



ASHTAMGAM AYURVEDA CHIKITSALAYAM AND VIDYAPEETHAM

VAVANOOR, KOOTTANAD, PALAKKAD- 679533

ActivityReport

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| INSTITUTE | Ashtamgam Ayurveda Chikitsalayam and Vidyapeetham |
| DEPARTMENT | Dept of Swasthavritta and Yoga |
| ACTIVITYTYPE | Geriatric Health Check-Up camp |
| DATE | 19.09.2024 |
| EXPERTNAMEWITHDESIGNATION | Dr.Dhanya C P, Professor and HOD of Swasthavritta& Yoga, Dr.Swathy V, Assistant Professor, Department of Swasthavritta and Yoga |
| NAMEOFORGANIZATION | GAD Thirumittacode |
| EXPERTCONTACT DETAILS | Mr. Prasanth |
| FACULTYCOORDINATOR | DrDhanyaand Dr.Swathy (Faculties of swasthavritthaDepartment) |
| FACULTYCONTACTDETAILS | 8123185311 |
| SPONSORINGAUTHORITY | Ashtamgam Ayurveda Chikitsalayam |

ActivityDetails:

Faculties of Department of Swasthavritta along with house surgeons of 2019 (7)batch attended the geriatric health check-up camp at LP school Chathannur. The camp started at 9.30 am and was inaugurated by panchayat president. Basic information about yoga and Ayurveda was given by DrDhanya C P and Drswathy .Then few yoga poses , stretching loosening and breathing techniques were adviced by the house surgeons.Importance of easily digestible diet , sleep , mental strength, social involvement and friendship was explained by DrDhanya.A Screening based on each system was taken by the house surgeons and was recorded . Vitals including blood pressure, pulse , height weight and BMI were also noted . Along with that blood glucose level and haemoglobinvalue were measured.

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

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) |
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| Dr. Dhanya C P | Ms. Ardra Anand |
| Dr. Swathy V | Ms. Krishnalaya K U |
| Dr . Prasanth | Ms. Sruthi S |
| | Ms. Niveda S Kumar |
| | Ms. Aswathy H Pillai |
| | Ms. Arunima J B |
| | Ms. Meera Menon |
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Outcome of the activity:

70 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 an interactive class and all were made to do some simple stretching and breathing exercise. After the class some of their notion on yoga and Ayurveda has changed. Out of 70, 20 % were hypertensive, 40 % were diabetic, 10 % were having a history of heart ailments, 10% have cataract.





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

Dhanya C.P.
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