



ASHTAMGAM AYURVEDA CHIKITSALAYAM AND VIDYAPEEDHAM

VAVANOOOR, 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)		
NAME OF ORGANIZATION	GAD Thrithala		
EXPERT CONTACT DETAILS	Mr. Krishnadas- 9446520271		
FACULTY COORDINATOR	Dr Dhanya C P and Dr.Swathy V (Faculties of swasthavrittaDepartment)		
FACULTY CONTACT DETAILS	8123185311		
SPONSORING AUTHORITY	NAM	Sponsorship amount:	

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.

Details about the activity:

Health awareness class for elderly

A brief yoga class

Screening of elderly 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:

80 elderly 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-ആധുനിക വകുപ്പ്

NATIONAL AYUSH MISSION
KERALA

Government of Kerala

നാഷണൽ ആധുനിക മിഷൻ കേരളം

ഭാരതീയ ചികിത്സാ വകുപ്പ്

2024 സെപ്റ്റംബർ 10, KMK ഓഡിറ്റോറിയം തൃത്താല

ആധുനിക വിജ്ഞാന മെഡിക്കൽ കൂട്ടാം

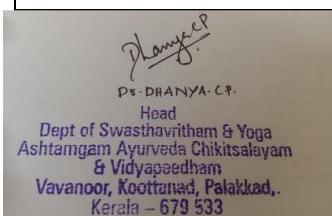
ആധുനികവേദം

ചെറുപ്പം: ശ്രീമാൻ. ജയ പി. കെ
(പ്രസിദ്ധ, തൃത്താല മാന്ദ്രാഡായൻ)

അധ്യക്ഷൻ: ശ്രീ. കെ.പി ശ്രീനിവാസൻ
(മെഡിസ് പ്രസിദ്ധ, തൃത്താല മാന്ദ്രാഡായൻ)

അതോക്കരം, അതിലൂപകരം,
വാർദ്ധക്യം
അ ഒരു ശ്രീലക്ഷ്മ ...

Swasthya
AYUSH HEALTH AND WELLNESS CENTRE
www.nam.kerala.gov.in



Logistics: Medical supplies (Medicines and diagnostic tools (weighing machine, measuring tape, IR Thermometer, Torch), flyers and pamphlets.