

Report on Nutrition programme at Anganwadi – Ward 3, Kaiparambu Panchayath

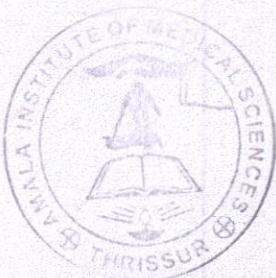
As part of promoting awareness about health and nutrition, Nutrition programme was observed at the Kollanur Anganwadi of Ward 3, Kaiparambu Panchayat on 25-4-25 at 2.00pm. The event witnessed enthusiastic participation from the community, especially children aimed to highlight the importance of a balanced diet and nutritious home-cooked food.

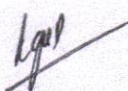
The program commenced with a warm welcome speech delivered by Ms. Sneha Tharakan, who extended her greetings to all the attendees and emphasized the relevance of such awareness programs in the local context.

Mrs.Anitha senior faculty of Anganawadi addressed with felicitation that highlighted common efforts in nurturing healthy future generations.

This was followed by an insightful talk on the importance of nutrition by Ms. Kavya Nath, who spoke about the role of a nutritious diet in child development and overall well-being.

To make the event more engaging and practical, a session on the introduction of three nutritious recipes—Avil Milk, Raggi

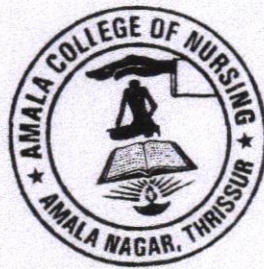



Prof. Dr. RAJEE REGHUNATH
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Laddoo, and Unnakkaya—were conducted by Ms. Nimisha, Ms. Lakshmi, and Ms. Kalpa respectively. Each of them demonstrated and explained the preparation methods, highlighting the nutritional benefits of the ingredients used.

The event concluded with a heartfelt vote of thanks by Mr. Mohammed Farzeen, who appreciated the efforts of the organizers, speakers, and participants for making the day meaningful and successful.

Events came to end at 3.15pm. The nutrition programme became successful by the guidance and support of our faculties of community department and coordination efforts of all students.



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Amala

COLLEGE OF NURSING
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IN ASSOCIATION WITH
**Community Health Nursing
Department and Kollannoor
Anganwadi**

"രൂപി കിരാന"

A Nutritional Programme for Adolescents

DATE : 25/04/2025

TIME : 2-3 PM

VENUE : KOLLANNOOR ANGANWADI

PROGRAM LIST

- Prayer
- Welcome speech
- Nutritional awareness speech
- Vote of Thanks



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 Nutritional awareness program Community health department

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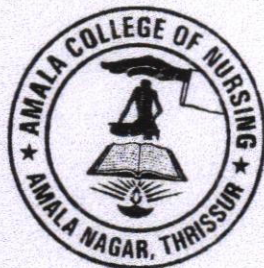


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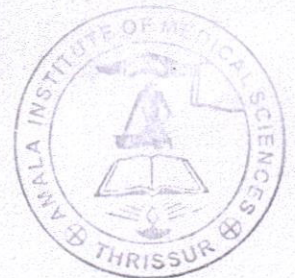
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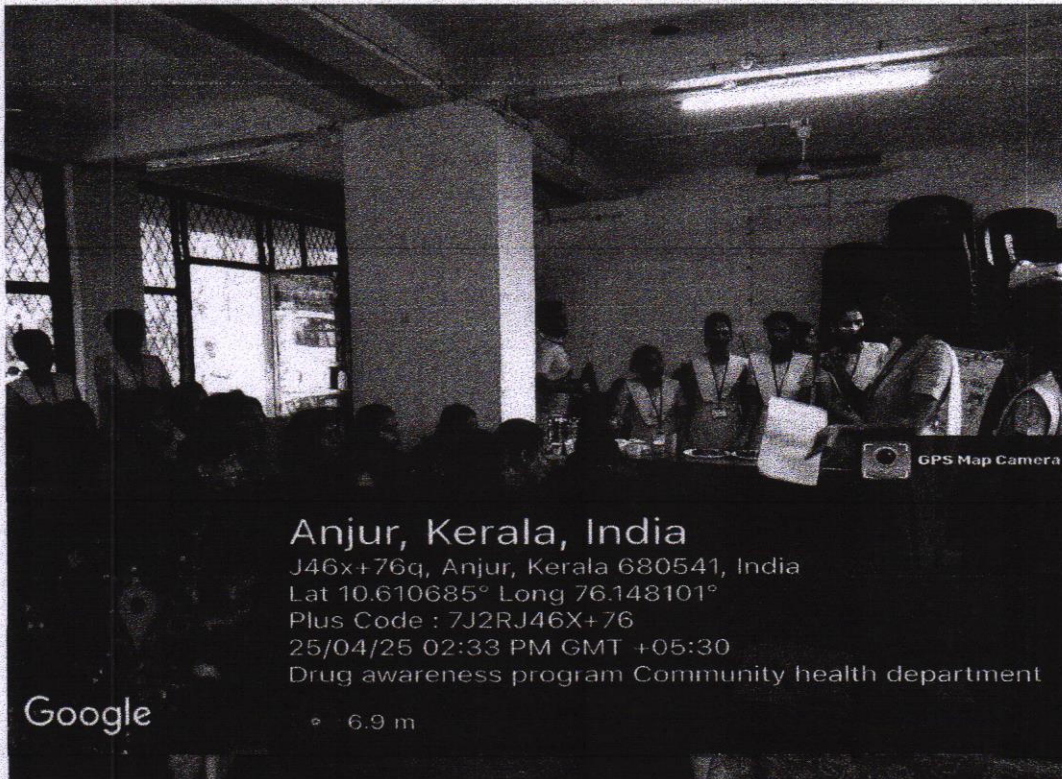
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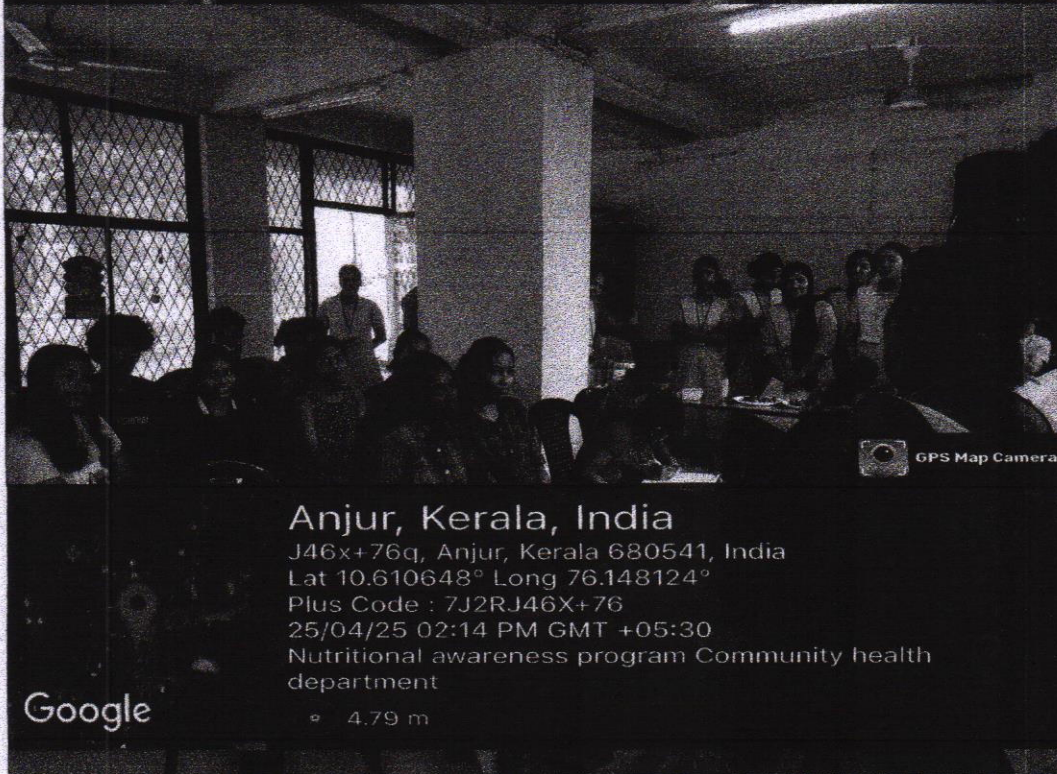
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Drug awareness program Community health department

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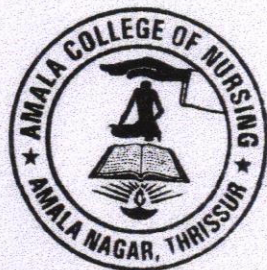
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Nutritional awareness program Community health department

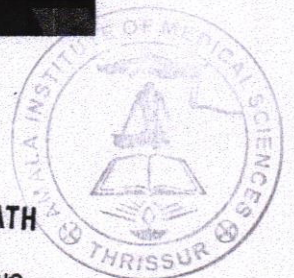
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AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	Day 6 – World No Tobacco Day Campaign Awareness Class and Anti-Tobacco Signature Campaign
Date	May 26, 2025
No. of Participants	20
Venue	Amala Institute of Medical Sciences, Thrissur
Organized by	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Supported by	-
Key person in charge	Dr.Maliackal Steffi, Assistant Professor, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur Dr. Sruthi C M, Assistant Professor, 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 2025 Campaign*, Day 6 activities included a focused **awareness session for migrant workers** at the Amala Institute of Medical Sciences. Recognizing the high-risk nature of tobacco usage among vulnerable populations such as migrant laborers, the session aimed to deliver targeted health education on the dangers of tobacco use and the benefits of cessation.

Dr. Maliackal Steffi and Dr. Sruthi C M led the session, using simple language and visual aids to communicate the harmful effects of tobacco on health, including its association with cancer, respiratory diseases, and cardiovascular conditions. The interactive class also discussed available support systems for tobacco cessation.

In addition, an **Anti-Tobacco Signature Campaign** was organized, where participants pledged their support to a tobacco-free lifestyle by signing a dedicated banner. This symbolic activity helped reinforce the message of commitment to personal and public health.

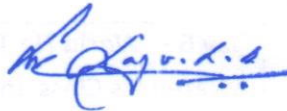
The session was well-received, with active participation and positive feedback. The campaign continues to contribute meaningfully to the Department's mission of reducing tobacco-related harm through education and advocacy.

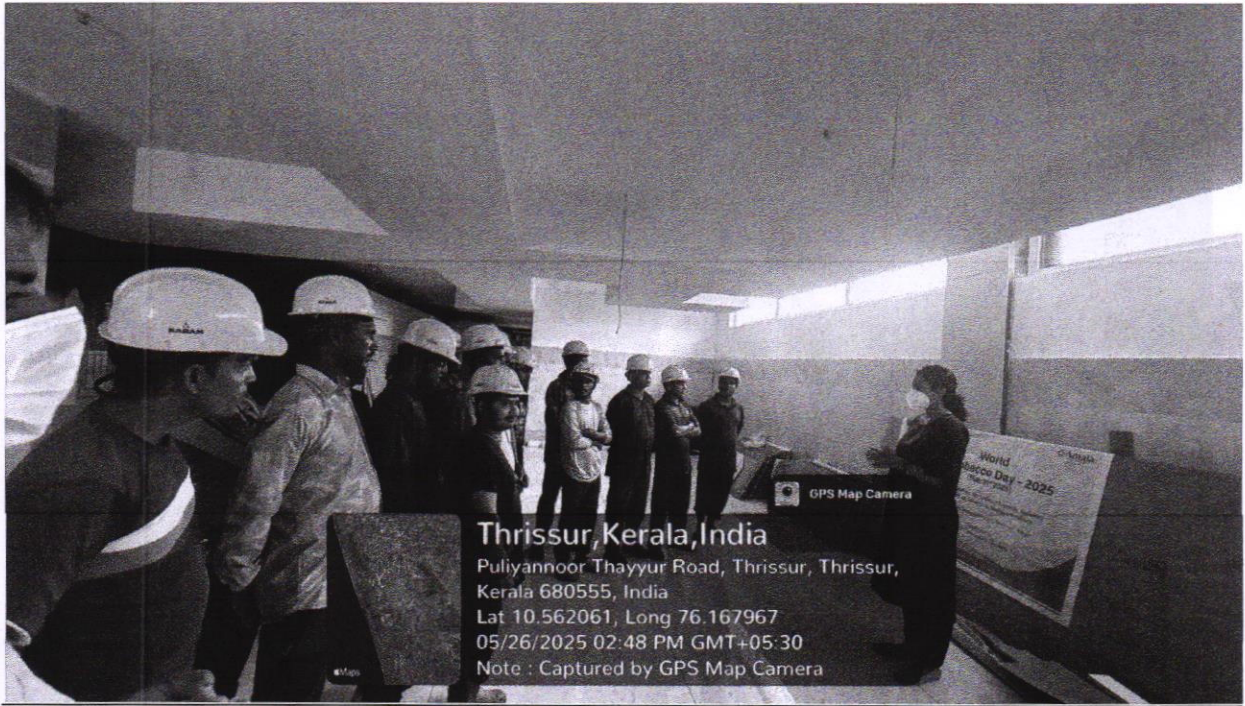


Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur Soumia NR

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

Date: June 19, 2025





Thrissur, Kerala, India

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Kerala 680555, India
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AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	General Health Camp and Awareness Session on World Health Day
Date	April 7, 2025
No. of Participants	30
Venue	Thenthulli Anganwadi, Patturaickal.
Organized by	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Supported by	-
Key person in charge	Dr. Sneha Georgy, Senior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur Dr. Athira K R Senior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur Dr. Pretty Paulson, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Theme	Health Education

Report on Community Medicine awareness programme:

As part of World Health Day celebrations, a **General Health Camp** was organized at **Thenthulli Anganwadi, Patturaickal**, on **April 7, 2025**. The camp was conducted by the **Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur**, with the active participation of community members.

The theme of this year's World Health Day, "**Healthy Beginnings, Hopeful Futures,**" was emphasized through a **health awareness session** led by **Dr. Pretty**, focusing on the importance of early health interventions, especially among children and women, and the impact on long-term well-being.

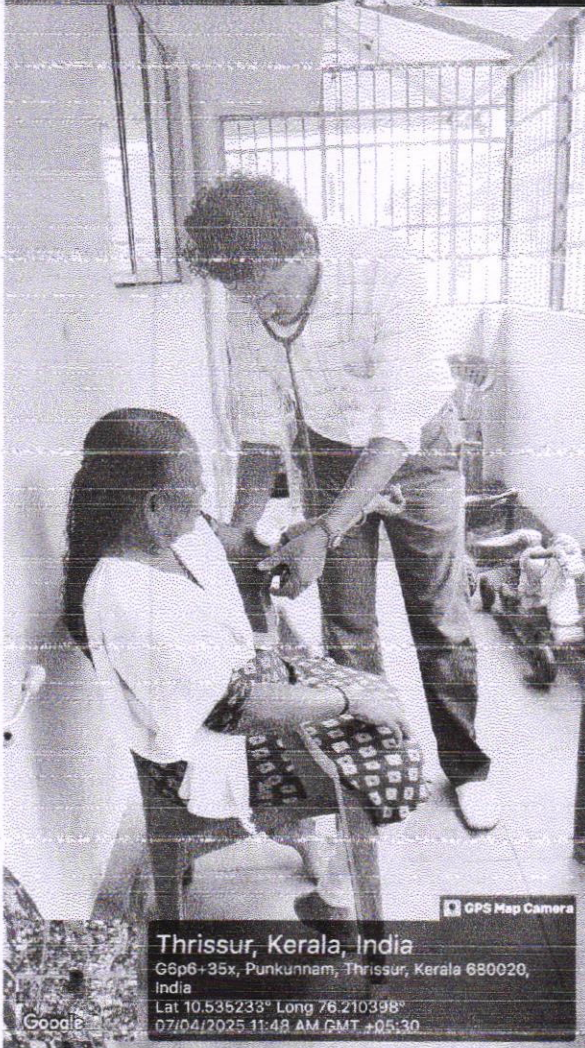
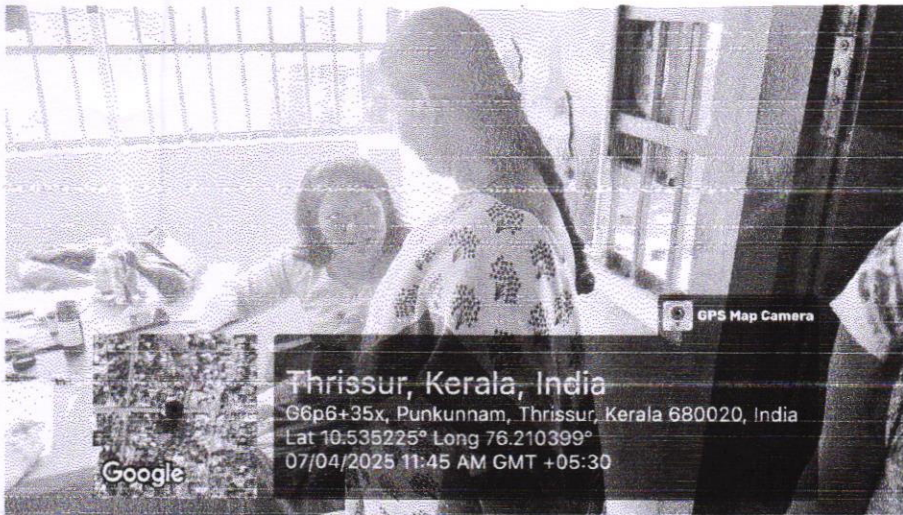
In addition, an informative talk on **lifestyle diseases and their prevention** was delivered, stressing the role of healthy habits, balanced diet, physical activity, and regular health checkups in preventing non-communicable diseases.

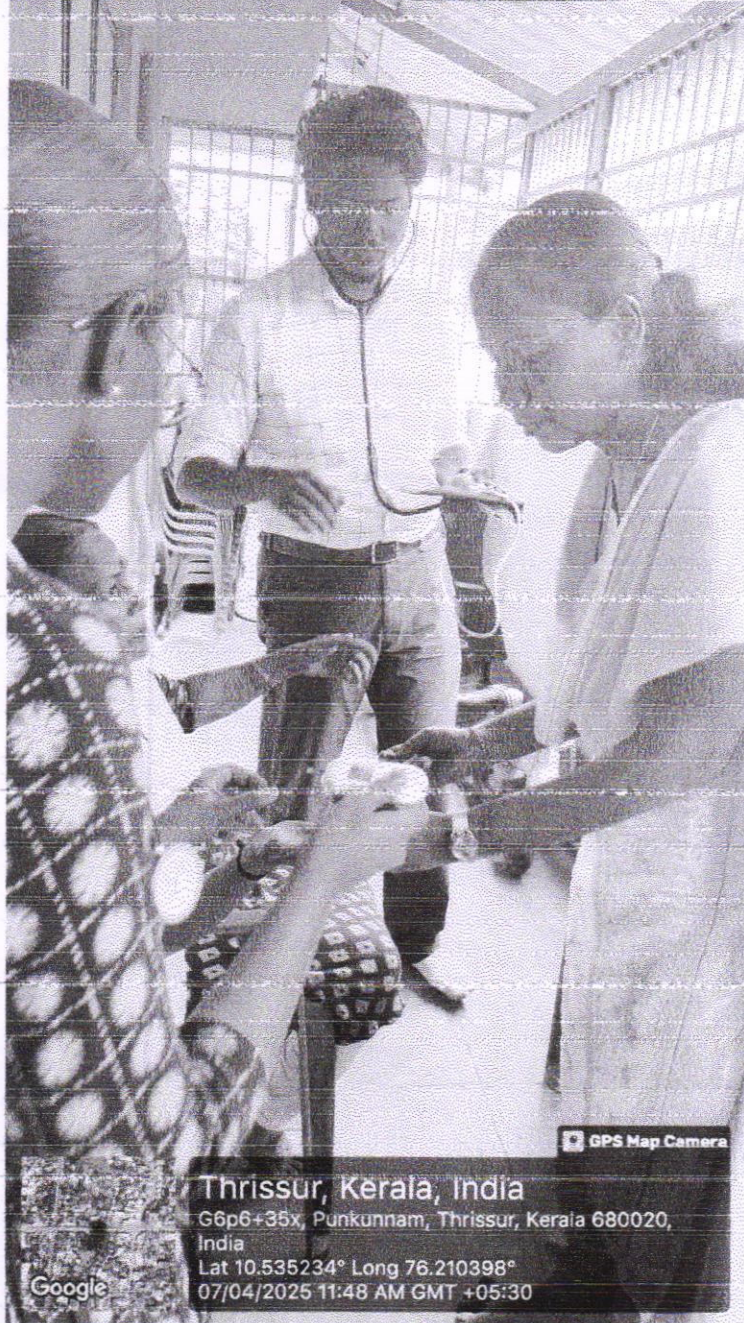
Approximately **30 community members** attended the camp. The event also included **general health checkups**, including blood pressure and random blood sugar monitoring.

The camp was coordinated and facilitated by:-

- **Dr. Sneha Georgy**, Senior Resident, Department of Community Medicine
- **Dr. Athira K R**, Senior Resident, Department of Community Medicine









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The initiative successfully created awareness on the importance of preventive healthcare and encouraged the community to adopt healthier lifestyles, aligning with the World Health Day mission.

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

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

Date: June 25, 2025



AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	Say No to Drugs" – Awareness Class on World Health Day
Date	April 7, 2025
No. of Participants	30
Venue	Thayyur
Organized by	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Supported by	-
Key person in charge	Dr. Ebin Jose, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
Theme	Health Education

Report on Community Medicine awareness programme:

As part of World Health Day observance, a health education programme titled "**Say No to Drugs**" was conducted on **April 7, 2025**, at **Thayyur**. The session was organized with the aim of raising awareness among adolescents about the harmful effects of drug use and the importance of leading a healthy, drug-free life.

The awareness class was conducted by **Dr. Ebin Jose**, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur. A total of **30 students** participated in the session:

The interactive session covered various aspects of substance abuse, including the physical, mental, and social consequences of drug use. Dr. Ebin emphasized the psychological and peer-related factors that contribute to drug initiation among youth and highlighted the importance of resilience, informed choices, and seeking help when needed. Real-life examples and case scenarios were shared to make the session more relatable and impactful.

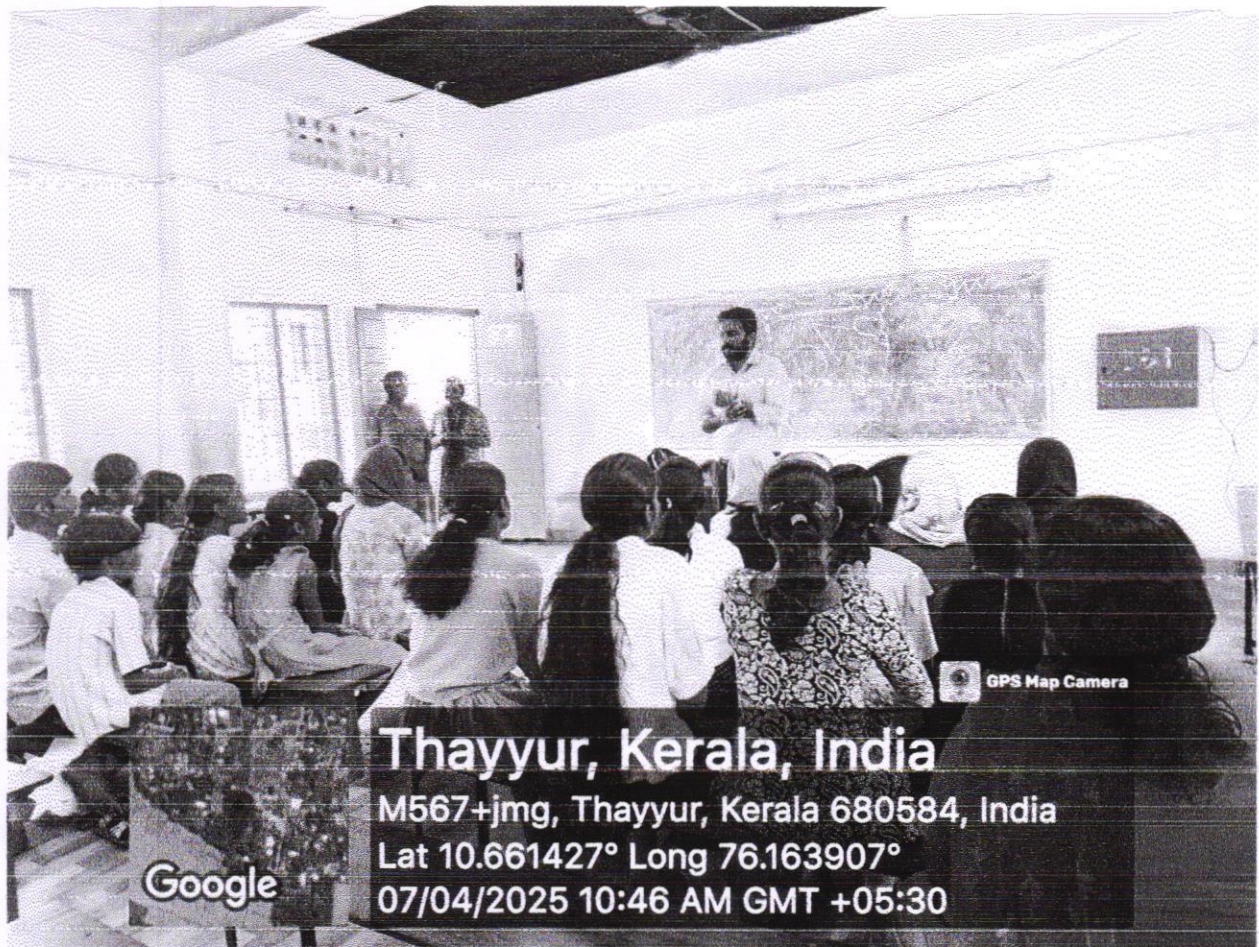
The session concluded with an open discussion, where students actively participated and clarified their doubts. The programme was well received by the participants and served as a meaningful step towards spreading awareness and promoting healthy behaviors among adolescents.

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

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

Date: June 25, 2025





AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	Say No To Drugs" lamp lighting at Thrisuur Round. Our students with Sri Elango IPS
Date	June 26, 2025
No. of Participants	25
Venue	Thekkinkadu Maidan, Thrissur
Organized by	Department of Community Medicine, AIMS, Thrissur
Supported by	-
Key person in charge	Dr. Sruthi C M, Assistant Professor, Department of Community Medicine, AIMS, Thrissur
Theme	Heath education

Report on Community Medicine awareness programme:

As part of the International Day Against Drug Abuse and Illicit Trafficking 2025, the Department of Community Medicine, AIMS, Thrissur, organized a **"Say No To Drugs" lamp lighting ceremony** at Thekkinkadu Maidan (Thrissur Round) on **June 26, 2025**.

The event was graced by the presence of **Sri Elango IPS**, who joined **25 student volunteers** from AIMS in a symbolic act of lighting lamps, signifying the collective commitment to fight against drug abuse and promote a drug-free society.

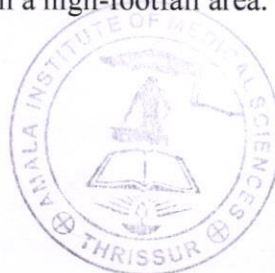
The ceremony aimed to spread awareness among the general public regarding the harmful effects of drug abuse and to reinforce the importance of preventive efforts, especially among the youth.

Dr. Sruthi C M, Assistant Professor, Department of Community Medicine, led the programme and briefed the students and attendees on the significance of the day. The public gathering at the iconic Thrissur Round provided a strategic and visible platform for health education and awareness dissemination.

This event was a part of a larger health education campaign emphasizing community involvement and youth empowerment in curbing the menace of drug addiction.

Outcome:

- Raised public awareness through a symbolic event in a high-footfall area.
- Engaged students in social responsibility initiatives.



- Fostered collaboration between healthcare educators and law enforcement in promoting preventive messages.

The Department of Community Medicine extends its gratitude to **Sri Elango IPS**, the participating students, and the public for their support in making the event impactful.

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 27, 2025

C. R. Saju



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