

From,

Ajini P. Kumar
SSSS coordinator
GUPS Varadiyam

To,

Dr. C.R Saju
Professor & Head
Dept. of Community Medicine
Amala Institute of Medical Sciences

Respected Sir,

Sub: Request to conduct an awareness class
on First Aid and Drug Abuse Awareness

As part of our School Social Service Scheme, we
wish to organise an awareness class on First Aid and
Drug Abuse for the students of our school.

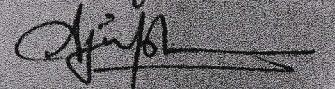
We would be grateful if you could
kindly arrange a qualified resource persons to
lead the sessions. We propose to conduct the
programme on or 4th January 2026.

Dr. Sankar P. M
Dr. Sae bin

Deputed
29/12/25

Thank You,

Yours faithfully


Ajini P. Kumar

Health Awareness Programme

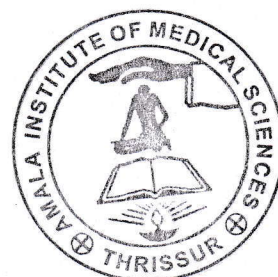
Event Name	School NSS Camp – Health Awareness Programme
Date	04.01.2026
Venue	Government UP School, Varadiyam
Organising Unit	School NSS Camp
Resource Persons	Dr. Sachin & Dr. Sruthi
Topics Covered	First Aid; Drug Abuse and Prevention
Target Group	School Students

As part of the **School NSS Camp**, a **health awareness programme** was conducted at **Government UP School, Varadiyam**. The programme included a **health talk on First Aid** and a **session on substance abuse and its prevention**, delivered by **Dr. Sachin and Dr. Sruthi**.

The **First Aid session** focused on basic emergency care, management of common injuries, and the importance of timely assistance. The **drug abuse prevention class** highlighted the harmful effects of drugs, ways to resist peer pressure, and the importance of making healthy life choices.

The sessions were interactive and informative, with active participation from students. The programme effectively enhanced students' awareness of basic first aid practices and the dangers of substance abuse, contributing to overall school health education.

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Awareness Session on Life style Diseases

Event Name	<i>Stay Fit, Stay Bright: Building a Disease-free Tomorrow</i>
Date	03.12.2025
Time	11 AM
Venue	GLP School, Varadiyam
Resource Person	Dr. Sruthi C M

An awareness session titled **“Stay Fit, Stay Bright: Building a Disease-free Tomorrow”** was conducted for **School Social Service students** at **GLP School, Varadiyam**. The session was handled by **Dr. Sruthi C.M**

The programme focused on the importance of good health, regular exercise, healthy food habits, personal hygiene, and disease prevention. The session was interactive and easy to understand. Students actively participated and clarified their doubts.

The programme was useful in creating awareness among students about maintaining a healthy lifestyle and building a disease-free future.



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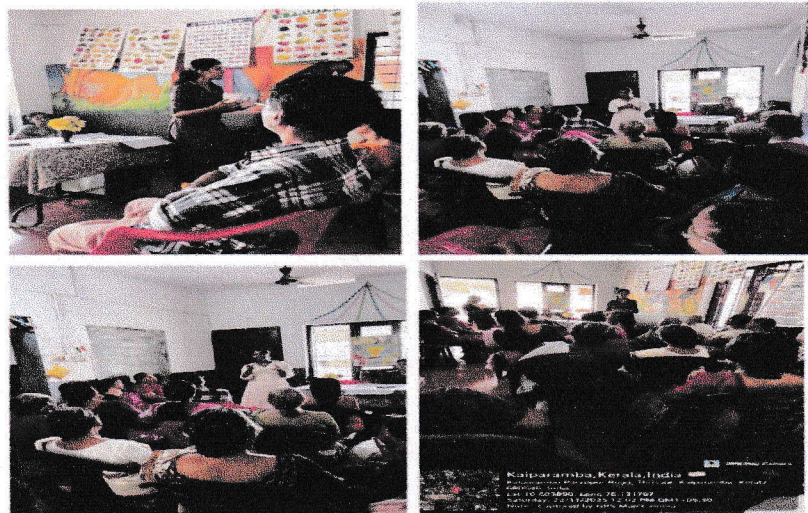
Health Talk on Lifestyle Diseases

Event Name	Health Talk on Lifestyle Diseases
Date	23.11.2025
Venue	Thulyatha Anganwadi, Kaiparambu
Target Group	Anganwadi Beneficiaries
Resource Persons	Dr. Susan & Dr. Nikhilamol

A health talk on lifestyle diseases was conducted at **Thulyatha Anganwadi, Kaiparambu**. The session was led by **Dr. Susan and Dr. Nikhilamol** with the aim of creating awareness about common lifestyle diseases.

The doctors explained conditions such as diabetes, hypertension, and obesity, highlighting their causes, risk factors, and preventive measures. Emphasis was given to healthy food habits, regular physical activity, and routine health check-ups.

The talk was simple and interactive, helping the participants understand the importance of lifestyle modification in preventing diseases. The programme was effective in improving health awareness among the beneficiaries.



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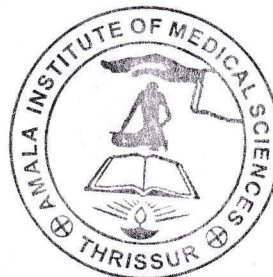
Health Talk on Lifestyle Diseases

Event Name	Health Talk on Lifestyle Diseases
Date	23.11.2025
Venue	Puthoor Cheerthupady Anganwadi
Target Group	Anganwadi Beneficiaries
Resource Persons	Dr. Susan & Dr. Nikhilamol

A health talk on lifestyle diseases was conducted at Puthoor Cheerthupady Anganwadi by Dr. Susan and Dr. Nikhilamol. The session aimed to create awareness about common lifestyle-related health problems.

The doctors discussed diseases such as diabetes, hypertension, and obesity, explaining their causes, symptoms, and preventive measures. Importance was given to healthy diet, regular physical activity, and maintaining a balanced lifestyle.

The session was interactive and easy to understand. Participants actively listened and clarified their doubts. The programme helped in improving awareness about lifestyle diseases and the need for preventive care.



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