

MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH

(DEEMED TO BE UNIVERSITY)

MEENAKSHI MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE

UBA Coordinator – Dr. Pandiyan K.R

AISHE Code – C-36318

05.06.2022	Karai village	World Environment Day 2022
21.06.2022	Valathur village - Primary School	International Yoga Day (June 21st 2022)
01.08.2022	Karai village	World breastfeeding week
02.08.2022	Hariharapakkam village	World breastfeeding week
15.08.2022	Karai village	Gram sabha Meeting
05.09.2022	Karai village	National Nutrition Week
14.09.2022	MMCH&RI	National Deworming Day -2022
28.09.2022	MMCH&RI	World Rabies Day 2022
01.10.2022	Kumaran Old age home, Enathur	International Day of Older Persons
02.10.2022	Siruvakkam village	Gram sabha Meeting
18.10.22	Hariharappakkam	Global Hand Washing Day
17.11.2022	Karai village	World Diabetes Day 2022
01.12.2022	Parandur Village	World AIDS Day 2022
14/02/2023	MMCH&RI	National Deworming Day -2023
08.03.2023	Government Higher secondary school in Parandhur	International Women's Day Celebration 2023

World Environment Day 2022

On the occasion of World Environment Day 2022 (05.06.2022), Tree planting program on the theme “Only One Earth” was conducted in Karai village on **07.06.2022**. The Village head of Karai village graced the occasion. There were about 40 Students and 30 general public participated in this occasion. Awareness about World Environment Day including the importance of planting trees was created among the public. Then the saplings were planted in the village.



International Yoga Day (June 21st 2022)

On the occasion of International Yoga Day 2022 (21.06.2022), live Yoga session was conducted in a Government Primary School in Valathur village by 2 Yoga trainers. The Theme for this year was “Yoga for Humanity”. The Village head of Valathur village and Headmaster of the Primary School graced the occasion. There were about 25 Students participated in this occasion. Health benefits of Doing yogasanas regularly are explained to the participants.



World breastfeeding week

On the occasion of “World Breastfeeding Week 1st – 7th August 2022” Awareness program was organized by Department of Community Medicine, UBA and NSS on 01.08.2022 at Karai village under the guidance of our Dean Dr.K.V.Rajasekhar, Dr.Kokila Selvaraj (Professor and HOD), Dr.Shankar (Professor) and under the supervision of Dr.Pandiyar K.R Associate Professor. The Village head of the Karai graced the occasion. The Welcome address was given by Dr. Kowsalya final year postgraduate. A total of 25 children and 35 mothers participated in the program. This year theme declared by WHO is “Step Up for Breastfeeding: Educate and Support.” Health Education on benefits of Breastfeeding for baby and mother, Do’s and Don’ts were given by Dr. Pavithra first year postgraduate. Querries regarding Breastfeeding problems were clarified by the faculty.

Well baby Clinic was conducted in which 25 children aged 0-5 yrs participated. The assessment for the well baby was based on the immunization status, personal hygiene, developmental milestones, general examination and anthropometric measurements. 3 children based on the scoring were awarded with prizes. Toys were given to all the children. The program came to an end with the Vote of Thanks.



World breastfeeding week

On the occasion of “World Breastfeeding Week 1st – 7th August 2022” for Day- 2 (02.08.2022) Skit on Breasfeeding was organized by Department of Community Medicine, UBA and NSS at Hariharapakkam village under the guidance of our Dean Dr.K.V.Rajasekhar, Dr.Kokila Selvaraj (Professor and HOD), Dr.Shankar (Professor) and under the supervision of Dr.Pandiyam K.R Associate Professor. A total of 20 mothers and children from the village participated in the programme which was conducted in the Anganwadi centre. Welcome address was given by Dr.Parimala RHTC MO. This year theme declared by WHO is “Step Up for Breastfeeding: Educate and Support.”With the guidance of Faculties and Postgraduates the CRMIs performed the Skit regarding benefits of Exclusive Breastfeeding, avoidance of Prelacteal feeds and introducing Complementary feeds after 6 months. Postgraduate explained about the Correct Positioning of Breastfeeding through charts. Refreshments were provided to the beneficiaries. The programme came to an end with the Votes of thanks.



Gram sabha Meeting

Unnat Bharat Abhiyan (UBA) activity was being observed as Gram Sabha meeting addressing the issues in each ward of **Kaarai** village on **15th August 2022** from 11 am to 2 pm. **Kaarai** village is one of the adopted villages of Meenakshi Medical College Hospital and Research Institute, Kanchipuram under UBA Program. **Dr Gopinath.T.T, Assistant Professor**, Department of Community Medicine, under the guidance of **Dr.Kokila Selvaraj (HOD & UBA Co-ordinator)** participated in the program actively. Various issues have been discussed and among which the following are prioritised.

1. **Mosquito Menace.**
2. **Leakage of small water tanks in the wards.**

The Action planned was

1. **Source Reduction & Insecticide Fogging.**
2. **Repair/ Replacement of the leakage of small water tanks.**



National Nutrition Week

Under the Auspicious guidance of Meenakshi Academy of Higher Education and Research, on the occasion of National Nutritional Week 2022, Cooking without Fire competition was conducted for the 8th, 9th and 10th Standard School Students in Government High school in Karai village on **05.09.2022** by the Department of Community Medicine, Unnat Bharat Abhiyan, and National Service Scheme. Under the guidance of Dean Dr. Rajasekhar, Dr.Kokila Selvaraj (Professor and HOD), Dr.Shankar (Professor) and under the supervision of Dr.Pandiyan K.R Associate Professor, the program was organized by faculties and postgraduates of Department of Community Medicine. The Village head, the Head master of the Government Karai High school graced the occasion. There were about 61 audiences.

The program started with Thamizh Thai vazhthu. The theme of this year was “Celebrate A World of Flavors”. Welcome address was given by Dr. Pandiyan K.R. A total of 7group of students each groups comprising 3-4 students participated in the Cooking without Fire competition. Raw materials for the competition were provided to the students. Each group was given 45 minutes. They were assessed 4 aspects (Taste, Presentation, Knowledge about nutritive value of the ingredients used & Innovativeness) each carrying 5 marks by 3 judges.

Health Education regarding the Nutritive contents of the Cereals, Pulses, Animal food products were explained to the audience by Dr. Janarthan. D First year Postgraduate, Nutritive contents of Vegetables and Fruits were explained by Dr. A. Peula Rushmith First year Postgraduate. Prizes were distributed for the Top performers. Consolation prizes were given to other participants. Refreshments were distributed to the audience. Vote of thanks was given by Dr.Sakthivel M Postgraduate - final year. The program came to an end with National Anthem.

List of Participants who participated in the Cooking without Fire Competition:

8th Standard

Group 1 – Rudhra, Mythili, Saranya

Group 2 – Udhaya, Hemachandran, Prithviraj, Manokar, Vijay, Vignesh

9th Standard

Group 3 – Sangavi, Sumithra, Deepadharshini, Gayathri

10th Standard

Group 4 – Bhargavi, Rajeshwari Nandhini, Sandhiya (**I Prize**)

Group 5 – Revathi, Abhinaya, Kowsika, Priya, Pooja

Group 6 – Tharun, Kalaiarasan, Hariharan

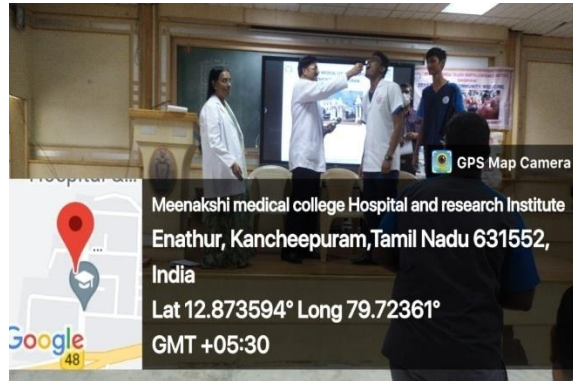
Group 7 – Dharshini, Ragavi



National Deworming Day -2022

Under the auspices of MAHER, National Deworming Day 2022 was observed on 14/09/2022 in the Claude Bernard Hall by the Department of Community Medicine under the guidance of Dr. Kokila Selvaraj (Professor and Head of the Department of Community Medicine). The program was organized by all Faculties and Postgraduates of the Department of Community Medicine. The program was graced by Dr. K. V. Rajasekhar, Dean MMCHRI.

The program was started with the welcome address & introduction about National Deworming day by Dr. Kokila Selvaraj, Professor and Head of the Department of Community Medicine. A total of 250 students (2021-2022) of I year MBBS who are in the age group of 19 years participated in the program. Interactive lecture on National Deworming Day was given by Dr. K. Vaishnavi Asst. Professor, Dept. of Community Medicine by using PPT. Using the lecture consequences of Soil Transmitted Helminths & prevention of the same were discussed. Tab. Albendazole 400mg, was distributed to the students and all of them chewed and swallowed. The program came to an end with vote of thanks by Dr. T.T.Gopinath Asst. Professor, Dept. of Community Medicine.



World Rabies Day 2022

Under the Auspices of Meenakshi Academy of Higher Education and Research, on the occasion of World Rabies Day 2022, Seminar on Rabies was conducted in the old CME Hall for the MBBS Third Professional Year (CBME 2019-20) students, Interns who are posted in the dept, postgraduates and faculty on 28.09.2022. Program was organized by the Department of Community Medicine in collaboration with Unnat Bharat Abhiyan, and National Service Scheme. Under the guidance of Dean Dr. Rajasekhar, Dr.Kokila Selvaraj (Professor and HOD) UBA coordinator, Dr. K. Shankar (Professor) NSS coordinator and under the supervision of Dr.Pandiyar K.R Associate Professor, the program was organized by faculties and postgraduates of Department of Community Medicine.

Theme of this year was” One Health Zero Death”

The program started with Thamizh Thai vazhthu. Welcome address was given by Dr.Kokila Selvaraj (Professor and HOD). Inaugural address was given by Dean Dr. Rajasekhar. Dr. Priya Raj MBBS., DPH., Deputy Director of Health Services Kanchipuram District inspired the importance of Public Health.

Guest Lecture about prevention and control of Rabies was given by Dr. Jeshtin MBBS., DPH., District Epidemiologist Kanchipuram District which was very informative and useful. Pledge to prevent rabies was taken by Students, Interns, Postgraduates and Faculties. Vote of thanks was given by Dr. R. Rajkumar (Professor). Programme came to an end with National Anthem.



International Day of Older Persons

Under the Auspices of Meenakshi Academy of Higher Education and Research, on the occasion of International Day of Older Persons October 2022, Health Camp along with Cultural activities and games was conducted in the Kumaran Old age Home, Enathur, Kanchipuram on 01.10.2022. Program was organized by the Department of Community Medicine in collaboration with Unnat Bharat Abhiyan, and National Service Scheme. Under the guidance of Dean Dr. Rajasekhar, Dr.Kokila Selvaraj (Professor and HOD) UBA coordinator, Dr. K. Shankar (Professor) NSS coordinator and under the supervision of Dr.Pandiyan K.R Associate Professor, the program was organized by faculties and postgraduates of Department of Community Medicine.

Theme of this year was” Resilience of the older persons in a changing world”

Welcome address, needs and importance of the older persons in this changing world was given by Dr. Pandiyan K. R. Associate Professor. Felicitation to the Home Manager and Warden was done by Dr. Pandiyan K. R. Associate Professor and Dr. Gopinath T. T. Asst Professor.

Health camp was conducted to all the voluntary home residents which includes the anthropometric measurements (Height, Weight, Waist circumference, etc.), blood pressure measurements, fasting and postprandial blood sugar measurements using glucometer. A total of 65 persons participated in the event. Referral services were provided to the residents in need.

Cultural events like Singing songs, reciting poems was conducted and the beneficiaries actively participated in the event. Games like Musical chair was conducted for the female and male older persons separately. Honorarium were given to all the beneficiaries who participated in the events. Refreshments given to the all the participants. The program came to an end with vote of thanks by Dr. Janarthanan. D Postgraduate first year.



Gram sabha Meeting

Grama Sabha panchayat meeting in Siruvakkam Mottur village is conducted on 02.10.2022 by the village head Mrs. Sailaja Paranthaman. On behalf of UBA cell of MMCH&RI, Dr. Janarthanan.D Tutor/PG from the department of community medicine attended the meeting. The village head, the village vice head, the nodal officers, VHN and School teachers attended the meeting. A total of 45 general public attended the meeting. The meeting proceeded with the government order regarding preparations for north east monsoon, prevention of the breeding of mosquitoes, etc.

The village people requested the UBA cell of MMCH&RI to

- Conduct health camps regularly.
- Build public toilets for men and women separately for the village people.
- Two solar powered street lamps in the village.

The meeting came to an end with National Anthem.



Global Hand Washing Day October 2022

Under the Auspices of Meenakshi Academy of Higher Education and Research, on the occasion of Global Hand Washing Day October 2022, Hand washing Awareness Campaign conducted in the government primary school, Hariharapakkam on 18.10.2022. Program was organized by the Department of Community Medicine in collaboration with Unnat Bharat Abhiyan, and National Service Scheme. Under the guidance of Dean Dr. Rajasekhar, Dr.Kokila Selvaraj (Professor and HOD) UBA coordinator and Dr. T.T. Gopinath RHTC In charge, the program was organized by faculties and postgraduates of Department of Community Medicine. A total of 88 beneficiaries (85 students of I – V, 2 teachers, Headmaster, 4 faculties and 20 CRMIs attended the program.

Welcome address and the importance of Hand washing was given by Dr.Kokila Selvaraj (Professor and HOD). Do's and Don'ts about proper hand washing were explained to students through Role play and steps of hand washing was demonstrated through dancing by interns. The 7 steps of hand washing were again explained to the students step-wise by the postgraduate .The students were allowed to do the same Felicitation to the Head Master was done by Dr. Gopinath T. T. Asst Professor. The soap was distributed to all the students and teachers. Refreshments were distributed to all the beneficiaries. The program came to end with National anthem.



World Diabetes Day 2022

Under the Auspices of Meenakshi Academy of Higher Education and Research, on the occasion of Global Hand Washing Day October 2022, Hand washing Awareness Campaign conducted in the government primary school, Hariharapakkam on 18.10.2022. Program was organized by the Department of Community Medicine in collaboration with Unnat Bharat Abhiyan, and National Service Scheme. Under the guidance of Dean Dr. Rajasekhar, Dr.Kokila Selvaraj (Professor and HOD) UBA coordinator and Dr. T.T. Gopinath RHTC In charge, the program was organized by faculties and postgraduates of Department of Community Medicine. A total of 88 beneficiaries (85 students of I – V, 2 teachers, Headmaster, 4 faculties and 20 CRMIs attended the program.

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World AIDS Day 2022

Under the Auspices of Meenakshi Academy of Higher Education and Research, on the occasion of World AIDS Day December 1, 2022, AIDS Awareness Campaign conducted in the government Higher secondary school, Paradhur on 01.12.2022. Program was organized by the Department of Community Medicine in collaboration with Unnat Bharat Abhiyan, and National Service Scheme. Under the guidance of Dean Dr. Rajasekhar, Dr.Kokila Selvaraj (Professor and HOD) UBA coordinator and Dr. T.T. Gopinath Asst Professor, the program was organized by faculties and postgraduates of Department of Community Medicine.

The program started with Thamizh Thai vazhthu. The Village head, Head master & Assistant head master of the Government Higher secondary school, Parent teacher's association head of Paradhur School graced the occasion. There were about 100 audiences. Welcome address was given by Mr.Poiyamozi Head master. A special note on AIDS awareness was given by Dr.Kokila Selvaraj (Professor and HOD). Felicitation was done for the guests. Health education on AIDS regarding mode of transmission, Prevention and stigma's attached to AIDS was given by Dr.Peula Rushmith (Postgraduate).

The theme for the year Equalize was explained.A team of 9 nurses with nursing supervisor from our institute performed a role play on world AIDS Day 2022 theme. They have beautifully portrayed the stigma attached towards AIDS in the family as well as the society. Momento's was distributed to them. Speech competition was conducted for the X std, XI std and XII std students on the theme. A total of 6 students participated in the speech competition. Each participant was given 5 minutes time. They were assessed by 3 judges under the following domains – Innovation in the content of the topic, Voice modulation, Pitch, Gesture and postures. Consolidation was done.

Prizes were distributed for the Top 3 performers. Consolation prizes were given to other participants. Poster competition was conducted for the VI std, VII std, VIII std and IX std students on topic “ Equalize”A total of 20 students participated in the Poster competition. Each participant was given 90 minutes time. They were assessed by 3 judges under the following domains - Neat and clean work, Idea of poster. Consolidation was done. Prizes were distributed for the Top 3 performers. Consolation prizes were given to other participants. Refreshments were distributed to the audience.

Vote of thanks was given by Assistant Head master. The programme came to an end with National Anthem.



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 DEEMED TO BE UNIVERSITY U/S 3 OF UGC ACT, 1956
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சமுதாய மருத்துவத் துறை
நாட்டு நலப்பணி திட்டம்
உன்னத பாரத அபியான்

EQUALIZE
 World AIDS Day. 1 December, 2022



National Deworming Day -2023

National Deworming Day 2023 was observed on 14/02/2023 in the new seminar hall by the Department of Community Medicine, National Services Scheme & Unnat Bharat Abhiyan. Under the guidance of Dr. Shankar K (Professor and Head of the Department of Community Medicine), the programme was organised by all Faculties and Postgraduates of the Department of Community Medicine. The program was graced by Dean MMCH&RI Dr Rajasekhar sir.



International Women's Day Celebration – March 8TH2023

On the occasion of International Women's Day 2023, Speech competition on the theme of the International women's Day 2023(Digit ALL: Innovation and Technology for Gender Equality) was conducted at Government High school in Parandhur village on **08.03.2023** by the Department of Community Medicine, Unnat Bharat Abhiyan, National Service Scheme. Under the guidance of Dean Dr. Rajasekhar, Dr.Shankar (Professor and HOD) and under the supervision of Dr.Pandiyam K.R Associate Professor & Dr. Gopinath.T.T, Assistant Professor, the programme was organised by all faculties and postgraduates of Department of Community Medicine.

