



ASHTAMGAM AYURVEDA CHIKITSALAYAM AND VIDYAPEEDHAM

VAVANOOR, KOOTTANAD, PALAKKAD- 679533

Activity Report

INSTITUTE	Ashtamgam Ayurveda Chikitsalayam and Vidyapeetham
DEPARTMENT	Dept of Swasthavritta and Yoga
ACTIVITY TYPE	Geriatric Health Check-Up camp
DATE	19.09.2024
EXPERT NAME WITH DESIGNATION	Dr.Dhanya C P, Professor and HOD of Swasthavritta & Yoga, Dr.Swathy V, Assistant Professor, Department of Swasthavritta and Yoga
NAME OF ORGANIZATION	GAD Thirumittacode
EXPERT CONTACT DETAILS	Mr. Prasanth
FACULTY COORDINATOR	DrDhanya and Dr.Swathy (Faculties of swasthavritta Department)
FACULTY CONTACT DETAILS	8123185311
SPONSORING AUTHORITY	Ashtamgam Ayurveda Chikitsalayam

Activity Details:

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 advised 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 haemoglobin value were measured.

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**

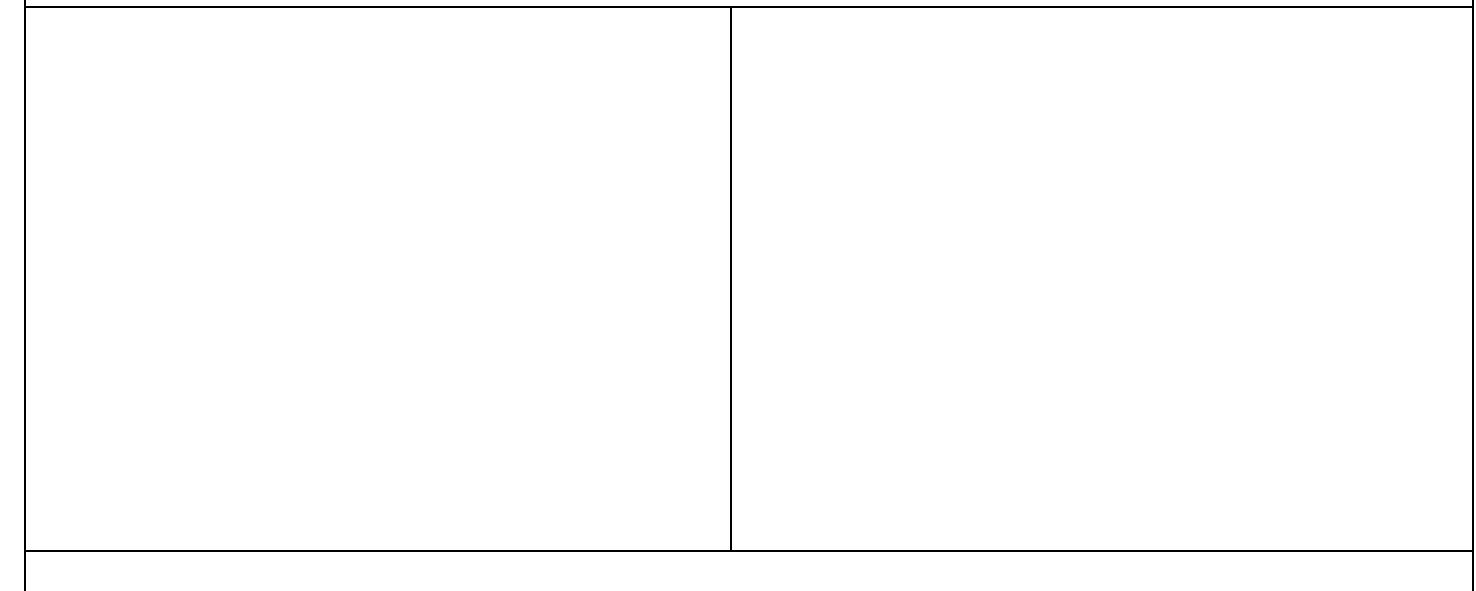
Attended by:

CONSULTANTS (Health awareness & Consultation)	HOUSE SURGEONS (Patient Screening & Assisting consultants)
Dr. Dhanya C P	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

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.

