

HEALTH EDUCATION PROGRAMME CONDUCTED AS A PART OF DOCTORS DAY -04/07/2024

As a part of Unnat Bharat Abhiyan programme, a health education programme was done at on 04/07/2024 under the guidance of Dr. Akhilesh Shetty (MO) by Dr Saniya, Dr Savio, Dr Serwat and coordinated by Mr. Harish (MSW).

During the programme health awareness about non communicable diseases like hypertension and diabetes mellitus was done. The risk factors of the diseases, the importance of lifestyle changes like proper diet and exercises were explained.

Importance of regular health check-up and how to promote healthy behaviours in children and young adults was also emphasized. A chart was presented with the same information and different questions and doubts were answered.



HEALTH CAMP- NCD ON 04/07/2024

As a part of Unnat Bharat Abhiyan programme, a health camp was organized on 4th July 2024. The camp was conducted under the guidance of Dr. Akhilesh Shetty (MO), Dr. Saniya (PG) along with interns Dr. Savio and Dr. Serwat. It was coordinated by MSW Mr. Harish. The check-up involved general examination and screening for systemic hypertension and diabetes mellitus among different age groups.

Haemoglobin estimation was also performed especially in people complaining of weakness and fatigue and women in reproductive age group. Around 14 individuals were screened, and 7 of them needing immediate care were given referrals to higher centres. Health education was provided regarding control of diabetes, hypertension and obesity. We guided them regarding regular health check-ups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions.



HEALTH CAMP- NCD ON 11/07/2024

As a part of Unnat Bharat Abhiyan programme, a health camp was organized on 11th July 2024. The camp was conducted under the guidance of Dr. Akhilesh Shetty, (MO) Dr. Girish (PG) along with interns Dr. Savio and, Dr. Saurabh. It was coordinated by MSW Mr. Ranjith. The check-up involved general examination and screening for systemic hypertension and diabetes mellitus among different age groups.

Around 20 individuals were screened, and about 14 of them needing immediate care were given referrals to higher centres.

Health awareness was provided regarding control of diabetes, hypertension and obesity. We advised them regarding regular health check-ups which is necessary to monitor the health status of beneficiaries and provide necessary interventions.



HEALTH EDUCATION REPORT ON WORLD POPULATION DAY

11/07/2024

As a part of Unnat Bharat Abhiyan programme, a health education programme was done on 11/07/2024 by under the guidance of Dr. Akhilesh Shetty (MO), Dr Girish (PG), Interns Dr Savio and Dr Saurabh and coordinated by Mr. Ranjith (MSW). During the programme health awareness about population control and family planning was done as part of World population day. In the health education the risks of population explosion like scarcity of resources, reduced living standards, financial burdens, hindrance to sustainable development etc. were explained.

The importance population control in our country and current Government policies were explained. Also, family planning concept was explained. Its health benefits, importance of spacing between pregnancies, various contraceptive methods available and its benefits and how to avail them were explained.

A chart was presented regarding the same and doubts and questions were answered



HEALTH EDUCATION ON ORS 18/07/2024

As a part of Unnat Bharat Abhiyan programme, a health education programme was done on 18/07/2024 under the guidance of Dr Akhilesh Shetty (MO) by Dr Girish (PG), Dr Susan, Dr Souraj, Umang, Dr tulip, Dr Varun and Dr Trilochan and with coordination of Mr. Harish (MSW).

Since ORS day is coming, people were informed about ORS it's uses and benefits, how to prepare in home and how it is helpful in various condition.

People were also informed about its no side effects. A chart was presented with the same information and different questions and doubts were answered.



HEALTH CAMP- NCD ON 26/07/2024

As a part of Unnat Bharat Abhiyan programme, a health camp was organized on 26th July 2024. The camp was conducted under the guidance of Dr. Akhilesh Shetty (MO), assisted by Dr. Saniya (PG) along with interns Dr. Varun, Dr. Shreya and Dr. Tulip. It was coordinated by MSW Mr. Harish. The check-up involved general examination and screening for systemic hypertension and diabetes mellitus among different age groups.

Haemoglobin estimation was also performed especially in people complaining of weakness and fatigue and women in reproductive age group. Around 18 individuals were screened, and 5 of them needing immediate care were given referrals to higher centres.

Health education was provided regarding control of diabetes, hypertension and obesity. We guided them regarding regular health check-ups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions.



HEALTH EDUCATION CONDUCTED AS PART OF DOCTORS DAY ON 26/07/2024

As a part of Unnat Bharat Abhiyan programme, a health education programme was done on 26/07/2024 under the guidance of Dr. Akhilesh (Medical Officer) by Dr Saniya (PG), interns Dr. Varun, Dr. Shreya and Dr. Tulip(interns) and Mr Harish (MSW) coordinated the programme.

During the programme health awareness on scorpion bite and its management was done. The effects of the venom were explained and how it affects different organs at different stages. A chart was presented with the same information and different questions and doubts were answered



BREAST FEEDING AWARENESS PROGRAM ON 01/08/2024

As a part of Unnat Bharat Abhiyan programme, a health education program was conducted on 01/08/24 under the guidance of Dr Akhilesh (MO) by Dr Jeni Jacob (Postgraduate, Department of Community Medicine) Dr. Shashank and Dr Shruthi(interns) coordinated by Mr. Ranjith (MSW). During the program patient and patient parties were given information regarding the importance, and benefits of Breast feeding. The aim was to create awareness about the importance of Breast feeding in the overall health of mother and kid in the rural community

The educational session emphasized the numerous benefits of breastfeeding, including nutritional advantages, immune system support for infants, and bonding between mother and child. The speaker also highlighted the importance of exclusive breastfeeding for the first six months of a baby's life and the signs of good latching. Also, a chart depicting the positions of breast feeding and good latching in simple diagrams, was provided during the session.

Participants raised queries regarding the doubts and misconceptions they had regarding breast feeding. A summary was given at the end including all the important information and the participants were thanked for their time and involvement.

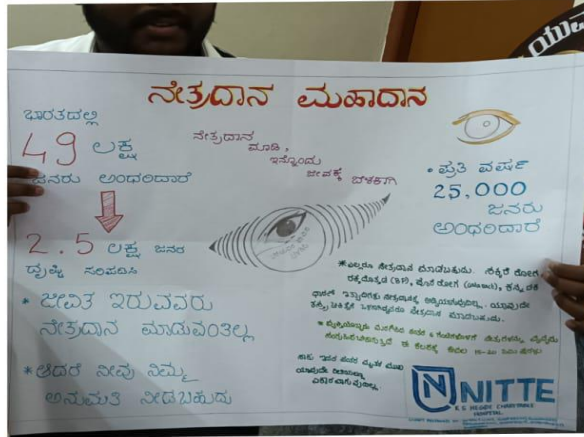


HEALTH EDUCATION ON EYE DONATION 07/08/2024

As a part of Unnat Bharat Abhiyan programme, a health education programme was conducted on 7th August 2024, under the guidance of Dr. Amit Rao (M.O), post graduates Dr. Jeni, Dr. Subhash and interns Dr. Trilochan and Dr. Soorya provided health education to camp attendees regarding need and importance of Eye donation a chart was prepared for the same. The organisation of the camp and the venue of the programme was coordinated by Medico social worker Mr Ranjith.

The Attendees were educated on the number of blind people in the country, The number of correctable blindness patients living in the country and the importance of Eye donation.

Patients were intimated about the procedure of eye donation, where to go for donating the eye and within how many hours of death the eye has to be preserved. Patients were also told who all could donate their eyes including those with chronic diseases like diabetes and hypertension.



HEALTH CAMP NCD- ON 07/08/2024

As a part of Unnat Bharat Abhiyan programme, a health camp was conducted on 07/08/under the guidance of Dr. Amith Rao (MO), Dr Jeni Jacob (Postgraduate, Department of Community Medicine) Dr. Subhash (Postgraduate, Department of Community Medicine) Dr Soorya Raj(intern), Dr Trilochan (intern) and coordinated by Mr. Ranjith (MSW). Health camp aimed at screening the rural population for hypertension and diabetes, to raise awareness about these conditions and their management and to provide immediate medical advice and referrals to those in need.

During the session, after collecting basic demographic data and adequate medical history, blood pressure and GRBS (using glucometer) of the patients were checked. Dietary and lifestyle advices were given to the people in need and was counselled regarding the complications of hypertension and diabetes.

Along with onsite consultations, referral to nearby healthcare facilities for further treatment was provided for the patients in need. The session succeeded in providing basic awareness about Hypertension, diabetes, complications and the lifestyle modifications for managing the same.



HEALTH CAMP-NCD ON 16/08/24

As a part of Unnat Bharat Abhiyan programme, a health camp was conducted on 16/08/24 under the guidance of Dr. Akhilesh Shetty (MO), Dr. Aswin Anand (Postgraduate) Dr. Jeni (Postgraduate), Dr. Preenim Prasanth(intern), Dr Pratheek Yadav (intern) and coordinated by Mr. Hareesh (MSW). Health camp aimed at screening the rural population for hypertension and diabetes., to raise awareness about these conditions and their management and to provide immediate medical advice and referrals to those in need.

During the session, after collecting basic demographic data and adequate medical history, blood pressure and GRBS (using glucometer) of the patients were checked. Dietary and lifestyle advices were given to the people in need and was counselled regarding the complications of hypertension and diabetes.

Along with onsite consultations, referral to nearby healthcare facilities for further treatment was provided for the patients in need. The session succeeded in providing basic awareness about Hypertension, diabetes, complications and the lifestyle modifications for managing the same.



HEALTH CAMP NCD ON 21/08/24

As a part of Unnat Bharat Abhiyan programme, a health camp was conducted on 16/08/24 under the guidance of Dr. Amit Rao (MO), Dr Subhash (Postgraduate) Dr. Jeni (Postgraduate) Dr. Akhil Shan(intern) and coordinated by Mr. Ranjith (MSW). Health camp aimed at screening the rural population for hypertension and diabetes., to raise awareness about these conditions and their management and to provide immediate medical advice and referrals to those in need.

During the session, after collecting basic demographic data and adequate medical history, blood pressure and GRBS (using glucometer) of the patients were checked. Dietary and lifestyle advices were given to the people in need and was counselled regarding the complications of hypertension and diabetes.

Along with onsite consultations, referral to nearby healthcare facilities for further treatment was provided for the patients in need. The session succeeded in providing basic awareness about Hypertension, diabetes, complications and the lifestyle modifications for managing the same.



HEALTH EDUCATION ON OSTEOARTHRITIS 21/08/2024

As a part of Unnat Bharat Abhiyan programme, on 21st of August 2024, a health education programme was given to camp attendees regarding need and importance of symptoms & conservative management of osteoarthritis under the guidance of Dr. Amit (M.O), Post Graduates (Dr. Jeni and Dr. Subhash) and intern Dr. Akhil Shan. worker Mr. Ranjith coordinated the organization of the Camp and the venue of the program.

A chart was prepared for the same. The health education program was carried out which was attended by camp attendees.

The attendees were also counseled about the symptoms that sets when osteoarthritis is confirmed. The Attendees were educated on the matter; the need for care of their joints, the importance of adequate exercise and the need for a balanced diet were also told to the attendees. Medico social



HEALTH CAMP- NCD ON 29/08/2024

As a part of Unnat Bharat Abhiyan programme, a health camp was conducted on August 29th, 2024 under the guidance of Dr Akhilesh Shetty (MO), Dr Jeni (postgraduate, Department of Community Medicine), Dr Pawan (postgraduate, department of Community Medicine), Dr Venkatesh Prasad S (intern) and coordinated by Mr. Harish (MSW). Health camp was aimed at screening the rural population for management and to provide immediate medical advice and referrals to those in need. During the session, after collecting basic demographic data and adequate medical history, blood pressure and GRBS (using glucometer) of the patients were checked. Dietary and lifestyle advices were given to the people in need and was counselled regarding the complications of iodine deficiency.

Along the onsite consultation, referral to nearby healthcare facilities for further treatment was provided for the patients in need. The session succeeded in providing basic awareness about iodine deficiency, complications, the lifestyle modification for managing the same.



HEALTH EDUCATION ON IODINE DEFICIENCY 29/08/2024

As a part of Unnat Bharat Abhiyan programme, a On August 29th, 2024 under the guidance of Dr Akhilesh Shetty (MO), the postgraduates Dr Jeni and Dr Pawan and intern Dr Venkatesh Prasad who provided health education to camp attendees regarding needs and importance of symptoms and conservative management of iodine deficiency with coordination of Mr. Harish (MSW).

A chart was prepared for the same. The health education program carried was attended by camp attendees. The attendees were also counselled about the symptoms that sets when iodine deficiency is confirmed. The attendees were educated on the matter; the need for care of the thyroid, the importance of adequate exercise and the need of a balance diet were also told to the attendees.



HEALTH CAMP- NCD ON 04/09/2024

As a part of Unnat Bharat Abhiyan programme health camp was conducted on 04/09/under the guidance of Dr. Amith Rao (MO), Dr. Riswana (Postgraduate, Department of Community Medicine), Dr. Meghana (Postgraduate, Department of Community Medicine), Dr. Vikyath (Intern) and Dr. Vasisth (Intern) and coordinated by Mr. Ranjith (MSW). Health camp aimed at screening the rural population for hypertension and diabetes, to raise awareness about these conditions and their management and to provide immediate medical advice and referrals to those in need. During the session, after collecting basic demographic data and adequate medical history, blood pressure and GRBS (using glucometer) of the patients were checked. Dietary and lifestyle advices were given to the people in need and was counselled regarding the complications of hypertension and diabetes.

Along with onsite consultations, referral to nearby healthcare facilities for further treatment was provided for the patients in need. The session succeeded in providing basic awareness about Hypertension, diabetes, complications and the lifestyle modifications for managing the same.



HEALTH EDUCATION ON NATIONAL NUTRITION WEEK ON 05/09/2024

As a part of Unnat Bharat Abhiyan programme, on September 5th, 2024 (Thursday), health education was provided to camp attendees regarding needs and importance National Nutrition Week held from September 1st to September 7th under the guidance of Dr Lavanya (MO), the postgraduate, Dr. Riswana, Dr. Meghana and Intern Dr Vikyath with coordination of Mr. Ranjith (MSW).

A chart was prepared for the same. The health education programme was carried which was attended by camp attendees.

The attendees were also counselled about the importance of National Nutrition Week and symptoms of malnutrition. The attendees were educated on the matter; the need for care of the nutrition, the importance of adequate exercise and the need of a balance diet were also told to the attendees.

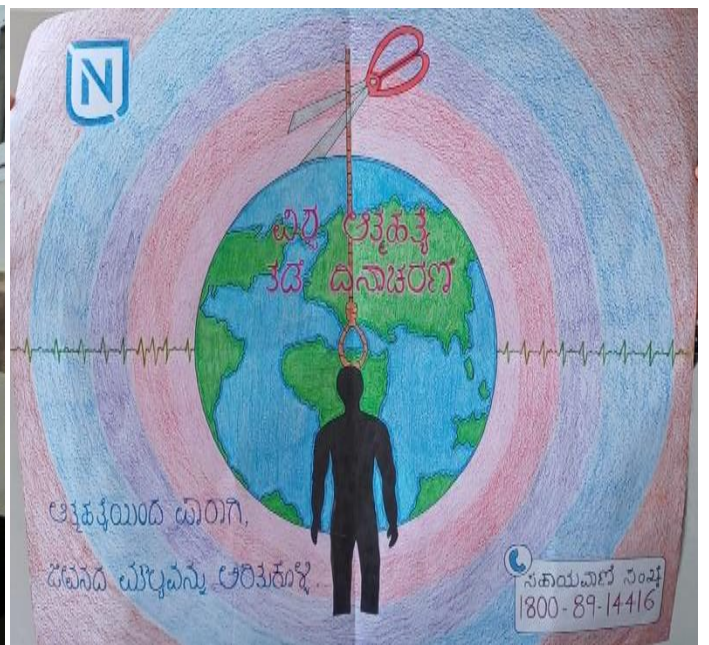
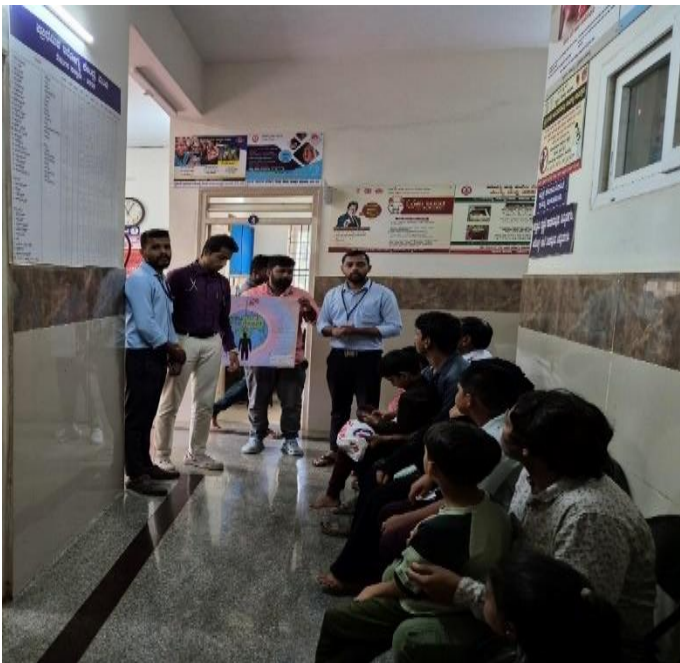


HEALTH EDUCATION ON SUICIDE PREVENTION DAY ON
11/09/2024

As a part of Unnat Bharat Abhiyan programme, on September 11th, 2024 (Thursday), a health education session was delivered to the camp attendees in accordance with “WORLD SUICIDE PREVENTION DAY” under the guidance of Dr Amit Rao (Medical Officer) Assistant Prof, Dept of Community Medicine, Dr. Riswana, Post graduate, Dr. Vijay C Anto intern, in coordination with Mr. Ranjith (MSW).

A chart was prepared for the session. The health education programme was which was attended by patients and staff.

The attendees were also counselled about the importance of having good mental health status and preventing suicide. The attendees were educated on the matter; the need for care of the individuals that need help, the importance of suicide prevention helpline: 1800-89-14416 and the need to use it was also explained to the attendees.



HEALTH CAMP -NCD ON 12/09/2024

As a part of Unnat Bharat Abhiyan programme, a health camp was conducted on 12/09/2024 by under the guidance of Dr. Akhilesh (MO), Dr. Riswana (Postgraduate, Department of Community Medicine), Dr. Meghana (Postgraduate, Department of Community Medicine), Dr. Vishnupriya C (Intern) and Dr. Vijay C Anto (Intern) and coordinated by Mr. Harish (MSW).

Health camp aimed at screening the rural population for Hypertension and Diabetes, to raise awareness about these conditions and their management and to provide immediate medical advice and referrals to those in need. During the session, after collecting basic demographic data and adequate medical history, blood pressure and GRBS (using glucometer) of the patients were checked. Dietary and lifestyle advices were given to the people in need and was counselled regarding the complications of hypertension and diabetes.

Along with onsite consultations, referral to nearby healthcare facilities for further treatment was provided for the patients in need. The session succeeded in providing basic awareness about Hypertension, diabetes, complications and the lifestyle modifications for managing the same.



ANEMIA HEALTH CAMP ON 18/09/2024

As a part of Unnat Bharat Abhiyan programme, an anemia health camp on anemia was organized on Wednesday 18th September 2024. The camp was conducted under the guidance of Dr. Amith (MO), assisted by Dr. Riswana (PG) along with interns Dr. Adesh and Dr. Aditi. It was coordinated by MSW, Mr. Ranjith. The check-up involved general examination and screening for anemia among woman different age groups.

Hemoglobin estimation was performed especially in people complaining of weakness and fatigue and women in reproductive age group. Around 29 individuals were screened, and 13 of them had low hemoglobin. These patients were counselled and supplements were provided for the same. We guided them regarding regular health check-ups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions.



HEALTH EDUCATION -ANAEMIA ON 19/09/2024

As a part of Unnat Bharat Abhiyan programme, on September 19th, 2024, under the guidance of Dr Lavanya (MO) and Dr. Meghana (post graduate), interns Dr Adarsh k Dinesh and Dr Adwaith k provided health education to camp attendees in accordance with the topic "ANAEMIA - SYMPTOMS AND PREVENTION " in coordination with Mr. Hareesh (MSW).

A chart was prepared for the same. The health education programme was attended by patients and staff. The attendees were also counselled about the importance of Early recognition of anemia - signs and symptoms and how to prevent it by regular checkups and modifying daily diet.



HEALTH CAMP- ANEMIA ON 19/09/2024

As a part of Unnat Bharat Abhiyan programme, an anemia health camp was organized on 19th September 2024. The camp was conducted under the guidance of Dr. Lavanya (MO), assisted by Dr. Meghana (PG) along with interns Dr. Adarsh and Dr. Adwaith. It was coordinated by MSW Mr. Harish.

The check-up involved general examination and screening for anemia among woman different age groups. Hemoglobin estimation was performed especially in people complaining of weakness and fatigue and women in reproductive age group. Around 11 individuals were screened, and 3 of them had low hemoglobin.

These patients were counselled and supplements were provided for the same. We guided them regarding regular health check-ups to be continued in this locality to monitor the health status of beneficiaries and provide necessary interventions.

