



സാമൂഹിക പ്രതിബദ്ധതയ്ക്ക് അർഹമായ അംഗീകാരം



തൃശ്ശൂർ ടൗൺ ഹാൾ, മാർച്ച് 25, 2025

**TB മുക്ത തൃശ്ശൂർ ജില്ല എന്ന ലക്ഷ്യപ്രാപ്തിക്കായി അക്ഷീണം പ്രവർത്തിച്ച
അമല ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് മെഡിക്കൽ സയൻസസിന്
തൃശ്ശൂർ ജില്ല TB സെല്ലിന്റെ ആദരം**

REDEFINING CARE EVERYDAY IN EVERY WAY
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Amala

INSTITUTE OF MEDICAL SCIENCES
NABH & NABL ACCREDITED ISO 9001: 2015
Amala Nagar PO, Thrissur, Kerala.



Vyloppilli Samskrithi Bhavan
Thiruvananthapuram
March 24, 2025

ദേശീയ ക്ഷയരോഗ നിവാരണം അംഗീകാര മികവിൽ അമല...

Amala Hospital is recognised by the State TB Cell for **excellence in TB control** in the private sector, winning the **best/maximum** number of programmes conducted during the 100-day TB awareness programme **out of 333 STEPS Centres in Kerala** and the **3rd highest case notifications** among private institutions.



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AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|---|
| Event Title | International Yoga Day Celebration |
| Date | June 20, 2025 |
| No. of Participants | 70 |
| Venue | Department of Community Medicine, AIMS, Thrissur |
| Organized by | Government Homoeo Dispensary – AYUSH Health and Wellness Centre. Department of Community Medicine, AIMS, Thrissur |
| Supported by | Government Homoeo Dispensary – AYUSH Health and Wellness Centre. |
| Key person in charge | Dr. Amitha Suresh– Junior Resident, , AIMS Thrissur |
| Theme | Health Education |

Report on Community Medicine awareness programme:

As part of the global observance of **International Yoga Day**, a health education session and yoga practice programme was organized on **June 20, 2025**, at **K.R. Narayanan Memorial Hall, Muthuvara**, in association with the **Government Homoeo Dispensary – AYUSH Health and Wellness Centre**.

The session was conducted by **Dr. Amitha Suresh**, Junior Resident, Amala Institute of Medical Sciences, Thrissur. The event saw active participation from around **70 individuals**, including members of the local community, wellness seekers, and AYUSH health professionals.

The programme aimed to promote the significance of yoga in maintaining holistic health and well-being. The session included:

- An introduction to the **importance and history of International Yoga Day**.
- A guided session of **gentle yoga postures, stretching, and breathing exercises** to improve flexibility, mindfulness, and stress management.
- A brief **talk on the health benefits of integrating yoga into daily life**, highlighting its role in preventive and promotive healthcare.

Participants responded with enthusiasm and expressed appreciation for the initiative that fostered awareness on the integration of traditional practices for overall well-being.

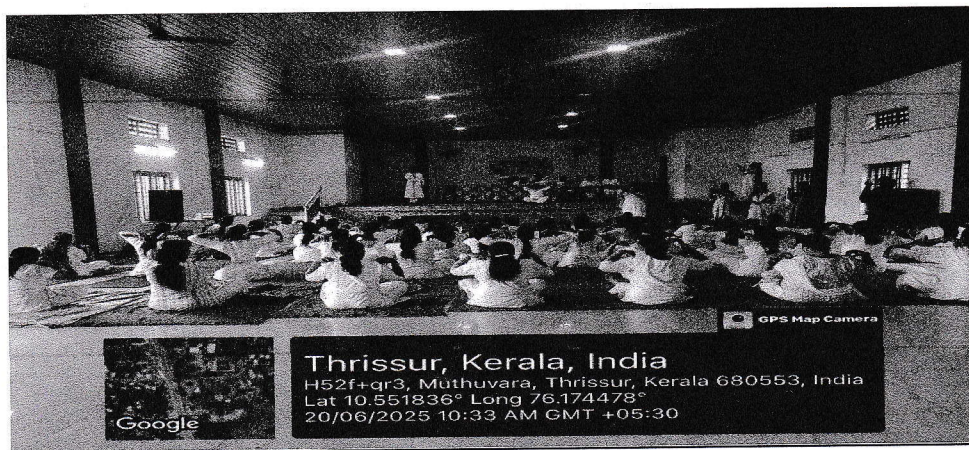
The session concluded with a collective resolution to incorporate yoga into daily routines for a healthier lifestyle. The event successfully reinforced the spirit of International Yoga Day by promoting a culture of wellness and mindfulness in the community.

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 21, 2025

Dr. C. R. Saju



6.5.1 collab.

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|--|
| Event Title | Cancer Awareness Class at FHC Velur |
| Date | February 17, 2025 |
| No. of Participants | 20 |
| Venue | Velur |
| Organized by | Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Supported by | - |
| Key person in charge | Dr. Anna Stephen, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Theme | Health Education |

Report on Community Medicine awareness programme:

A Cancer Awareness Class was conducted on **February 17, 2025**, at **Family Health Centre (FHC), Velur**, as part of the ongoing community-based health education initiatives by the Department of Community Medicine, **Amala Institute of Medical Sciences, Thrissur**.

The session was led by **Dr. Anna Stephen**, Junior Resident, Department of Community Medicine, AIMS, and was attended by **20 participants** from the local community.

The primary objective of the programme was to increase awareness about cancer, including common risk factors, early warning signs, importance of screening, and prevention strategies. Dr. Anna addressed various types of cancers prevalent in the community, with special emphasis on **oral, breast, and cervical cancer**, highlighting the role of **early detection and lifestyle modifications** in reducing cancer burden.

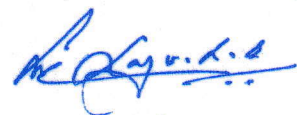
Participants were encouraged to undergo routine screenings and to avoid risk factors such as tobacco use, alcohol consumption, unhealthy diet, and physical inactivity. The interactive session also included a discussion segment where participants actively clarified their doubts and shared personal concerns.

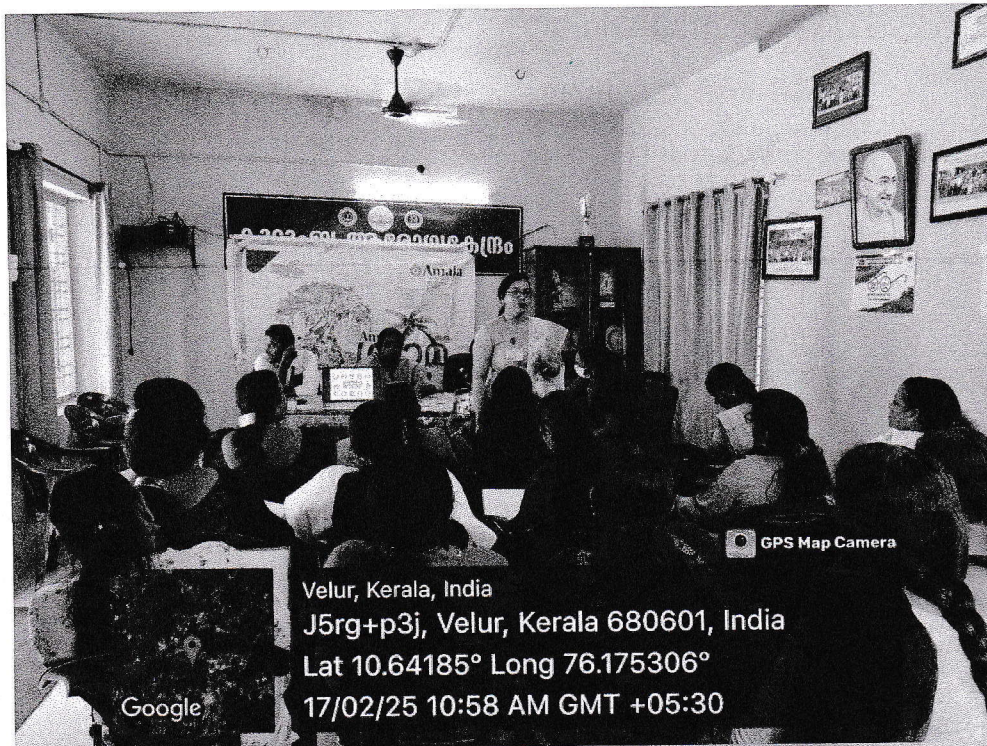
The programme was well-received, and feedback from participants indicated a better understanding of cancer prevention and the importance of early diagnosis.

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 25, 2025





Velur, Kerala, India
J5rg+p3j, Velur, Kerala 680601, India
Lat 10.64185° Long 76.175306°
17/02/25 10:58 AM GMT +05:30

Google



Velur, Kerala, India
J5rg+p3j, Velur, Kerala 680601, India
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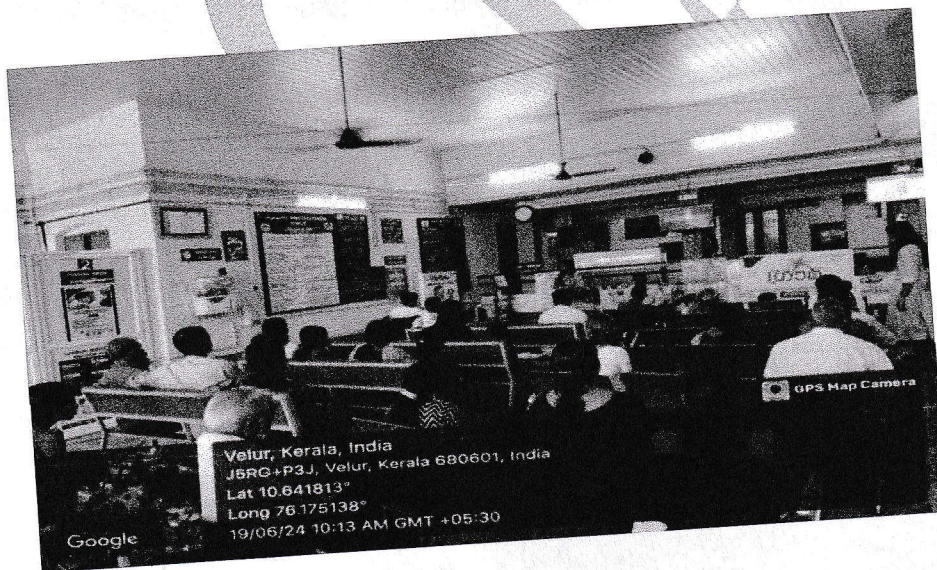
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2. Community Health Awareness Session

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|---------------------|---|
| Event Title | Community Health Awareness Session |
| No. of Participants | 32 |
| Organized by | Amala Grama Project |
| Led by | Department of Community Medicine, Amala Institute of Medical Sciences |
| Resource Person | Dr. Parvathy |
| Facilitator | Mr. Farooq, Health Inspector, Vellore Panchayat |
| Theme | Preventive Health & Community Awareness |

As part of the **Amala Grama Project**, an awareness session was conducted under the leadership of the **Community Medicine Department of Amala Institute of Medical Sciences**. The session was held for community members and led by **Dr. Parvathy**, who addressed key public health topics relevant to local needs. **Mr. Farooq**, Health Inspector of **Vellore Panchayat**, welcomed the participants and facilitated the session. A total of **32 participants** attended, and the session contributed to promoting preventive health awareness and strengthening community engagement in health initiatives.



1. Adolescent Counselling Awareness Session

| Event Title | Adolescent Counselling Awareness Session |
|---------------------|---|
| Date | 2nd June, 2024 |
| No. of Participants | 40 |
| Venue | Velur Panchayat |
| Organized by | Amala Grama Project |
| Supported by | Department of Gastroenterology, Amala Institute of Medical Sciences |
| Resource Person | Dr. Stalin, Psychologist |
| Target Group | Adolescents |
| Theme | Mental Health & Adolescent Well-being |

As part of the **Amala Grama Project**, an **awareness class on adolescent counselling** was conducted at **Velur Panchayat** on **Sunday, 2nd June 2024 at 2:00 PM**. The session aimed to address the emotional, psychological, and behavioural challenges commonly faced by adolescents. **Dr. Stalin**, Psychologist from the **Department of Gastroenterology, Amala Institute of Medical Sciences**, led the session, offering valuable guidance and coping strategies. A total of **40 participants** attended the programme, which created a supportive environment for youth engagement and mental health awareness.

