

**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR****Department of Community Medicine**

<b>Event Title</b>	Nanma 2025 - Medical camp
<b>Date</b>	June 28, 2025
<b>No. of Participants</b>	250
<b>Venue</b>	Pazhavor Sree Dharmasasthra kshethran Auditorium
<b>Organized by</b>	Department of Community Medicine, AIMS, Thrissur
<b>Supported by</b>	General Medicine, General surgery, ENT, Dermatology, Orthopaedics, Ophthalmology, Paediatrics
<b>Key person in charge</b>	Dr. Sruthi C M, Assistant Professor, Department of Community Medicine, AIMS, Thrissur
<b>Theme</b>	Heath programme

**Report on Community Medicine awareness programme:****Introduction:**

As part of the ongoing community outreach initiatives, the Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur, conducted a comprehensive multispecialty medical camp titled “**Nanma 2025**” on **June 28, 2025**, at **Pazhavor Sree Dharmasasthra Kshethran Auditorium**. The camp aimed to provide accessible healthcare services to the local population, especially those with limited access to specialty medical care.

**Specialties Involved:**

The camp was conducted in collaboration with the following clinical departments of AIMS:

General Medicine

General Surgery

ENT

Dermatology

Orthopaedics



Ophthalmology

Paediatrics

Each department provided consultation, preliminary evaluation, and health education. Necessary referrals were made for patients requiring further investigation or hospital-based care.

### **Activities and Services Offered:**

**General Medical Evaluation:** Screening for hypertension, diabetes, and common medical conditions

**Surgical Consultations:** Assessment for hernias, varicose veins, and other surgical conditions.

**ENT Screening:** Ear and throat examinations and hearing evaluations.

**Dermatological Check-ups:** Skin condition diagnosis and management guidance.

**Orthopaedic Services:** Evaluation of joint, bone, and musculoskeletal complaints.

**Eye Check-ups:** Vision screening and detection of cataract and refractive errors.

**Paediatric Services:** General health assessments for children, vaccination advice, and nutritional counseling.

Health education materials were distributed, and awareness talks were held on hygiene, lifestyle diseases, nutrition, and drug compliance.

### **Participation:**

The camp witnessed enthusiastic participation from approximately **250 individuals** from Pazhavor and surrounding areas. The active involvement of **2022 MBBS batch students** added value to the camp by supporting doctors in screening, patient registration, and health education sessions.

### **Conclusion:**

"Namma 2025" successfully met its objective of delivering essential medical services and spreading health awareness in the community. The camp highlighted the importance of preventive healthcare and early diagnosis. The combined efforts of various departments and student volunteers ensured smooth conduct and effective community engagement.

The Department of Community Medicine expresses sincere gratitude to all participating departments, Pazhavor temple authorities, local coordinators, and the community for their support and cooperation in making this programme a success.



Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur Soumia NR

Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 27, 2025



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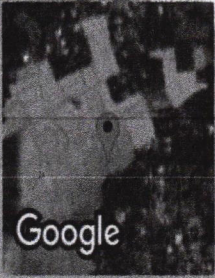
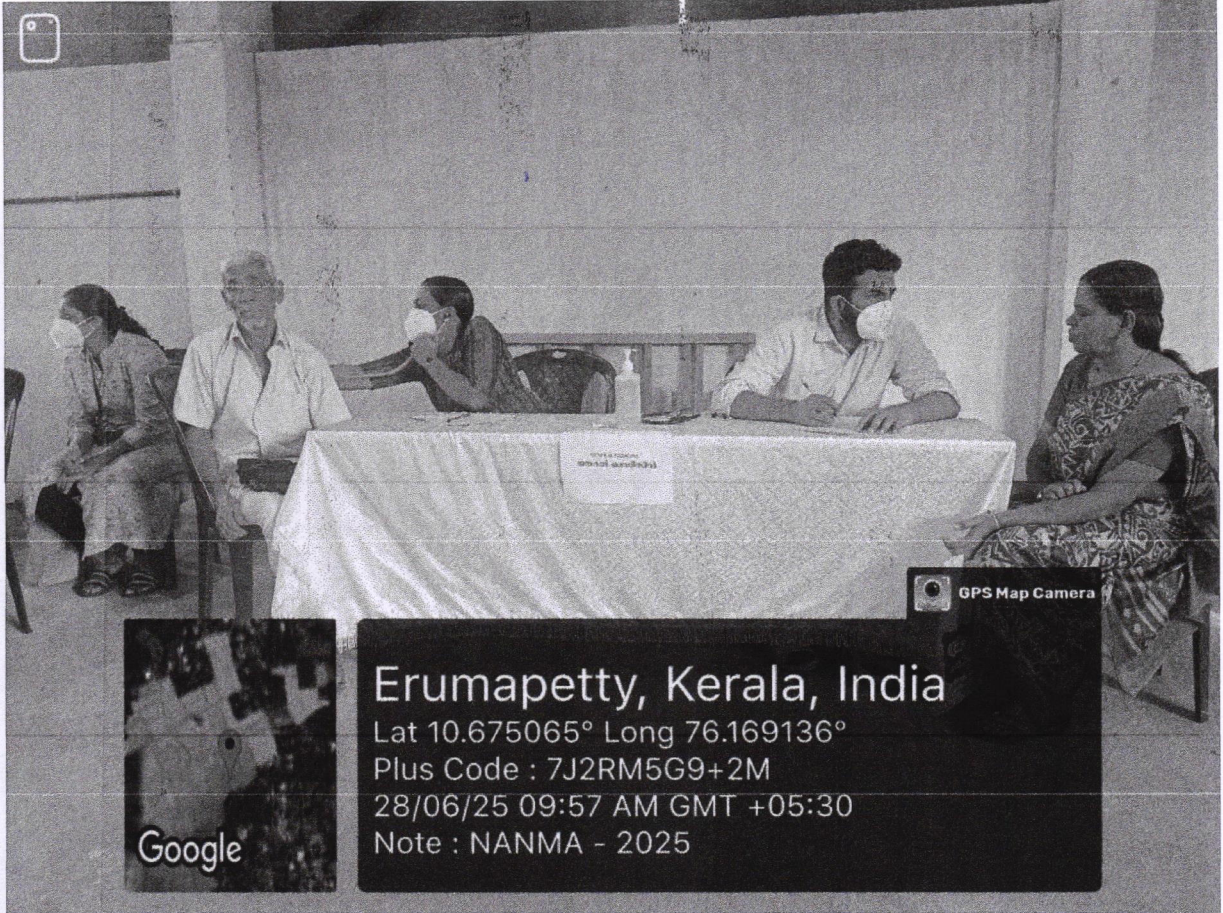
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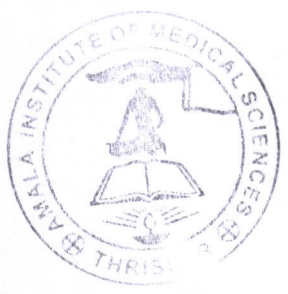




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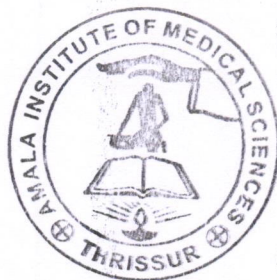
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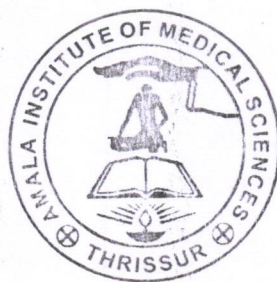
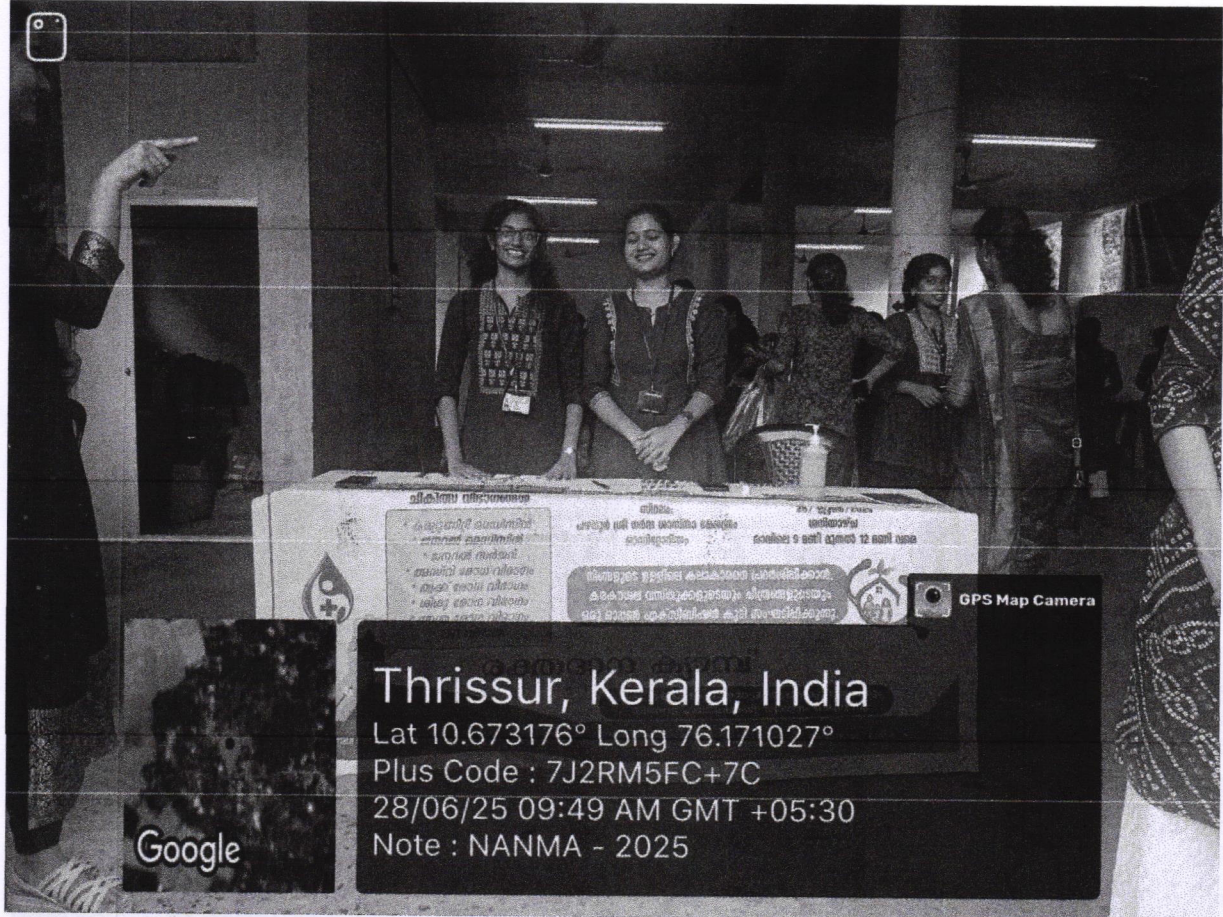


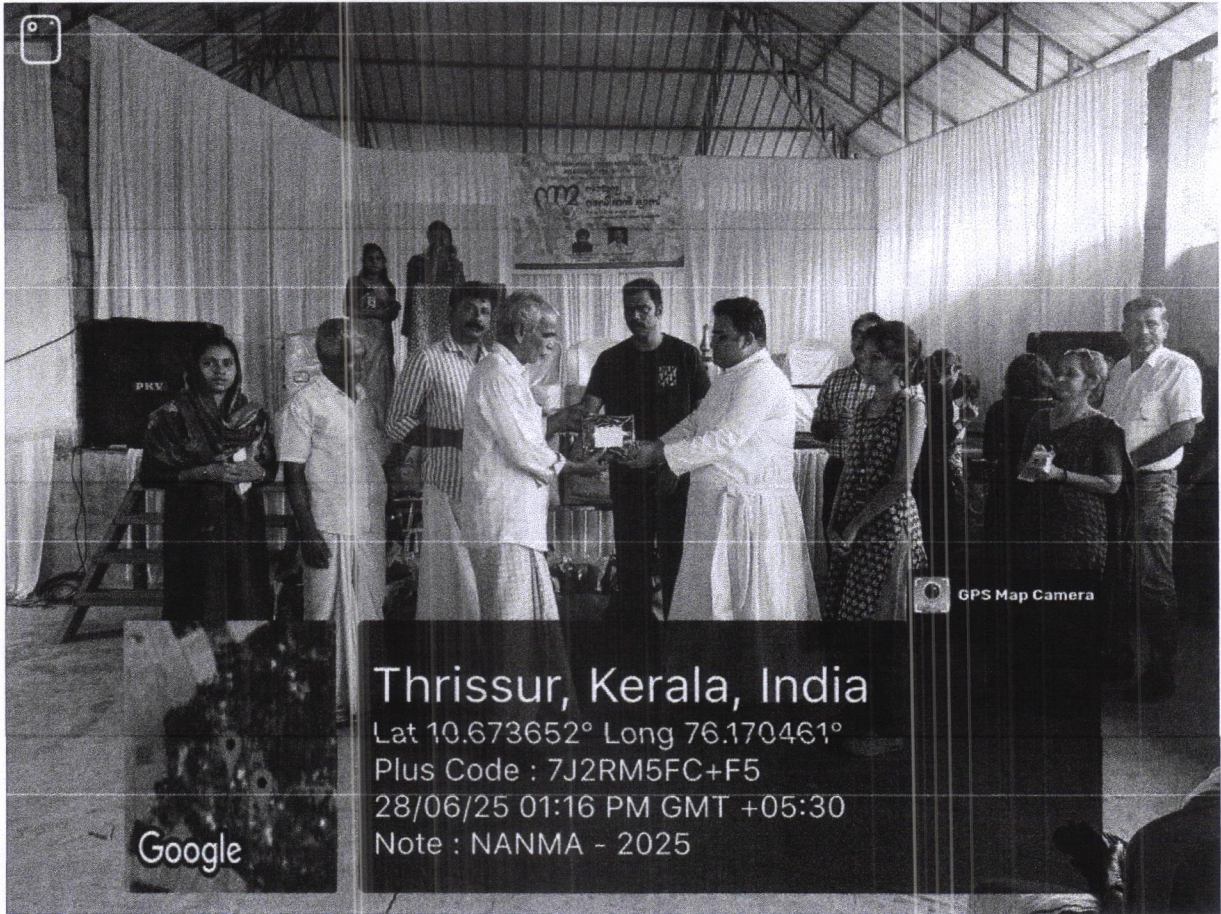






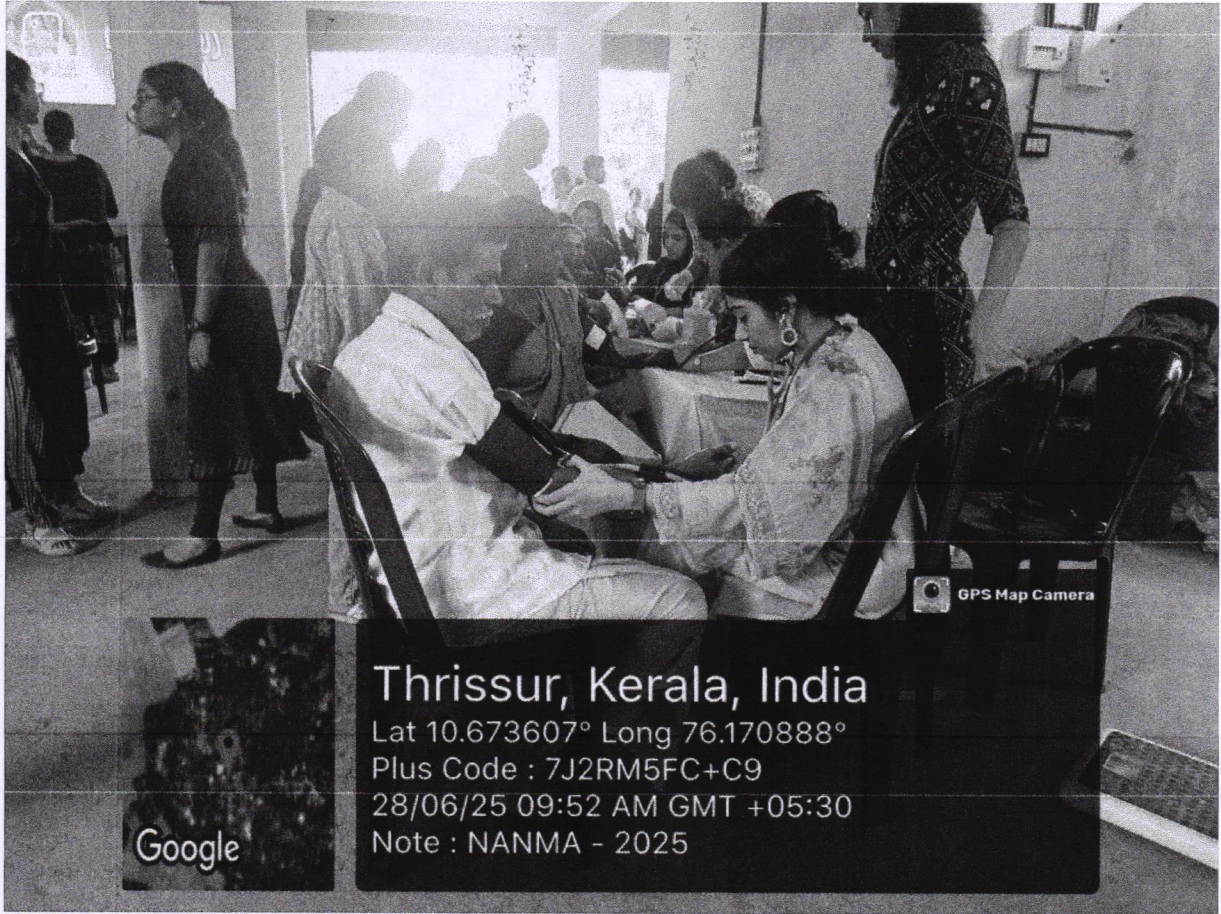














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Amala Institute of Medical Sciences, Thrissur

DEPT. OF COMMUNITY MEDICINE X AGIRAS



*Leaving behind a part of ourselves with the families who welcomed us since first year.*

**SATURDAY, 28 JUNE 2025**

**9:00 AM**

**MEDICAL CAMP | CLEANING DRIVE | ART AND CRAFT EXHIBITION | DISTRIBUTION OF MEDICINES AND OTHER UTILITIES | RENOVATION AND REPAIR |**

**Location : Pazhavor Sree Dharma Shastha Temple Auditorium.**



Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur Soumia N R

Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 27, 2025

*[Handwritten signature]*



Betsy

Dr. BETSY THOMAS  
MD, FRCO, FRCOG  
Principal  
AMALA INSTITUTE OF MEDICAL SCIENCES  
AMALA NAGAR, THRISSUR-680 555

**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS). THRISSUR**

**Department of Community Medicine**

<b>Event Title</b>	Day 10 – World No Tobacco Day Awareness Campaign Pledge by Souhradam Team
<b>Date</b>	May 30, 2025
<b>No. of Participants</b>	20
<b>Venue</b>	Vellattanjoor, Souhradam team
<b>Organized by</b>	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Supported by</b>	-
<b>Key person in charge</b>	Dr. Aminu Thaha , Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Theme</b>	Health Education

**Report on Community Medicine awareness programme:**

As part of the World No Tobacco Day Awareness Campaign, Day 10 of the campaign was marked by a health education initiative focused on reinforcing the message of tobacco-free living through a formal pledge-taking ceremony.

On **May 30, 2025**, the **Souhradam team** at **Vellattanjoor**, comprising **20 members**, actively participated in taking the **Anti-Tobacco Pledge**. The event was aimed at promoting awareness about the harmful effects of tobacco use and encouraging commitment towards a tobacco-free lifestyle among community members.

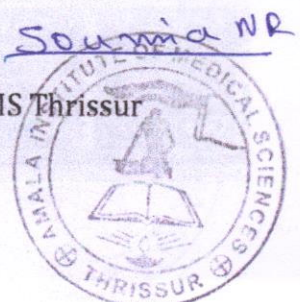
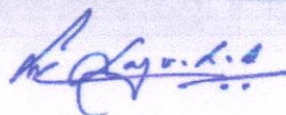
The session was **organized by the Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur**, and was led by **Dr. Aminu Thaha**, Junior Resident, Department of Community Medicine. The program emphasized the collective responsibility of individuals and communities in curbing tobacco use and creating a healthier environment.

This initiative was part of a broader **Health Education programme**, and it served to strengthen the ongoing community-based efforts to reduce tobacco consumption and support tobacco users in quitting the habit.

Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur

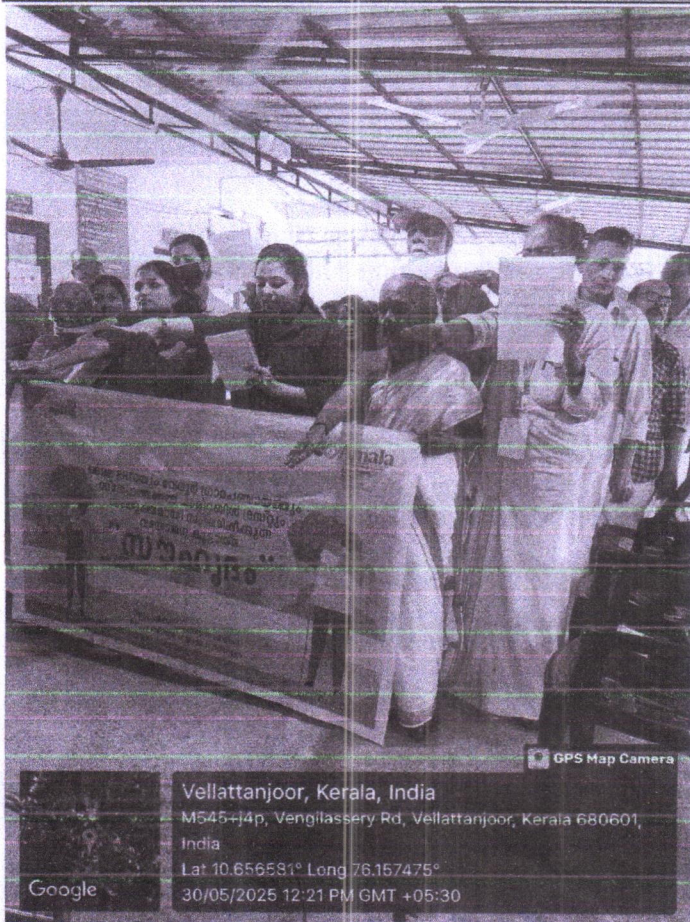
Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 19, 2025





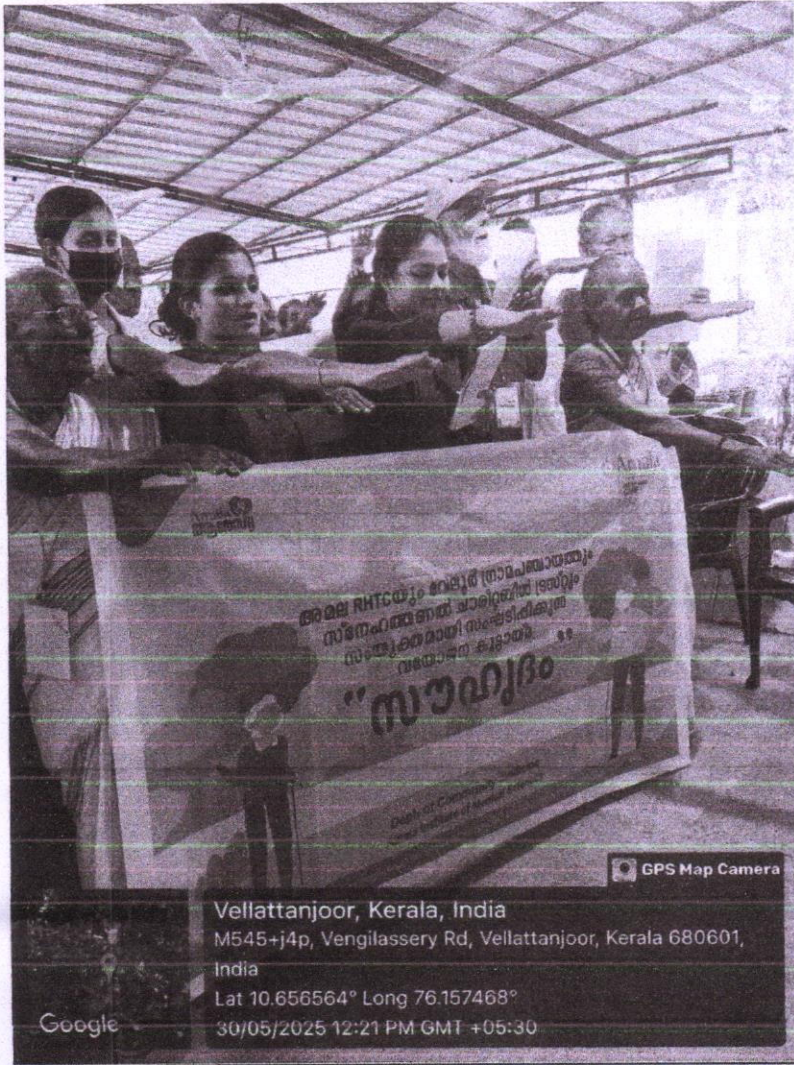
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Vellattanjor



*Betsy*

**Dr. BETSY THOMAS**  
 MD, FRCOG, DNB, MICOG  
 PRINCIPAL  
 AMALA INSTITUTE OF MEDICAL SCIENCES  
 AMALA NAGAR, THRISSUR-680 555



**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR**

**Department of Community Medicine**

<b>Event Title</b>	<b>Day 8 – World No Tobacco Day Awareness Campaign Awareness Session at Carmelite School</b>
<b>Date</b>	May 28, 2025
<b>No. of Participants</b>	100
<b>Venue</b>	Carmelite school
<b>Organized by</b>	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Supported by</b>	-
<b>Key person in charge</b>	Dr. Ashna Joy , Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Theme</b>	Health Education

**Report on Community Medicine awareness programme:**

As part of the ongoing **World No Tobacco Day Awareness Campaign**, Day 8 featured a focused **Health Education Programme** conducted at **Carmelite School**, Thrissur. The session aimed to educate school students on the harmful effects of tobacco use and to promote healthy, tobacco-free lifestyles among adolescents.

The awareness talk was delivered by **Dr. Ashna**, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences. Around **100 students** actively participated in the session. The talk covered various aspects of tobacco use including its addictive nature, adverse health effects, social impact, and the importance of saying “No” to peer pressure.

Interactive discussions were encouraged, and students were engaged with real-life examples, visual aids, and simple demonstrations to ensure better understanding. The session concluded with a motivational message urging students to be ambassadors of a tobacco-free generation and to spread the awareness further among peers and family.

The programme was well-received and appreciated by both the students and faculty members of the school.

Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur

Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur





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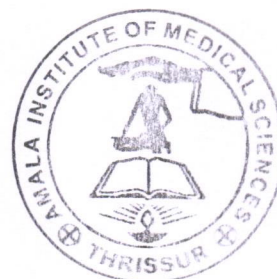
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*Betsy*

Dr. BETSY THOMAS

MD, FRCOG, DNB, MICOG

PRINCIPAL

AMALA INSTITUTE OF MEDICAL SCIENCES

AMALA NAGAR, THRISSUR-680 555



**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR**

**Department of Community Medicine**

<b>Event Title</b>	TB Sensitization and Health Screening Camp for Migrants
<b>Date</b>	March 20, 2025
<b>No. of Participants</b>	100
<b>Venue</b>	Kiraloor
<b>Organized by</b>	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Supported by</b>	-
<b>Key person in charge</b>	Dr.Sachin Chandramohan, Assistant Professor, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Theme</b>	Health Education

**Report on Community Medicine awareness programme:**

Activities Conducted:

**1. TB Sensitization Session:**

- A health education class was delivered by Dr. Sachin Chandramohan on the importance of TB prevention, early diagnosis, and treatment.
- Migrants were informed about symptoms of TB, modes of transmission, and the availability of free diagnostic and treatment services through the National TB Elimination Programme (NTEP).
- Emphasis was laid on the need for timely medical consultation for persistent cough or weight loss.

**2. TB Screening:**

- All participants were screened for symptoms of TB.
- Suspected individuals were advised further evaluation and diagnostic follow-up.

**3. Oral Cancer Screening:**

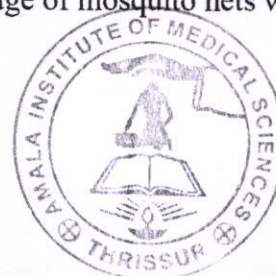
- Oral cavity examinations were carried out to identify lesions suspicious of oral cancer.
- Participants were educated about the harmful effects of tobacco and betel nut chewing.

**4. Filarial Screening and Prophylaxis:**

- Screening for signs of lymphatic filariasis was conducted.
- DEC (Diethylcarbamazine) tablets were distributed as a preventive measure.

**5. Malaria Screening:**

- Symptomatic screening for malaria was conducted.
- Preventive messages on mosquito control and usage of mosquito nets were provided.



Impact:

- The programme successfully reached a high-risk and underserved population group with vital health education and screening services.
- It helped in raising awareness among migrants regarding communicable diseases and emphasized the importance of early health-seeking behavior.
- Potential TB suspects and those needing further care were referred appropriately for follow-up.

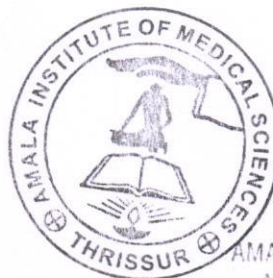
Conclusion:

The sensitization and screening programme at Kiraloor Subcentre, under the guidance of Dr. Sachin Chandramohan, was a significant step toward addressing the healthcare needs of the migrant community. Such integrated outreach efforts play a crucial role in disease prevention and health promotion among vulnerable populations.

Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur

Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 25, 2025



Betsy

Dr. BETSY THOMAS  
MD, FRCOG, DNB, MICOG  
PRINCIPAL

AMALA INSTITUTE OF MEDICAL SCIENCES  
AMALA NAGAR, THRISSUR-680 555

**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR**

**Department of Community Medicine**

<b>Event Title</b>	Focus Group Discussion on Challenges in Ensuring Food Safety among Food Caterers
<b>Date</b>	March 13, 2025
<b>No. of Participants</b>	15
<b>Venue</b>	Dept of Community Medicine - Research Room
<b>Organized by</b>	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Supported by</b>	-
<b>Key person in charge</b>	Dr. Anna Stephan A, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Theme</b>	Health Education

**Report on Community Medicine awareness programme:**

Introduction:

A Focus Group Discussion (FGD) was conducted on March 13, 2025, at the Research Room, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur. The discussion aimed to explore the key challenges faced by food caterers in ensuring food safety and maintaining hygiene standards. A total of 15 participants, including food caterers and kitchen supervisors from various catering services in and around Thrissur, attended the session.

Objectives:

- To identify the common challenges encountered in maintaining food safety standards.
- To understand the level of awareness and practices related to hygiene and food safety.
- To discuss possible solutions and strategies to overcome these challenges.

Methodology:

The session was moderated by Dr. Anna Stephan A, Junior Resident, Department of Community Medicine. The discussion was conducted in an open, interactive format encouraging participants to share their personal experiences and opinions. A semi-structured guide was used to cover key thematic areas related to food safety.



## Key Discussion Points:

### 1. Awareness and Training:

- Many caterers lacked formal training in food safety and hygiene.
- Some participants had undergone short-term courses but expressed the need for regular refresher training.

### 2. Infrastructure Challenges:

- Inadequate kitchen space and poor ventilation were commonly reported.
- Limited access to clean water and proper waste disposal mechanisms hindered hygienic food preparation.

### 3. Manpower Issues:

- Shortage of trained staff led to overburdening, compromising hygiene standards.
- High staff turnover made it difficult to maintain consistent practices.

### 4. Raw Material Quality:

- Difficulty in sourcing fresh and high-quality ingredients was highlighted.
- Lack of cold storage facilities led to improper storage and spoilage.

### 5. Monitoring and Regulation:

- Participants felt there was inadequate inspection or monitoring by food safety authorities.
- They expressed a need for more practical support rather than just punitive action.

### 6. Public Perception and Client Demands:

- Some caterers reported that customers prioritize taste and cost over hygiene.
- There was a lack of appreciation or incentives for maintaining good food safety practices.

## Suggestions and Recommendations:

- Regular workshops and on-site training on food safety and hygiene.
- Provision of basic infrastructure support through government schemes.
- Development of a checklist or manual for safe catering practices.
- Encouraging client awareness about the importance of food safety.
- Strengthening local food safety inspections with a supportive approach.

## Conclusion:

The FGD provided valuable insights into the multifaceted challenges faced by food caterers in ensuring food safety. It highlighted the urgent need for systematic training, infrastructure



Dr. Betsy THOMAS  
MD, FRCOG, DNB, MCOG  
PRINCIPAL  
AMALA INSTITUTE OF MEDICAL SCIENCES  
AMALA NAGAR, THRISSUR-680 555

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improvements, and collaborative support from authorities. The discussion emphasized that food safety is a shared responsibility requiring coordinated efforts from caterers, regulators, and the community.

Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur

Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 25, 2025

Betsy



Dr. BETSY THOMAS  
MD, FRCOG, DNB, MICOG  
PRINCIPAL  
AMALA INSTITUTE OF MEDICAL SCIENCES  
AMALA NAGAR, THRISSUR-680 555

**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR**

**Department of Community Medicine**

<b>Event Title</b>	Anganwadi Visit – Vellattanjoor
<b>Date</b>	March 10, 2025
<b>No. of Participants</b>	10
<b>Venue</b>	Vellattanjoor
<b>Organized by</b>	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Supported by</b>	-
<b>Key person in charge</b>	Dr. Alkha A, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Theme</b>	Health Education

**Report on Community Medicine awareness programme:**

A health education visit was conducted at Vellattanjoor Anganwadi on March 10, 2025, by Dr. Alkha A, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur. The session focused on promoting health awareness and good hygiene practices among children.

Ten children from the anganwadi participated actively in the programme. The session included interactive discussions, demonstrations of handwashing techniques, and oral hygiene practices. The importance of a balanced diet, regular physical activity, and personal cleanliness was emphasized in an age-appropriate manner.

The children showed enthusiastic participation and responded positively to the activities conducted. Educational materials and visual aids were used to enhance understanding and engagement.

The programme successfully contributed to instilling basic health awareness and hygiene habits among young children and was well received by the anganwadi staff.

Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur

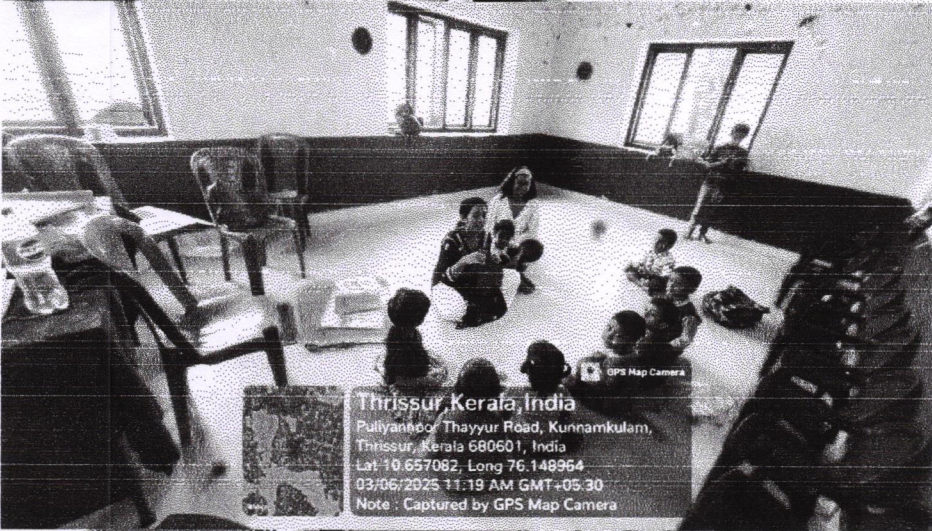
Dr. C. R. Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 25, 2025





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*Betsy*  
**Dr. BETSY THOMAS**  
 MD, FRCOG, DNB, MICOG  
 PRINCIPAL

**AMALA INSTITUTE OF MEDICAL SCIENCES**  
**AMALA NAGAR, THRISSUR-680 555**



**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR**

**Department of Community Medicine**

<b>Event Title</b>	Awareness session on Diseases in Rainy Season together with screening for hypertension and diabetes was conducted at Kovilakam restaurant.
<b>Date</b>	June 16, 2025
<b>No. of Participants</b>	20
<b>Venue</b>	AIMS Thrissur
<b>Organized by</b>	Department of Community Medicine
<b>Supported by</b>	-
<b>Key person in charge</b>	Dr. Sneha George , Assistant Professor, Dept. of Community Medicine , AIMS Thrissur Dr Pretty Paulson- Junior Resident, , AIMS Thrissur
<b>Theme</b>	Health Education

**Report on Community Medicine awareness programme:**

An **awareness session on common diseases during the rainy season** was conducted at **Kovilakam Restaurant** as part of a public health outreach initiative. The session was led by **Dr. Sneha George**, Assistant Professor, and **Dr. Pretty Paulson**, Junior Resident, Department of Community Medicine, AIMS Thrissur.

The session aimed to educate the public, especially restaurant staff and customers, about the increased risk of communicable and vector-borne diseases such as **leptospirosis, dengue, typhoid, and viral fevers** during the monsoon months. The participants were briefed on **preventive measures**, including proper sanitation, use of protective clothing, mosquito control practices, and the importance of clean drinking water and food hygiene.

As part of the initiative, **screening for hypertension and diabetes** was also carried out. Blood pressure and random blood sugar levels were checked for all willing participants. Those with abnormal findings were advised to follow up at nearby health facilities for further evaluation and management.

The session witnessed active participation and interaction from the attendees, who appreciated the effort taken to combine health education with screening services.



**Outcome:**

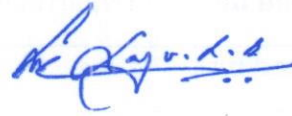
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- Referrals made for further medical evaluation: [Insert Number, if any]

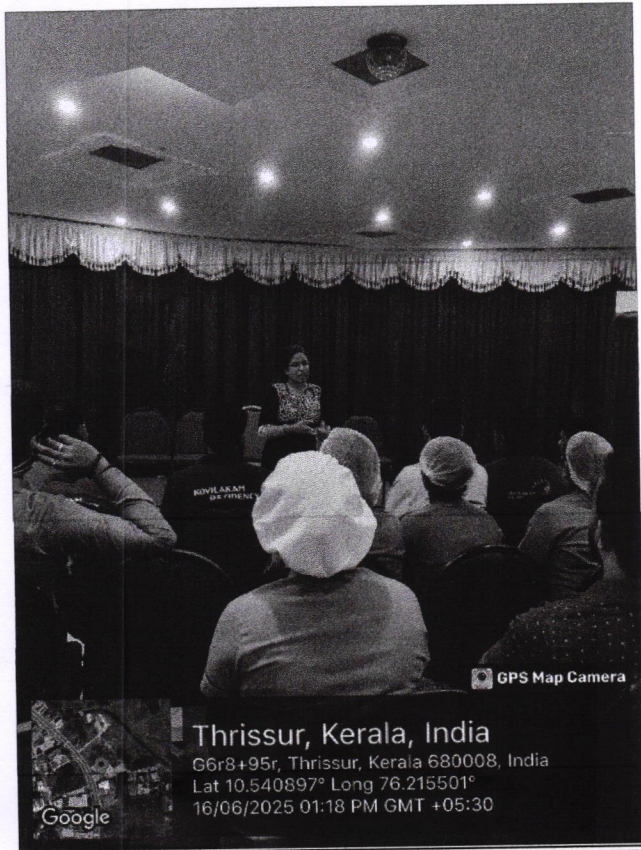
This program highlighted the importance of seasonal health awareness and the need for routine screening of lifestyle diseases, even in non-clinical community settings.

Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur Soumia NR

Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 19, 2025





Betsy

Dr. BETSY THOMAS  
MD, FRCOG, DNB, MICOG  
PRINCIPAL  
AMALA INSTITUTE OF MEDICAL SCIENCES  
AMALA NAGAR, THRISSUR-680 555

**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR**

**Department of Community Medicine**

<b>Event Title</b>	RHTC Medical Camp and Health Education Session
<b>Date</b>	January 21, 2025
<b>No. of Participants</b>	50
<b>Venue</b>	Vellattanjoor
<b>Organized by</b>	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Supported by</b>	-
<b>Key person in charge</b>	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Theme</b>	Health Education

**Report on Community Medicine awareness programme:**

The Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur, conducted a Rural Health Training Centre (RHTC) medical camp and health education session at Vellattanjoor on January 21, 2025. The event witnessed the participation of 20 local residents who availed the medical services and actively took part in the awareness session.

The medical camp included basic health check-ups and consultations facilitated by the RHTC team. Following the clinical services, an informative health talk was delivered by an intern from the department. The session focused on key preventive health topics relevant to the rural community, emphasizing hygiene, nutrition, lifestyle modification, and common disease prevention strategies.

The interactive session helped raise awareness among the participants and encouraged them to adopt healthier practices in their daily lives. The camp concluded with a Q&A session, allowing community members to clarify their health concerns.

This initiative reinforced the ongoing commitment of the Department of Community Medicine, AIMS, Thrissur, towards community outreach and health education in rural settings.

Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur

Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 24, 2025

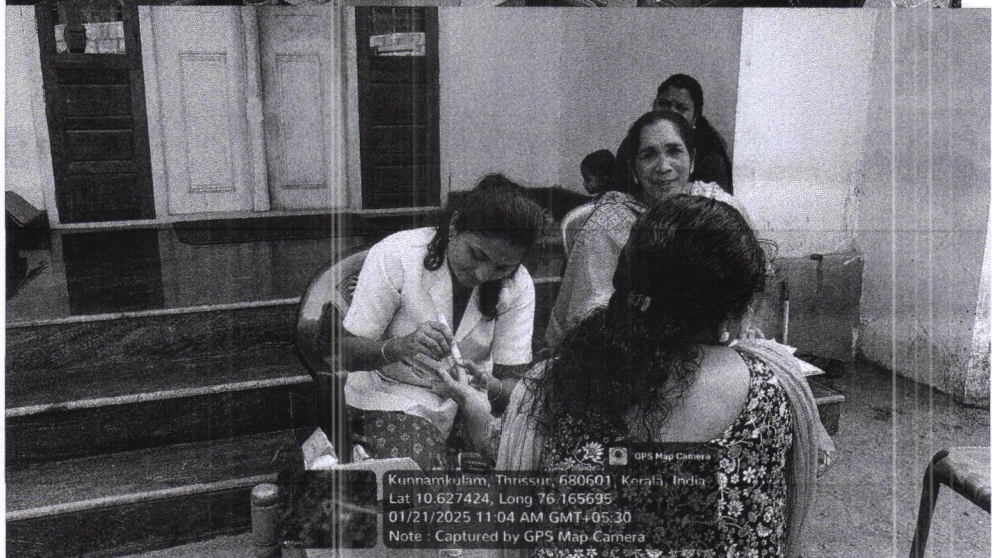


*Soumia N R*

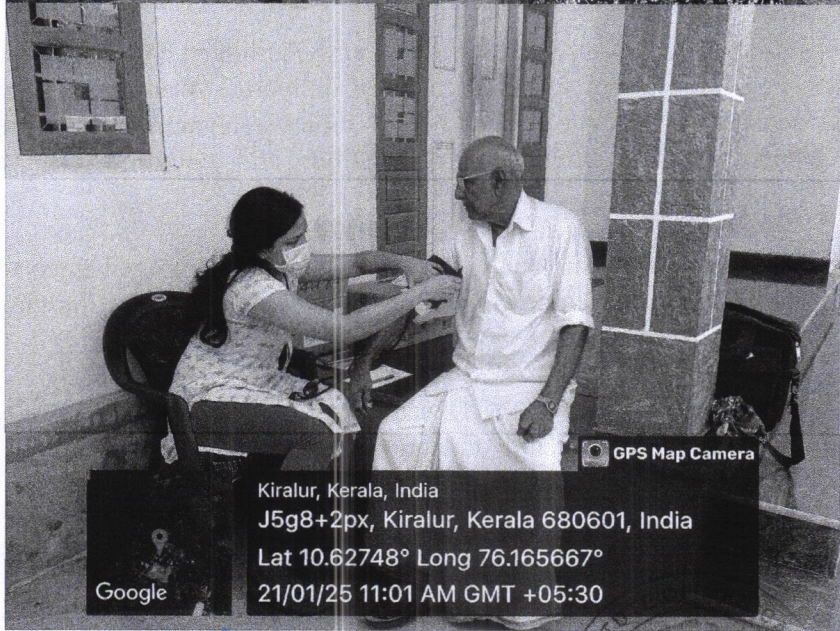
*[Signature]*



Kunnamkulam, Thrissur, 680601, Kerala, India  
Lat 10.627423, Long 76.165723  
01/21/2025 11:05 AM GMT+05:30  
Note : Captured by GPS Map Camera



Kunnamkulam, Thrissur, 680601, Kerala, India  
Lat 10.627424, Long 76.165695  
01/21/2025 11:04 AM GMT+05:30  
Note : Captured by GPS Map Camera



Kiralur, Kerala, India  
J5g8+2px, Kiralur, Kerala 680601, India  
Lat 10.62748° Long 76.165667°  
21/01/25 11:01 AM GMT +05:30

Google

*Handwritten signature in blue ink.*

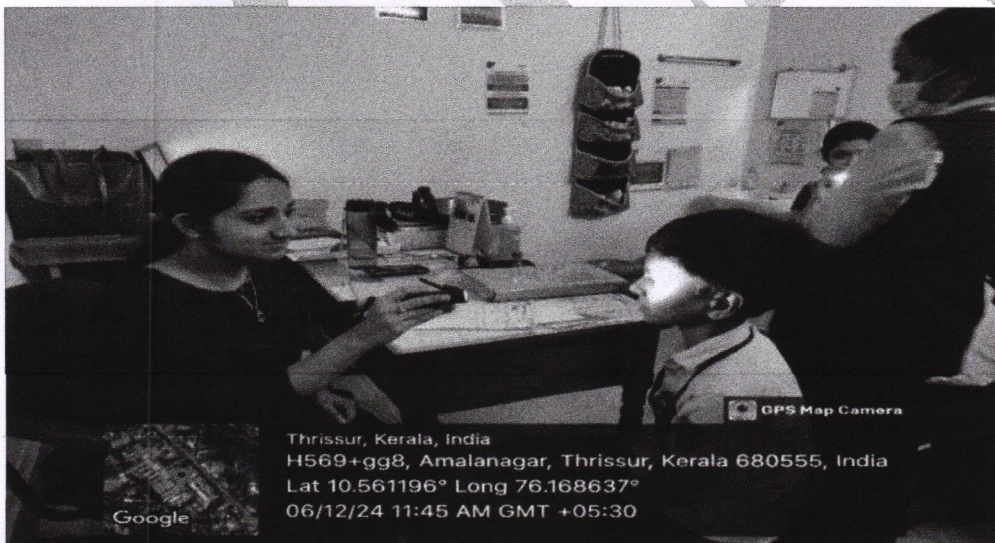


*Betsy*  
**Dr. BETSY THOMAS**  
MD, FRCS, DNB, MCOG  
PRINCIPAL  
AMALA INSTITUTE OF MEDICAL SCIENCES  
AMALA NAGAR, THRISSUR-680 555

## 56. Second Phase Eye Screening – Amala Nayana Project

Event	Second Phase Eye Screening – Amala Nayana Project
Date	06/12/2024
Time	From 10:30 AM
Venue	Department of Ophthalmology, Amala Institute of Medical Sciences
School	St. Mary's U.P. School, Ambakkad
Panchayat	Adat Gram Panchayat
Project	Amala Grama Project – Amala Nayana Phase II
No. of Participants	10

As part of the Amala Grama Project, the second phase of the Amala Nayana Eye Screening for students of St. Mary's U.P. School, Ambakkad (Adat Gram Panchayat) was conducted on 6th December 2024 from 10:30 AM at the Department of Ophthalmology, Amala Institute of Medical Sciences. Number of participants are 10.



*Betsy*  
Dr. BETSY THOMAS  
MD, FRCO, FRCO, MICOG  
PRINCIPAL  
AMALA INSTITUTE OF MEDICAL SCIENCES  
AMALA NAGAR, THRISSUR-680 555

### 55. Awareness Class on Waterborne Diseases

Event	Awareness Class on Waterborne Diseases
Date	30/11/2024
Time	2:30 PM
Location	Ward 3, Adat Panchayat
Target Group	Farmers
Conducted By	Mr. Mohammed Rafi, Entomologist, AIMS Community Medicine Department
Number of Participants	25

As part of the Amala Grama Project, an awareness class on Waterborne Diseases was conducted for the Ward 3 farmers of Adat Panchayat on 30th November 2024 at 2:30 PM. The class was led by Mr. Mohammed Rafi, Entomologist from the Department of Community Medicine, Amala Institute of Medical Sciences. Number of participants are 25.

