

1. HEALTH EDUCATION CONDUCTED ON ALZHEIMERS MONTH ON 02.01.2025

A health camp was conducted as a part of Unnat Bharat Abhiyan on on 02/01/2025 by Interns Dr Gauri and Dr Garima Arora under the guidance of Dr. Aswin and Mr Harish (MSW).

During the programme health awareness about Alzheimer's disease was done. The risk factors of the diseases, the early warning signs, support for caregivers and importance of early detection of the disease were explained. A chart was presented with the same information and different questions and doubts were answered.



2.HEALTH CAMP - ON 2/1/2025

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 2nd January 2025. The camp was conducted by Dr. Aswin and Dr Akhilesh Shetty along with interns Dr. Garima Arora and Dr Gauri. 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. Around 30 individuals were screened, and 2 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.



3.HEALTH EDUCATION ON SMOKELESS- TOBACCO PRODUCTS ON 9/1/2025

As a part of Unnat Bharat Abhiyan on 9th January 2025, a health education session was conducted by Dr. Gautham Girish and Dr. Gautham Krishna (Interns), under the guidance of Dr. Akhilesh Shetty (Medical Officer) and Dr Aswin (Postgraduate, Department of Community Medicine), with coordination by M Ranjith (MSW). The session aimed to raise awareness about smokeless tobacco products among the rural population.

The program covered the types of smokeless tobacco products and the various health hazards associated with them like mouth cancer, heart diseases, hypertension, oesophageal cancer. The programme also covered information about various support groups and helpline for users of tobacco and people affected by it. We ended the session by reminding everyone that “Smokeless doesn’t mean harmless”.



4.HEALTH EDUCATION CONDUCTED ON CHICKEN POX 16/01/2025

As a part of Unnat Bharat Abhiyan a health education programme was done at on 16/01/2025 under the guidance of MO Dr. Akhilesh Shetty and Mr. Harish (MSW) by Dr Aswin, interns Dr Iram and Dr Jayalakshmi.

During the programme health awareness about Chicken pox was done. The risk factors of the diseases, the mode of spread, aetiology, signs and symptoms, and treatment and vaccination were explained.

Importance of regular health check-up and how to promote healthy behaviours in children and young adults was also emphasized and also counselled regarding the prevention of the disease.

A chart was presented with the same information, questions and doubts were answered.



5.HEALTH CAMP ON 23/01/2025

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 23rd January 2025. The camp was conducted under the guidance of MO Dr. Akhilesh Shetty and Mr. Ranjith (MSW) by Dr Subash, interns Dr Gokul and Dr Hana. The check-up involved general examination and screening for systemic hypertension and diabetes mellitus among different age groups. Around 8 individuals were screened, and 1 of them needing immediate care were given referrals to higher centres. Health education was provided regarding control of leprosy. 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.



6.HEALTH EDUCATION CONDUCTED ON ANTI-LEPROSY DAY 23/01/2025

As a part of Unnat Bharat Abhiyan, a health education camp was conducted on 23/01/2025 under the guidance of MO Dr. Akhilesh Shetty and Mr. Ranjith (MSW) by Dr Subash (PG), interns Dr Gokul and Dr Hana.

During the programme health awareness about leprosy was done on the occasion of Anti Leprosy Day. The risk factors of the diseases, the mode of spread, aetiology, signs and symptoms, and treatment explained. Importance of regular health check-up and how to promote healthy behaviours in children and young adults was also emphasized and also counselled regarding the prevention of the disease.

A chart was presented with the same information and different questions and doubts were answered



7.GENERAL HEALTH CAMP - 30.01.2025

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 30st January 2024. The camp was conducted by Dr. Lavanya along with Postgraduate Dr. Subhash and interns Dr. Hannah and Dr Gopika. 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. Around 8 individuals were screened, and 3 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.



8.HEALTH EDUCATION ON MEASLES 30.01.2025

As a part of Unnat Bharat Abhiyan, on 30th January 2025 (Thursday), interns, Dr. Gopika and Dr. Hannah under the guidance of Post Graduate, Dr. Subash, MSW Mr. Harish provided Health Education on Measles.

Patients were educated about the at-risk populations, symptoms and ways to prevent the transmission of measles as well as immunization programme against the disease. It was an interactive session where doubts and queries were cleared at the end.



9. GENERAL HEALTH CHECKUP CAMP 13.02.2025

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 13th February 2025. The camp was conducted under the guidance of Dr. Akhilesh Shetty (MO) along with Postgraduate Dr. Naveen and interns Dr. Kshitij and Dr Liya Ann Jose. 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 10 individuals were screened, and 2 of them needing immediate care were given referrals. 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.



10.GENERAL HEALTH CHECKUP CAMP 20.02.2025

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 20th February 2025. The camp was conducted under the guidance of Dr. Amith Rao (MO) along with Postgraduate Dr. Subash and interns Dr. Mathews and Dr Madhav Madhu. 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 16 individuals were screened, and 3 of them needing immediate care were given referrals. 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.



11.GENERAL HEALTH CHECKUP CAMP 27.02.2025

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 27th February 2025. The camp was conducted under the guidance of Dr. Akhilesh Shetty (MO) along with Postgraduate Dr. Naveen and interns Dr. Mathews and Dr. Madhav. 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. Around 8 individuals were screened, and 2 of them needing immediate care were given referrals. 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.



12.GENERAL HEALTH CHECKUP CAMP 06.03.2025

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 06 March 2025. The camp was conducted under the guidance of Dr. Akhilesh Shetty (MO) along with Postgraduate Dr. Subash and interns Dr. Jefin and Dr. Jyothi. It was coordinated by MSW Mr. Ranjith and Mr. Santosh. The check-up involved a general examination and screening for hypertension and diabetes mellitus across different age groups. Twelve individuals were screened. Health education was provided on managing diabetes, hypertension, and obesity. We also advised on the importance of ongoing health check-ups in the community to monitor the health of beneficiaries and deliver necessary interventions.



13.HEALTH EDUCATION ON GLAUCOMA -06/03/2025

As a part of Unnat Bharat Abhiyan, on March 6, 2025 (Thursday), Dr. Jefin and Dr. Jyothi (Interns), under the guidance of Dr. Akhilesh Shetty, Dr. Subash (Postgraduate) and MSW professionals Mr. Ranjith and Mr. Santhosh, conducted a health education session on glaucoma for patients gathered at a health camp. The session covered risk factors, symptoms, and available treatments for the disease. It was an interactive discussion, allowing patients to ask questions and have their doubts clarified at the end.



14.GENERAL HEALTH CHECKUP CAMP 13.03.2025

A health camp was conducted as a part of Unnat Bharat Abhiyan on Thursday 13 March 2025. The camp was conducted under the guidance of Dr. Amit Rao along with Postgraduate Dr. Gireesh and intern Dr. Jefin. It was coordinated by MSW Mr. Ranjith and Mr Santosh. The check-up involved a general examination and screening for hypertension and diabetes mellitus across different age groups. Twelve individuals were screened. Two people were referred to higher centre for further management. Health education was provided on managing diabetes, hypertension, and obesity. This was beneficial for the patients as they understood the importance of getting checked early. We also advised on the importance of ongoing health check-ups in the community to monitor the health of beneficiaries and deliver necessary interventions.



15.HEALTH EDUCATION ON SNAKE BITE – 13/03/2025

As a part of Unnat Bharat Abhiyan on Thursday, March 13, 2025, Dr. Jefin (Intern), under the supervision of Dr. Amith Rao (MO) Dr. B. Girish (Postgraduate) and with the support of MSW professionals Mr. Ranjith and Mr. Santhosh, conducted a health education session on snake bites for patients attending a health camp.

The session covered the signs, symptoms, and available treatments for snake bites. It was interactive, allowing patients to ask questions and clarify their doubts at the end.



16.HEALTH CAMP CONDUCTED ON 21/03/2025

A health camp was conducted as a part of Unnat Bharat Abhiyan on 21/03/2025 by Dr. Muskan (Intern) and Dr. Nachiket (Intern) under the guidance of Dr. Akhilesh Shetty (MO), Dr. Subhash (Postgraduate, Department of Community Medicine) 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.



17.HEALTH CAMP CONDUCTED 27/03/2025

A health camp was conducted as a part of Unnat Bharat Abhiyan screening camp on March 27th, 2025 under the guidance of our faculty, Dr Akhilesh Shetty (MO) and PG, Dr Gireesh, Dr. Manohara H G, Dr. Nachiket interns. It was conducted by MSW, Mr. Ranjith. The camp Involved screening for Diabetes and Hypertension. Total of 8 people were screened. All septic precaution were taken during screening camp and medical waste were discarded accordingly. We counseled them about the necessity of the screening.



18.HEALTH EDUCATION ON WORLD KIDNEY DAY 27/03/2025

As a part of Unnat Bharat Abhiyan, Dr. Manohara H G, Dr. Nachiket, Dr. Mandar, Dr. Muskan conducted a Health education programme on World Kidney Day conducted on March 27th, 2025 under the guidance of our faculty, Dr Akhilesh (MO) and PG, Dr Gireesh. It was conducted by MSW, Mr. Ranjith. We counseled them about the necessity of regular health checkups and urge them to get treatment for diabetes and Hypertension as they are main risk factors for chronic kidney disease.

