

Health Awareness Programme Report

Event Name	Health Awareness Session on HIV Infection – Prevention and Control
Date	01/12/2025
Venue	Good Shepherd CMI Public School
Target Audience	School Students
Organized by	Department of Community Medicine, AIMS Thrissur
Resource Person	Dr. Pretty Paulson
Activities	Awareness session and Quiz Competition

As part of the World AIDS Day celebrations, a Health Awareness Session on “HIV Infection – Prevention and Control” was conducted at Good Shepherd CMI Public School on 01/12/2025. The session was led by Dr. Pretty, who provided students with valuable information regarding the causes, modes of transmission, prevention strategies, and the importance of early detection and treatment of HIV infection.

Dr. Pretty explained the difference between HIV and AIDS in a simple and age-appropriate manner, emphasizing safe practices, the role of awareness in preventing stigma, and the importance of responsible behavior for maintaining good health. The session was interactive, and students actively participated by asking questions and sharing their thoughts.

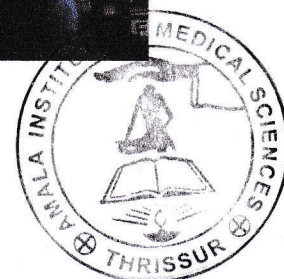
To reinforce the knowledge gained during the session, a quiz competition was conducted among the students. The quiz aimed at improving awareness, clearing misconceptions, and encouraging students to understand the importance of HIV prevention and control. The students participated enthusiastically, making the programme both educational and engaging.

The programme successfully enhanced students' understanding of HIV infection and promoted positive attitudes toward prevention, care, and social responsibility.



Betsy
Dr. BETSY THOMAS
MD, FRCP, DNB, MCOG

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



Health Awareness Programme on Anemia and Lifestyle Diseases

Event Name	Health Awareness Session on Anemia and Lifestyle Diseases
Date	25.11.2025
Venue	St. Aloysius Higher Secondary School, Elthuruthu
Target Audience	School Students
Organized by	UHTC Team in association with Urban HWC Gandhinagar, Chettupuzha
Resource Persons	Dr. Adrika and Dr. Mohammad Rinshad
Activities	Awareness session and interactive discussion

The session aimed to educate students about the causes, symptoms, prevention, and management of anemia and common lifestyle diseases such as diabetes, hypertension, and obesity. The resource persons explained the importance of balanced nutrition, regular physical activity, personal hygiene, and healthy daily habits in maintaining overall well-being.

Students were made aware of early warning signs of anemia, the role of iron-rich foods, and the impact of unhealthy lifestyle choices on long-term health. The programme was interactive, with active participation from students through questions and discussions.

The session successfully increased awareness among students about preventable health conditions and encouraged them to adopt healthier lifestyle practices



Betsy

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



Health Awareness Programme on Menstrual Hygiene

Event Name	Class on Menstrual Hygiene
Occasion	National Women's Health and Safety Day
Date	25.09.2025
Target Audience	Adolescent Girls
Organized by	Department of Community Medicine, AIMS Thrissur
Resource Person	Dr. Sisira
Activities	Awareness class and interactive discussion

Report

A health awareness class on "Menstrual Hygiene" was conducted for adolescent girls as part of National Women's Health and Safety Day by Dr. Sisira. The session aimed to promote correct knowledge, healthy practices, and positive attitudes toward menstrual health.

Dr. Sisira explained the physiological aspects of menstruation in a simple and sensitive manner, emphasizing the importance of personal hygiene, use of clean and safe menstrual products, proper disposal methods, and the role of nutrition and lifestyle in maintaining menstrual health. The session also addressed common myths and misconceptions related to menstruation, encouraging students to speak openly and confidently about menstrual issues.

The programme was interactive, with students actively participating through questions and discussions. The session helped in improving awareness, reducing stigma, and empowering adolescent girls to practice safe and hygienic menstrual habits.



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



AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	School Health Camp at PM Shri Kendriya Vidyalaya, Ramavarmapuram
Date	February 01, 2025
No. of Participants	600
Venue	PM Shri Kendriya Vidyalaya, Ramavarmapuram
Organized by	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Supported by	-
Key person in charge	Dr. Sneha Georgy, Senior Resident , Dept. of Community Medicine, AIMS, Thrissur
Theme	Health Education

Report:

As part of ongoing community outreach and health education initiatives, a **School Health Camp** was conducted at **PM Shri Kendriya Vidyalaya, Ramavarmapuram** on **February 01, 2025**. The programme was led by **Dr. Sneha Georgy**, Senior Resident, Department of Community Medicine, AIMS, Thrissur.


A total of **600 students** were screened. The session focused on key aspects of **personal hygiene, nutrition, adolescent health, and lifestyle-related health issues** relevant to the school-going age group.

The camp served as an effective platform for early detection, sensitization towards health awareness and preventive care. Students actively participated and raised queries, which were addressed with practical guidance.

The programme concluded with a note of appreciation from the school authorities, emphasizing the importance of such initiatives in promoting health consciousness among children.

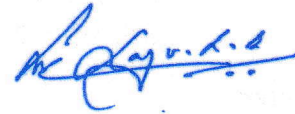
Conclusion:

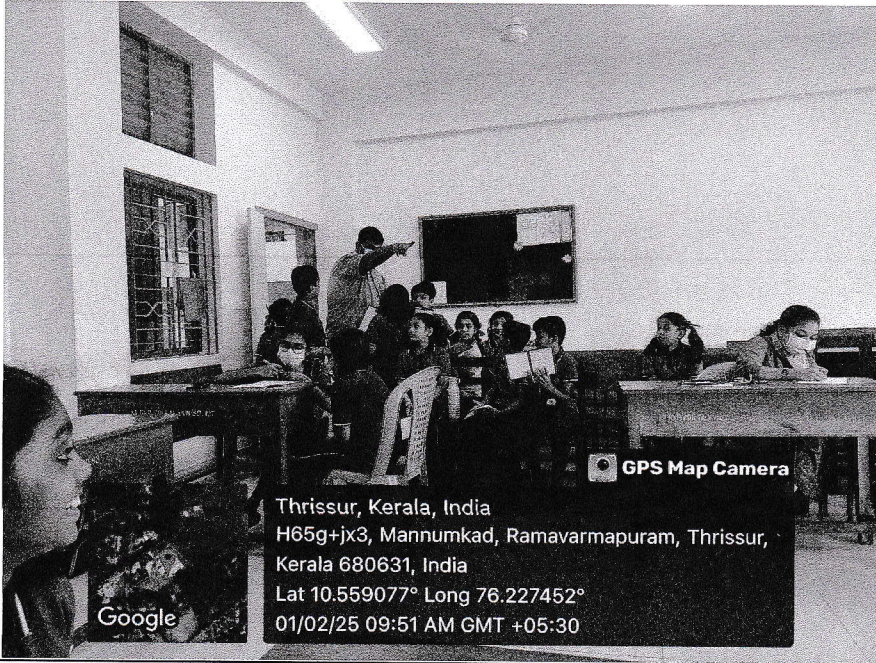
The health camp was successful in delivering impactful health education to the students, fostering awareness and encouraging healthy practices from a young age.

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

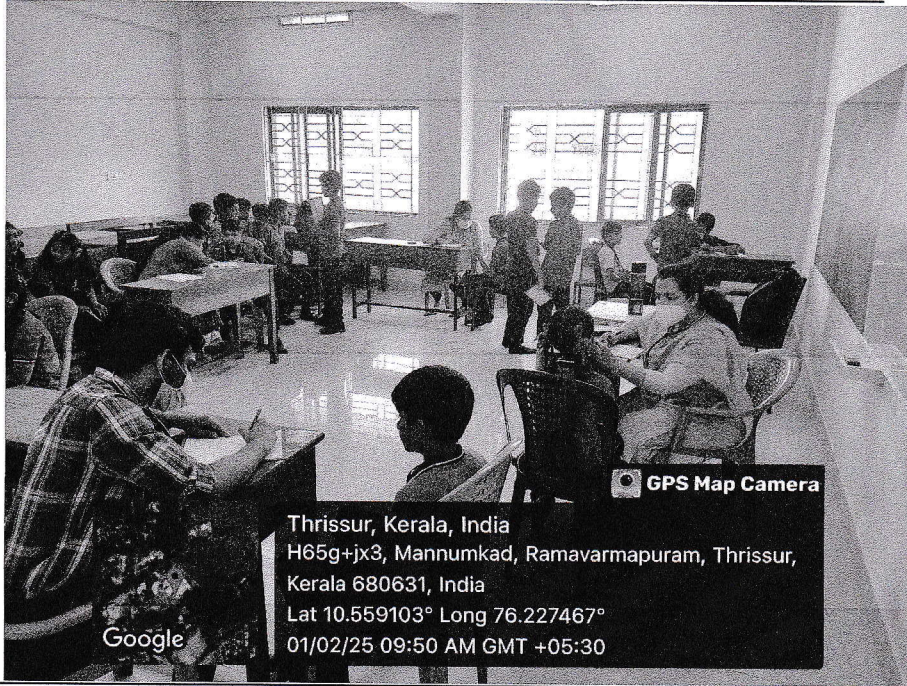
Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 23, 2025





GPS Map Camera
Thrissur, Kerala, India
H65g+jx3, Mannumkad, Ramavarmapuram, Thrissur,
Kerala 680631, India
Lat 10.559077° Long 76.227452°
01/02/25 09:51 AM GMT +05:30



GPS Map Camera
Thrissur, Kerala, India
H65g+jx3, Mannumkad, Ramavarmapuram, Thrissur,
Kerala 680631, India
Lat 10.559103° Long 76.227467°
01/02/25 09:50 AM GMT +05:30

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

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

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

Date: June 19, 2025

Dr. C. R. Saju





Thrissur, Kerala, India

H569+4fw, Amalanagar, Thrissur, Kerala
680555, India

Lat 10.560502° Long 76.168972°
28/05/2025 11:23 AM GMT +05:30

Google

GPS Map Camera



Thrissur, Kerala, India

H569+3jw, Amalanagar, Thrissur, Kerala
680555, India

Lat 10.560546° Long 76.169043°
28/05/2025 11:23 AM GMT +05:30

Google

GPS Map Camera

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	Awareness Session on Lifestyle Diseases and Cervical Cancer
Date	January 17, 2025
No. of Participants	70
Venue	Model Girls HSS ,Chembukavu
Organized by	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Supported by	-
Key person in charge	Dr. Sneha Georgy, Senior Resident, Dept. of Community Medicine, AIMS, Thrissur
Theme	Health Education

Report on Community Medicine awareness programme:

An awareness session on *lifestyle diseases and cervical cancer (Ca Cervix)* was conducted on January 17, 2025, at Model Girls Higher Secondary School, Chembukavu. The session was led by Dr. Sneha Georgy, Senior Resident, Department of Community Medicine, AIMS, Thrissur. A total of 70 students from the 12th standard attended the program.

The session aimed to create awareness about the growing burden of lifestyle-related diseases such as diabetes, hypertension, and obesity among youth, emphasizing the role of healthy dietary practices, regular physical activity, stress management, and avoidance of tobacco and alcohol.

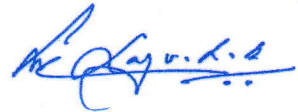
Further, the importance of cervical cancer prevention was discussed in detail, including information on early symptoms, the role of HPV infection, vaccination, and the need for regular screening. The session also highlighted the significance of adopting healthy behaviors from a young age to reduce future health risks.

The program concluded with an interactive Q&A session, where students actively participated and clarified their doubts. Overall, the session was well-received and served as a valuable educational initiative promoting preventive health awareness among adolescent girls.

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 23, 2025

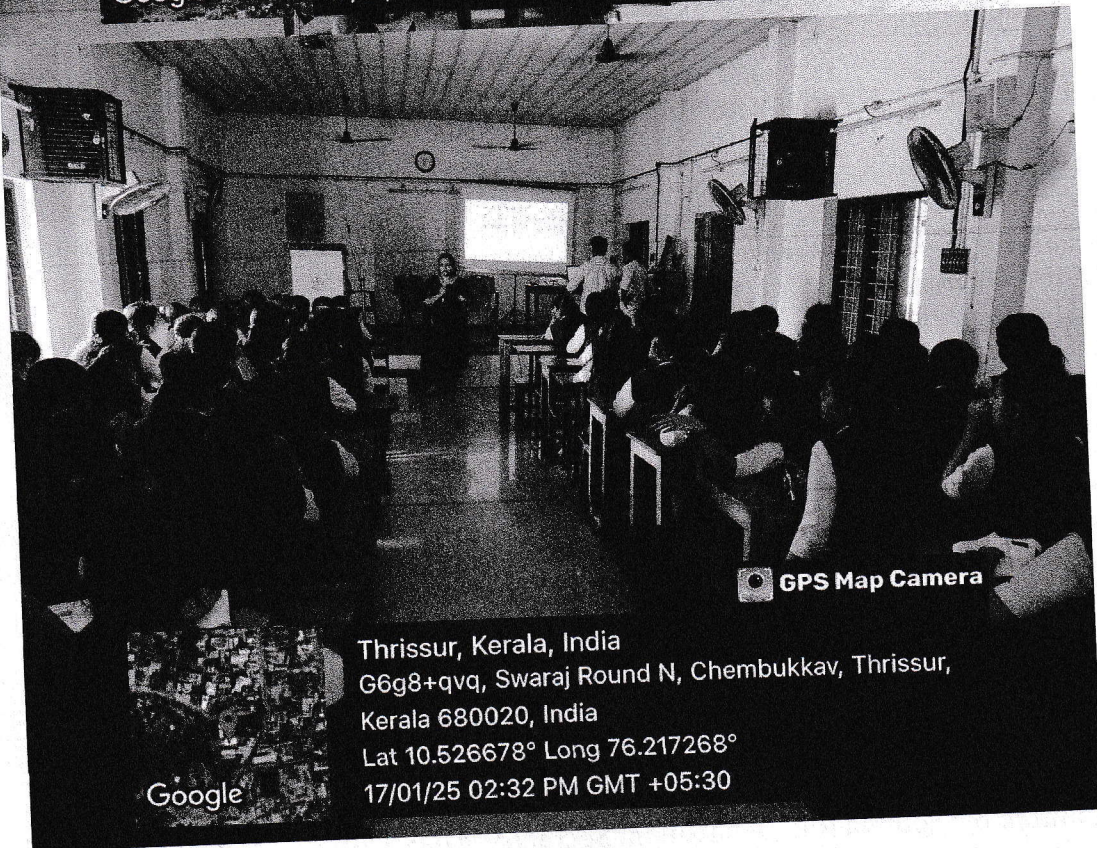




GPS Map Camera

Thrissur, Kerala, India
G6g8+qvq, Swaraj Round N, Chembukkav, Thrissur,
Kerala 680020, India
Lat 10.52667° Long 76.217225°
17/01/25 03:07 PM GMT +05:30

Google



GPS Map Camera

Thrissur, Kerala, India
G6g8+qvq, Swaraj Round N, Chembukkav, Thrissur,
Kerala 680020, India
Lat 10.526678° Long 76.217268°
17/01/25 02:32 PM GMT +05:30

Google

[Handwritten signature]

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	TB Awareness Campaign
Date	January 06, 2025
No. of Participants	100
Venue	Vellattanjoor & Puthur
Organized by	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Supported by	-
Key person in charge	Dr. Sruthi C M, Assistant Professor, Dept. of Community Medicine, AIMS, Thrissur Dr. Susan Basil, Junior Resident, Dept. of Community Medicine, AIMS, Thrissur
Theme	Health Education

Report on Community Medicine awareness programme:

Tuberculosis (TB) Awareness Campaign was conducted on **January 6, 2025**, at **LP School, Puthur**.

The sessions were led by **Dr. Sruthi C M, Assistant Professor**, and **Dr. Susan Basil, Junior Resident**, from the **Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur**.

The campaign aimed to raise awareness about **tuberculosis, its mode of transmission, symptoms, and the importance of early diagnosis and treatment**. Emphasis was placed on **cough etiquette** and **basic infection control measures**, which are crucial in preventing the spread of TB in the community.

Approximately **100 participants** attended the awareness programs across both venues. The sessions were interactive and informative, fostering better understanding among community members and school children alike about TB prevention and control.

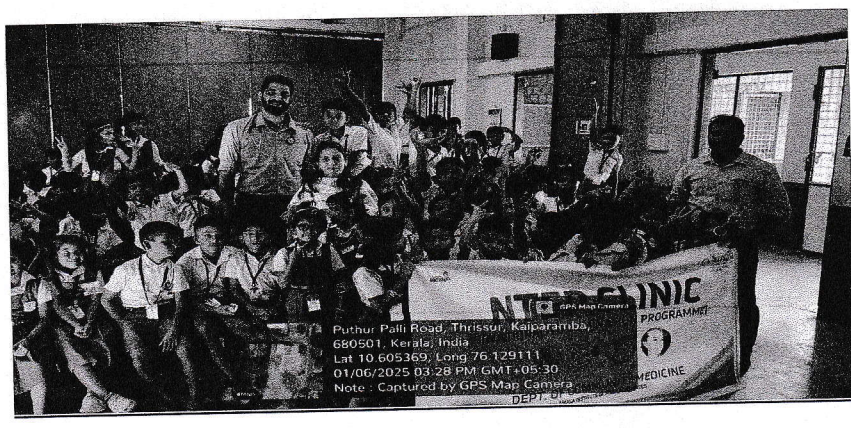
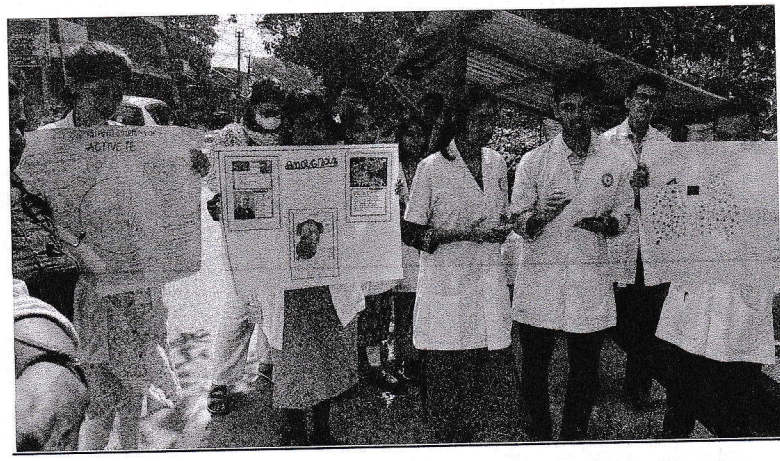
This health education initiative contributes to the broader goal of TB elimination through community engagement and awareness.

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 23, 2025

Dr. C. R. Saju



AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	Sapling Planting for Vegetable Garden at Devamatha Public School
Date	June 5, 2025
No. of Participants	10
Venue	Devamatha public school, Thrissur
Organized by	Department of Community Medicine
Supported by	-
Key person in charge	Dr. Athira K R, Senior Resident, Dept. of Community Medicine , AIMS Thrissur Dr. Parvathi V, Senior Resident, Dept. of Community Medicine , AIMS Thrissur
Theme	Awareness programme

Report on Community Medicine awareness programme: Environment Day Observation

As part of World Environment Day celebrations, a sapling planting initiative was carried out by the Urban Health Training Centre (UHTC) team at Devamatha Public School, Thrissur, on June 5, 2025. The activity focused on promoting sustainable living and encouraging students and staff to grow their own vegetables through school-based gardens.

The event was organized and led by Dr. Athira K R and Dr. Parvathi V, Senior Residents from the Department of Community Medicine, Amala Institute of Medical Sciences (AIMS), Thrissur. A total of 10 participants, including school staff and students, actively took part in the planting activity.

During the event, various vegetable saplings such as tomato, brinjal, green chili, and spinach were planted in the designated garden area within the school premises. The team educated participants on the importance of home-grown produce, organic farming, and the long-term health and environmental benefits of cultivating a vegetable garden.

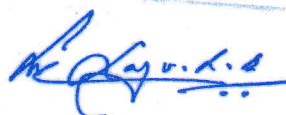
This initiative not only contributed to environmental conservation efforts but also served as a hands-on educational experience for students, fostering awareness on nutrition, ecology, and sustainable agriculture. The school staff expressed appreciation for the involvement and guidance provided by the UHTC team.

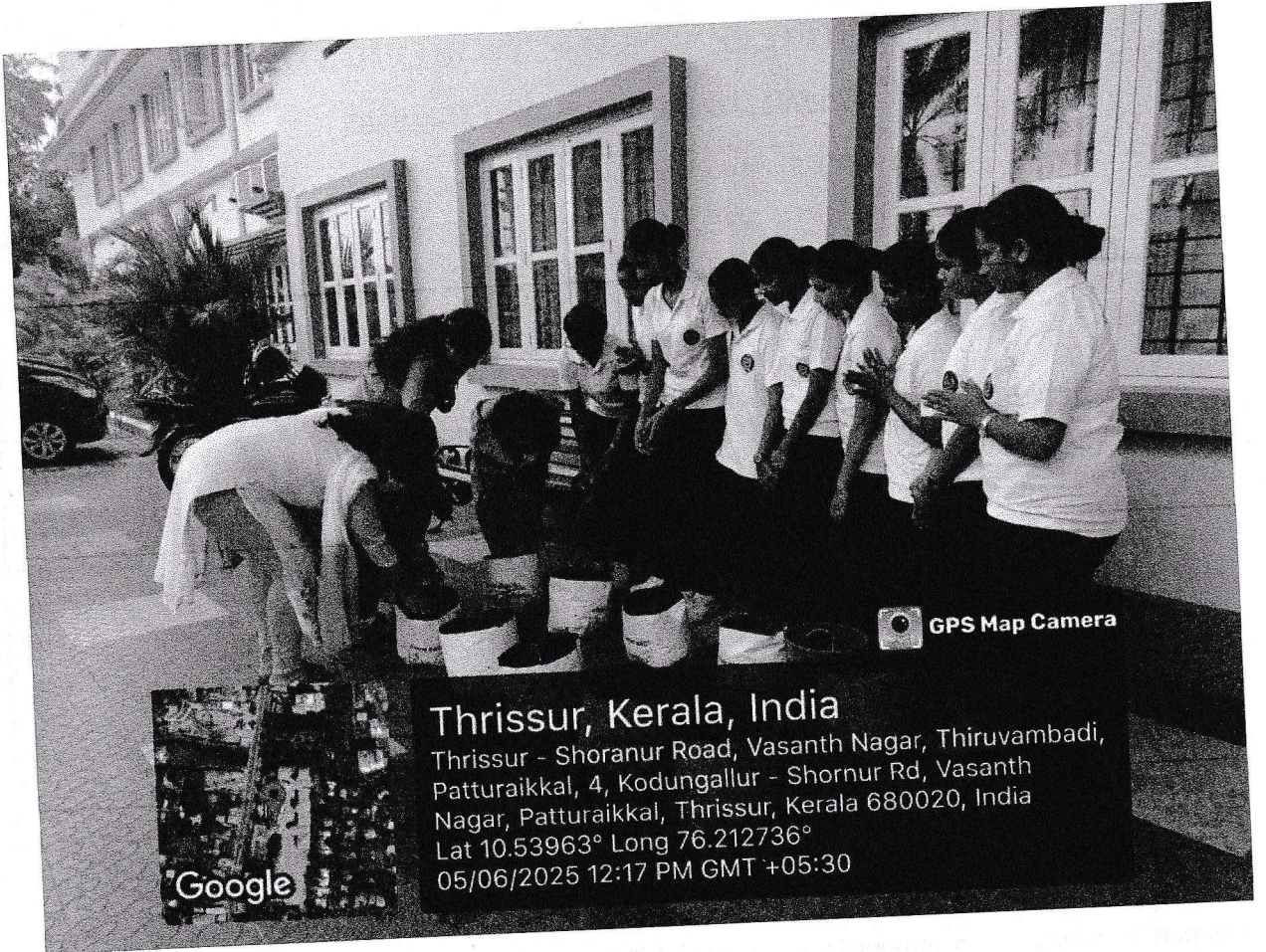
Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur

Soumia NR

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

Date: June 19, 2025





GPS Map Camera



Thrissur, Kerala, India

Thrissur - Shoranur Road, Vasanth Nagar, Thiruvambadi,
Patturaikkal, 4, Kodungallur - Shornur Rd, Vasanth
Nagar, Patturaikkal, Thrissur, Kerala 680020, India
Lat 10.53963° Long 76.212736°
05/06/2025 12:17 PM GMT +05:30

Handwritten signature in blue ink.

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	School Health Camp at Devamatha CMI International School - Thangaloor
Date	June 30, July 2, 2025
No. of Participants	1800
Venue	Devamatha CMI International School - Thangaloor
Organized by	Department of Community Medicine, AIMS, Thrissur
Supported by	-
Key person in charge	Dr. Sruthi C M, Associate Professor, Department of Community Medicine, AIMS, Thrissur
Theme	Health education

Report on Community Medicine awareness programme:

The Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur, successfully organized a **School Health Camp** at Devamatha CMI International School - Thangaloor on **June 30 and July 2, 2025**. The program aimed to promote the physical and mental well-being of schoolchildren through systematic health checkups and health education sessions.

A total of **1800 students** participated in the camp conducted over the two days. The camp included general health assessments, screening for common ailments, nutritional status evaluation, and awareness on hygiene, healthy habits, and disease prevention.

The health camp was led by **Dr. Sruthi M V** and **Dr. Jose Vincent**, Associate Professors, Department of Community Medicine, AIMS, Thrissur. Alongside a team of medical interns and nursing staff, they ensured smooth conduct of clinical examinations and education sessions.

Health education formed a key component of the camp, focusing on topics such as personal hygiene, oral health, balanced diet, physical activity, mental well-being, and prevention of lifestyle-related diseases. Interactive sessions and demonstrations helped in engaging students effectively.

The school management and staff extended full cooperation in organizing the event. The initiative was well-received and appreciated by both students and teachers.

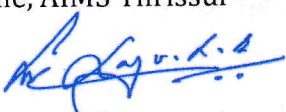
Conclusion:

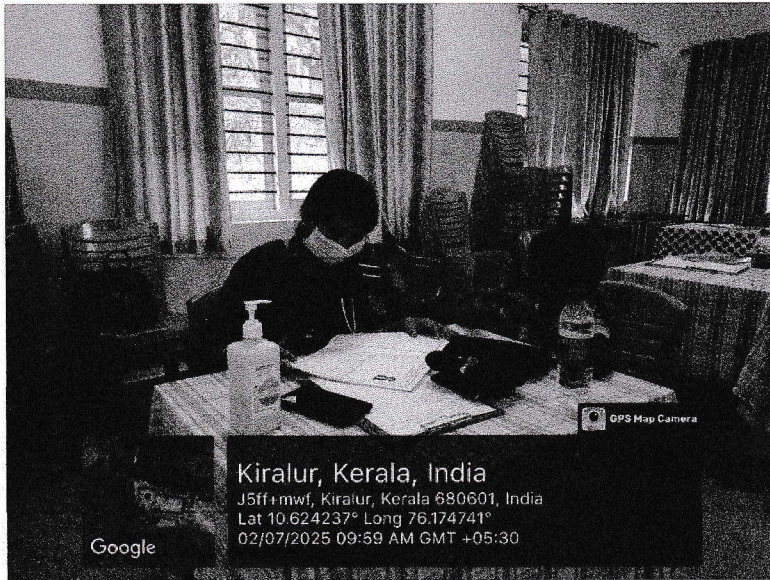
The school health camp served as a platform to assess and improve the health status of schoolchildren, while also instilling health awareness at an early age. The Department of Community Medicine, AIMS, remains committed to such community outreach activities promoting holistic health and preventive care.

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

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

Date: July 4, 2025

Soumia N R




[Handwritten signature]



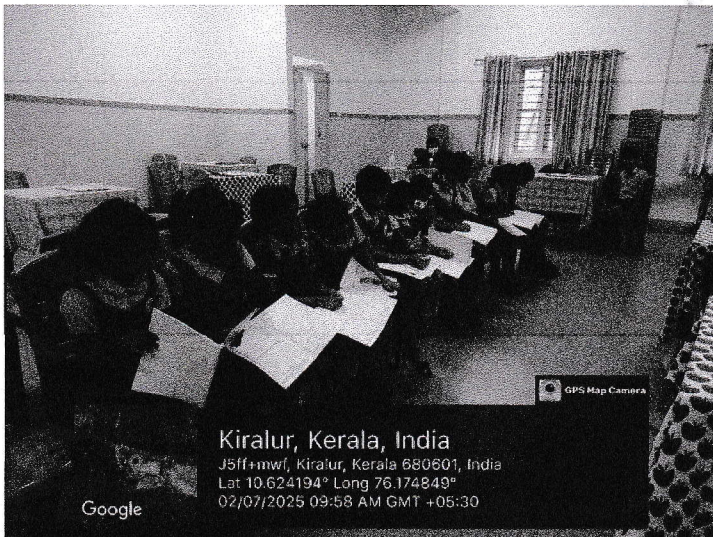
Kiralur, Kerala, India
J5ff+mwf, Kiralur, Kerala 680601, India
Lat 10.624244° Long 76.174778°
02/07/2025 09:58 AM GMT +05:30

Google



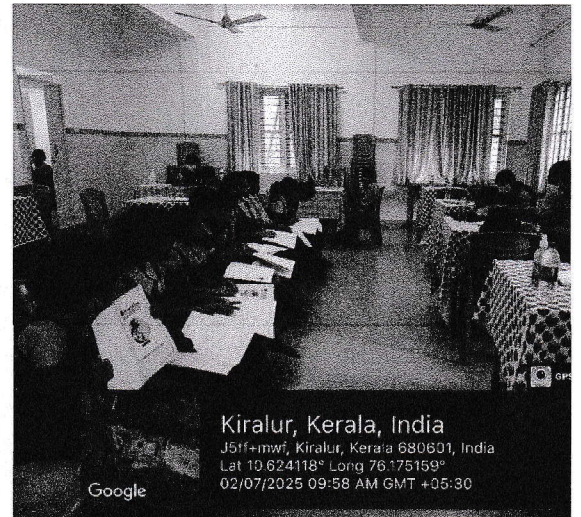
Kiralur, Kerala, India
J5ff+mwf, Kiralur, Kerala 680601, India
Lat 10.62424° Long 76.174731°
02/07/2025 09:58 AM GMT +05:30

Google



Kiralur, Kerala, India
J5ff+mwf, Kiralur, Kerala 680601, India
Lat 10.624194° Long 76.174849°
02/07/2025 09:58 AM GMT +05:30

Google



Kiralur, Kerala, India
J5ff+mwf, Kiralur, Kerala 680601, India
Lat 10.624118° Long 76.175159°
02/07/2025 09:58 AM GMT +05:30

Google

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	School Health Check-up at PM Shri Kendriya Vidyalaya School, Puranattukara
Date	January 15, 2025
No. of Participants	800
Venue	Shri Kendriya Vidyalaya School Puranattukara
Organized by	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Supported by	-
Key person in charge	Dr. Sneha Georgy, Senior Resident, Dept. of Community Medicine, AIMS, Thrissur
Theme	Health Education

Report on Community Medicine awareness programme:

As part of the school health initiative, a **comprehensive health check-up and health education session** was conducted at **PM Shri Kendriya Vidyalaya School, Puranattukara**, on **January 15, 2025**. The programme aimed at promoting preventive healthcare and early identification of health issues among schoolchildren.

A total of **50 students** underwent the health screening, which included general physical examination, assessment of nutritional status, and identification of any common illnesses or health concerns. The activity was conducted by **Dr. Sneha Georgy**, Senior Resident, Department of Community Medicine, **Amala Institute of Medical Sciences (AIMS), Thrissur**.

In addition to the clinical assessment, a **health education session** was organized for the students, focusing on the importance of **personal hygiene, balanced nutrition, physical activity, and prevention of communicable diseases**. The interactive nature of the session encouraged active participation and helped in reinforcing positive health behaviors.

The programme served as a valuable platform for addressing health concerns at an early stage and promoting awareness about healthy lifestyle practices among school children.

Programme Details:

- **Date:** January 15, 2025
- **Venue:** PM Shri Kendriya Vidyalaya School, Puranattukara

- **Participants:** 50 students
- **Resource Person:** Dr. Sneha Georgy, Senior Resident, Dept. of Community Medicine, AIMS, Thrissur
- **Type:** Health Education and Medical Check-up

The session concluded with a note of appreciation from the school authorities for the efforts taken by AIMS, Thrissur, in promoting student health and well-being.

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 23, 2025

Dr. C. R. Saju

