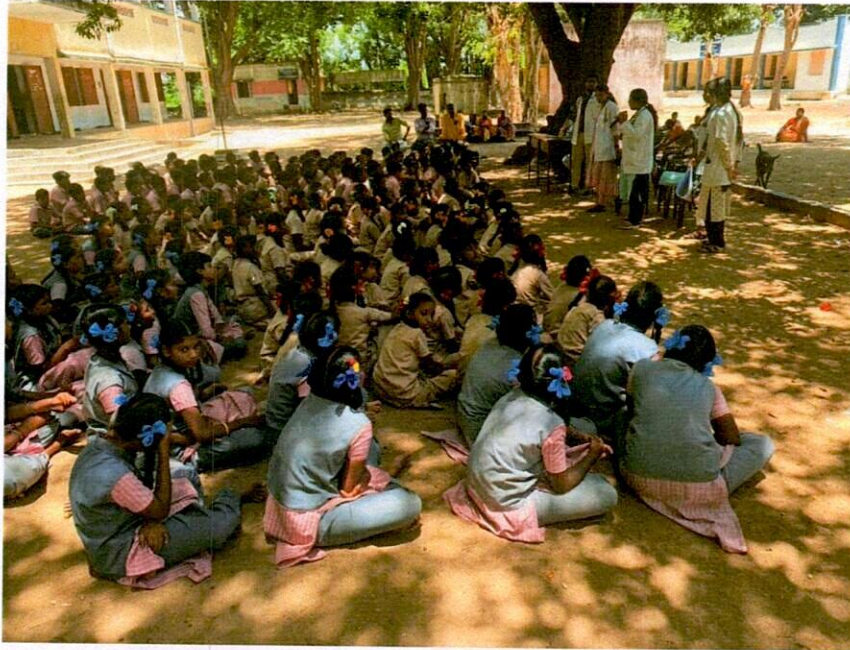
STAFF: MRS. SUGANYA

The program was organized by Mrs. Jayanthi (MSW). Prior permission was obtained from the school Headmaster.

On behalf of World Rabies Day (September 28), we conducted rabies awareness program on 13.09.22 in Government High School, Sirumadurai. 186 students, teachers and the Headmaster of the school actively participated in the program. The introduction was given by Mrs. Jayanthi and Dr. Arthi. Symptoms of Rabies were elaborated by Dr. Dhanush Raaman. Signs were elaborated by Dr. Aspana Jeba. Pre exposure prophylaxis was elaborated by Dr. Bavadharane. Post exposure prophylaxis was explained by Dr. Dheepiga.P.K. Finally an interactive session was conducted by Dr. Arthi, PG in which students actively participated and they were able to answer the questions asked like pre exposure prophylaxis, wound cleaning etc., They were able to understand the importance of going to hospital to save lives. Few

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common people around the village also participated in the program. Finally the program was concluded at 12:30 PM.



Health Education given to school students on behalf of World Rabies Day by Dr. Arthi. D (PG)



Speech by our MSW, Mrs. Jayanthi.



Pre exposure prophylaxis of Rabies is explained by our interns using charts.

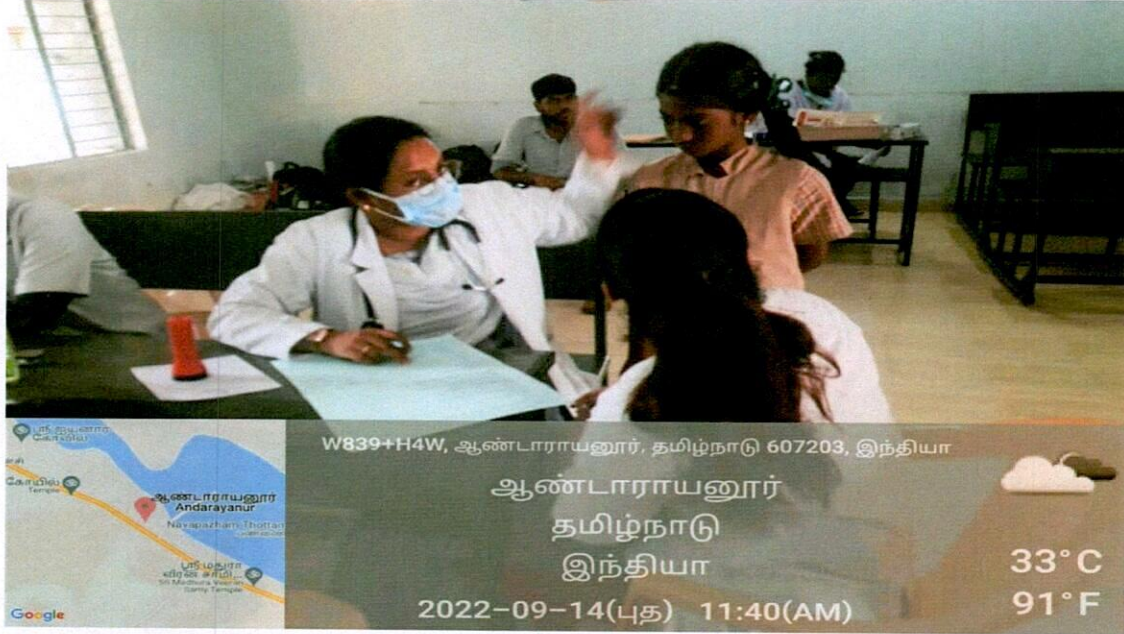
SCHOOL HEALTH EDUCATION AND SCREENING PROGRAM

TOPIC: SCHOOL HEALTH EDUCATION AND SCREENING
VENUE: KGBV RESIDENTIAL SCHOOL, ANDRAYANALLUR
DATE: 15/09/22
PG: Dr. ARTHI D
CRMI:
Dr. ANKIT AZAR BAGE
Dr. ARUNACHALAM K
Dr. ASHIKA ACHIRAJ
Dr. BADMAPRIYA V
Dr. DHARANEESHWARAN S
Dr. BHATTACHARYA SAMMAH
Dr. DIVYA DHARSHINI C
Dr. GANESH
SOCIAL WORKER: Mrs. JAYANTHI
NURSE: Mrs. SUGANYA
LAB TECHNICIAN: Mrs. RANJANI

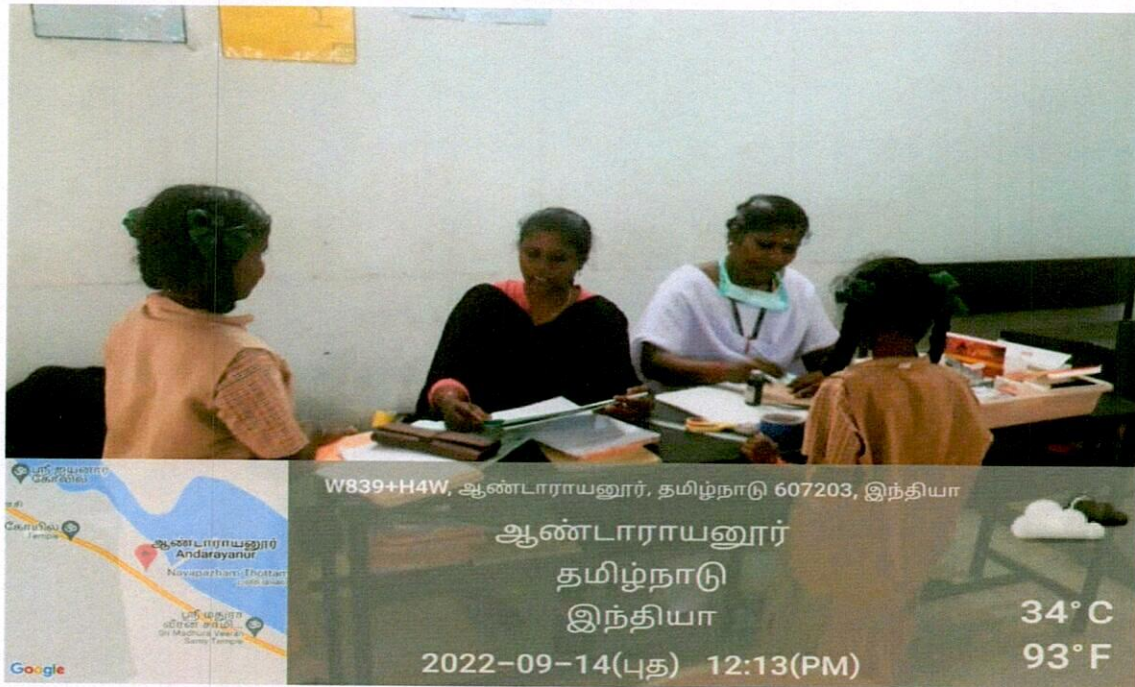
On 15/09/2022 at 10.00 am, school health education and screening was done at KGBV Residential School, Andrayanallur. The introduction and health education was given to students, teachers, staffs and Headmaster by Mrs. Jayanthi and the faculty. Everyone actively participated in the session.

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After the health education screening program was conducted for the students of VI, VII, and VIII standard of KGBV School which consisted of 50 participants. The screening includes history taking regarding – Epilepsy, diet history, addiction history and environment history following which the complete examination was done. Haemoglobin estimation was done and Iron tablets were prescribed accordingly. Appropriate drugs were prescribed and also few students were counselled and refereed to the higher centre for further evaluation. Along with the students, Teachers, staffs, parents were also benefited with this programme.



School health screening done at KGBV Residential school, Andrayanallur.



HEALTH AWARENESS PROGRAMME

TOPIC: HEART ATTACK TREATMENT AND PREVENTION

VENUE: RHTC, THIRUVENNAINALLUR

DATE: 22/09/2022

SPEAKER: DR.ASHIDA ,CONSULTANT CARDIOLOGY

PG: Dr.ARTHI D

CRMI:

Dr.ARUNACHALAM K

Dr.ASHIKA ACHIRAJ

DR.GANESH

MSW:Mrs.JAYANTHI

The programme was organized by Dr.Pravin, AP, Department of Community Medicine on 22/09/2022 at our RHTC.

On behalf of world heart day 2022, 29th September, in tie up with the department of cardiology and general medicine, a health awareness programme was organized in our RHTC in which the Dr.Ashida, Consultant Cardiology gave a health talk on Heart attack treatment and prevention.

The programme commenced at 10.30 am. Around 50 NCD patients participated in the programme. Introduction was given by Dr.Pravin, following which Dr.Ashida, Consultant Cardiology sensitized people about the risk factors, symptoms, signs, treatment and prevention of heart attack using PowerPoint presentation. She mainly stressed on the importance of early recognition of symptoms and diagnosis for better prognosis. It was an interactive session. She also mentioned about the special health check up that is being conducted till September 30th at SMVMCH which mainly focuses on screening heart diseases. Pamphlets were distributed to the patients.

Patients actively participated in the programme and their queries were cleared. The programme was concluded by 12.00 pm. Refreshments were distributed to the patients.


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WORLD NUTRITION WEEK

TOPIC: HEALTH EDUCATION ABOUT NUTRITION WEEK

THEME: "CELEBRATE WORLD OF FLAVOURS"

VENUE: RHTC, THIRUVENNAINALLUR

DATE: 22/09/2022

PG: DR. ARTHI. D

MO RHTC: DR. PRIYADHARSHINI

CRMI:

Dr. ARTHANA A

Dr. BADMAPRIYA V

Dr. DHARANEESHWARAN S

Dr. DHEEPIKA P K

Dr. DHANUSHRAMAN R

On behalf of world nutrition day a nutrition programme was conducted by the department of community medicine in RHTC at 11.00 am to create an awareness and importance about nutrition, diet habits, health life lifestyle. We arranged an exhibition displaying various locally available nutritious fruits, Vegetables, cereals, pulses, Poultry, ect. Charts are also made to explain the nutritious benefits of the above items.

The students of Christ Nursing College (20 in number) were invited and health education was given regarding balanced diet, healthy lifestyle, pros and cons of the displayed items. They actively participated and it was an interactive session queries were also cleared. We also displayed charts regarding the diet plan to be followed by the diabetic and hypertensive patients and we educated the importance about it to the patients who attended the NCD clinic.

A cooking competition was conducted for the staffs of RHTC using locally available healthy ingredients and prizes were distributed to all the participants by Dr. Pravin.

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WORLD NUTRITION MONTH

TOPIC: HEALTH EDUCATION ABOUT NUTRITION TO THE ANTENATAL MOTHERS

VENUE: PHC, SIRUMATHURAI

DATE: 27/09/2022

PG: DR. ARTHI. D

CRMI:

Dr. BADMAPRIYA V

Dr. DHARANEESHWARAN S

Dr. DHEEPIKA P K

Dr. DHANUSHRAMAN R

MSW: Mrs. JAYANTHI

TARGET PEOPLE: ANTENATAL MOTHERS

On behalf of world nutrition month, a health education programme was organized by Mrs. Jayanthi in PHC Sirumathurai to the antenatal mothers at 11.30 am.

The introduction about the nutrition programme was given by Dr. Dharaneeshwaran to create an awareness and importance about nutrition, diet habits and healthy life style for pregnant women in which around 45 antenatal women participated. Followed by which Dr. Dheepika explained about the healthy food habits, healthy foods to be taken during pregnancy by using charts which explains their benefits. Dr. Dhanush Raaman elaborated about the causes, clinical features, classification, effects of anaemia in the pregnancy. The effects of folic acid and Vitamin B 12 deficiency in pregnancy and importance of folic acid tablets was also explained by Dr. Badmapriya. Dr. Arthy explained about the effects of diabetes, hypertension in pregnancy and respective diet habits to be followed. The importance of spacing and contraception was explained; general physical exercise and Kegel exercise were also taught. The antenatal mothers actively participated, it was an interactive session and their queries were also cleared.





World mental health day

Topic : Mental health awareness

Venue: Venkateshwara college of education

Date: 10/10/2022

Professor: Dr. Praveen, AP

PG: Dr. Arthi. D

Interns: Dr. Gautham

Dr. Deepika

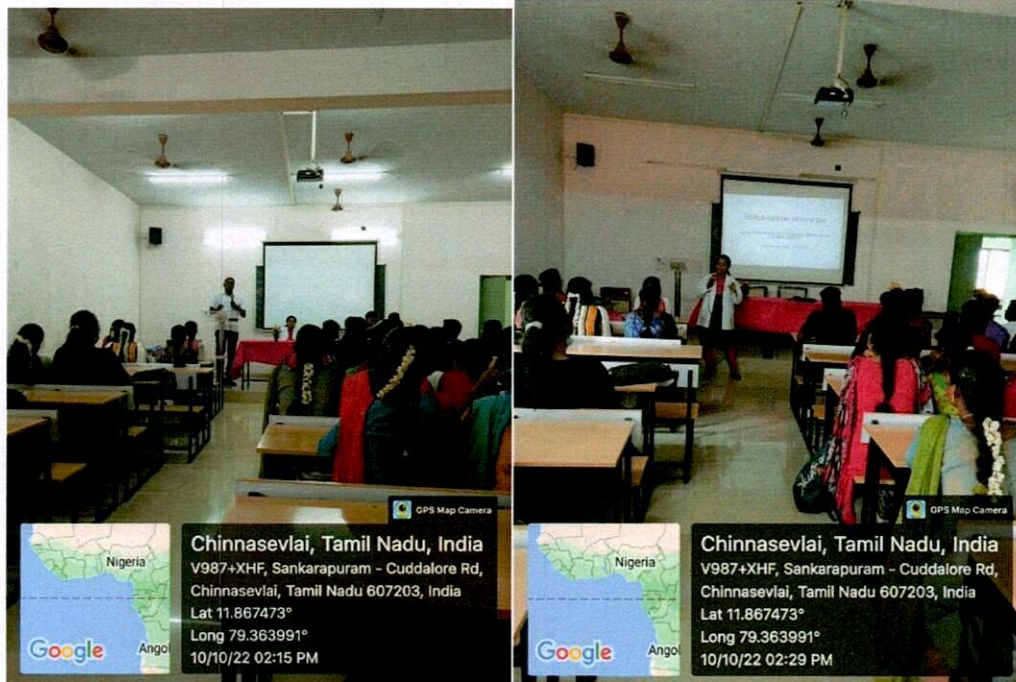
Medical social worker: Mrs. Jayanthi

Target people: B.Ed students

On behalf of World Mental Health Day, mental health awareness programme was organized by the department of community medicine, RHTC in Venkateshwara college of education to B.Ed students (1st year) around 50 students participated along with 10 faculties. The session started at 2:15 p.m. Welcome speech was given by the principal of the college. The introduction about the mental health was given by Dr. Praveen. The pretest was given to the target people through google forms. The powerpoint presentation was given by Dr. Arthi. D about the common mental health issues by the adolescents and children. Dr. Arthi explained the symptoms, prevention and the treatment of depression, anxiety and ADHD (Attention Deficit Hyperactivity Disorder). The faculty members 10 in number of the college also participated actively in the programme.

The outline, components, benefits of National Mental Health Program was explained. Then post test was conducted through google forms. It was an interactive session and the doubts were clarified. The session was concluded by Mrs. Jayanthi at 3.15 p.m


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School health education

Topic : Adolescent health education on menstrual hygiene

Date: 14/10/2022

Venue: Gandhikuppam Govt. Hr. Sec. School, Thiruvannainallur

Target population : Students of grade 6th to 12th (girls)

PG: Dr. Arthi. D

CRRI: Dr. Divya.C

Dr. Brinda

Dr. Geethanjali

MSW: Mrs. Jayanthi

On behalf of spreading awareness among school going girls about menstruation and hygiene during menses, a health education was conducted at Gandhi Memorial Hr. Sec. School. The program was started at 3.00p.m with introduction by Mrs. Jayanthi to a target population of 300 students. It was continued by Dr. Arthi by explaining the physiology of menstruation and abnormal menstruation followed by which Dr. Brinda discussed premenstrual syndrome and their relief from symptoms. Personal hygiene and importance of nutritious food was discussed by Dr. Divya.

Hand washing before and after the use of napkins was demonstrated and discussed by Dr. Geethanjali (WHO hand washing steps). Napkin disposal in an environment friendly method was enlightened by Dr. Arthi. D, PG. The session was concluded by clarifying doubts by Dr. Arthi and her team. Teachers were also actively involved in the discussion. The session concluded at 4.30 p.m. Benefiting all the students, teachers.


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School health education

Topic : Hand Hygiene Awareness Programme

Venue: Modern Government Higher Secondary School, Emmapore.

Date: 19/10/2022

Target population: Students of grade 6th to 12th

PG: Dr. Arthi.D

CRR: Dr. Ganesh

Dr. Harshita Rani

Dr. Mohammed yousaf

MSW: Mrs. Jayanthi

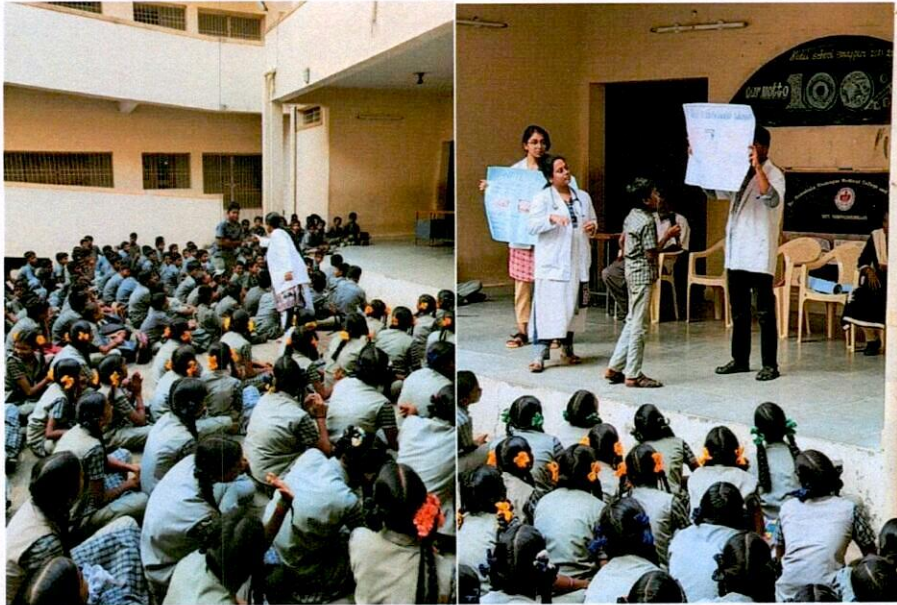
RHTC Thiruvannainallur organised a school health education programme under the guidance of centre in charge Dr. Praveen, in consultation of all faculties and HOD Dr. Kalaiselvan department of community medicine SMVMCH. The topic was on hand hygiene. The program started at 3.00 p.m in Modern Government Higher Secondary School, Emmapore. Around 300 students participated in the programme which included students of standards 6,7,8,9,11. The introduction was given by Mrs jayanthi followed by which health talk was given by Dr. Arthi using a chart presentation. Dr. Arthi explained the importance of hand washing, when to wash hands, steps of hand washing and nail hygiene and also demonstration of hand hygiene was done and shown to the school students. Students actively participated in demonstration of handwashing and doubts were clarified . They were encouraged by giving chocolates, doubts

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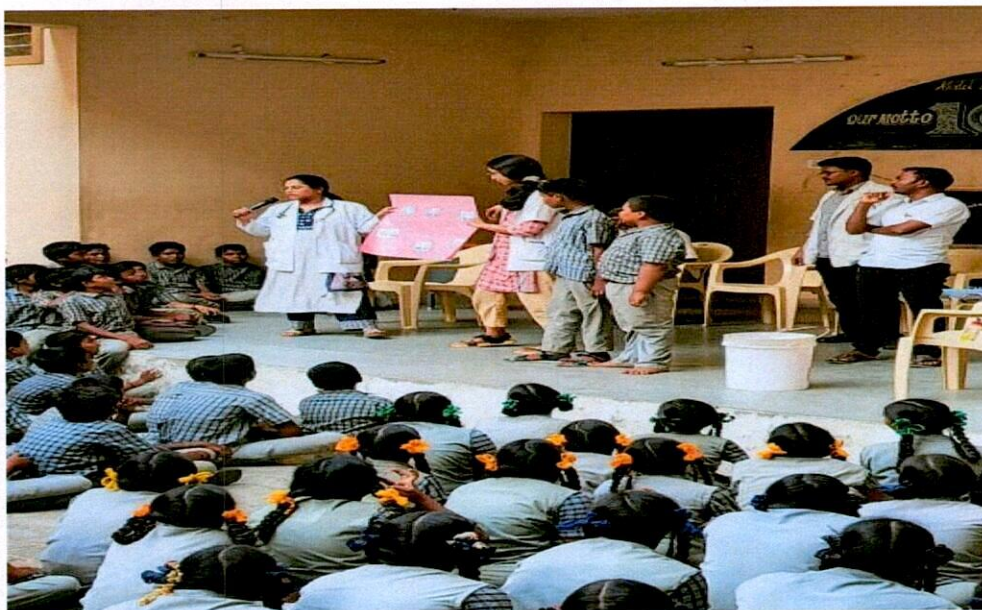
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were clarified. The session was concluded by Mrs. Jayanthi, MSW at 4.00p.m benefiting all students, teachers and staff members.



Interactive session on hand and nail hygiene Symptoms of diseases due to improper hand hygiene explained using charts.



When to wash hands- explained using images in chart

School health education

Topic : Nutrition and hand washing

Date: 21/10/2022

Venue: Enanthimangalam Govt. Hr. Sec. School

Target population: Students of grade 6th to 12th standard

PG: Dr. Arthi. D

CRRI: Dr. Divya dharshini

Dr. Sammah bhattacharya

MSW: Mrs. Jayanthi

Around 500 students along with 25 teachers actively participated. Introduction was given by Mrs. Jayanthi, MSW followed by which health talk was given by Dr. Arthi. D using charts. Benefits of nutritious food were explained after which bowl of chits were given to the students and they were explained about the importance of fruits vegetables and meat. Importance of physical activity explained. A note on BMI was added. Ill effects of junk foods were explained using charts by Dr. Arthi. Questions were asked after the discussion which they were able to answer. Handwashing techniques was demonstrated by our intern Dr.Samah. Students volunteered in hand washing. They were encouraged by giving groundnut cake and pens. Queries were clarified.




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World obesity day

Topic: Health Education on World Obesity Day

Venue: RHTC, Thiruvannainallur

Date: 13/10/2022

Professor: Dr. Praveen
Dr. Aswathy

PG: Dr. Arthi

CRRI: Dr. Dheepikka. M
Dr. Djegajenanie. D
Dr. Freddie flavian cruz
Dr. Gayathri
Dr. Mohammed Yousaf
Dr. Sammah bhattacharya

MSW: Mrs. Jayanthi

Target people: Diabetic ,Hypertensive Patients attending our NCD Clinic at our RHTC, (around 60 participants).

RHTC Thiruvannainallur organised a health awareness programme on world obesity day under the guidance of center in charge Dr. Praveen in consultation with all the faculties, H.O.D Professor Dr. Kalaiselvan department of community medicine SMVMCH at our RHTC on NCD clinic. The starting time was 11 a.m . the no. of participants were 60 people. The introduction was given by Dr. Praveen and Dr. Arthi . Then the skit was performed by our RHTC interns. It was based on the lifestyle of healthy and unhealthy person. First, lifestyle of unhealthy person was depicted from his morning routine, his addiction and food habits. The complications lead to stroke attack. And then the lifestyle of healthy person was depicted starting from morning routine, exercise, healthy food habits, work routine and regular health check up.

It was followed by a health talk given by Dr. Arthi with the help of chart presentation which included what is obesity, causes, ill effects and complications of obesity. Following which the prevention was explained which included food habits and physical activity. Then Dr. Praveen sir, AP taught about the exercises to a few participants. Everyone actively participated.

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It was an interactive session and the doubts were clarified. It was concluded by Mrs. Jayanthi at 11.45 a.m and refreshments were given to the participants.



Breast cancer awareness programme

Topic: Awareness on Breast cancer

Venue: Emmapore community hall

Date: 26/10/2022

PG: Dr. Arthi.D

CRRI: Dr. Debrup Pal

Dr. Djegajenanie

Dr. Shakeen sulaiman

Dr. Shubhadha chaudhary

Dr. Vasanthi

MSW: Mrs. Jayanthi

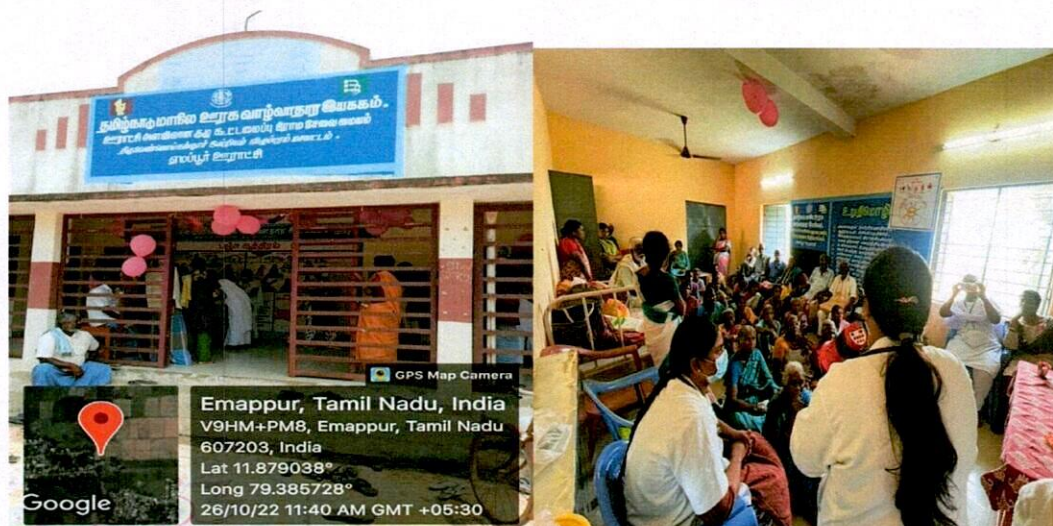

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Target people: community people

RHTC Thiruvannainallur organised a health education program under the guidance of center in charge Dr. Praveen in consultation with all faculties and HOD Professor Dr. Kalaiselvan department of community medicine SMVMCH at Emmapore community hall.

A health talk on breast cancer awareness was given on 26/10/2022 in tie up with Sirumadurai govt. PHC. Around 50 participants, 15 staff members participated in the program.

Introduction was given by sirumadurai PHC Medical officer Dr. Archana followed by Mrs. Jayanthi. Health talk was given by Dr. Arthi using charts and models. Risk factors, protective factors, signs and symptoms, investigation and different management modalities were explained. They were also taught about self breast examination. Participants actively participated. A breast cancer survivor gave a speech on her journey with breast cancer. Queries were clarified, refreshments were given, following which screening for cervical cancer was done by sirumadurai PHC team.




Dr. KAGNE. R.N
DEAN
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KALITHEERTHALKUPPAM,
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SCHOOL HEALTH AND SCREENING PROGRAMME

DATE : 9/11/22

VENUE : GOVERNMENT HIGH SCHOOL, SIRUMADURAI

PG : Dr. ARTHI .D

CRMI : Dr. Satyaprakash , Dr. Harshitha Rani, Dr. Sarveshwara Rao, Dr. Siva Rama Krishna, Dr. Freddy Flavian, Dr. Vaisali, Dr. Vasanthi, Dr. Shakeen, Dr. Thaiyal Nayagi, Dr. Shubadha, Dr. Degajenani

MSW : MRS. JEYANTHI

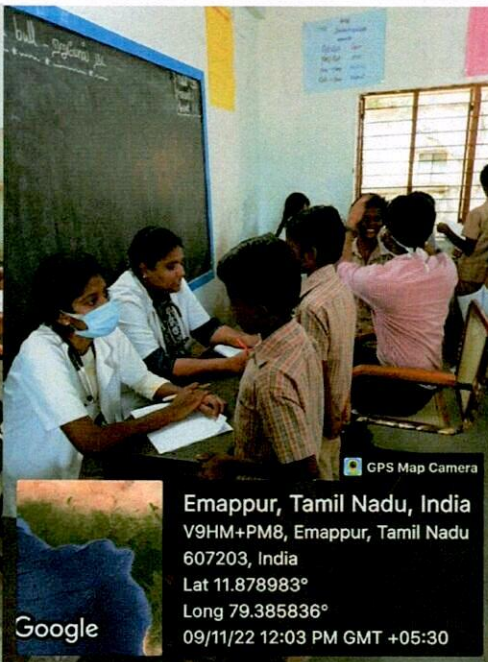
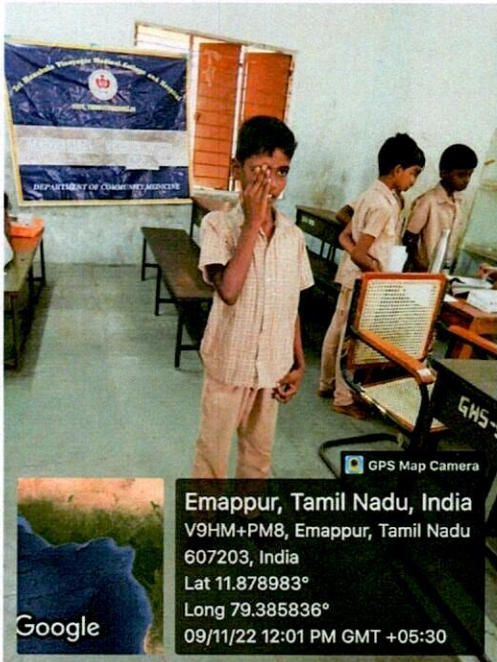
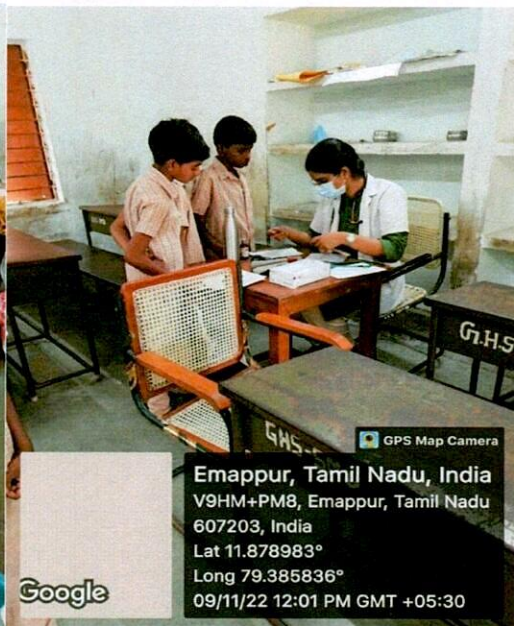
LAB TECHNICIAN: Mrs. RENUGA

STAFF NURSE: Mrs. TAMILSELVI

RHTC Thiruvannainallur organised a school health screening programme under the guidance of Centre in charge Dr. Pravin (Assistant Professor) with all faculties and HOD Professor. Dr. Kalaiselvan (Dept of Community Medicine, SMVMCH) at Sirumadurai Government High School.

Screening was started at 11am on 9/11/22. Students of Standard 6th, 7th were covered. 100 students actively participated in school health screening. History, head to toe examination, general examination, ENT, ophthalmology examination and systemic examination were done for all students. Haemoglobin estimation, blood grouping, visual acuity were done for all students. Symptomatic students were treated accordingly and few references to general surgery, dental, ENT for further management were given. Doctors and nurse led this school health screening programme efficiently. Screening programme concluded by 3pm (9/11/22).


Dr. KAGNE. R.N
DEAN
SRI MANAKULA VINAYAGAR
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WORLD DIABETES DAY

Topic : World Diabetic Day
Venue : RHTC Thiruvannainallur
Date : 10/11/2022
Proffessor: Dr.Pravin.S (AP)
PG : Dr. Arthi.D


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CRRI: Dr. Vishwa ganesan.V.K

Dr. Shakeen sulaiman

Dr.Srihari.R

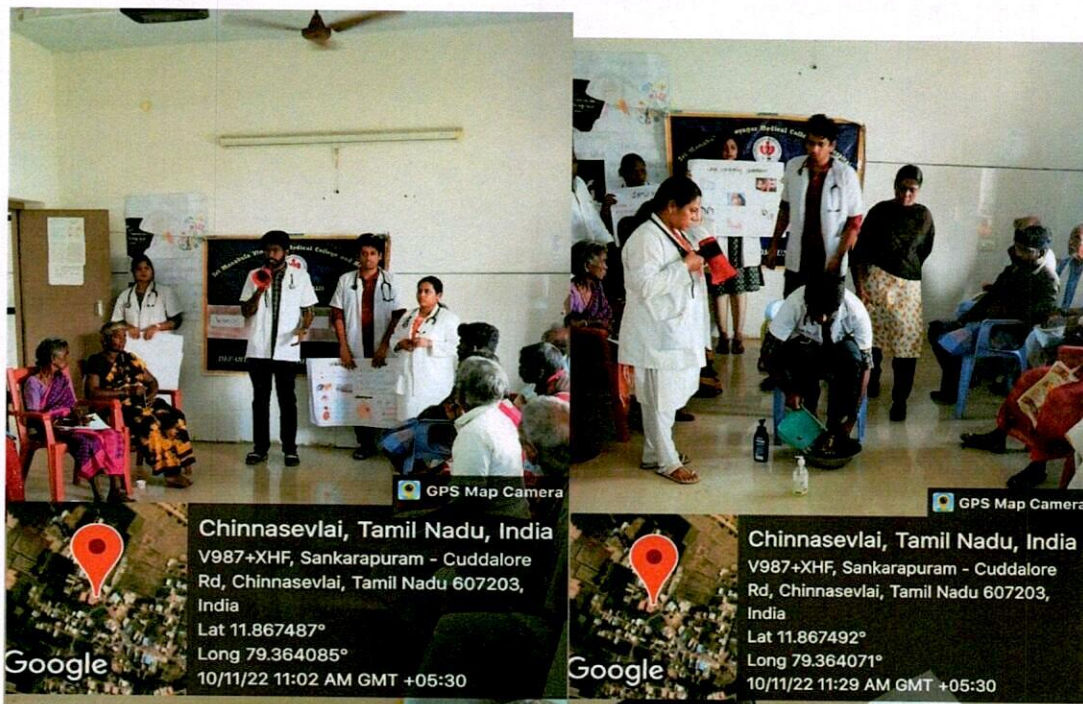
MSW: Mrs. Jayanthi

Staff: Mrs.Nithya

Target people: NCD patients attending our NCD clinic at RHTC.

RHTC Thiruvennainallurorganised a health education program under the guidance of center in charge Dr. Pravin (AP) in consultation with all faculties and HOD Professor Dr. Kalaiselvan department of community medicine SMVMCH at our RHTC on behalf of “**world diabetes day**”. The program startrd by around 11 am. Around 45 NCD patients actively participated.

Welcome speech, was given by MSW Mrs. Jayanthi, introduction given by Dr. Arthi. D(PG). Introduction about diabetes mellitus was given by Dr.Vishwaganeshan.V.K. Causes and symptoms of Diabetes was discussed by Dr.Shakeensulaiman.S. Investigations and management was explained by Dr.Srihari.R. Complications and diabetic foot care was explained by Dr.Arthi(PG). This session included interaction with the participants. Few participants shared their own life experience about diabetes mellitus and about diabetic wound. Foot hygiene, importance of foot wear, nail cutting, self foot examination was explained by Dr.Arthi.D (PG), then foot care was demonstrated to participants by Dr.Vishwaganeshan.V.K and explained by Dr. Arthi. D(PG). Doubts were arised by the patients and they were clarified. The session ended by 11. 45am. Refreshments were given to the participants.




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SCHOOL HEALTH EDUCATION

TOPIC : DENGUE AND MALARIA AWARENESS

DATE : 15.11.22

TIME: 11:30 am– 12:45pm

TARGET POPULATION: STUDENTS OF 9 TH STD (GIRLS)

TEAM MEMBERS: Dr.Arthi. D(pg)

Dr.Sowntharyaa.c.k (crri)

Dr.Yoganand .m (crri)

Dr.Vasireddy siddhan (crri)

Dr.Siddharth .r (crri)

Mrs Jayanthi (msw)

VENUE: GOVT GIRLS HIGH SCHOOL, SITHALINGAMADAM.

RHTC Thiruvannainallur organized a school health education programme under the guidance of centre in charge Dr. Pravin sir (Asst professor) in consultation with all faculties and HOD prof. Dr. Kalaiselvan (Department of Community Medicine SMVMCH) at 'Sithalingamadam Govt. Girls High School' on 15.11.22. The topic was on **"Dengue and Malaria awareness"**.

The programme was started around 11:30 a.m. Welcome speech was given by Mrs. Jayanthi. Introduction was given by Dr. Arthi. D and Dr. Sowntharyaa about dengue and malaria. Dr. Yoganand explained about signs and symptoms of dengue and malaria followed by Dr. Vasireddy Siddhan explained about investigations. Dr. Siddharth explained about management and prevention. Summarised and an interactive session was conducted by Dr. Arthi. D -PG and Conclusion speech was given by the school head master Mrs. Janasakthi. Students actively participated in the programme and their queries were cleared. Few students were called on stage and they were able to explain about the warning signs, preventive measures of dengue and malaria. The programme was concluded around 12:45pm.


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HEALTH EDUCATION PROGRAM

Topic: NEW BORN CARE.

Team: Pediatric team.

On behalf of world pre-maturity day, a team from Dept of Paediatrics led by Dr.Vinothini, AP organized a health education program at out RHTC, Thiruvannainallur on 18/11/22. The topic was on NEW BORN CARE. Around 45 participants actively participated in the programme. Most of them were paediatric mothers They explained about the Do's and Dont's for a new born. Following the health education, they distributed a questionnaire to the mothers which consisted of 10 questions which mainly included the Do's and Dont's for a new born. They were asked to fill the questionnaire. Participants with the high scores were rewarded with small steel bowls.


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HEALTH EDUCATION PROGRAM

Topic: Anaemia.

Team: Pediatric team.

On behalf of World Anaemia day, a team from Dept of Paediatrics led by Dr.Arulkumaran, Professor organized a health education program at out RHTC, Thiruvannainallur on 25/11/22. The topic was on Anaemia. Around 25 participants actively participated in the programme. They explained about the signs and symptoms of anaemia, diet for anaemia, prevention of anaemia was explained. Nutritious food were displayed. Also benefits of prophylactic iron tablets was explained. Following the health education, they distributed a questionnaire to the participants. Following which Gifts and groundnut cakes were distributed to all the participants.


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World AIDS Day

Date: 07.12.2022

Place: RHTC Thiruvannainallur

Team members:

Dr. Arthi. D (PG)
Dr. Sriram (CRMI)
Dr. Sri Meenakshi (CRMI)
Dr. Sumitha (CRMI)


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Dr.Subpiksha(CRMI)
Dr.Surya(CRMI)
Dr.Shankar(CRMI)
Mrs. Jayanthi (MSW)

On behalf of World Aids Day, RHTC Thiruvannainallur organised a rally on 07.12.2022 at Thiruvannainallur. The team started at our centre and went upto bus stop and returned to our centre. Many slogans were raised on creating awareness over HIV . All of our staffs and nursing students actively participated in the rally. At the end of the rally, a speech was given at RHTC regarding AIDS prevention. Refreshment was distributed to all the participants.

School health Education

Date: 23.12.2022

Place: Sirumadhurai Government High School

Team members:

Dr. Arthi. D (PG)
Dr.Sriram(CRMI)
Dr.Sri Meenakshi (CRMI)
Dr.Swadha(CRMI)
Dr.Sushmitha(CRMI)
Dr.Siva Shankar(CRMI)
Mrs. Jayanthi (MSW)

We conducted an awareness programme on personal and menstrual hygiene at Sirumadhurai Government High School. Around 80 students actively participated in the program. Introduction and anatomy ,menstrual hygiene, proper disposal of menstrual pads and proper handwashing technique were explained .We concluded the program by having a query clarifying session.

School Health education :

MENSTRUAL HYGIENE AWARENESS PROGRAMME 2023:

Date: 06.01.2023

Place: Bonne Nehru school, Thiruvannainallur.

Timing: 02:00 pm-03.30 pm

Team members:

Dr. Priyanga. D (PG)
Dr. Vishnupriya(CRMI)
Dr. Shiva shankar (CRMI)
Dr. Vaibhav (CRMI)
Mrs. Jayanthi (MSW)

We conducted an awareness programme on menstrual hygiene at Bonne Nehru school, Thiruvannainallur. Around 50 students actively participated in the program. Introduction and anatomy was explained by Dr. Priyanga (PG). Menstrual symptoms


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were explained by Dr. Vishnupriya (CRMI). Menstrual hygiene explained by Dr. Shiva Shankar (CRMI). Anemia was explained by Jayanthi (MSW). We concluded the program by having a query clarifying session.



WORLD LEPROSY DAY AWARENESS PROGRAMME 2023:

Date: 13.01.2023

Place: Primary Health Center, Thiruvannamalai.

Timing: 10:00 pm-12:00 pm

Team members:

Dr. Priyanga. D (PG)

Dr. Vasanthi(CRMI)

Dr. Swadha (CRMI)

Mrs. Jayanthi (MSW)

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


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DEAN
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KALITHEERTHAKUPPAM,
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DEAN
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World Cancer Day

Date: 13.02.2023

Place: Gram Panchayat, Iruvelpattu, Villupuram.

Timing: 11.00 am-01.00 pm

Team members:

Dr. Priyanga. D (PG)

Dr. Reshma (CRMI)

Dr. Monisha (CRMI)

Dr. Rajesh (CRMI)

Mrs. Jayanthi (MSW)

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



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2.14 Population covered by the centre

Table 2.16: Field practice area for Rural Health Training Centre

Sl No	Name of the village	Population
1	Aaivari	1657
2	Alankuppam	1196
3	Arumpattu	1243
4	Athipattu	88
5	Barugampattu	993
6	Canaivari	330
7	Chinnasevlai	1156
8	Chuthanangur	1527
9	Emappur	2673
10	Enathimangalam	3327
11	Eralur	1483
12	Ganthikuppam	2658
13	Kannaramattu	2054
14	Keerimedu	1574
15	Kiramam	2680
16	Madampattu	1237
17	Madinthurv	1179
18	Maligamedu	243
19	Manamedu	393
20	Mazhaivampattu	1080
21	Mazhavarayanur	1986
22	Melamangalam	1513
23	Palayapattinam	238
24	Periyasevalai	6284
25	Samathuvapuram	183
26	Sarayamedu	285
27	Semmar	2320
28	Sirumadurai	2046
29	Siruvanur	3121
30	Sithalingamadam	5654
31	Thaduthatkondur	2533
32	Thenmangalam	1028
33	Thiruvannainallur	7011
34	Valaiyampattu	948
	Total	63921


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 DEAN
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