

## Health Awareness Class on Amoebic Encephalitis

| Particulars     | Details  |
|-----------------|--|
| Event Name      | Health Awareness Class on Amoebic Encephalitis |
| Date            | 08.10.2025                                     |
| Venue           | GUPHS, Choorakkatukara                         |
| Target Group    | School Students                                |
| Resource Person | Dr. Ebin                                       |

A health awareness class on Amoebic Encephalitis was conducted at GUPHS, Choorakkatukara on 08.10.2025. The session was handled by Dr. Ebin with the objective of creating awareness among school students about the disease.

Dr. Ebin explained the causes, modes of transmission, symptoms, and preventive measures of Amoebic Encephalitis in a simple and understandable manner. Emphasis was given to the importance of personal hygiene, safe water practices, and early reporting of symptoms.

The session was interactive, and students actively participated by asking questions. The programme was effective in improving awareness and promoting preventive health practices among the students.



*Betsy*  
Dr. BETSY THOMAS  
MD, FRCOG, DNB, MICOG  
PRINCIPAL  
AMALA INSTITUTE OF MEDICAL SCIENCES  
PH: 0471-222 555

## Nutrition Awareness Class

|                              |  |
|------------------------------|--|
| <b>Event Name</b>            | World Food Day Observation – Nutrition Awareness Class |
| <b>Date</b>                  | 16.10.2025 (Thursday)                                  |
| <b>Time</b>                  | 11.00 AM   |
| <b>Venue</b>                 | Kuttanchery Anganwadi, Ward 4, Erumapetty Panchayat    |
| <b>Organising Department</b> | Community Medicine Department, AIMS                    |
| <b>Resource Person</b>       | Dr. Sruthi C M   |

As part of the **World Food Day** observation, a **nutrition awareness class** was conducted on **Thursday, 16.10.2025 at 11.00 AM** at **Kuttanchery Anganwadi, Ward 4, Erumapetty Panchayat**.

The session was handled by **Dr. Sruthi C M** from the **Community Medicine Department, AIMS**. She explained the importance of nutritious food, balanced diet, and healthy eating practices for children and mothers. The session was conducted in a simple and understandable manner.

The programme was well received, and the Anganwadi beneficiaries actively participated. The session helped to improve awareness about the importance of nutrition and healthy food habits.



*Betsy*  
**Dr. BETSY THOMAS**  
MD, FRCOG, DNB, MICOG  
PRINCIPAL  
AMALA INSTITUTE OF MEDICAL SCIENCES  
AMALA NAGAR, THIRISSUR, 680 557

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

**Department of Community Medicine**

|                             |  |
|-----------------------------|--|
| <b>Event Title</b>          | World Hypertension Day Awareness Session and General Health Checkup              |
| <b>Date</b>                 | May 14, 2025   |
| <b>No. of Participants</b>  | 20   |
| <b>Venue</b>                | KSFE office, Patturaickal, Thrissur  |
| <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. Jyothsna T H, Junior Resident, Amala Institute of Medical Sciences, Thrissur |
| <b>Theme</b>                | Health Education   |

**Report on Community Medicine awareness programme:**

As part of the observance of **World Hypertension Day**, an **awareness session along with general health checkup and blood pressure (BP) monitoring** was conducted at the **KSFE office, Patturaickal, Thrissur**, on **May 14, 2025**. The event witnessed the participation of **20 staff members** of the KSFE office.

The session was **conducted by Dr. Jyothsna T H**, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur.

The program aimed to:

- **Increase awareness** about hypertension and its complications
- Emphasize the importance of **regular BP monitoring**
- Educate the participants on **lifestyle modifications** and preventive strategies
- Conduct **BP screening and general health checkups** for early identification of at-risk individuals

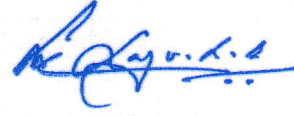
Participants were actively engaged and expressed appreciation for the opportunity to better understand the implications of hypertension and the importance of timely intervention. Educational materials were also distributed to reinforce the key messages shared during the session.

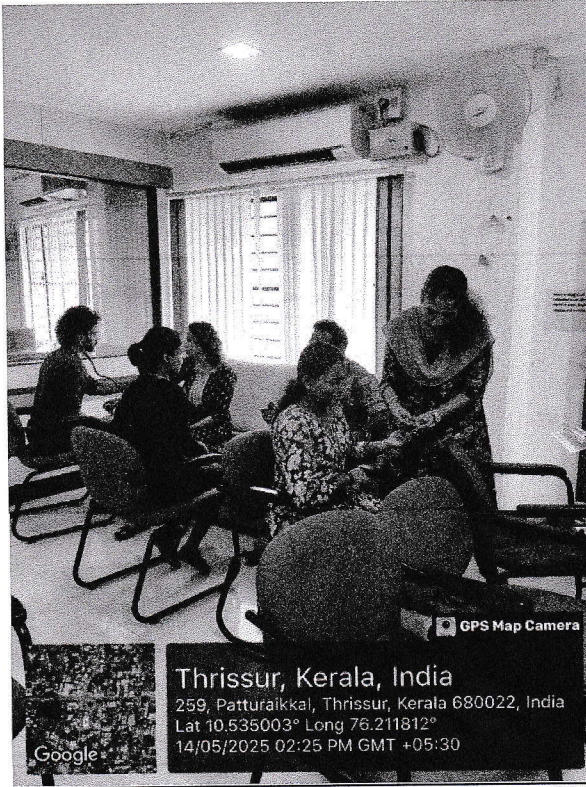
This initiative contributed towards promoting preventive health practices among the working population and highlighted the role of routine screenings in maintaining cardiovascular health.

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

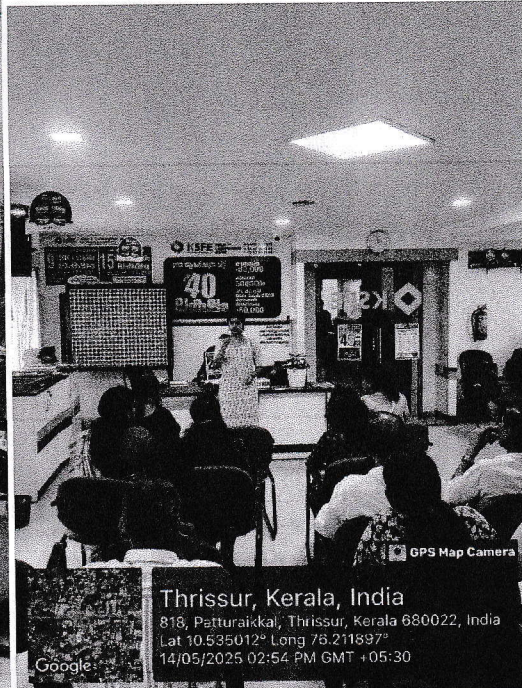
Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 19, 2025

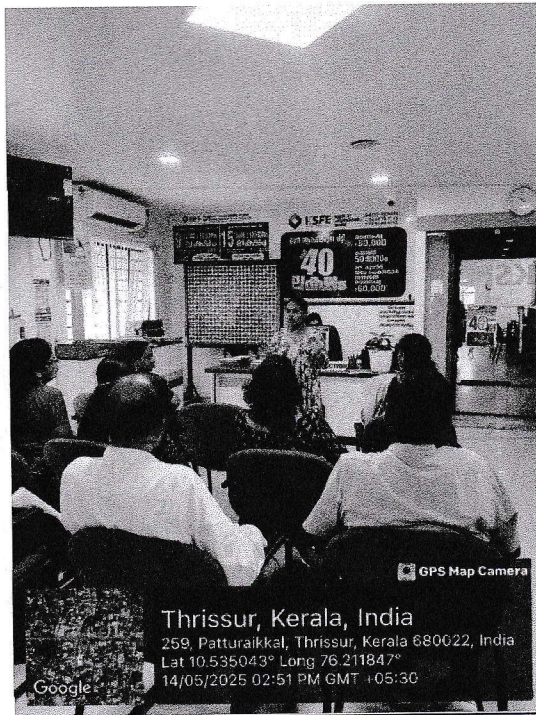
A handwritten signature in blue ink, appearing to be 'C. R. Saju', is written over a horizontal line.



GPS Map Camera  
Thrissur, Kerala, India  
259, Patturaikkal, Thrissur, Kerala 680022, India  
Lat 10.535003° Long 76.211812°  
14/05/2025 02:25 PM GMT +05:30  
Google



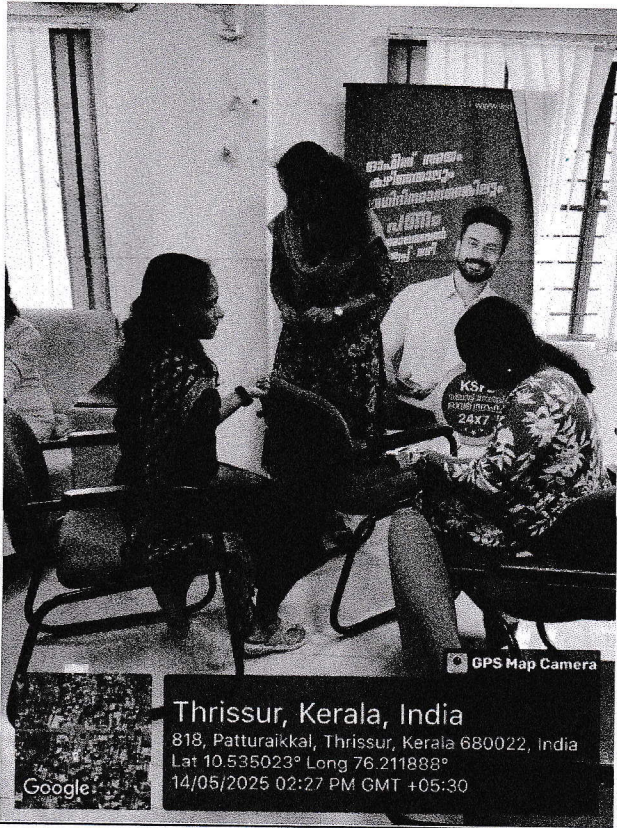
GPS Map Camera  
Thrissur, Kerala, India  
818, Patturaikkal, Thrissur, Kerala 680022, India  
Lat 10.535012° Long 76.211897°  
14/05/2025 02:54 PM GMT +05:30  
Google



GPS Map Camera  
Thrissur, Kerala, India  
259, Patturaikkal, Thrissur, Kerala 680022, India  
Lat 10.535043° Long 76.211847°  
14/05/2025 02:51 PM GMT +05:30  
Google



GPS Map Camera  
Thrissur, Kerala, India  
818, Patturaikkal, Thrissur, Kerala 680022, India  
Lat 10.534972° Long 76.211913°  
14/05/2025 02:57 PM GMT +05:30  
Google



Thrissur, Kerala, India

818, Patturaikkal, Thrissur, Kerala 680022, India

Lat 10.535023° Long 76.211888°

14/05/2025 02:27 PM GMT +05:30

Google

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

**Department of Community Medicine**

|                             |   |
|-----------------------------|---|
| <b>Event Title</b>          | Tuberculosis (TB) Awareness Session for KSEB Workers  |
| <b>Date</b>                 | May 09, 2025  |
| <b>No. of Participants</b>  | 20  |
| <b>Venue</b>                | KSEB office , Muthuvara   |
| <b>Organized by</b>         | Department of Community Medicine  |
| <b>Supported by</b>         | -   |
| <b>Key person in charge</b> | Dr. Sruthi C M , Assistant Professor, Dept. of Community Medicine ,<br>AIMS Thrissur<br><br>Dr . Ebin, Junior Resident, , AIMS Thrissur |
| <b>Theme</b>                | Health Education  |

**Report on Community Medicine awareness programme:**

An awareness session on Tuberculosis (TB) was conducted at the KSEB office in Muthuvara on May 09, 2025, with the aim of educating the workers about the prevention, early detection, and treatment of TB. The session was organized by the Department of Community Medicine, Amala Institute of Medical Sciences (AIMS), Thrissur.

The session was led by **Dr. Sruthi C M**, Assistant Professor, and **Dr. Ebin**, Junior Resident, Department of Community Medicine, AIMS Thrissur.

The talk focused on:

- Basic understanding of TB, its causes, symptoms, and modes of transmission
- Importance of early diagnosis and the availability of free treatment through the public health system
- Preventive measures, including cough etiquette and the importance of completing the full course of treatment
- Addressing myths and stigma associated with the disease

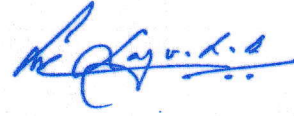
The session was interactive, with participants actively engaging and clarifying their doubts. Educational pamphlets were also distributed to reinforce the key messages shared during the talk.

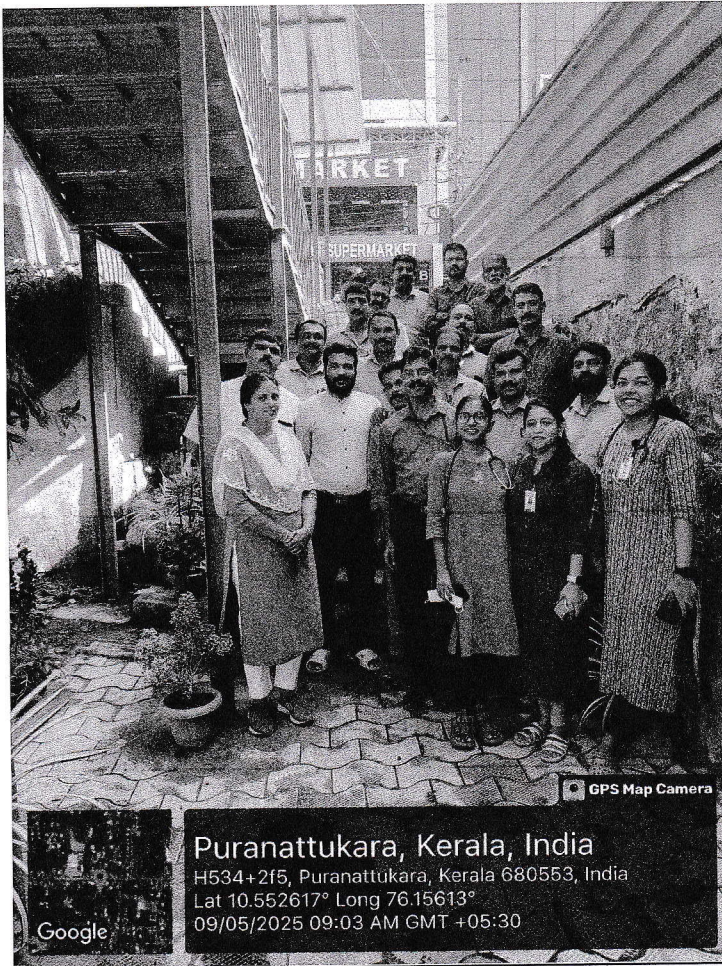
The awareness program was well received and appreciated by the participants, contributing towards better understanding and potential early identification of TB among the community.

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

A handwritten signature in blue ink, appearing to read 'Dr. C. R. Saju', is written over a horizontal line.



Puranattukara, Kerala, India  
H534+2f5, Puranattukara, Kerala 680553, India  
Lat 10.552617° Long 76.15613°  
09/05/2025 09:03 AM GMT +05:30



Adat Main Road, Thrissur, Puranattukara,  
680551, Kerala, India  
Lat 10.552718, Long 76.156028  
05/09/2025 08:40 AM GMT+05:30  
Note : Captured by GPS Map Camera



Adat Main Road, Thrissur, Puranattukara,  
680551, Kerala, India  
Lat 10.552574, Long 76.156194  
05/09/2025 08:38 AM GMT+05:30  
Note : Captured by GPS Map Camera