



## ASHTAMGAM AYURVEDA CHIKITSALAYAM AND VIDYAPEETHAM

VAVANOOR, KOOTTANAD, PALAKKAD- 679533

### ActivityReport

INSTITUTE	Ashtamgam Ayurveda Chikitsalayam and Vidyapeetham		
DEPARTMENT	Dept of Swasthavritta and Yoga		
ACTIVITYTYPE	Geriatric Health Check-Up camp		
DATE	10.09.2024	Duration: 9:00- 3:00 PM	6 HOURS
EXPERT NAME WITH DESIGNATION	Dr.Dhanya C P, Professor and HOD of Swasthavritta& Yoga, Dr.Swathy V, Assistant Professor, Department of Swasthavrittaand Yoga, Dr.Archana (NAM, Yoga)		
NAMEOFORGANIZATION	GAD Thrithala		
EXPERTCONTACT DETAILS	Mr. Krishnadas- 9446520271		
FACULTYCOORDINATOR	Dr Dhanya C P and Dr.Swathy V (Faculties of swasthavritthaDepartment)		
FACULTYCONTACTDETAILS	8123185311		
SPONSORINGAUTHORITY	NAM	Sponsorshipamount:	

### ActivityDetails:

Faculties of Department of Swasthavritta along with house surgeons of 2018(1), 2019 (6)batch attended the geriatric health check-up camp at KMK hall Thrithala. The camp started at 9.30 am and was inaugurate by panchayat president. Importance of geriatric care, old age diet, methods to improve sleep, importance of mental strength, social involvement, activities , spirituality and friendship was explained by Dr. Swathy .Easy Yoga postures , stretching loosening and breathing techniques were advised by DrArchana. Systemic screening was done by the house surgeons and was recorded along with structured case sheet documentation . Vitals including blood pressure, pulse , height weight and BMI were also noted . Diabetic and anemia screening were also performed.

After screening, detailed treatment was prescribed by the doctors . Appropriate diet and exercise were advised

### Objectives of the activity:

1. Geriatric health education of elderly regarding common geriatric health problems and solutions for the same through proper diet and lifestyle modification
2. Awareness on diet to prevent the upcoming geriatric problem.
3. Empowering the elderly to be self able in all situations
4. Daily Attendance of all elderly in programme established by ayush health ministry.
5. Mental health improvement.

### Detailsabouttheactivity:

Health awareness class for elderly

A brief yoga class

Screening ofelderly patients

Advice on diet

General Health check-up

Medicine distributed based on disease

Attended by:

CONSULTANTS (Health awareness & Consultation)	HOUSE SURGEONS (Patient Screening & Assisting consultants)
Dr. Dhanya C P	Mr .Eabin v
Dr. Swathy V	Ms.Ann Mary k sajj
Dr . Archana	Ms.Anupamaanil
Dr. Krishnadas	Ms.Afrah Basheer
	Ms.Hasnamol C k
	Ms.A R Ameena Zainab

#### Outcome of the activity:

80elderly patients got benefitted by the camp and necessary medicines were also dispensed. Awareness among geriatric on the importance of healthy diet and yoga practice in daily life were given. There was a interactive class and all were made to do some simple stretching and breathing exercise .After the class some of the notion yoga and Ayurveda have changed. Out of 80 , 20 % were hypertensive ,40 % were diabetic, 10 % were having a history of heart ailments, 10% have cataract.

കേരള സർക്കാർ-ആയുഷ് വകുപ്പ്



നാഷണൽ ആയുഷ് മിഷൻ കേരളം  
ഭാരതീയ ചികിത്സാ വകുപ്പ്

## 2024 സെപ്റ്റംബർ 10 , KMK ഓഡിറ്റോറിയം തൃത്താല

## ആയുഷ് വയോജന മെഡിക്കൽ ക്യാമ്പ്

## ആയുർവേദം

**ഉദ്ഘാടനം:** ശ്രീമതി. ജയ പി.കെ  
(പ്രസിഡന്റ്, തൃത്താല ഗ്രാമപഞ്ചായത്ത്)

**അദ്ധ്യക്ഷൻ:** ശ്രീ. കെ.പി ശ്രീനിവാസൻ  
(വൈസ് പ്രസിഡന്റ്, തൃത്താല ഗ്രാമപഞ്ചായത്ത്)

ആനന്ദം, ആശ്വാസം  
**പാർവ്വതി**  
ആ കുളി ലഭിക്കട്ടെ ...



**Swasthya**  
AYUSH HEALTH AND WELLNESS CENTRE  
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*Dhanya C.P.*  
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Logistics: Medical supplies (Medicines and diagnostic tools (weighing machine, measuring tape, IR Thermometer, Torch), flyers and pamphlets.