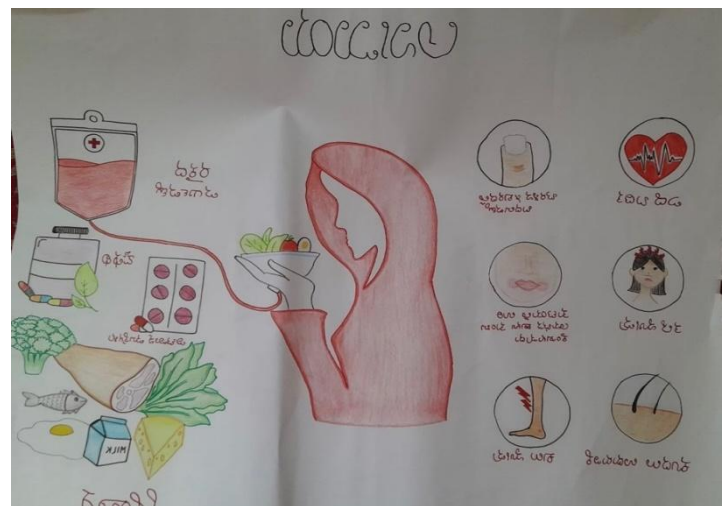


HEALTH EDUCATION ON ANEMIA

A health education programme on Anemia was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Revathi[Medical Officer] and Dr Meera.S[post graduate] by Asitha Mariam Thomas and Asmath Raheema [MBBS interns] and Mr Ranjth[social worker]on 01/07/2023 at Sasihitlu

The programme commenced at 9:30am in the morning. The residents were educated on anemia that is prevalent in our country. They were educated about the signs and symptoms of anemia like fatigue, dizziness, brittle nails, cramps in the calves, cheilosis etc and at the same time given hope in form of green leafy vegetables, eggs, red meat, milk, iron supplements, in severe anemia, options like blood transfusions are available.

There was a doubt clearance session at the end.



HEALTH EDUCATION ON BREAST CANCER -5 july 2023

A health education programme on Breast Cancer was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Amit[Medical Officer] and Dr Meera.S[post graduate] by Ayush Vikram, Athira Radhakrishanan, Arunima Choudhary, Arpa Srivastava, Archit Gupta, Rakshan B Arasa, Farhan Sidheeq[MBBS interns] and Mr Ranjith[social worker] on 05/07/2023 at Sasihitlu.

The programme commenced at 9:30am in the morning. Residents were educated about the risk factors such as family history, increasing age, increased breast density. Age wise screening guidelines were also explained which included annual and 2 yearly screening. Primary interventions were also explained which included breastfeeding, daily exercise and weight control, regular mammograms and breast exams and limiting the use of alcohol.

There was a doubt clearance session at the end.

HEALTH EDUCATION ON GASTROENTERITIS

A health education programme on Gastroenteritis was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr

Amit[Medical Officer] and Dr Meera.S[post graduate] by Ayush Vikram, Athira Radhakrishanan, Arunima Choudhary, Arpa Srivastava, Archit Gupta, Rakshan B Arasa, Farhan Sidheeq[MBBS interns] and Mr Ranjth[social worker]on 10/07/2023 at Sasihitlu.

The programme commenced at 9:30am in the morning. Residenst were made ware about the signs and symptoms of gastroenteritis,timely and early prevention and encouraging the health seeking behaviour and discouraging self care practices.

There was a doubt clearing session at the end.



Title: Vitamin D Deficiency Awareness Program Report

A health education programme on Vitamin D deficiency was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Amit[Medical Officer] and Dr Meera.S[post graduate] by Ashish Malik, Ashna Ashokan, Ashutosh Gaur, Rakshan B Arasa, Farhan Sidheeq and Yasmin M[MBBS interns] and Mr Ranjth[social worker] on 14/07/2023 at Sasihitlu.

1. Introduction:

The Vitamin D Deficiency Awareness Program was initiated with the aim to educate the community about the importance of maintaining adequate vitamin D levels and the risks associated with its deficiency. The program involved various activities and initiatives to spread awareness about vitamin D deficiency and encourage preventative measures.

2. Objective:

The primary objective of the program was to increase knowledge and understanding regarding vitamin D deficiency, its causes, symptoms, and potential health risks. The program also aimed to promote ways to prevent and manage vitamin D deficiency through sunlight exposure, dietary choices, and supplementation.

3. Program Activities:

Awareness talk was conducted in healthcare facility to provide comprehensive information about vitamin D, its roles in the body, and the consequences of its deficiency. Experts from the medical field delivered informative presentations, addressing common misconceptions and providing practical advice for maintaining optimal vitamin D levels.

d) Informational Poster: Informative poster was shown to participants, which contained easy-to-understand information about vitamin D sources, recommended dietary allowances, and how to improve vitamin D levels naturally.

4. Results and Impact:

a) Increased Awareness: The program successfully increased awareness about vitamin D deficiency among the target population. Post-program interaction with participants indicated that participants had an improved understanding of vitamin D, its roles, and potential health risks.

b) Healthier Lifestyle Choices: A significant number of participants agreed in making positive changes to their lifestyle, such as increasing sunlight exposure, adding vitamin D-rich foods to their diet, and consulting healthcare professionals for check-ups and supplementation if necessary.

5. Challenges and Future Recommendations:

A) Collaboration with Healthcare Providers: Strengthening partnerships with local healthcare providers and organizations will enhance the effectiveness and reach of the program, allowing for more comprehensive healthcare interventions.

6. Conclusion:

The Vitamin D Deficiency Awareness Program successfully increased knowledge and understanding about vitamin D deficiency and its potential health risks. The program's initiatives and activities proved effective in creating a positive impact on participants' knowledge, lifestyle choices, and overall health. Continued efforts are required to ensure sustainability and the long-term benefits of the program.

Osteoporosis Awareness Program Report

Introduction:

A health education programme on Osteoporosis was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Amit[Medical Officer] and Dr Pawan[post graduate] by Ashish Malik, Ashna Ashokan, Ashutosh Gaur, Rakshan B Arasa, Farhan Sidheeq and Yasmin M[MBBS interns] and Mr Ranjith[social worker] on 19/07/2023 at Sasihitlu.

Objectives:

1. To educate participants about osteoporosis, its causes, and symptoms.
2. To inform participants about the risk factors associated with osteoporosis.
3. To raise awareness about preventive measures and lifestyle choices that can help reduce the risk of osteoporosis.
4. To provide information about available diagnostic tools and treatment options for osteoporosis.

Methods:

1. Conducted awareness Campaign

Program Outcomes

1. Feedback received from participants indicated an increase in knowledge about osteoporosis and its prevention strategies.

Conclusion:

The Community Osteoporosis Awareness Program successfully achieved its primary

objectives of raising awareness about osteoporosis. The program provided valuable information to community members about the prevention, diagnosis, and treatment of osteoporosis, as well as the importance of regular screenings. While some challenges were encountered, the program's impact was significant, and recommendations have been made to further enhance its reach and effectiveness. Overall, the program played a crucial role in the promotion of bone health and will contribute to reducing the prevalence of osteoporosis in our community.



Report: National Immunization Awareness program.

A health education programme on National Immunization was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Amit[Medical Officer] and Dr Pawan[post graduate] by Ashish Malik, Ashna Ashokan, Ashutosh Gaur, Rakshan B Arasa, Farhan Sidheeq and Yasmin M[MBBS interns] and Mr Ranjth[social worker]on 19/07/2023 at Sasihitlu.

Children of various age groups came to the health center and were immunized according to National Immunization Schedule. The guardian was explained about the importance of timely and complete immunization and was also informed about the possible side effects of the vaccine



REPORT ON OBESITY AWARENESS PROGRAMME

A health education programme on Obesity was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Amit[Medical Officer] and Dr Meera S[post graduate] by Dr.Sai Kiran, Dr.Cynthia Wilson, Dr.Deepanshu, Dr.Deepshika Theres X, Dr.Digant Kakani and Dr.Divanshee[MBBS interns] and Mr Ranjth[social worker]on 26/07/2023 at Sasihitlu.

It was conducted from house to house explaining the family members about the risk factors, consequences and prevention of obesity.

The primary aim of the programme was to raise awareness about obesity – increase knowledge about it and promoting preventive measures.



REPORT ON ACUTE RESPIRATORY INFECTION AWARENESS PROGRAMME

A health education programme on ARI was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Amit[Medical Officer] and Dr Meera S[post graduate] by Dr.Sai Kiran, Dr.Cynthia Wilson, Dr.Deepanshu, Dr.Deepshika Theres X, Dr.Digant Kakani and Dr.Divanshee[MBBS interns] and Mr Ranjth[social worker]on 27/07/2023 at Sasihitlu.

It was conducted from house to house explaining the family members about the risk factors, signs and symptoms, treatment and prevention of acute respiratory infection.

The primary aim of the programme was to raise awareness about acute respiratory infection – increase knowledge about it and promoting preventive measures.



REPORT ON CONTRACEPTION AWARENESS PROGRAMME

A health education programme on contraception was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Amit[Medical Officer] and Dr Farzana[post graduate] by Dr. Bhagyashree BM, Dr. Bharath Joshy, Dr. Divanshee Jain and Dr. Digant[MBBS interns] and Mr Ranjith[social worker]on 3/08/2023 at Sasihitlu.

The awareness programme was co-ordinated by Mr. Ranjith (MSW). It commenced at 9:45am.

It was conducted from house to house explaining the family members about various methods of contraception, their advantages and disadvantages.

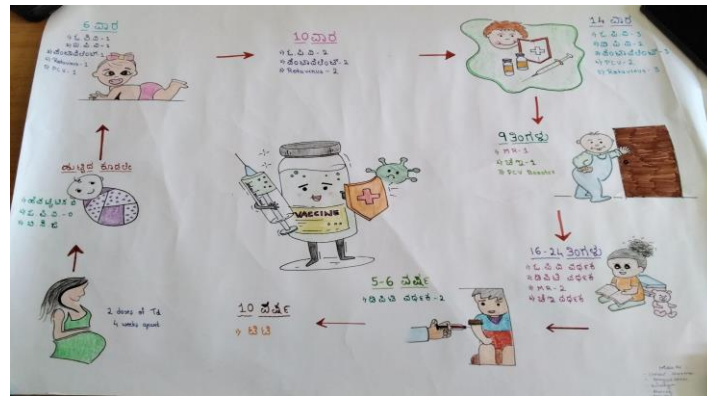
The primary aim of the programme was to raise awareness about family planning – increase knowledge about various contraceptive methods and promoting their usage.

REPORT ON NATIONAL IMMUNIZATION PROGRAM

A health education programme on National Immunization was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Revati[Medical Officer] and Dr Farzana[post graduate] by Dr. Dr. Bhagyashree BM, Dr. Bharath Joshy, Dr.Chhavi sharma, Dr. Bindhya Thomas and Dr. Ayushi Anand [MBBS interns] and Mr Ranjith[social worker]on 10/08/2023 at Sasihitlu.The awareness programme was co-ordinated by Mr. Ranjith (MSW). It commenced at 10am.

It was conducted at RHC , Ira explaining to the family members about the National Immunization Schedule and importance of immunization in children of various age groups and pregnant women.

The primary aim of the programme was to raise awareness about various vaccine preventable diseases and how important immunization is that – increase knowledge.



REPORT ON FILARIASIS AWARENESS PROGRAMME

A health education programme on Filariasis was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Revati[Medical Officer] and Dr Farzana[post graduate] by Dr. Dr. Bhagyashree BM, Dr. Bharath Joshy, Dr.Chhavi sharma, Dr. Bindhya Thomas and Dr. Ayushi Anand [MBBS interns] and Mr Ranjth[social worker]on 11/08/2023 at Sasihitlu.The awareness programme was co-ordinated by Mr. Ranjith (MSW). It commenced at 10:30 a.m.

It was conducted from house to house explaining the family members about the mode of transmission, signs and symptoms, management and prevention of Filariasis.The primary aim of the programme was to raise awareness about Filariasis/Elephantiasis – increase knowledge about it and promote preventive measures.

REPORT ON AWARENESS ABOUT CONJUNCTIVITIS AND EYE CARE

A health education programme on conjunctivitis was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Revati[Medical Officer] and Dr Farzana[post graduate] by Dr.chilakala sai kiran, Dr.

Chhavi Sharma, Dr. Cynthia Wilson, Dr. Depanshu Guru [MBBS interns] and Mr Ranjith[social worker]on 17/08/2023 at Sasihitlu. The awareness programme was co-ordinated by Mr. Ranjith (MSW).

The aim of the program was to educate the public about the causes, symptoms, prevention and treatment of conjunctivitis, also known as pink eye. Conjunctivitis is a common eye infection that can affect anyone, but especially children and elderly people. It can be caused by bacteria, viruses, allergies or irritants. It can spread easily through contact with infected eyes or objects. It can cause redness, itching, discharge, pain and blurred vision. If left untreated, it can lead to complications such as corneal ulcers or vision loss.

The poster presentation was held at the local community center and was attended by about 20-30 people. We gave a presentation on the basics of conjunctivitis. We gave information and tips on how to prevent and treat conjunctivitis.

The program was a success and received positive feedback from the participants and the community leaders.



REPORT ON IMPORTANCE OF PHYSICAL EXERCISE IN ELDERLY

A health education programme on physical exercise was conducted under Unnat Bharath Abhiyan by the Department of Community Medicine under the guidance of Dr Revati [Medical Officer] and Dr Meghana [post graduate] by Dr. Meera Biju, Dr. Midhun Darwin [MBBS interns] and Mr Ranjith [social worker] on 19/09/2023 at Sasihitlu. The awareness programme was co-ordinated by Mr. Ranjith (MSW).

The awareness programme was co-ordinated by Mr. Ranjith (MSW). The aim of the program was to educate the public about the common health problems face during geriatric age and the role of physical exercise in the prevention of the same. There are various health problems associated with long term illness like

- Heart diseases and hypertension
- Diabetes Mellitus
- Joint and weight problems
- Falls and accidents
- Mental and emotional changes
- Difficult in movements.

Advantages of physical exercise in elderly is that it will help in

- Maintaining good mental and physical health
- Weight control and stress relief
- Improve blood circulation and decrease blood pressure
- Decreases blood sugar levels
- Increases flexibility, improves balance and improve energy levels.

The program was a success and we received positive feedback from the participants and the community leaders.

