

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	Health Awareness Session on Lifestyle Diseases and Prevention
Date	January 24, 2025
No. of Participants	40
Venue	Govt Model Boys HSS.
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 Dr. Franco Johny, Junior Resident, Dept. of Community Medicine, AIMS, Thrissur
Theme	Health Education

Report on Community Medicine awareness programme:

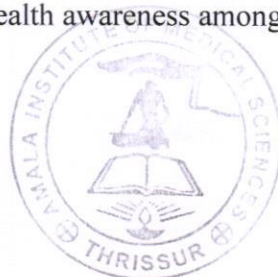
A health awareness session focusing on **lifestyle diseases and their prevention** was conducted on January 24, 2025, at Govt Model Boys HSS, Thrissur. The session was attended by 40 students of the 11th standard.

The session was led by **Dr. Sneha Georgy**, Senior Resident, and **Dr. Franco Johny**, Junior Resident, from the Department of Community Medicine, Amala Institute of Medical Sciences (AIMS), Thrissur.

The resource persons highlighted the rising burden of lifestyle diseases such as **diabetes, hypertension, obesity, and cardiovascular conditions**, especially among the younger population. The importance of **healthy dietary habits, regular physical activity, adequate sleep, stress management, and avoidance of tobacco and alcohol** was emphasized.

Interactive discussions helped students relate these health issues to their daily routines, and practical tips for adopting healthier lifestyles were shared. The session concluded with an open forum for students to ask questions and clarify their doubts.

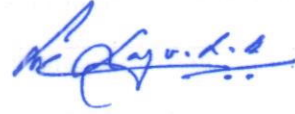
This initiative was part of the department's ongoing efforts in **Health Education and community outreach**, aiming to instill preventive health awareness among adolescents.



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





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India
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AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	Leprosy awareness talk by Dr Susan at Vidya Engineering College
Date	January 31, 2025
No. of Participants	60
Venue	Vidya Engineering College
Organized by	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Supported by	-
Key person in charge	Dr. Susan Basil, Junior Resident, Dept. of Community Medicine, AIMS, Thrissur
Theme	Health Education

Report on Community Medicine awareness programme:

As part of health education and community outreach initiatives, a **Leprosy Awareness Talk** was conducted at Vidya Engineering College on **January 31, 2025**, by **Dr. Susan Basil**, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences (AIMS), Thrissur.

The session was attended by **60 students** and aimed at increasing awareness and dispelling common myths associated with leprosy. Dr. Susan provided insights into the **causative agent, mode of transmission, early symptoms, treatment options, and prevention strategies** for leprosy. Emphasis was placed on **early detection, the availability of free treatment through government programs, and reducing stigma** associated with the disease.

The talk was well-received by the students, who actively participated in the discussion and clarified doubts. Educational materials were also distributed to reinforce the key messages of the session.

This programme served as a valuable initiative in promoting public health awareness and fostering responsible attitudes toward individuals affected by leprosy.

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 23, 2025

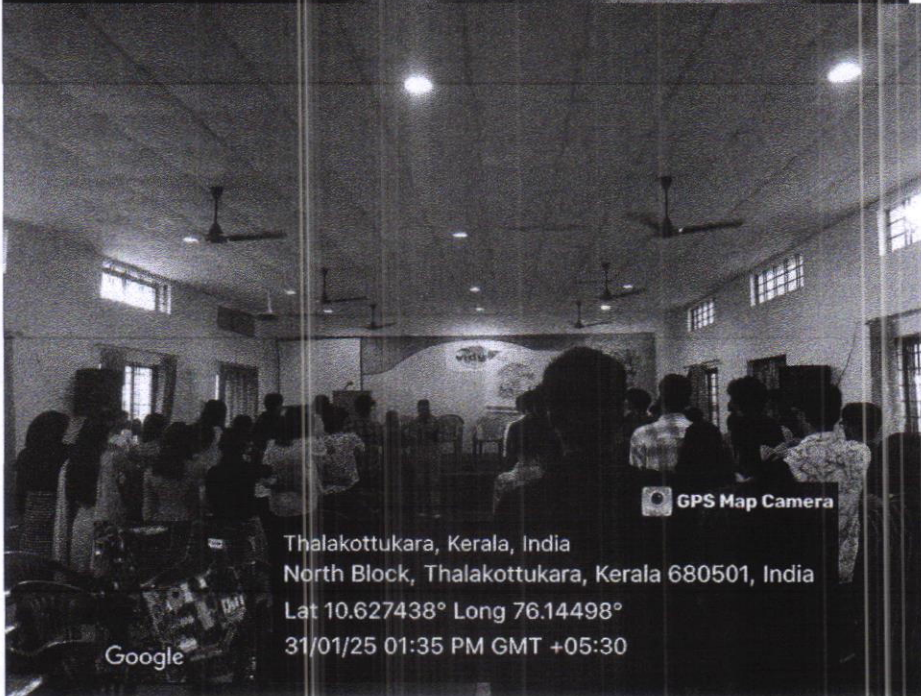


Dr. C. R. Saju



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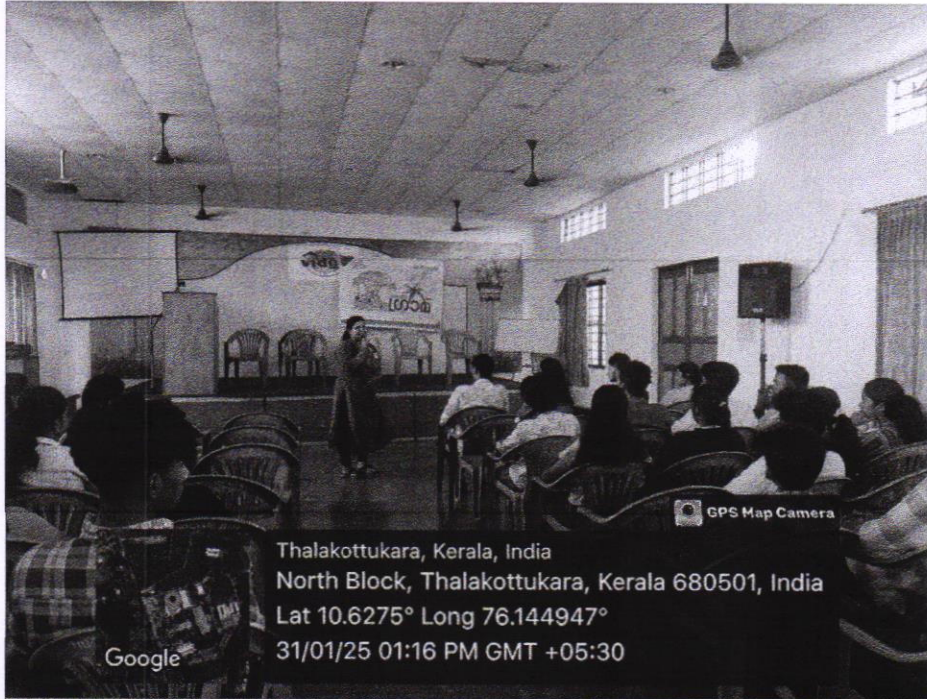
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AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	Awareness Session on Diseases in Rainy Season
Date	May 28, 2025
No. of Participants	15
Venue	Venus Digital arcade, Patturaickal)
Organized by	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Supported by	-
Key person in charge	Dr.Jyothsna T H , Junior Resident , Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Theme	Health Education

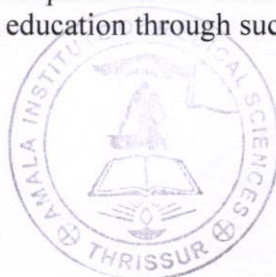
Report on Community Medicine awareness programme:

As part of the ongoing community outreach and public health education initiatives, the Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur, conducted an awareness session on **“Diseases in the Rainy Season”** at Venus Digital Arcade, Patturaickal, on **May 28, 2025**. The session was led by **Dr. Jyothsna T H**, Junior Resident.

The awareness talk aimed to educate the public about common seasonal illnesses that tend to spike during the monsoon months, such as dengue, leptospirosis, cholera, typhoid, and respiratory infections. Dr. Jyothsna emphasized the importance of personal hygiene, safe drinking water practices, mosquito control measures, and early symptom identification for timely medical intervention.

The interactive session also included a Q&A segment, where participants actively raised concerns regarding preventive measures, symptoms, and treatment options for monsoon-related diseases. Pamphlets containing health tips and preventive strategies were distributed to all attendees.

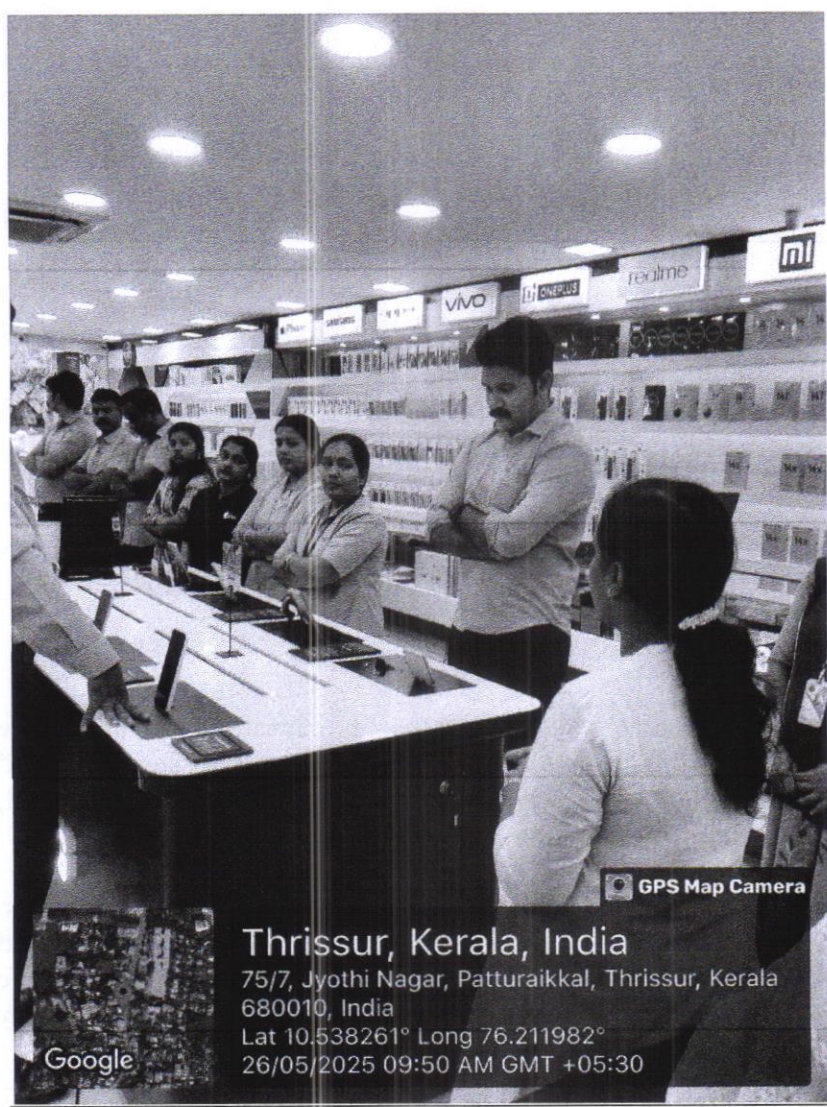
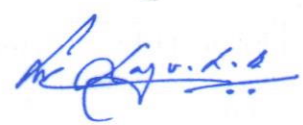
The session saw the participation of **15 individuals** from the local community, and it was well-received for its relevance and clarity. The Department of Community Medicine continues its commitment to promoting preventive health education through such targeted initiatives.



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



6. National Leprosy Day Awareness Class

Event Name	National Leprosy Day Awareness Class
Date	31/01/2025
Time	1:00 PM
Venue	Lecture Hall, Vidya Engineering College, Velur Panchayat
Target Audience	NSS Students of Vidya Engineering College
Total Participants	32
Organized by	Amala Grama Project
Resource Person	Dr. Susan, Department of Community Medicine, Amala Institute of Medical Sciences

As part of the Amala Grama Project, an awareness class on “*National Leprosy Day*” was conducted for the NSS students of Vidya Engineering College in Velur Panchayat at the Vidya Engineering College Lecture Hall on 31/01/2025 at 1:00 PM. The session was led by Dr. Susan from the Department of Community Medicine, Amala Institute of Medical Sciences. The class aimed to raise awareness about leprosy, its early detection, prevention, and the importance of eliminating stigma. A total of 32 students participated in the session.



5. Healthy Diet and Nutrition Awareness Class

Event Name	Healthy Diet and Nutrition Awareness Class
Date	30/01/2025
Time	3:30 PM
Venue	Ward 3 No. 18 Anganwadi, Adat Panchayat
Target Audience	Parents of Ward 3 Anganwadi
Total Participants	27
Organized by	Amala Grama Project
Resource Person	Dr. Dinu, HIC Coordinator, Amala Institute of Medical Sciences

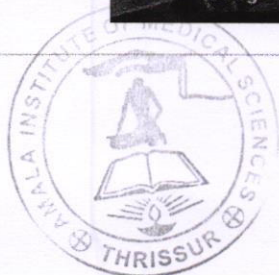
As part of the Amala Grama Project, an awareness class on “*Healthy Diet and Nutrition*” was conducted for the parents of Ward 3 No. 18 Anganwadi in Adat Panchayat on 30/01/2025 at 3:30 PM. The session was led by Dr. Dinu, HIC Coordinator at Amala Institute of Medical Sciences. The objective of the session was to educate parents on the importance of balanced nutrition, healthy eating habits, and dietary practices for family well-being. A total of 27 participants attended the session.



4. Homeopathy Medical Camp

Event Name	Homeopathy Medical Camp
Date	30/01/2025
Time	10:00 AM
Venue	Navadeepam Samudayapura, Chittathupara
Target Audience	Ward 10 Residents of Kaiparamb Panchayat
Total Participants	44
Organized by	Amala Grama Project
Resource Person	Dr. Brilly, Homeopathy Department, Amala Institute of Medical Sciences

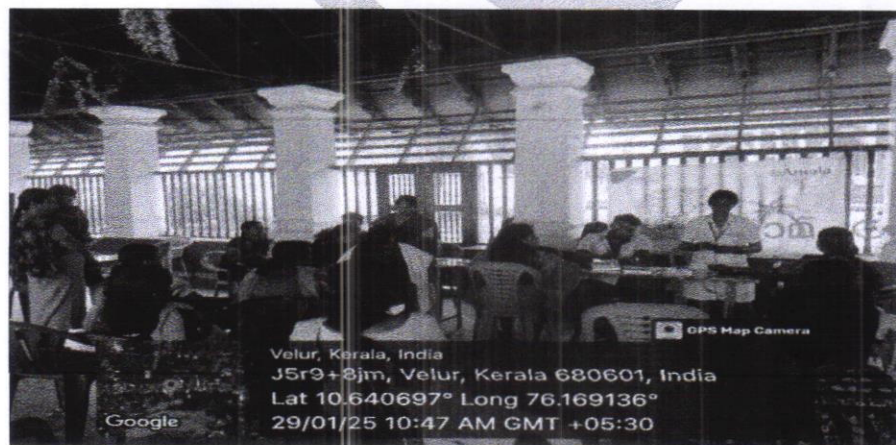
As part of the Amala Grama Project, a *Homeopathy Medical Camp* was conducted for the residents of Ward 10 of Kaiparamb Panchayat at Navadeepam Samudayapura, Chittathupara, on 30/01/2025 at 10:00 AM. The camp was led by Dr. Brilly from the Homeopathy Department of Amala Institute of Medical Sciences. The objective of the camp was to provide accessible homeopathic medical consultation and care to the local community. A total of 44 participants attended the camp and availed the services.



3. Free Thyroid Testing Camp

Event Name	Free Thyroid Testing Camp
Date	29/01/2025
Time	10:00 AM
Venue	St. Francis Xavier's Forane Church Hall, Velur
Target Audience	Ward 7 Residents of Velur Panchayat
Total Participants	110
Organized by	Amala Grama Project

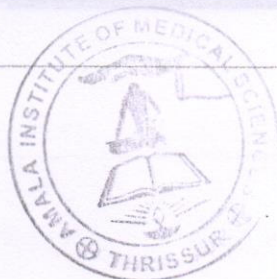
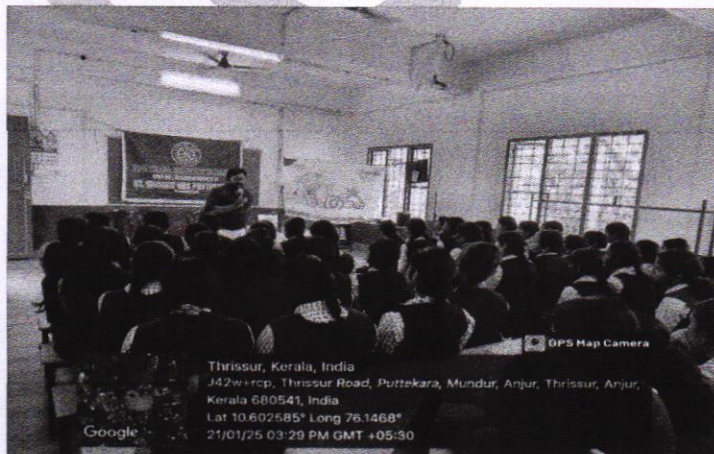
As part of the **Amala Grama Project**, a “Free Thyroid Testing” camp was conducted for the residents of Ward 7 of Velur Panchayat at St. Francis Xavier's Forane Church Hall, Velur, on 29/01/2025 at 10:00 AM. The initiative aimed to promote early detection and management of thyroid-related health issues among the local population. The camp saw active participation from the community, with a total of 110 individuals availing the free testing services.



2. Adolescent Health and Menstrual Hygiene Awareness Class

Event Name	Adolescent Health and Menstrual Hygiene Awareness Class
Date	21/01/2025
Time	3:00 PM
Venue	St. George Higher Secondary School, Kaiparambu Panchayat
Target Audience	Students
Organized by	Amala Grama Project
Resource Person	Dr. Colonel Vipin, Gynaecology Department, Amala Institute of Medical Sciences

As part of the **Amala Grama Project**, an awareness class on “*Adolescent Health and Menstrual Hygiene*” was conducted for the students of St. George Higher Secondary School in Kaiparambu Panchayat on 21/01/2025 at 3:00 PM. The session was led by Dr. Colonel Vipin from the Department of Gynaecology, Amala Institute of Medical Sciences. The session aimed to educate adolescents about health, hygiene, and menstrual awareness in a scientific and approachable manner.



1. Mental Health and Hygiene Awareness Class for Palliative Care Takers

Event Name	Mental Health and Hygiene Awareness Class for Palliative Care Takers
Date	15/01/2025
Time	11:00 AM
Venue	Velur Family Health Centre (FHC)
Target Audience	ASHA Workers and Palliative Care Takers of Velur Panchayat
Total Participants	30
Organized by	Amala Grama Project
Resource Person	Dr. Dinu, HIC Coordinator & National IPC Master Trainer, Amala Hospital

As part of the **Amala Grama Project**, an awareness class on “*Mental Health and Hygiene of Palliative Care Takers*” was conducted for ASHA workers and care takers of Velur Panchayat at Velur Family Health Centre (FHC) on 15/01/2025 at 11:00 AM. The session was led by Dr. Dinu, Amala Hospital HIC Coordinator and National Infection Prevention and Control Master Trainer. The session aimed to enhance the mental well-being and hygiene practices of those involved in palliative care. A total of 30 participants attended the programme.



AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	Health Talk on Dengue Fever
Date	May 23, 2025
No. of Participants	15
Venue	Royal Enfield showroom, Patturaickal
Organized by	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Supported by	-
Key person in charge	Dr. Jyothsna T H, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Theme	Health Education

Report on Community Medicine awareness programme:

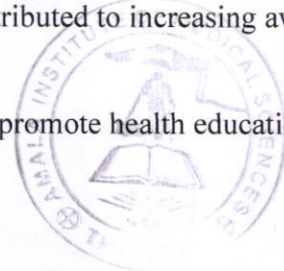
As part of the community outreach initiatives by the Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur, a health talk on **Dengue Fever** was conducted at the **Royal Enfield showroom, Patturaickal**, on **May 23, 2025**. The session was led by **Dr. Jyothsna T H**, Junior Resident, and **Dr. Cyriac**, from the Department of Community Medicine.

The interactive session aimed to raise awareness among the employees and staff of the showroom about **dengue prevention, recognition of symptoms, and early treatment**. The talk covered key areas such as:

- **Causes and transmission** of dengue fever
- **Identification of breeding sites** for Aedes mosquitoes
- **Common symptoms** such as high fever, headache, muscle and joint pains, and skin rashes
- **Preventive measures**, including the use of mosquito repellents, wearing protective clothing, and eliminating stagnant water
- Importance of **early medical consultation** and avoiding self-medication with NSAIDs

Participants were actively engaged throughout the session, and a **question-and-answer segment** helped clarify their doubts. The talk was well-received and contributed to increasing awareness of vector-borne diseases in a workplace setting.

This initiative was part of the department's continued efforts to promote health education and preventive practices within 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

[Signature]





Thrissur, Kerala, India

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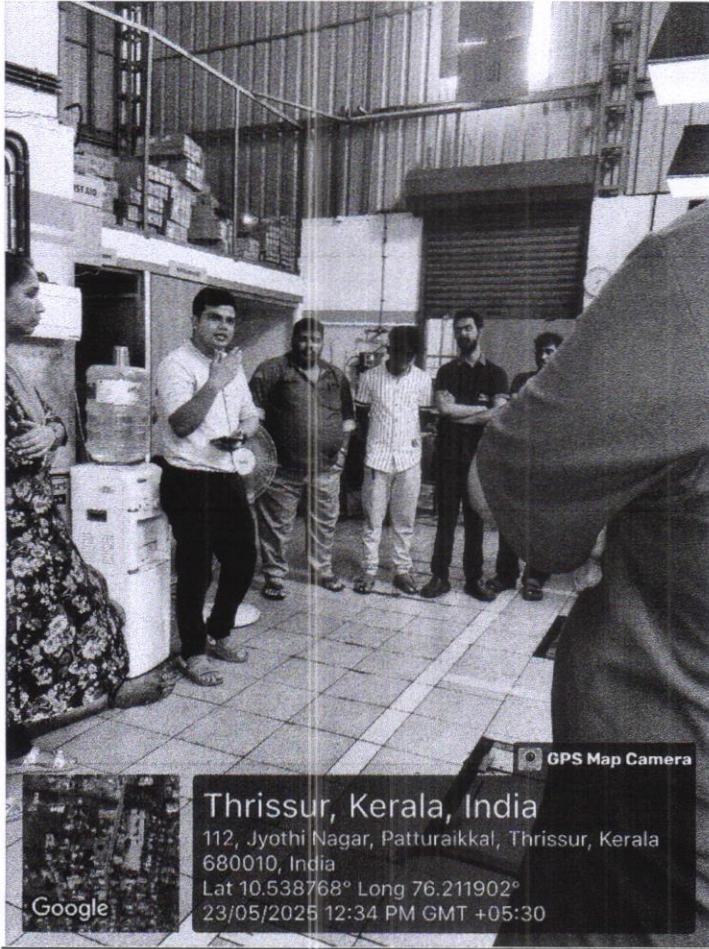
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AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR
Department of Community Medicine

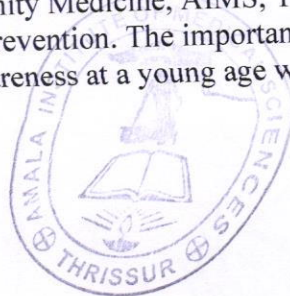
Event Title	Cervical Cancer Awareness Sessions – January 15, 2025
Date	January 15, 2025
No. of Participants	30
Venue	Women's Academy of Fashion Designing & garments technology and Thayyur School
Organized by	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Supported by	-
Key person in charge	Dr Athira K R, Senior Resident , Dept. of Community Medicine, AIMS, Thrissur Dr. Sishira, Junior Resident, Dept. of Community Medicine, AIMS, Thrissur Dr Parvathy, Junior Resident , 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:

As part of the Cervical Cancer Awareness Month, awareness sessions focusing on cervical cancer and its prevention were conducted at two venues on January 15, 2025.

A health education session was held for approximately 30 students at the **Women's Academy of Fashion Designing & Garments Technology**, where Dr. Athira K.R. (Senior Resident), Dr. Sishira, and Dr. Parvathy (Junior Residents), from the Department of Community Medicine, Amala Institute of Medical Sciences (AIMS), Thrissur, addressed the participants. The session covered essential topics such as the causes of cervical cancer, risk factors, early symptoms, the importance of screening through Pap smear testing, and HPV vaccination as a preventive measure. The interactive session was well-received, and students actively participated in the discussion.

Simultaneously, another awareness session was conducted at **Thayyur School** by **Dr. Susan Basil**, Junior Resident, Department of Community Medicine, AIMS, Thrissur. This session also focused on cervical cancer awareness and its prevention. The importance of adolescent health education, early intervention, and building awareness at a young age was emphasized.

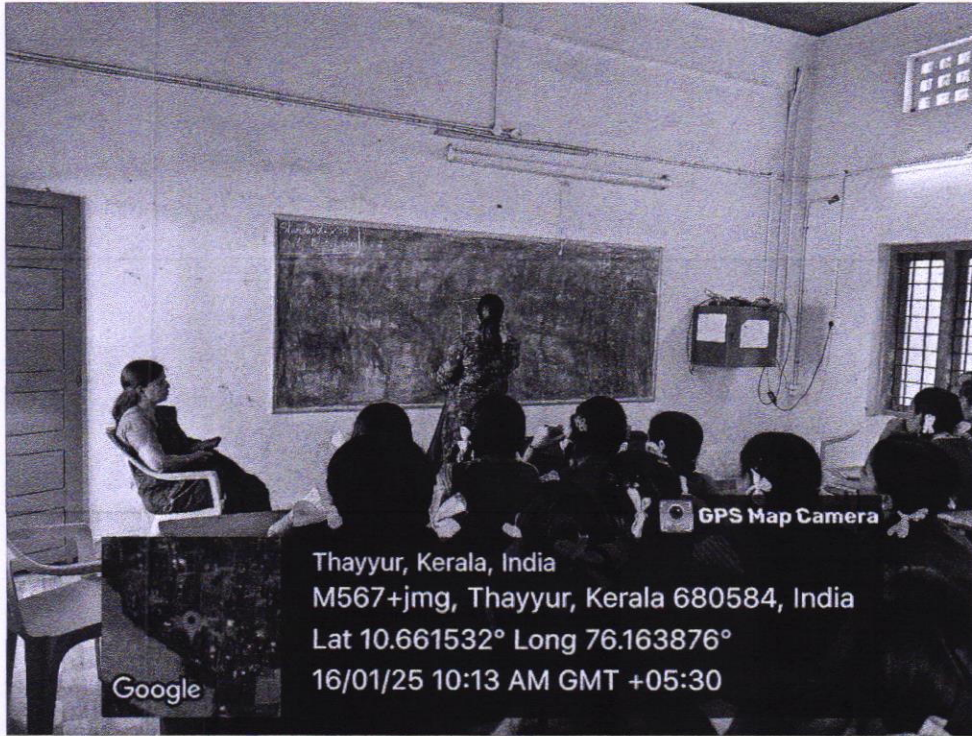


Both sessions were part of a broader initiative to raise awareness on cervical cancer and empower young women with the knowledge to take proactive steps in maintaining reproductive health. The programmes successfully fostered awareness and encouraged preventive practices among the participant

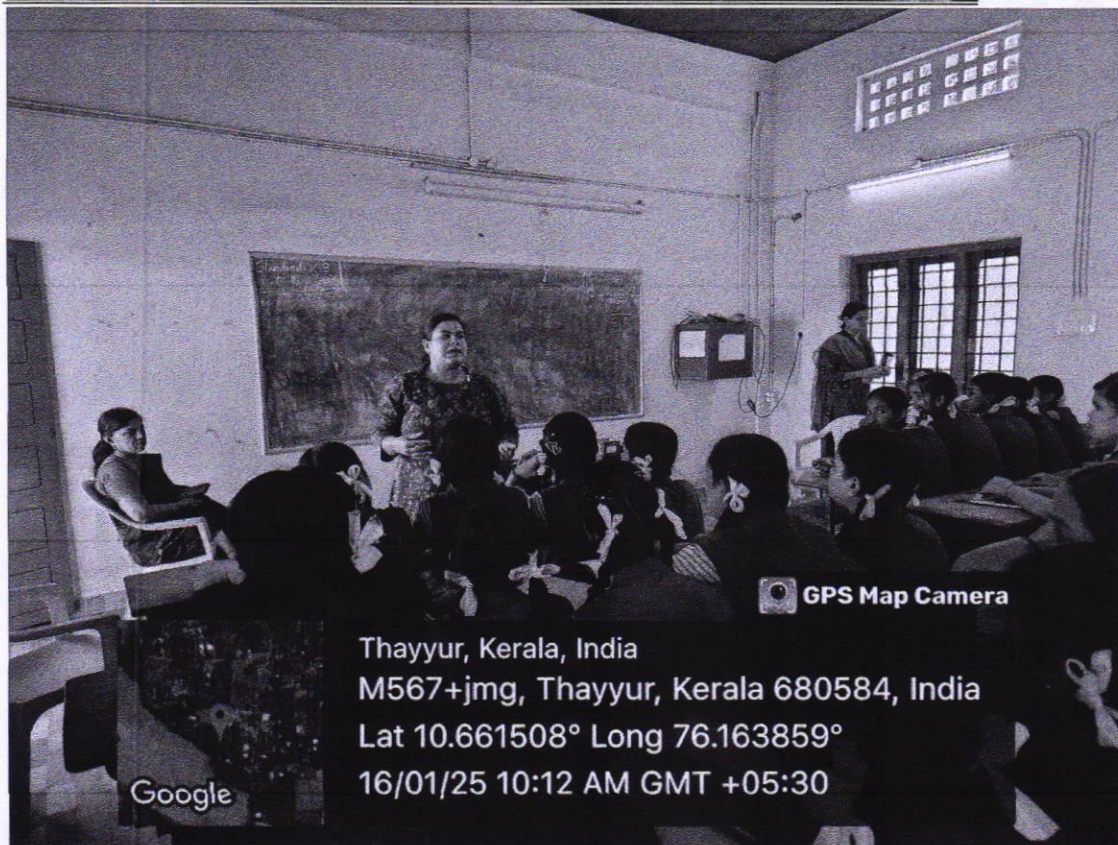
Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur Soumia NR
Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 23, 2025



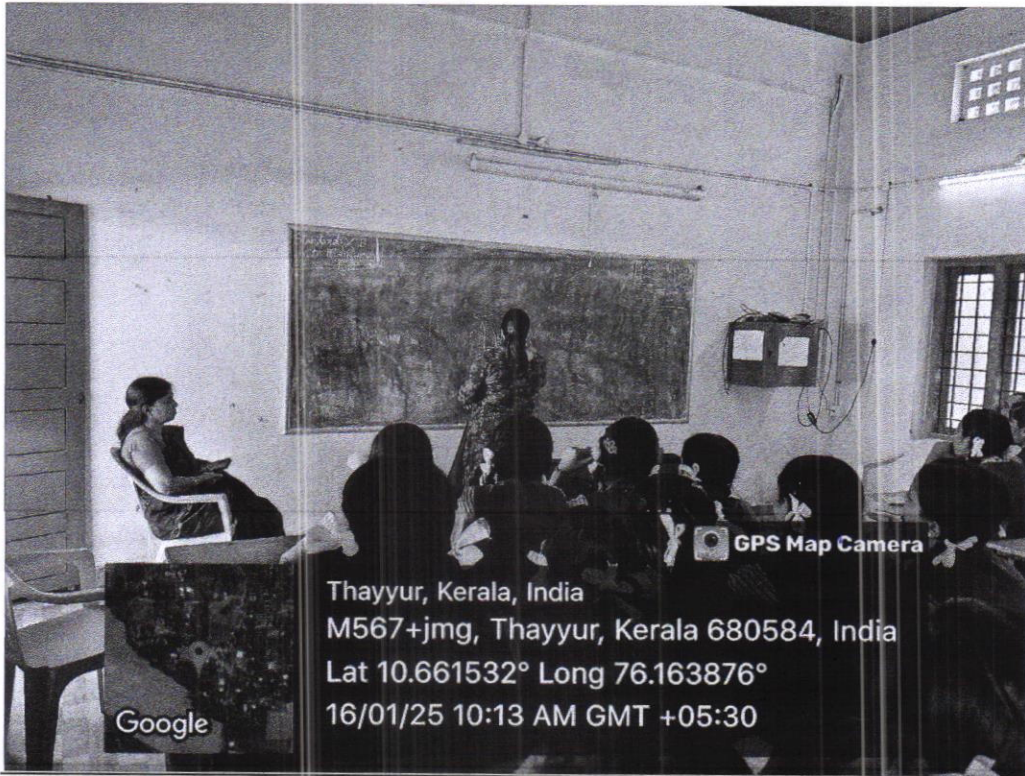


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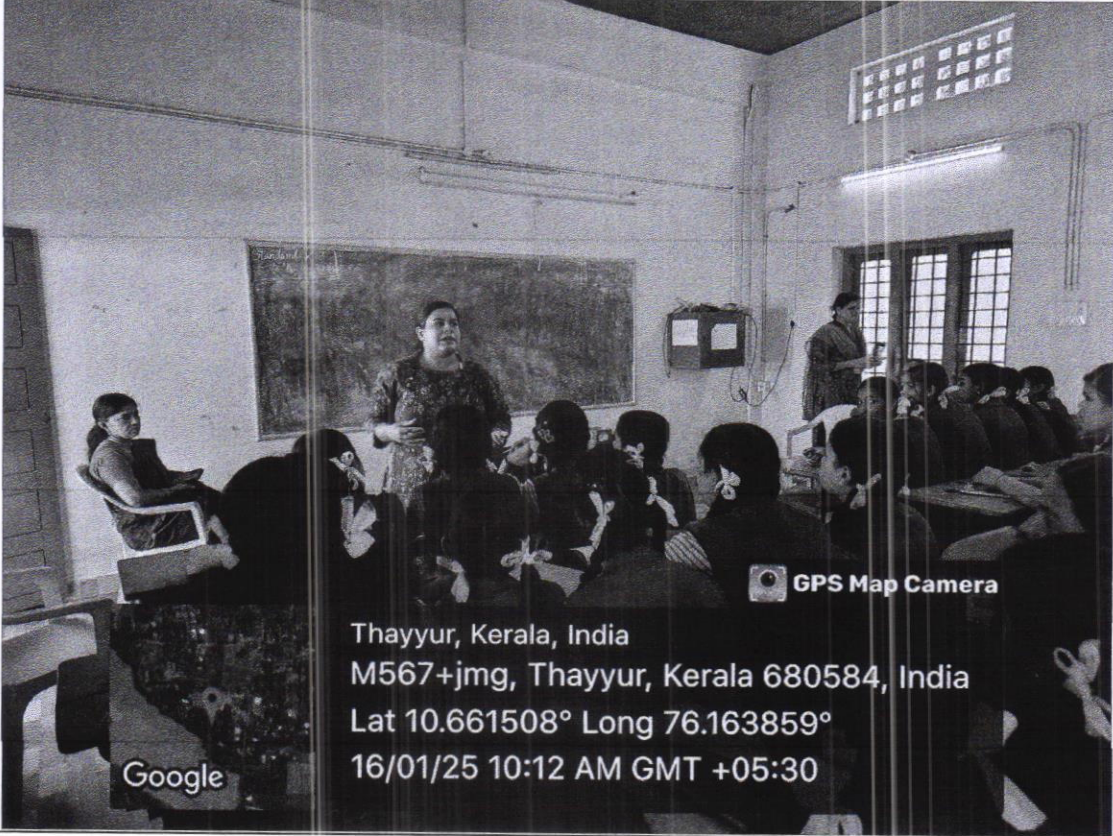




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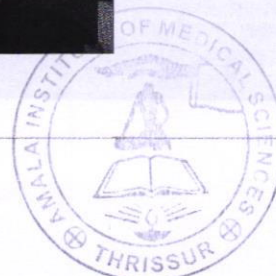
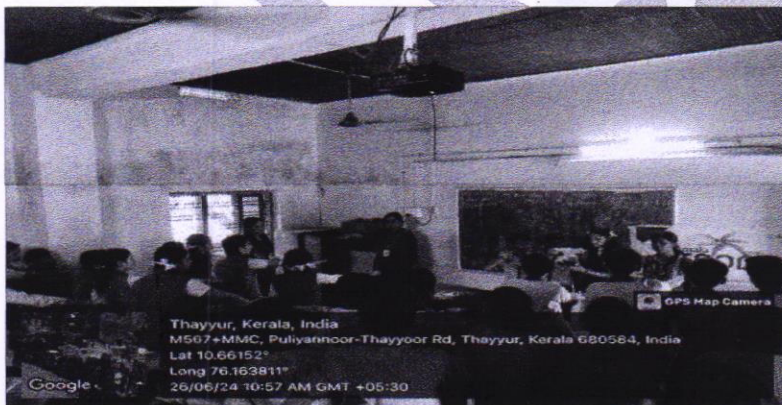
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7. Food Safety & Anti-Drug Day Awareness Session

Event Title	Food Safety & Anti-Drug Day Awareness Session
Date	26th June, 2024
Venue	Thayyur High School, Vellore Panchayat
Organized by	Amala Grama Project
Supported by	Department of Community Medicine, Amala Institute of Medical Sciences
Resource Person	Dr. Parvathy
Key Highlights	Awareness on food safety, anti-drug message, student pledge
Target Group	High School Students
Theme	Health Education & Drug Abuse Prevention

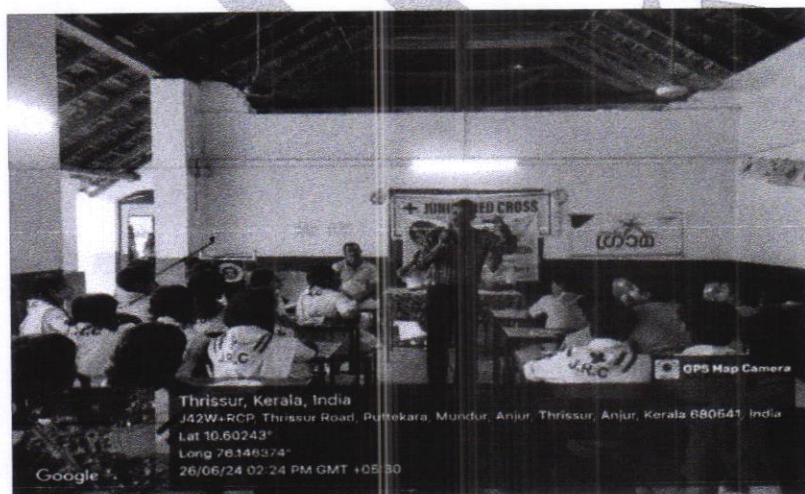
As part of the **Amala Grama Project**, an awareness session on “**Food Safety and Anti-Drug Day**” was conducted on **26th June 2024 at 10:30 AM** at **Thayyur High School, Vellore Panchayat**. The session was organized by the **Department of Community Medicine, Amala Institute of Medical Sciences**, and was led by **Dr. Parvathy**. The class addressed the importance of safe food practices and the harmful effects of drug abuse, aligning with the observance of **International Anti-Drug Day**. As part of the programme, students also took a **pledge against drug use**, reinforcing their commitment to a healthy and drug-free lifestyle.



8. Anti-Drug Day Awareness Session

Event Title	Anti-Drug Day Awareness Session
Date	26th June, 2024
Venue	St. George School, Puttekara
Organized by	Amala Grama – Kaiparambu Gram Panchayat
Supported by	Amala Institute of Medical Sciences
Welcome Address	Mrs. Jayalatha, Head Teacher
Inauguration	Mr. C. V. Kuryakos, Former Block Panchayat President
Resource Person	Dr. Stalin, Psychologist, Department of Gastroenterology
Target Group	High School Students
Theme	Drug Abuse Prevention and Adolescent Health

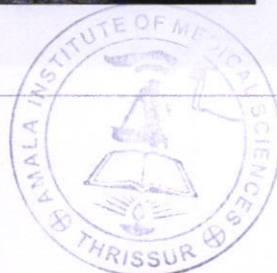
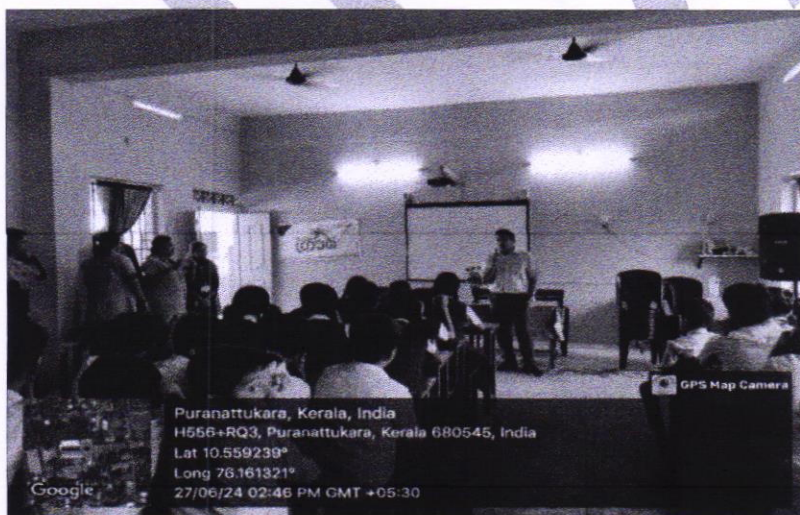
As part of the **Amala Grama Project, Kaiparambu Gram Panchayat** observed **Anti-Drug Day** by organizing an awareness session for **high school students of St. George School, Puttekara** on **26th June 2024 at 2:00 PM**. The event began with a welcome address by **Mrs. Jayalatha**, Head Teacher of the school. The session was officially inaugurated by **Mr. C. V. Kuryakos**, Former Block Panchayat President. **Dr. Stalin**, Psychologist from the **Department of Gastroenterology, Amala Institute of Medical Sciences**, delivered an informative talk on the psychological and social impacts of drug abuse. The session aimed to create awareness among students and promote a drug-free lifestyle.



9. Migraine Awareness Session

Event Title	Migraine Awareness Session
Date	27th June, 2024 2:30 PM
Venue	Mary Rani Public School, Amala Nagar
Organized by	Amala Grama – Adat Gram Panchayat
Supported by	Department of Neurology, Amala Institute of Medical Sciences
Resource Person	Dr. Joy Jacob
Target Group	High School Students
Theme	Migraine Awareness Month

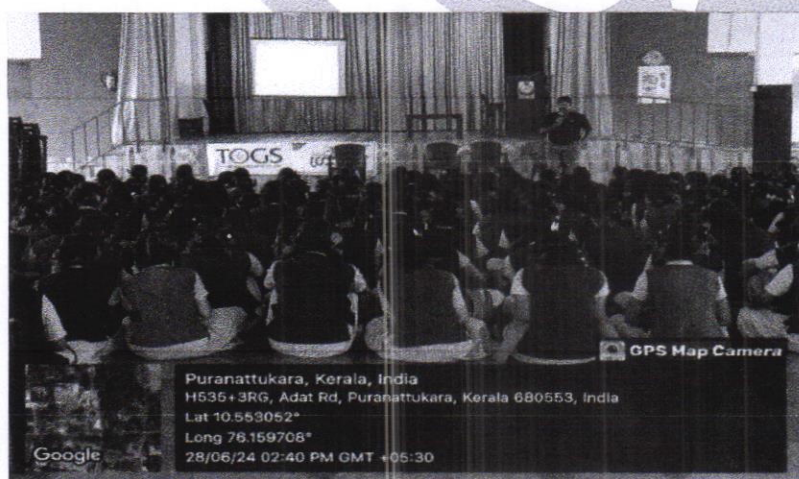
As part of the **Amala Grama Project**, **Adat Gram Panchayat** conducted an awareness session for **high school students** of **Mary Rani Public School, Amala Nagar** on **27th June 2024 at 2:30 PM** in observance of **Migraine Awareness Month**. The session was led by **Dr. Joy Jacob** from the **Department of Neurology, Amala Institute of Medical Sciences**, who delivered an informative presentation on migraines, including symptoms, triggers, preventive strategies, and management techniques. The session aimed to enhance students' understanding of this common neurological condition and promote early awareness and care.



10. Menstrual Hygiene Awareness Session

Event Title	Menstrual Hygiene Awareness Session
Date	28th June, 2024 2:30 PM
Venue	Shree Sharada School
Organized by	Amala Grama – Adat Grama Panchayat
Supported by	Department of Gynaecology, Amala Institute of Medical Sciences
Resource Person	Dr. Vipin
Target Group	High School Girls
Theme	Adolescent Health & Hygiene

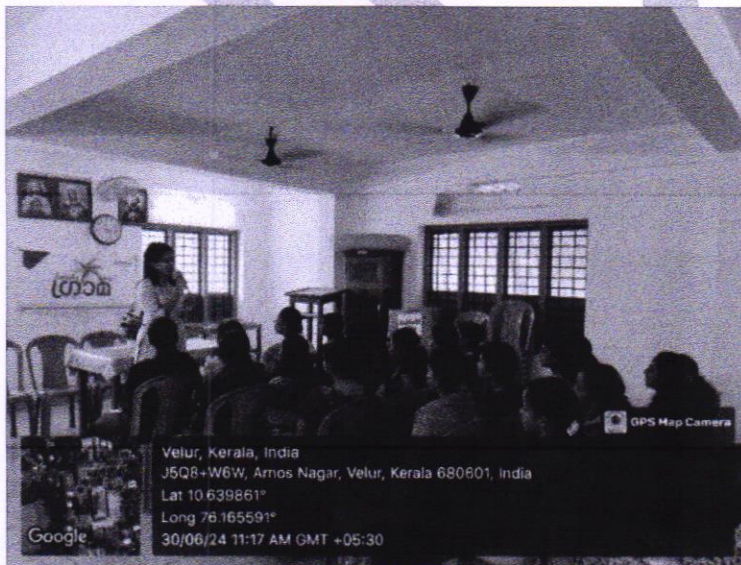
As part of the **Amala Grama Project**, **Adat Grama Panchayat** organized an awareness session on **“Menstrual Hygiene”** for high school girls of **Shree Sharada School** on **28th June 2024 at 2:30 PM**. The session was led by **Dr. Vipin** from the **Department of Gynaecology, Amala Institute of Medical Sciences**, who delivered an informative presentation covering the importance of menstrual hygiene, safe practices, and addressing common myths and misconceptions. The session aimed to promote health awareness and empower adolescent girls with accurate knowledge and confidence.



11. Adolescents' Mental Health Awareness Class

Event Title	Adolescents' Mental Health Awareness Class
Date	30th June, 2024 11:00 AM
Venue	St. Xavier's Forona Church, Vellore Panchayat
Organized by	Amala Grama – Amala Village Project
Resource Person	Dr. Dinu, Assistant Professor & HIC Coordinator, AIMS
Target Group	Class 10, 11, 12, and Degree Students
No. of Participants	57
Theme	Mental Health Awareness for Adolescents

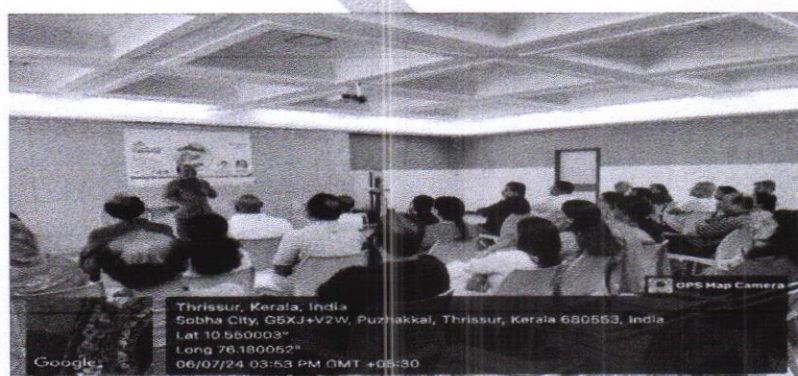
As part of the **Amala Village Project**, an awareness session on “**Adolescents' Mental Health**” was conducted on **Sunday, 30th June 2024 at 11:00 AM** at **St. Xavier's Forona Church, Vellore Panchayat**. The session was attended by students of Classes 10, 11, 12, and degree courses belonging to the parish. The awareness class was led by **Dr. Dinu**, HIC Section Coordinator, Assistant Professor, and Master Trainer in Adolescent Health from **Amala Institute of Medical Sciences**. The session focused on identifying emotional challenges faced by adolescents and promoting mental well-being through early recognition, positive coping strategies, and access to support systems.



12. Fibro Scan Screening & Fatty Liver Awareness Session

Event Title	FibroScan Screening & Fatty Liver Awareness Session
Date	6th July 2024, 3:30 PM
Venue	Sobha City Club House
Organized by	Amala Grama Project & AIMS Gastroenterology Department
Inauguration	Fr. Shibu Puthenpurakal, Joint Director, AIMS
Welcome Address	Shri. Haridas, Treasurer, Sobha City SCROA
Presided by	Shri. Nandakumar, President, Sobha City SCROA
Resource Person	Dr. Sojan George, Department of Gastroenterology, AIMS
No. of Participants	34
Theme	Awareness & Early Detection of Fatty Liver Disease

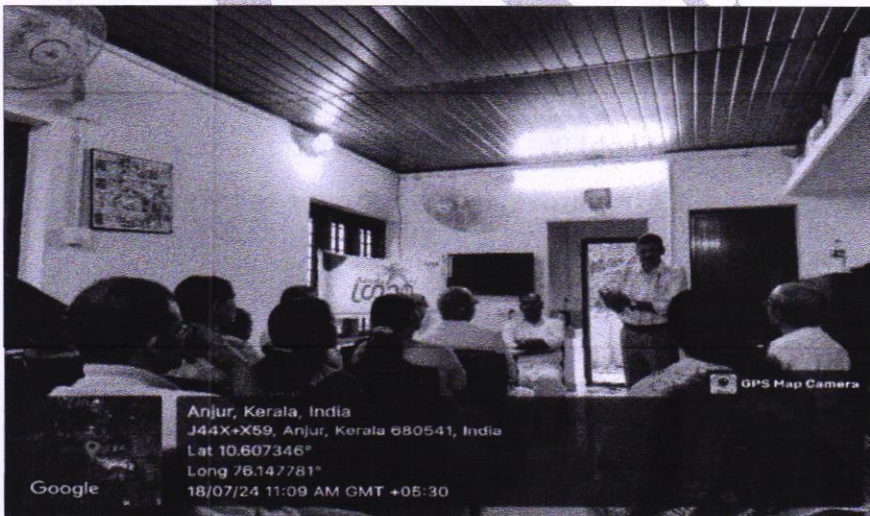
As part of the **Amala Grama Project**, a **FibroScan screening and awareness session on Fatty Liver** was conducted by the **Department of Gastroenterology, Amala Institute of Medical Sciences** on **Saturday, 6th July 2024 at 3:30 PM** at **Sobha City Club House**. The event began with a welcome address by **Shri. Haridas**, Treasurer of Sobha City SCROA. The session was presided over by **Shri. Nandakumar**, President of Sobha City SCROA, who also addressed the gathering. The program was formally inaugurated by **Fr. Shibu Puthenpurakal**, Joint Director of Amala Institute of Medical Sciences. The awareness class was conducted by **Dr. Sojan George**, Department of Gastroenterology, AIMS, focusing on early detection and prevention of fatty liver disease through lifestyle changes and regular screening.



13. Awareness Class on Old Age Mental Health

Event Title	Awareness Class on Old Age Mental Health
Date	18th July 2026, 10:30 AM
Venue	Day Home, Kaiparambu Grama Panchayat
Organized by	Amala Grama Project & Kaiparambu Grama Panchayat
Resource Person	Dr. Stalin, Psychologist, Gastroenterology Dept., AIMS
No. of Participants	25
Theme	Promoting Mental Health in the Elderly

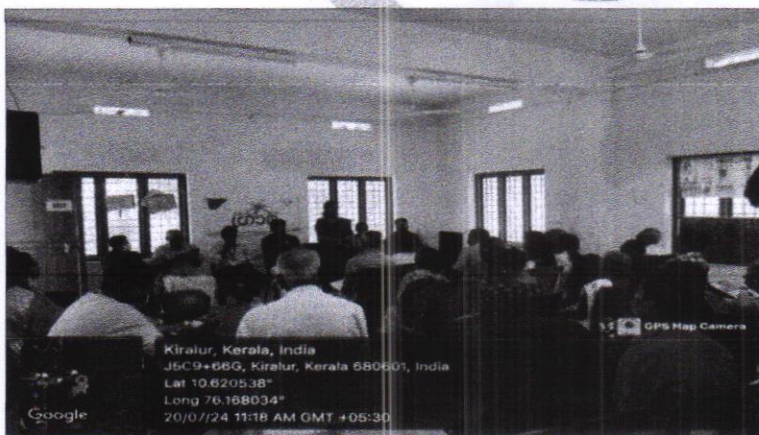
As part of the **Amala Grama Project**, **Kaiparambu Grama Panchayat** organized an awareness class on **“Old Age Mental Health”** for the day home members on **18th July 2026 at 10:30 AM**. The session was led by **Dr. Stalin**, Psychologist from the **Gastroenterology Section of Amala Institute of Medical Sciences**, who provided valuable insights on mental well-being in old age, common psychological challenges, and the importance of emotional support and healthy lifestyle practices for the elderly.



14. Free Eye and Lifestyle Screening Camp

Event Title	Free Eye and Lifestyle Screening Camp
Date & Time	20th July 2024, 10:00 AM – 1:30 PM
Venue	P.M.L.P. School, Kiralur
Organized by	Vellore Gram Panchayat, Vellore FHC, Kiralur Janakiya Arogya Kendra, and AIMS
Departments Involved	Community Medicine, Eye Check-up Unit, Dermatology
Inauguration	Mr. Shobi T., President, Vellore Panchayat
Speakers	Dr. Shruti (AIMS), Mr. Farooq (HI), Mr. Karmapa Johnson (VP)
No. of Participants	63
Theme	Community Health & Early Diagnosis

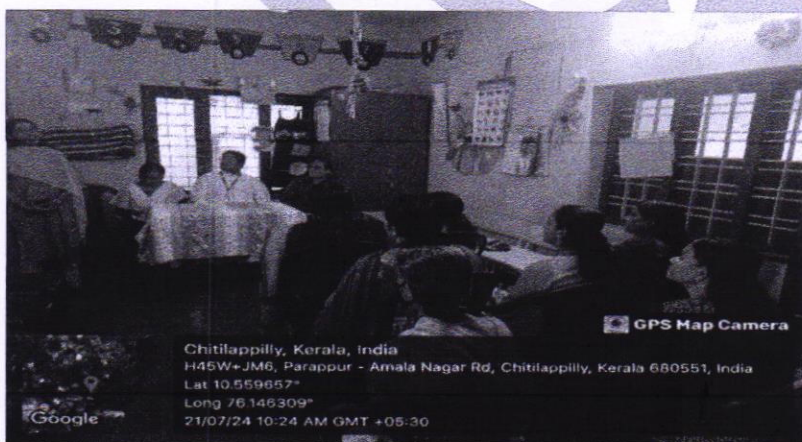
As part of the **Amala Grama Project**, a **free eye check-up and lifestyle screening camp** was conducted at **Kiralur P.M.L.P. School** on **Saturday, 20th July 2024, from 10:00 AM to 1:30 PM**. The camp was jointly organized by **Vellore Gram Panchayat, Vellore Family Health Centre, Kiralur Janakiya Arogya Kendra**, and the **Department of Community Medicine, Amala Institute of Medical Sciences**. The event featured a lifestyle diagnosis camp, skin screening, and community medicine consultations. The camp was inaugurated by **Panchayat President Mr. Shobi T.** Key addresses were delivered by **Dr. Shruti** from Amala Community Medicine Department, **Mr. Farooq**, Health Inspector, and **Mr. Karmapa Johnson**, Vice President of Vellore Panchayat.



15. AEDES Mosquito Control & Dengue Awareness Class

Event Title	AEDES Mosquito Control & Dengue Awareness Class
Date & Time	21st July 2024, 10:00 AM
Venue	Ward 20 Anganwadi, Adat Gram Panchayat
Organized by	AMFACC & Amala Grama Project
Presidential Address	Mrs. Nisha Prabhakaran, Ward Member
Inauguration	Fr. Shibu Puthenpurakkal, Associate Director, AIMS
Session by	Mr. Mohammad Rafi, Entomologist, AIMS
Activities	Awareness session, house visits, sample collection, household education
No. of Participants	26
Theme	Mosquito Control & Public Health Awareness

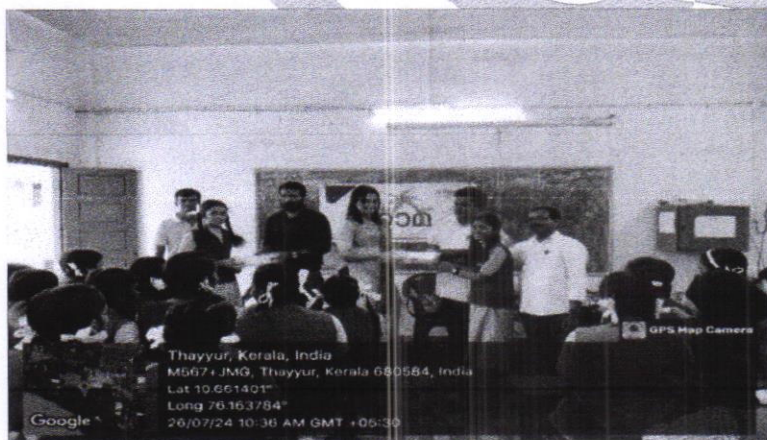
As part of the AMFACC – Aedes Mosquito Free Amala Campus Campaign in collaboration with the Amala Grama Project, an Aedes mosquito control and dengue awareness session was conducted for the residents of Ward 20, Adat Gram Panchayat on 21st July 2024 at 10:00 AM, held at the Ward 20 Anganwadi. Mrs. Nisha Prabhakaran, Ward Member, delivered the presidential address, and the event was inaugurated by Fr. Shibu Puthenpurakkal, Associate Director, Amala Institute of Medical Sciences. Mr. Mohammad Rafi, Entomologist from the Department of Community Medicine, AIMS, conducted the awareness session. Following the presentation, houses in Ward 20 were visited to identify potential mosquito breeding sites, collect samples, and educate households on mosquito prevention practices.



16. Self-Care Day & Adolescent Mental Health Awareness Class

Event Title	Self-Care Day & Adolescent Mental Health Awareness Class
Date & Time	26th July 2024, 10:00 AM
Venue	Tayyoor G.H.S. School, Vellore Panchayat
Organized by	Amala Grama Project & AIMS Community Medicine Department
Welcome Address	Mr. Bijoy, School Teacher
Topics & Speakers	- <i>Self-Care</i> : Dr. Ebin Jose - <i>Adolescent Mental Health</i> : Dr. Dinu Joy
Special Activity	Distribution of First Aid Boxes to students
Target Audience	High school girls

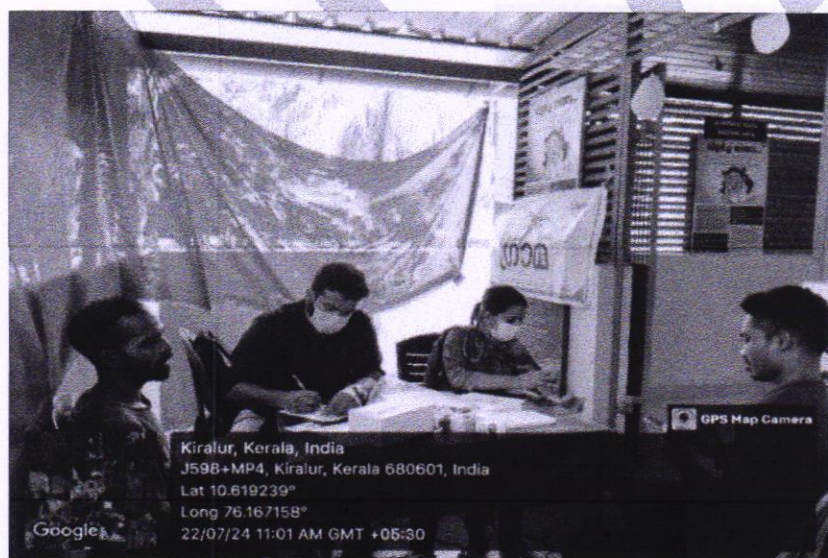
As part of the **Amala Grama Project**, the **Community Medicine Section** of Amala Institute of Medical Sciences conducted a “**Self-Care Day Awareness Class**” and an “**Adolescent Mental Health Awareness Class**” for the girls of the **High School section** of **Tayyoor G.H.S. School, Vellore Panchayat** on **Friday, 26th July 2024 at 10:00 AM**. **Mr. Bijoy**, a teacher from the school, delivered the welcome address. **Dr. Ebin Jose** from the Community Medicine Department led the session on **Self-Care**, while **Dr. Dinu Joy**, HIC Section Coordinator and Adolescent Health Master Trainer, delivered a session on **Adolescent Mental Health**. During the event, **First Aid Boxes** were handed over to the students by Dr. Ebin Jose and Dr. Dinu Joy as part of the initiative.



17. Free TB, Oral Health & Malaria Screening Camp

Event Title	Free TB, Oral Health & Malaria Screening Camp
Date & Time	22nd July 2024, 10:00 AM – 1:30 PM
Venue	Kiralur FHC Sub-Centre
Organized by	Amala Institute of Medical Sciences – Dept. of Community Medicine & Vellore Kiralur Public Health Centre
Target Group	Migrant workers from other states
Services Provided	TB screening, Oral health check-up, Malaria screening
No. of Participants	63

As part of the **Amala Grama Project**, a **Free TB, Oral Health, and Malaria Screening Camp** was conducted for **migrant workers from other states** at the **Kiralur FHC Sub-Centre** on **Monday, 22nd July 2024**, from **10:00 AM to 1:30 PM**. The programme was jointly organized by the **Department of Community Medicine, Amala Institute of Medical Sciences**, and the **Vellore Kiralur Public Health Centre**. The camp aimed to enhance preventive healthcare among vulnerable populations through early screening and awareness. A total of **63 participants** availed the services provided during the camp.



18. Dengue Awareness Class

Event Title	Dengue Awareness Class
Date & Time	27th July 2024, 11:00 AM
Venue	St. George School, Kaiparambu
Target Group	Seventh Grade Students
Organized by	Kaiparambu Gram Panchayat
Supported by	Amala Institute of Medical Sciences
Resource Person	Mr. Muhemmed Rafi, Entomologist
Theme	Dengue Awareness & Prevention

As part of the **Amala Grama Project**, an awareness class on **Dengue prevention and control** was conducted for **seventh-grade students** of **St. George School, Kaiparambu** on **27th July 2024 at 11:00 AM**. The session was organized under the leadership of **Kaiparambu Gram Panchayat**. **Mr. Muhemmed Rafi**, Entomologist from the **Amala Institute of Medical Sciences**, delivered an informative presentation on mosquito breeding prevention, early identification of symptoms, and household control measures.

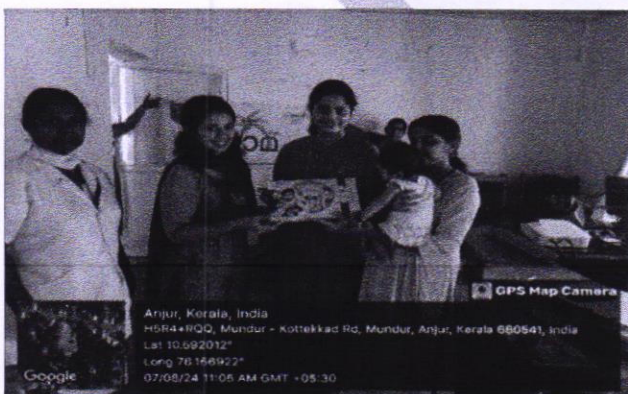


19. Breast-Feeding Awareness Programme

Event Title	Breastfeeding Awareness Programme Report
Date	7 th August, 2024, 10:30 AM
NO. of Participants	26 Mothers
Venue	Primary Health Center Hall, Mundur
Organized by	Kaiparambu Gram Panchayat
Supported by	Department of Community Medicine
Theme	Health Promotion

In connection with **World Breastfeeding Week**, an awareness session on the “*Importance of Breastfeeding*” was organized by **Amala Grama Kaiparambu Gram Panchayat** on **7th August 2024** at **10:30 AM** at the **Primary Health Center Hall, Mundur**. The session was led by **Dr. Jasmin** from the Department of Paediatrics, **Amala Institute of Medical Sciences**, who delivered an informative presentation highlighting the nutritional, immunological, and emotional benefits of exclusive breastfeeding. The programme was attended by **Dr. Deepa Samuel**, Medical Officer of Kaiparambu Gram Panchayat, **Mrs. Liji**, Sister-in-Charge, ASHA workers, and mothers of newborn babies.

As part of the event, **baby kits were distributed to 25 newborns**, reinforcing the commitment to support healthy infant care practices. A total of **26 participants** took part in the programme, which served as an impactful platform to educate and empower mothers in the community on the importance of breastfeeding for the well-being of both mother and child.

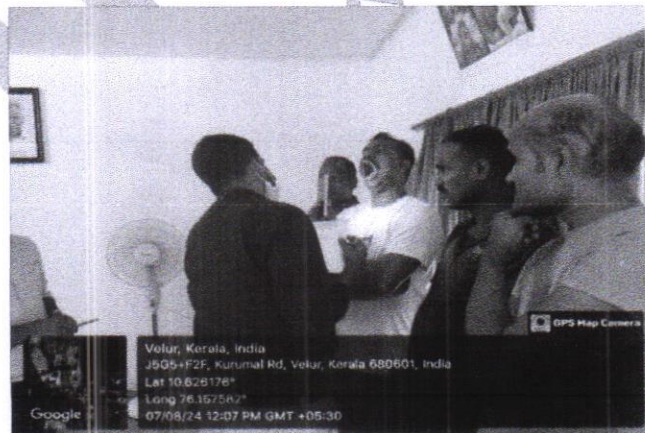


20. Dengue, Malaria & Substance Abuse Awareness Programme

Event Title	Dengue, Malaria & Substance Abuse Awareness Programme
Date	7th August, 2024
No. of Participants	26
Venue	Vellore Kurumal FHC Sub Centre
Organized by	Amala Village Project
Supported by	Department of Community Medicine, Amala Institute of Medical Sciences, Vellore Kurumal FHC Sub Centre
Theme	Community Health & Preventive Awareness

As part of the **Amala Village Project**, an awareness class on **Malaria, Dengue fever, and Substance Abuse** was conducted on **Wednesday, 7th August 2024 at 10:30 AM** in collaboration with the **Vellore Kurumal FHC Sub Centre** and the **Department of Community Medicine**, Amala Institute of Medical Sciences. The session was specifically organized for non-state workers residing in the Vellore Kurumal area, aiming to raise awareness about vector-borne diseases and the harmful effects of substance abuse.

Doctors from the Department of Community Medicine — **Dr. Shruti, Dr. Sachin, Dr. Steffi, and Dr. Ebin** — led the awareness sessions and also conducted an **oral health assessment** for the participants. The programme saw active participation from the local worker community, with a total of **26 participants** attending the session. The event contributed to promoting preventive healthcare practices and early intervention through education and basic screening.

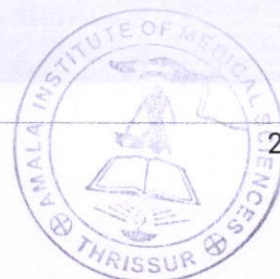
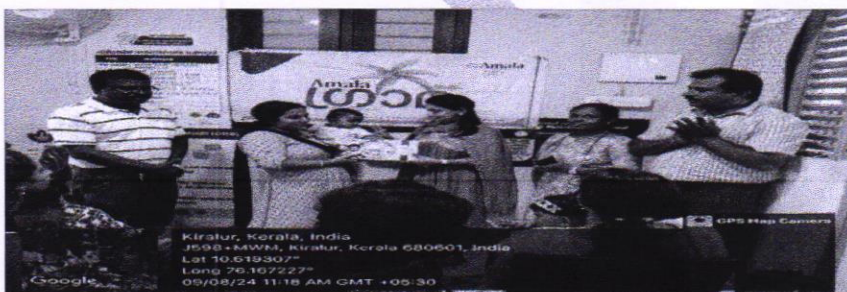


21. Breastfeeding Awareness Programme

Event Title	Breastfeeding Awareness Programme – Amala Grama Project
Date	9th August, 2024
No. of Participants	26 Mothers
Venue	Vellore Kurumal FHC Sub Centre
Organized by	Amala Grama Project
Supported by	Department of Community Medicine, Amala Institute of Medical Sciences
Key Resource Persons	Dr. Joysana (Speaker), Dr. Shruti (Baby Kit Distribution)
Special Invitees	Mr. Deepu (JHI, Vellore Panchayat), Shri. Binu (HI, AIMS)
Theme	Maternal & Child Health Awareness

As part of the **Amala Grama Project**, a **breastfeeding awareness session** was conducted on **Friday, 9th August 2024 at 10:30 AM** at the **Vellore Kurumal FHC Sub Centre**, in observance of **World Breastfeeding Week**. The session was organized for the **mothers of Vellore Panchayat**, aiming to promote the importance of exclusive breastfeeding and early childcare practices. **Dr. Joysana** from the **Department of Community Medicine**, Amala Institute of Medical Sciences, led the session with an informative talk on breastfeeding. Additionally, **Dr. Shruti** distributed **baby kits** to selected families as part of the outreach.

Mr. Deepu, Junior Health Inspector of Vellore Panchayat, expressed his gratitude to all the participants and organizing team. **Shri. Binu**, Health Inspector from the Department of Community Medicine, Amala Institute of Medical Sciences, also took part in the programme and addressed the gathering. A total of **26 mothers** participated in the event, which served as a valuable platform for health education and maternal support within the community.



22. Awareness Session on "Old Age Mental Health"

Event Title	Awareness Session on "Old Age Mental Health"
Date	9th August, 2024
No. of Participants	25
Venue	Adat Day Home
Organized by	Amala Grama – Adat Grama Panchayat
Supported by	Department of Gastroenterology, Amala Institute of Medical Sciences
Resource Person	Dr. Stalin, Psychologist
Theme	Mental Health & Well-being of the Elderly

As part of the **Amala Grama Project**, **Adat Grama Panchayat** organized an awareness class on the topic "*Old Age Mental Health*" for the members of **Adat Day Home** on **9th August 2024 at 2:30 PM**. The session aimed to highlight the psychological challenges commonly faced by elderly individuals, such as loneliness, memory issues, depression, and anxiety, and to promote strategies for healthy ageing and emotional well-being. The class was led by **Dr. Stalin**, Psychologist from the **Department of Gastroenterology, Amala Institute of Medical Sciences**, who delivered an engaging and insightful presentation. Dr. Stalin addressed key aspects of geriatric mental health, emphasizing the importance of community support, active lifestyles, and early intervention in managing age-related mental health issues. The session provided a much-needed platform for the elderly participants to express their concerns, ask questions, and gain awareness on how to maintain mental wellness during their later years. The interactive nature of the programme encouraged open dialogue, and several practical tips were shared to enhance cognitive health and emotional resilience. A total of **25 participants** attended the session, which was well received and appreciated by all. The initiative marked another successful step in Amala Grama's mission to extend healthcare awareness and education to all segments of the community, including the often-overlooked senior population.

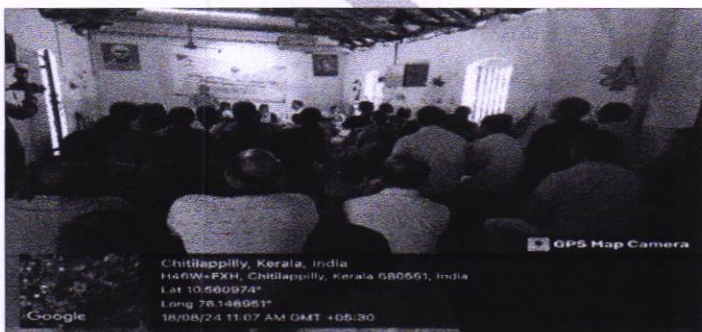


23. World Mosquito Day Awareness Programme

Event Title	World Mosquito Day Awareness Programme
Date	18th August, 2024
No. of Participants	55
Venue	V Government School, Puttekara
Organized by	AMFACC & Amala Grama
Supported by	Department of Community Medicine, Amala Institute of Medical Sciences
Theme	Vector-borne Disease Prevention & Community Awareness

As part of the joint initiative between **AMFACC (Aedes Mosquito Free Amala Campus Campaign)** and **Amala Grama**, a community awareness programme was conducted on **18th August 2024 at 10:30 AM** in the **2nd Ward of Adat Grama Panchayat**, in observance of **World Mosquito Day**. The event was held at **V Government School, Puttekara**, and featured a comprehensive awareness class on **dengue fever and mosquito-borne diseases**, prize distribution for various competitions held at **St. George School Puttekara** and the **2nd Ward**, and a practical community outreach activity. The session began with a welcome address by **Mrs. Nisha Prabhakaran**, Member of the 2nd Ward, Adat Grama Panchayat. The programme was inaugurated by **Mrs. Leela Ramakrishnan**, Block Panchayat President, and presided over by **Fr. Shibu Puthanpurakkal**, Associate Director, **Amala Institute of Medical Sciences**.

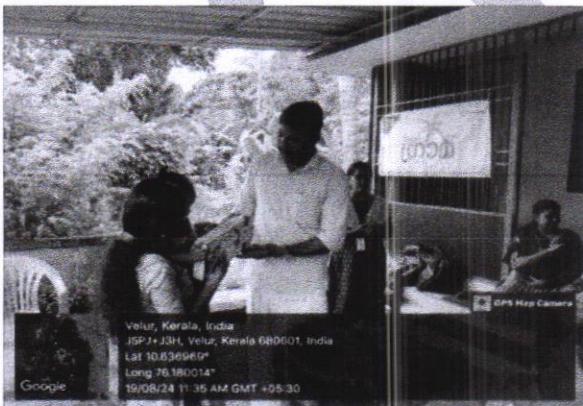
An informative presentation on dengue fever and its prevention was delivered by **Mr. Muhammad Rafi**, Entomologist from the **Department of Community Medicine**, Amala Institute of Medical Sciences. Following the awareness session, the team visited around **30 households** in the 2nd Ward to identify potential mosquito breeding sites. House-to-house inspections were carried out, samples were collected for testing, and residents were educated on environmental conditions that contribute to **Aedes mosquito breeding**. The campaign aimed not only to raise awareness but also to empower community members to take preventive measures within their own homes. A total of **55 participants** took part in the event, including students, residents, local leaders, and healthcare professionals, marking a successful observance of **World Mosquito Day** with both education and action.



24. Breastfeeding Awareness Programme

Event Title	Breastfeeding Awareness Programme
Date	19th August, 2024
No. of Participants	29
Venue	Vellore Kuttamkulam Anganwadi
Organized by	Amala Grama Project
Supported by	Department of Paediatrics, Amala Institute of Medical Sciences
Target Group	Mothers and senior women under Kuttamkulam Anganwadi
Theme	Maternal and Child Health Promotion

As part of the **Amala Grama Project**, an awareness session on **breastfeeding** was conducted on **Monday, 19th August 2024 at 10:30 AM** at **Vellore Kuttamkulam Anganwadi**. The session, jointly organized for mothers of young children and senior women associated with the Anganwadi, was led by **Dr. Jasmine** from the **Department of Paediatrics, Amala Institute of Medical Sciences**. The session focused on the importance of breastfeeding for infant health and maternal well-being. Following the class, **“Baby Kits”** were distributed to children of selected families. A total of **29 participants** attended the programme.



25. Breast Cancer Awareness Session

Event Title	Breast Cancer Awareness Session
Date	29th August, 2024
No. of Participants	26
Venue	Community Hall, Muthuvara
Organized by	Amala Grama – Adat Grama Panchayat
Supported by	Department of Obstetrics & Gynaecology, Amala Institute of Medical Sciences
Target Group	Kudumbashree Members
Theme	Women's Health Awareness & Early Cancer Detection

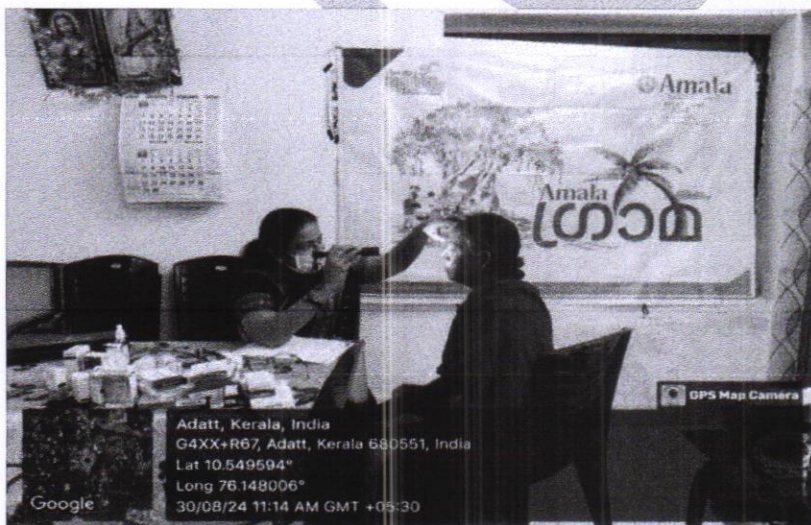
As part of the **Amala Grama Project**, **Adat Grama Panchayat** conducted a **breast cancer awareness session** for **Kudumbashree** members on **29th August 2024 at 11:00 AM** at the **Community Hall, Muthuvara**. The session was led by **Dr. Reshma** from the **Department of Obstetrics & Gynaecology, Amala Institute of Medical Sciences**, who delivered an informative presentation on breast cancer detection, prevention, and the importance of early diagnosis. A total of **26 participants** attended the programme, which aimed to empower women with knowledge on breast health and encourage regular screening.



26. Eye Examination & Eye Donation Awareness Camp

Event Title	Eye Examination & Eye Donation Awareness Camp
Date	30th August, 2024
No. of Participants	27
Venue	Day Home, Adat Grama Panchayat
Organized by	Amala Grama – Adat Grama Panchayat
Supported by	Department of Ophthalmology, Amala Institute of Medical Sciences
Target Group	Day Home members and residents of Ward 8, Adat Panchayat
Theme	Eye Health & Organ Donation Awareness

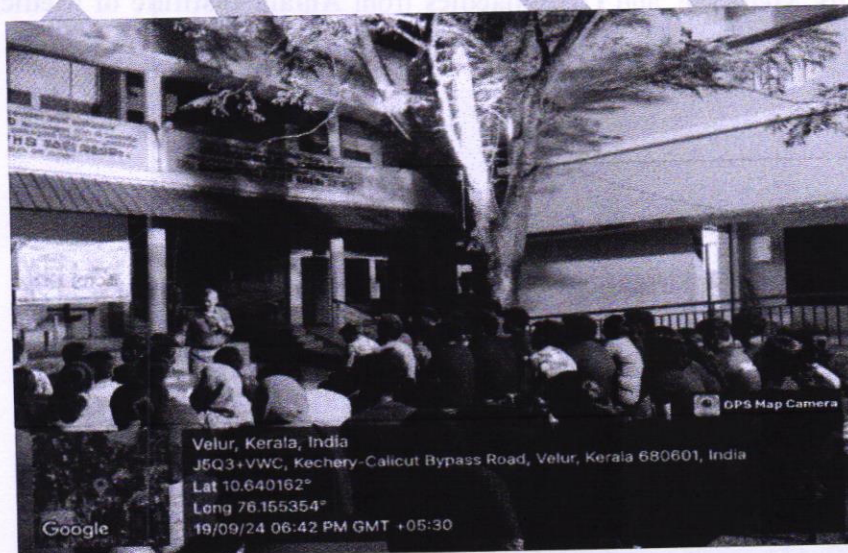
As part of the **Amala Grama Project**, an **eye examination camp and awareness session on eye donation** was conducted for the members of the **Day Home** and residents of **Ward 8, Adat Grama Panchayat** on **Friday, 30th August 2024 at 10:30 AM**. The programme was organized at the **Day Home of Adat Panchayat** under the leadership of the **Department of Ophthalmology, Amala Institute of Medical Sciences**. **Dr. Somi** from the Eye Examination Department led the initiative, providing eye check-ups and educating participants about the importance of **eye donation**. **Medicines were distributed** to those in need based on their clinical findings. A total of **27 participants** attended the camp, which successfully addressed both preventive and promotive aspects of eye health.



27. Youth Mental Health Awareness Class – Suicide Prevention Day

Event Title	Youth Mental Health Awareness Class – Suicide Prevention Day
Date & Time	19th September 2024, 6:00 PM
Venue	R.S.R.V.H.S.S School, Vellore
Organized under	Amala Grama Project
Occasion	Suicide Prevention Day
Target Group	Youth / Students
Resource Person	Dr. Stalin Kuryan, Clinical Psychologist, Dept. of Gastroenterology, AIMS
No. of Participants	58

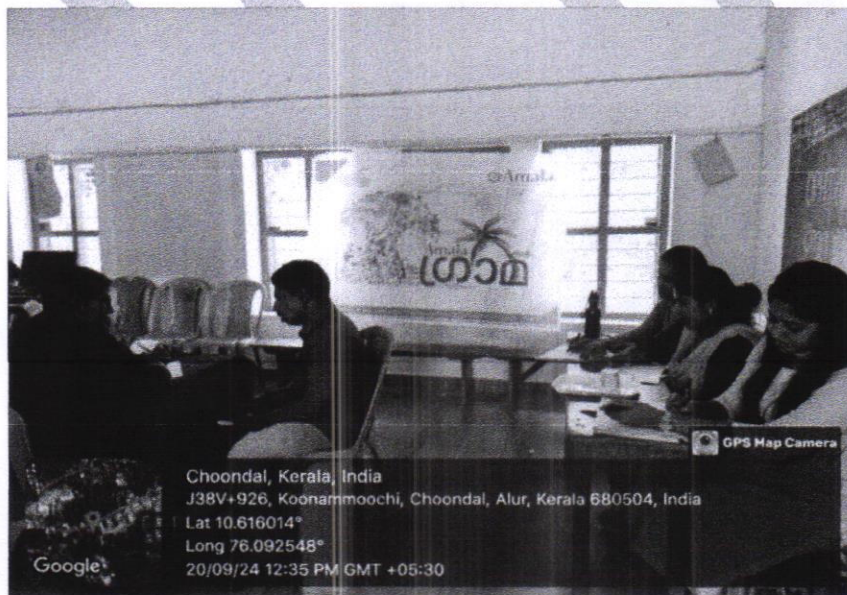
As part of the **Amala Grama Project**, an awareness class on “**Youth Mental Health**” was conducted in observance of **Suicide Prevention Day** at **R.S.R.V.H.S.S School, Vellore**, on **Thursday, 19th September 2024 at 6:00 PM**. The session was led by **Dr. Stalin Kuryan**, Clinical Psychologist from the **Gastroenterology Department, Amala Institute of Medical Sciences**, who addressed mental health challenges faced by youth and strategies for prevention and well-being.



28. Medical Camp for Choondal Panchayat Residents

Event Title	Medical Camp for Choondal Panchayat Residents
Date & Time	20th September 2024, 10:00 AM
Venue	L.I.G.H.S.S School, Choondal Panchayat
Organized by	Amala Grama Project & NSS Unit, Amala College of Nursing
Participating Departments	Ophthalmology, Community Medicine, Orthopaedics – AIMS
Target Group	General Public (Residents of Choondal Panchayat)
No. of Participants	71

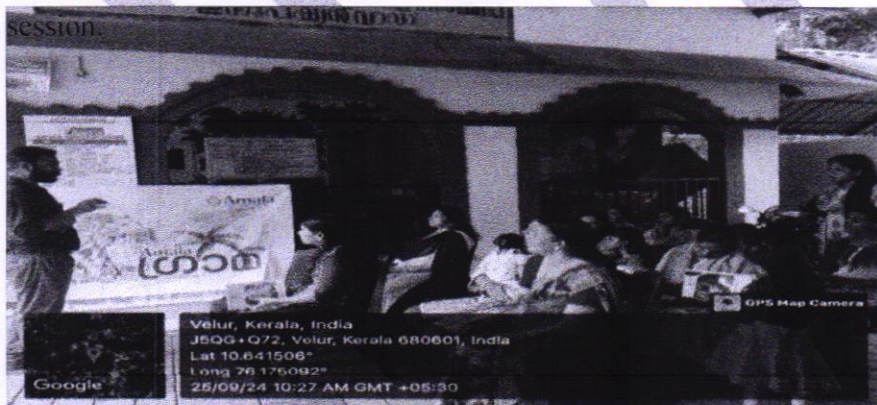
Under the joint auspices of the **Amala Grama Project** and the **National Service Scheme (NSS) Unit of Amala College of Nursing**, a **medical camp** was organized for the residents of **Choondal Panchayat** on **Friday, 20th September 2024 at 10:00 AM**, at **L.I.G.H.S.S School**. The departments of **Ophthalmology, Community Medicine, and Orthopaedics** from **Amala Institute of Medical Sciences** participated in the camp, providing medical services and consultations.



29 Awareness Class on “Nutrition”

Event Title	Awareness Class on “Nutrition”
Date & Time	25th September 2024, 10:00 AM
Venue	Vellore Primary Health Centre (PHC)
Organized by	Amala Grama Project & Community Medicine Dept., AIMS
Target Audience	General Public and Mothers
Resource Person	Dr. Ebin Jose
Special Participants	Mr. Farooq (Vellore PHC Health Inspector), Dr. Shruti (AIMS)
No. of Participants	28

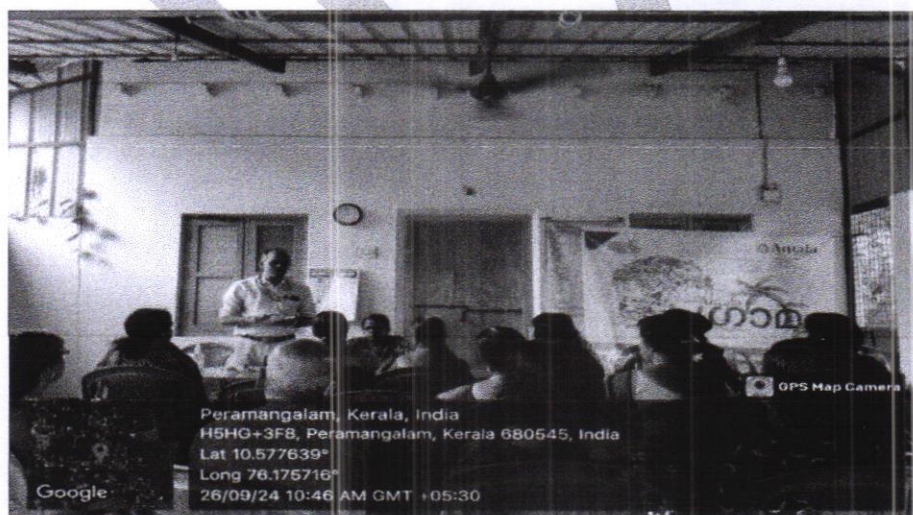
As part of the **Amala Grama Project**, the **Community Medicine Department** of **Amala Institute of Medical Sciences** conducted an **awareness class on “Nutrition”** for the general public and mothers on **Wednesday, 25th September 2024 at 10:00 AM** at **Vellore Primary Health Centre (PHC)**. **Dr. Ebin Jose** from AIMS led the session. The event was welcomed by **Mr. Farooq**, Health Inspector of Vellore Panchayat. **Dr. Shruti** from the Department of Community Medicine also participated in the



30. Free Thyroid Testing Camp

Event Title	Free Thyroid Testing Camp
Date & Time	26th September 2024, from 10:00 AM
Venue	Ward 10, Kaiparambu Panchayat
Organized by	Gynaecology Department, Amala Institute of Medical Sciences
Supported by	DDRC Agilus Lab, Thrissur
Health Inspector (Welcome)	Mr. Doni
No. of Participants	58

As a part of the Amala Village Project, the Gynaecology Department of Amala Institute of Medical Sciences conducted a free thyroid testing camp for the residents of Ward 10, Kaiparambu Panchayat on 26th September 2024 from 10:00 AM onwards, with the support of DDRC Agilus Lab, Thrissur. The event was welcomed by Mr. Doni, Health Inspector of Kaiparambu Panchayat.



23. Nutrition in Children Awareness Class

Event Name	Nutrition in Children Awareness Class
Date	03/04/2025
Time	2:00 PM
Venue	Vigneswara CBSE School, Veloor Grama Panchayat
Target Audience	School Children
Total Participants	56
Organized by	Amala Grama Project
Resource Person	Dr. Dinu Joy, HIC Coordinator, Amala Institute of Medical Sciences
Special Participant	Mr. Deepukumar, Junior Health Inspector, Veloor Panchayat

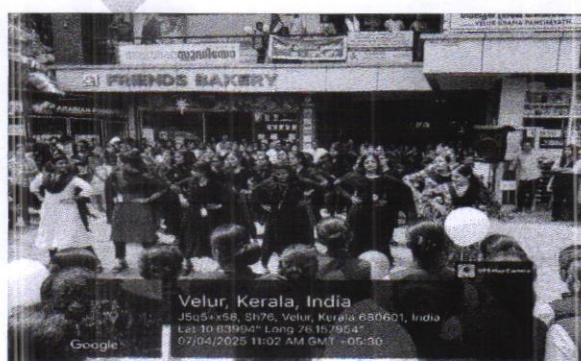
As part of the Amala Grama Project, an awareness class on the topic “*Nutrition in Children*” was conducted for school children on Thursday, 03/04/2025 at 2:00 PM at Vigneswara CBSE School, located in Veloor Grama Panchayat. The session was conducted by Dr. Dinu Joy, Coordinator of the HIC Section, Amala Institute of Medical Sciences. Mr. Deepukumar, Junior Health Inspector of Veloor Panchayat, also participated in the event. The class focused on the importance of balanced nutrition and healthy eating habits during childhood. A total of 56 students attended the session.



24. World Health Day Walkathon and Flash Mob

Event Name	World Health Day Walkathon and Flash Mob
Date	07/04/2025
Time	10:00 AM
Location	From School Ground to Panchayat Office, Veloor Panchayat
Organized by	AIMS Community Medicine Department, Amala Grama Yojana & Veloor Panchayat
Inauguration	T.R. Shobi, President, Veloor Panchayat
Program Lead	Dr. Sruthi, Department of Community Medicine, Amala Institute of Medical Sciences
Special Performance	Flash Mob by Amala Nursing School
Purpose	To spread awareness on the importance of World Health Day

The Amala Institute of Medical Sciences – Community Medicine Department, in association with the Amala Grama Yojana and Veloor Grama Panchayat, jointly organized an awareness *WALKATHON* on Monday, 07/04/2025 at 10:00 AM to mark the occasion of World Health Day. The walkathon began from the school ground and proceeded to the Panchayat office in Veloor Panchayat. The event was inaugurated by Veloor Panchayat President T.R. Shobi, who hoisted the flag to begin the program. The walkathon was led by Dr. Sruthi from the Department of Community Medicine, AIMS. Following the walk, a vibrant flash mob was performed under the leadership of Amala Nursing School as part of the awareness initiative.



25. Free Medical Examination & Medicine Distribution for the Elderly

Event Name	Free Medical Examination & Medicine Distribution for the Elderly
Date	09/04/2025
Time	11:00 AM
Venue	Pushpa Sadan Old Age Home, Veloor Grama Panchayat
Occasion	In connection with World Homeopathy Day (April 10)
Target Audience	Elderly residents of Pushpa Sadan
Organized by	Amala Grama Yojana & Amala Homeopathy Section
Resource Person	Dr. Brilly, Homeopathy Department, Amala Institute of Medical Sciences

Under the Amala Grama Yojana, a *free medical examination and medicine distribution camp* was organized on Wednesday, 09/04/2025 at 11:00 AM at Pushpa Sadan Old Age Home, Veloor Grama Panchayat, in connection with World Homeopathy Day (April 10). The event was led by the Amala Homeopathy Section, focusing on the health and well-being of the elderly. The examinations were conducted by Dr. Brilly from the Homeopathy Department of Amala Institute of Medical Sciences, and free medications were distributed as part of the initiative.



26. Breast & Cervical Cancer Awareness and Free Thyroid Testing Camp

Event Name	Breast & Cervical Cancer Awareness and Free Thyroid Testing Camp
Date	16/04/2025
Time	10:30 AM
Venue	Anganwadi No. 64, Putekara, Kaiparamba Grama Panchayat
Target Audience	Local Residents, especially women
Total Participants	90
Organized by	Amala Grama Yojana
Resource Person	Dr. Vipin, Gynecology Department, Amala Institute of Medical Sciences

As part of the Amala Grama Yojana, a “Breast & Cervical Cancer Awareness” session along with a *Free Thyroid Testing Camp* was organized at Anganwadi No. 64, Putekara, in Kaiparamba Grama Panchayat on 16/04/2025 at 10:30 AM. The awareness class was conducted by Dr. Vipin from the Gynecology Department, Amala Institute of Medical Sciences. The program aimed to educate women about early detection and prevention of breast and cervical cancer, while also offering free thyroid screening to the attendees. A total of 90 participants attended the event.

