

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|--|
| Event Title | Awareness Session on Malaria – World Malaria Day Observation |
| Date | April 25, 2025 |
| No. of Participants | 15 |
| Venue | of Food home restaurant, |
| Organized by | Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Supported by | - |
| Key person in charge | Dr. Athira K R, Senior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur DrAshna 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 World Malaria Day observation on April 25, 2025, an awareness session was conducted for the staff of Food Home Restaurant, Thrissur. The session aimed to educate the participants about malaria, its transmission, prevention, and the importance of early diagnosis and treatment.

The session was led by Dr. Athira K R, Senior Resident, and Dr. Ashna Joy, Junior Resident, from the Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur. A total of 15 staff members attended the session.

Topics covered during the session included:

- Causes and symptoms of malaria
- Modes of transmission and lifecycle of the malaria parasite
- Preventive measures such as the use of mosquito nets, repellents, and environmental cleanliness
- Importance of eliminating mosquito breeding sites
- Early signs and symptoms warranting medical attention
- Role of food handlers in preventing mosquito-borne illnesses

Interactive discussions were held, and participants clarified their doubts regarding the disease. Emphasis was placed on the importance of personal and community-level efforts in controlling malaria.

The session concluded with a call for collective action in maintaining hygienic surroundings and spreading awareness to others in the community.



Conclusion:

The awareness program was well received by the staff of Food Home Restaurant. It effectively enhanced their understanding of malaria and reinforced the importance of preventive health behavior in both personal and occupational settings.

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 25, 2025





24 April 2025 11:43 am



24 April 2025 11:36 am



24 April 2025 11:36 am



AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|--|
| Event Title | World Immunization Day observation |
| Date | April 28, 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. Jose Vincent, Associate Professor, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur Dr. Sandra Paulson, 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 observance of **World Immunization Day** on April 28, 2025, a dedicated awareness session was conducted at the **Amala Institute of Medical Sciences, Thrissur**. The event was organized by the **Department of Community Medicine** and was attended by 20 participants including students, staff, and healthcare workers.

The session was led by **Dr. Jose Vincent**, Associate Professor, and **Dr. Sandra Paulson**, Assistant Professor, from the Department of Community Medicine. The programme focused on the importance of immunization in preventing vaccine-preventable diseases and emphasized the role of healthcare professionals in promoting vaccination awareness among the public.

The speakers provided insights into the national immunization schedule, recent updates in vaccine recommendations, and addressed common myths and misconceptions related to immunization. Interactive discussions and Q&A sessions further enriched the event.

The observance served as a valuable platform to reinforce the significance of immunization in achieving public health goals and enhancing community 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 25, 2025



Dr. C. R. Saju



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Betsy

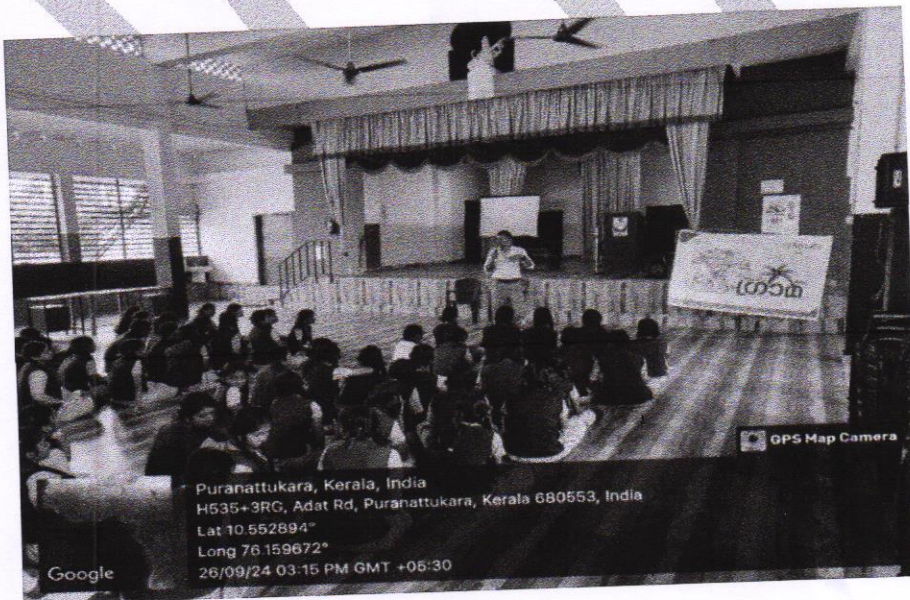
Dr. BETSY THOMAS
 MD, FRCOG, DNB, MICOG
 PRINCIPAL
 AMALA INSTITUTE OF MEDICAL SCIENCES
 AMALA NAGAR, THRISSUR-680 555



31. Adolescents' Mental Health Awareness (Suicide Prevention Day)

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|------------------------|--|
| Event Title | Adolescents' Mental Health Awareness (Suicide Prevention Day) |
| Date & Time | 26th September 2024, 2:00 PM |
| Venue | SSGHSS School, Adat Gram Panchayat |
| Target Audience | High school girls |
| Organized by | Amala Grama Project, Adat Gram Panchayat |
| Resource Person | Dr. A, Psychologist, Gastro Dept., Amala Institute of Medical Sciences |
| Occasion | Suicide Prevention Day |

As part of the **Amala Grama Project**, the **Adat Gram Panchayat** organized an awareness class on "**Adolescents' Mental Health**" on **26th September 2024 at 2:00 PM** for high school girls of **SSGHSS School**, in observance of **Suicide Prevention Day**. The session was led by **Dr. A**, Psychologist from the **Gastroenterology Department of Amala Institute of Medical Sciences**, who gave a detailed presentation on the topic.



32. Breast and Cervical Cancer Screening Camp

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|----------------------------|---|
| Event Title | Breast and Cervical Cancer Screening Camp |
| Date & Time | 28th September 2024, 10:30 AM |
| Venue | Vellore Panchayat (specific location can be added if needed) |
| Organized by | Amala Institute of Medical Sciences & Vellore Panchayat |
| Event Type | Screening Camp (Breast Cancer, Cervical Cancer, Free PAP Smear) |
| Inaugurated by | Shri T.R. Shobi, President, Vellore Panchayat |
| No. of Participants | 31 |

As part of the **Amala Village Project**, Amala Institute of Medical Sciences in collaboration with **Vellore Panchayat** conducted a **Breast Cancer and Cervical Cancer screening camp**, including **free PAP smear testing**, on **Saturday, 28th September 2024 at 10:30 AM**. The camp was inaugurated by **Vellore Panchayat President Shri T.R. Shobi**, who also addressed the participants. A total of **31 individuals** attended the screening camp.

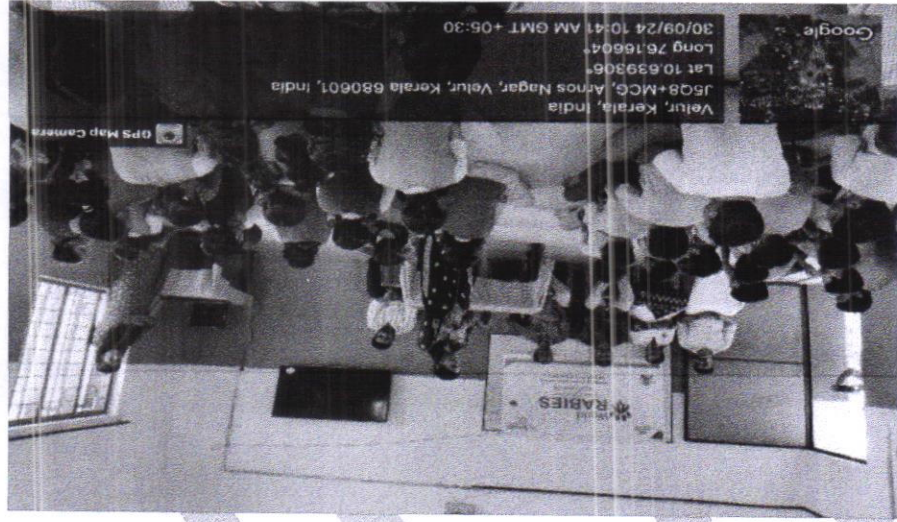




As part of the Amala Grama Project, Adat Grama Panchayat organized an awareness class on "Monsoon Diseases" for the 1st Ward Employment Assurance Members on 30th October 2024 at 2:00 PM. The session was led by Mr. Muhammad Rafi, Entomologist from Amala Institute of Medical Sciences, who gave a detailed presentation on the common diseases prevalent during the monsoon season and their preventive measures.

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|---------------------|--|--|--|--|--|--|
| Event | Awareness Class on Monsoon Diseases | | | | | |
| Date | 30/10/2024 | | | | | |
| Time | 2:00 PM | | | | | |
| Venue | Adat Grama Panchayat, 1st Ward | | | | | |
| Target Audience | Employment Assurance Members | | | | | |
| Organized by | Amala Grama Project & Adat Grama Panchayat | | | | | |
| Resource Person | Mr. Muhammad Rafi, Entomologist, AIMS | | | | | |
| Topic | Monsoon Diseases | | | | | |
| No. of Participants | 27 | | | | | |

36. Awareness Class on Monsoon Diseases



As part of the Amala Grama Project, St. Xavier's U.P. School, in collaboration with the Community Medicine Department of Amala Institute of Medical Sciences, organized a rally and awareness class on the occasion of World Rabies Day. The event was held under the leadership of Dr. Shruti from the Community Medicine Department, who delivered an informative session on rabies prevention and control. The rally was inaugurated by Vellore Panchayat Health Inspector Shri. Farooq and Ward 7 Member Mrs. Vijini. School Principal Mr. John welcomed the gathering and appreciated the efforts to raise awareness about rabies among school children.

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|-------------------------|---|
| Event | World Rabies Day Rally and Awareness Class |
| Venue | St. Xavier's U.P. School, Vellore Panchayat |
| Organized by | Amala Grama Project & AIMS Dept. of Community Medicine |
| Event Activities | Rally and Awareness Class on Rabies |
| Resource Person | Dr. Shruti, Dept. of Community Medicine, AIMS |
| Inauguration | Shri. Farooq (Health Inspector) & Mrs. Vijini (Ward 7 Member) |
| Welcome Address | Mr. John, Principal, St. Xavier's U.P. School |

35. World Rabies Day Rally and Awareness Class

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

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|-----------------------------|---|
| Event Title | World TB Day Awareness Activities – March 2025 |
| Date | March 21, & 24, 2025 |
| No. of Participants | 200 |
| Venue | Velur |
| Organized by | Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Supported by | - |
| Key person in charge | Dr Sisira , Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur Mr Binumon, Health Inspector, Amala Institute of Medical Sciences, Thrissur Dr Susan , Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur Dr Ashna, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur Dr. Alkha A, Junior Resident, Department of Community Medicine, Amala |
| Theme | Health Education |

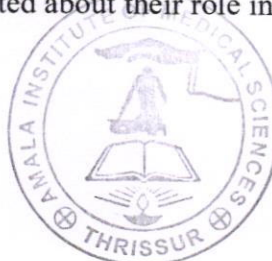
Report on Community Medicine awareness programme:

As part of the observance of **World Tuberculosis (TB) Day 2025**, a series of awareness and sensitization programs were organized by the Department of Community Medicine, Amala Institute of Medical Sciences (AIMS), Thrissur. These activities aimed to increase public awareness, promote early diagnosis, and reduce the stigma associated with TB. The events were conducted in collaboration with local health institutions and stakeholders.

1. TB Awareness Class for Auto Drivers at FHC Velur

A TB awareness session was conducted for auto drivers in association with FHC Velur.

- **Date:** March 2025
- **Venue:** FHC Velur
- **Facilitators:** Dr. Sisira (Junior Resident) and Mr. Binumon (Health Inspector), Department of Community Medicine, AIMS
- **Highlights:** The session focused on TB symptoms, transmission, diagnosis, and treatment availability. Auto drivers were educated about their role in spreading awareness in the community due to their wide reach.



2. Pamphlet Distribution and TB Sensitization at UHTC Patturaickal (OPD Patients)

A sensitization program targeting OPD patients was held at UHTC Patturaickal.

- **Date:** March 2025
- **Facilitators:** Dr. Susan and Dr. Ashna (Junior Residents)
- **Activity:** Distribution of TB awareness pamphlets and brief one-on-one sensitization of OPD attendees to educate on early symptoms and available free diagnostic and treatment services.

3. TB Sensitization for GNM Students at UHTC Patturaickal

A targeted educational session was held for General Nursing and Midwifery (GNM) students.

- **Date:** March 2025
- **Facilitators:** Dr. Sneha, Dr. Ashna, and Dr. Annmary (Junior Residents)
- **Venue:** UHTC Patturaickal
- **Topics Covered:** TB pathophysiology, diagnosis, DOTS therapy, patient counseling, and stigma reduction strategies. The session encouraged future healthcare professionals to be proactive TB ambassadors.

4. World TB Day Program at Town Hall, Thrissur

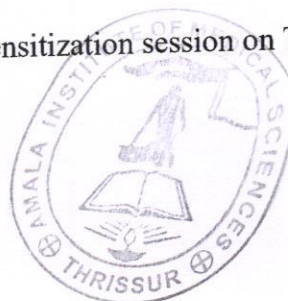
A public event was conducted at Town Hall, Thrissur to commemorate World TB Day.

- **Date:** March 24, 2025
- **Audience:** General public and stakeholders
- **Objective:** Promote mass awareness and reinforce community participation in TB eradication efforts.

5. Velur Panchayat Awareness Program (As Part of Amala Grama Padhathi)

As part of the Amala Grama Padhathi, a TB awareness class was organized at Velur Panchayat.

- **Date:** March 24, 2025 | **Time:** 10:00 AM
- **Venue:** Velur Panchayat
- **Facilitator:** Dr. Alkha A (Junior Resident)
- **Dignitaries Present:**
 - Dr. Rosilin (Medical Officer, Velur Panchayat)
 - Mr. Farooq (Health Inspector)
- **Language:** Malayalam
- **Description:** A community-level sensitization session on TB symptoms, testing, and the



6. TB Oath Taking Ceremony at RHTC

- **Venue:** Rural Health and Training Centre (RHTC)
- **Activity:** A TB pledge was taken by healthcare workers and students, reaffirming their commitment to eliminating TB and raising community awareness.

7. Radio Health Education on Hello Radio 90.8 FM

A radio-based health awareness program was conducted on the occasion of World TB Day.

- **Dates:** March 21 & 24, 2025
- **Platform:** Hello Radio 90.8 FM, Thrissur
- **Speaker:** Dr. Sisira (Junior Resident)
- **Audience Reach:** Approximately 200 listeners
- **Content:** Symptoms, transmission, government programs for TB, and encouragement for early testing and stigma reduction.

Conclusion:

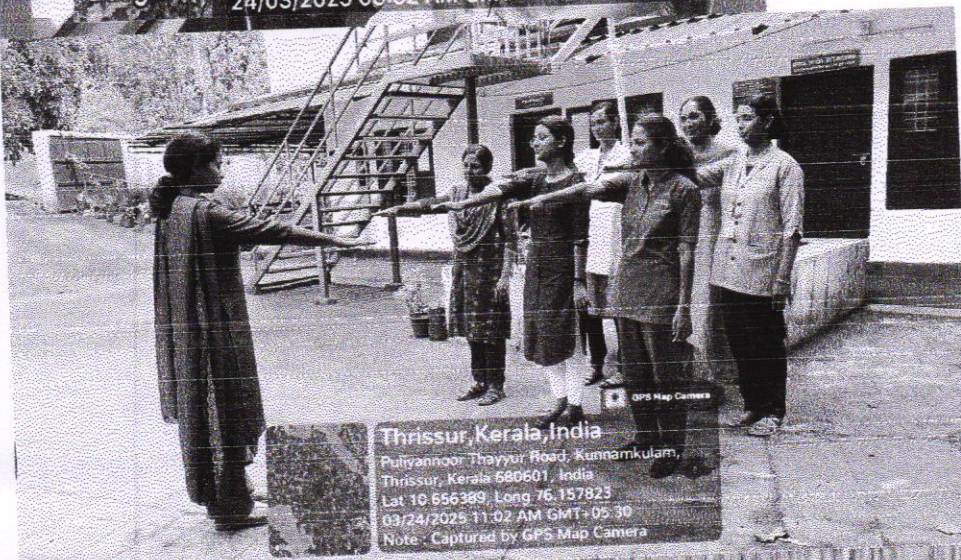
The World TB Day 2025 initiatives by the Department of Community Medicine, AIMS, Thrissur were comprehensive, covering a diverse audience including transport workers, patients, students, and the general public. These activities significantly contributed to strengthening community-level awareness and aligning with the national TB elimination goals.

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







Thrissur, Kerala, India

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680010, India
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Thrissur, Kerala, India

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680010, India
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Thrissur, Kerala, India

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680010, India
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GPS Map Camera



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Kerala 680601, India
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Velur, Kerala, India

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AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|---|
| Event Title | 1. TB sensitization class to seenagers : Dr Alkha & Mr Binu 2. Breastfeeding & myths associated with it (TB sensitization class to seenagers): OBG SR |
| Date | March 21, 2025 |
| No. of Participants | 30 |
| Venue | Velur |
| Organized by | Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Supported by | - |
| Key person in charge | Dr. Alkha A, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur Senior Resident, OBG |
| Theme | Health Education |

Report on Community Medicine awareness programme:

1. Tuberculosis (TB) Sensitization Class

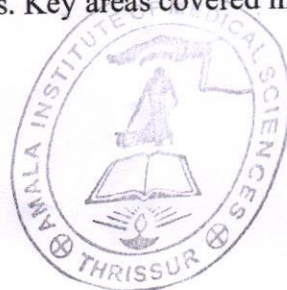
A TB sensitization session was conducted for seenagers by **Dr. Alkha A**, Junior Resident, Department of Community Medicine, and **Mr. Binu**, Health Educator. The session focused on increasing awareness about tuberculosis, its modes of transmission, symptoms, prevention strategies, and the importance of early diagnosis and completion of treatment. Key points emphasized included:

- Identifying early symptoms such as prolonged cough, fever, weight loss, and night sweats
- Reducing stigma associated with TB
- The importance of adherence to DOTS (Directly Observed Treatment Short Course)
- Availability of free diagnosis and treatment through government facilities

The session was interactive, with participants actively engaging in discussions and clarifying doubts.

2. Breastfeeding and Myths Associated with It

A parallel sensitization class on **Breastfeeding and Myths Associated with It** was led by a **Senior Resident from the Department of Obstetrics and Gynaecology, Amala Institute of Medical Sciences**. Though seenagers are not current caregivers, the session aimed to empower them as influencers in their families and communities. Key areas covered included:



- Importance of exclusive breastfeeding for the first 6 months
- Nutritional and emotional benefits of breastfeeding for both mother and child
- Dispelling common myths (e.g., colostrum being harmful, insufficient milk production, breastfeeding during maternal illness)
- Supporting young mothers with correct knowledge and positive attitudes

Participants showed great interest, with many sharing traditional beliefs and seeking clarification.

Conclusion

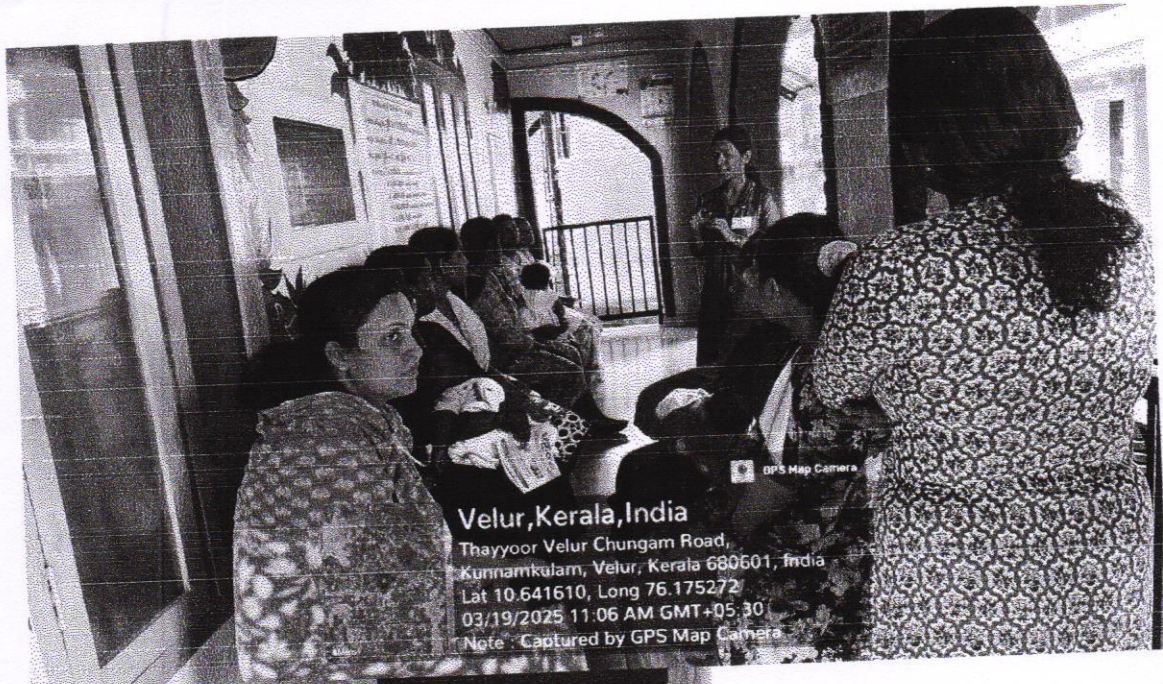
The health education sessions were well-received by the attendees, who appreciated the relevance of the topics discussed. The program contributed to improving awareness about TB and maternal health practices among seeneagers, who often play a crucial role in shaping health decisions within families.

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





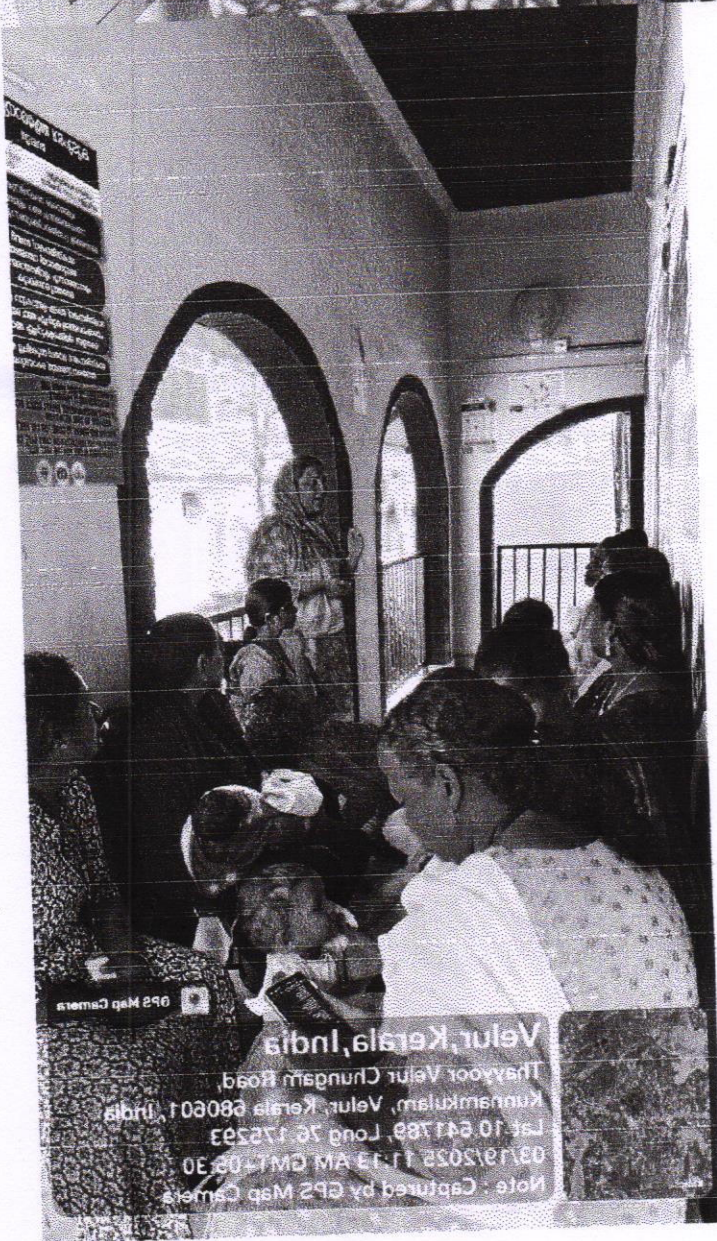
Velur, Kerala, India

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Kunnankulam, Velur, Kerala 680601, India

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Note - Captured by GPS Map Camera



Velur, Kerala, India

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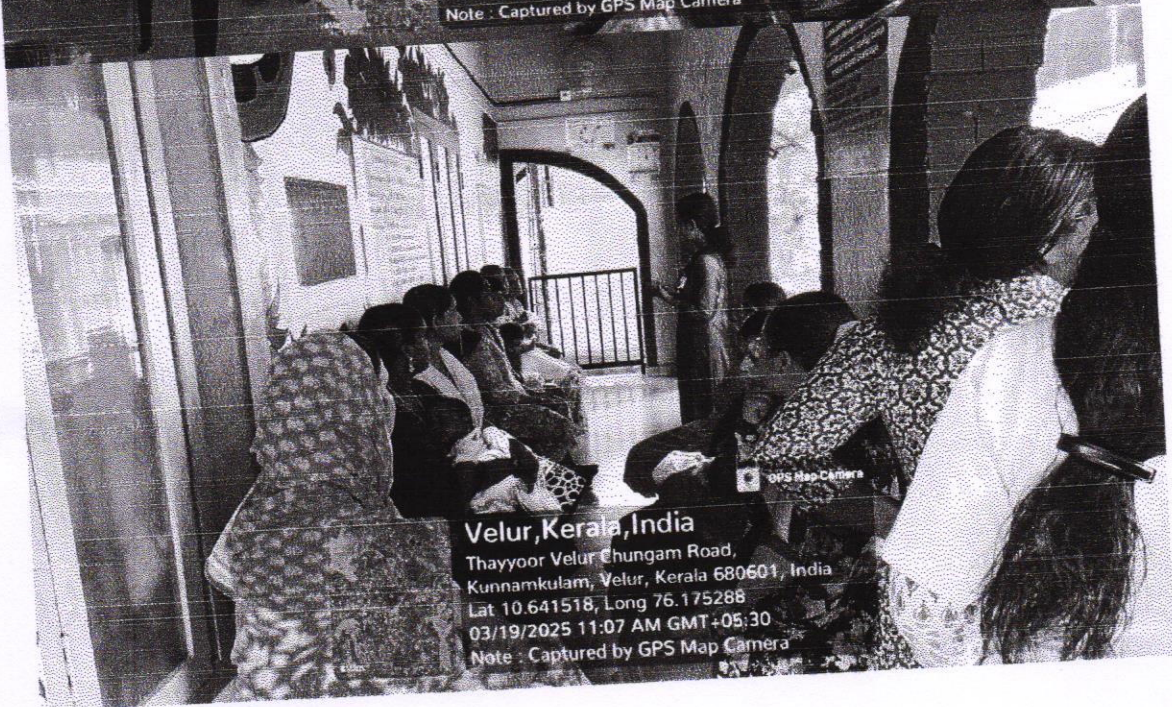
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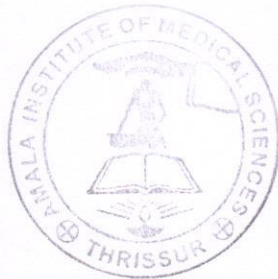




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Velur, Kerala, India
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Kunnankulam, Velur, Kerala 680601, India
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Note : Captured by GPS Map Camera



AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|---|
| Event Title | TB Sensitization Program at Multiple Sites |
| Date | March 18, 2025 |
| No. of Participants | 25 |
| Venue | Velur |
| Organized by | Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Supported by | - |
| Key person in charge | Dr.Sruthi C M, Assistant Professor, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur Dr. Alkha A, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur Dr. Aminu Thaha, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Theme | Health Education |

Report on Community Medicine awareness programme:

Objective:

To increase awareness and understanding of Tuberculosis (TB) transmission, prevention, symptoms, and treatment among vulnerable community groups through focused sensitization sessions.

Site-wise Details:

1. Sensitization Session for Kudumbashree Workers

Facilitator: Dr. Aminu Thaha

Target Group: Kudumbashree workers

Key Points Covered:

- Basic facts about TB and its public health relevance
- Importance of early detection and adherence to treatment
- Role of community workers in identifying and referring suspected TB cases
- Availability of free diagnostic and treatment services through the Revised National TB Control Programme (RNTCP)

Method: Interactive discussion with visual aids and FAQs

Feedback: Participants showed great interest and shared their experiences with suspected



2. Sensitization Session for Mothers at Thekkekara Anganwadi

Facilitators: Dr. Alkha A and Dr. Sruthi C M

Target Group: Mothers of young children

Key Points Covered:

- TB symptoms, especially in children
- Importance of seeking medical help early
- Nutrition support and home care during TB treatment
- Myths and misconceptions around TB transmission

Method: Lecture with poster display and group discussion

Feedback: Participants actively participated and expressed their willingness to disseminate the information within their households.

3. Sensitization Session for Kumbar Community at Patramangalam

Facilitators: Dr. Sruthi C M and Dr. Aminu Thaha

Target Group: Members of the Kumbar society

Key Points Covered:

- High-risk populations and need for TB awareness in marginalized groups
- Government support systems and financial aid for TB patients
- Importance of contact tracing and regular follow-up

Method: Group sensitization with local language explanation and storytelling approach

Feedback: The session was well received, with several queries from the participants regarding TB symptoms and free treatment services.

Conclusion:

The sensitization sessions were successful in educating different sections of the community on TB. The interactive and group-specific approach enhanced participation and information retention. The Department of Community Medicine plans to continue such targeted awareness drives to support the National TB Elimination Programme (NTEP).

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

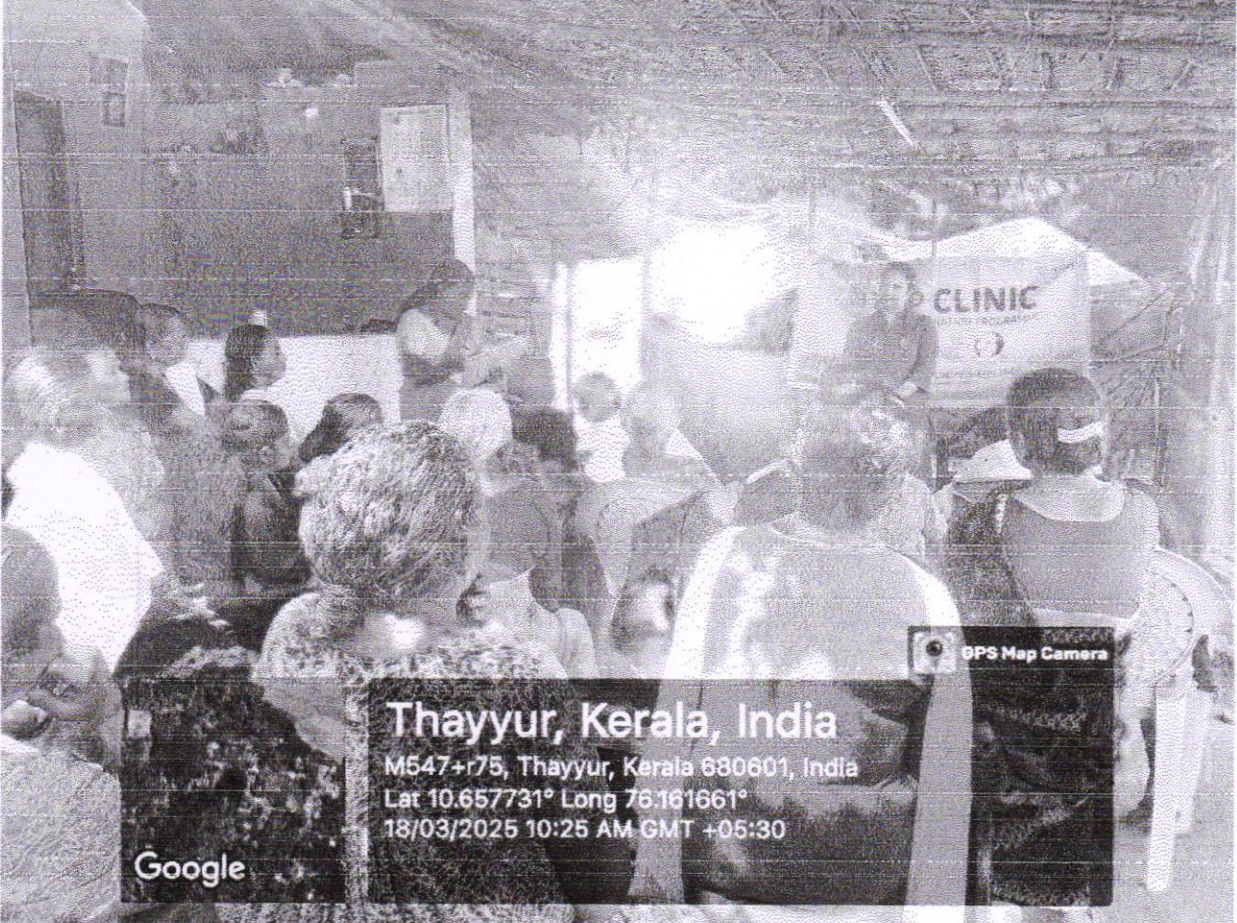








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AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|--|
| Event Title | World Blood Donor Day Awareness Programme |
| Date | June 20, 2025 |
| No. of Participants | 30 |
| Venue | St. Aloysius College Elthuruth |
| Organized by | Department of Community Medicine, AIMS, Thrissur |
| Supported by | NSS |
| Key person in charge | Dr. Athira K.R, Senior Resident, AIMS Thrissur Dr. Pretty Paulson, Junior Resident, , AIMS Thrissur |
| Theme | Health Education |

Report on Community Medicine awareness programme:

As part of the observance of **World Blood Donor Day**, a blood donation awareness programme titled "**Blood Talks**" was conducted at **St. Aloysius College, Elthuruth** on **June 20, 2025**. The event aimed at promoting voluntary blood donation and educating students about its importance in saving lives and offering hope to those in need.

The awareness session was led by **Dr. Athira K.R, Senior Resident**, and **Dr. Pretty Paulson, Junior Resident**, from AIMS, Thrissur. Through interactive discussions and real-life examples, they emphasized the significance of regular blood donation and addressed common myths and misconceptions surrounding the process. The session was well-received and appreciated by the student audience.

In addition to the talk, a **face painting competition** was also organized on the theme "**Give Blood, Give Hope**", in collaboration with the **NSS unit of AIMS, Thrissur**. The competition saw enthusiastic participation from **30 students**, who creatively expressed the life-saving message of blood donation through their artwork.

The programme served as a powerful platform to sensitize young minds about the noble act of blood donation and to inspire them to become regular donors.

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

Soumia NR

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



Dr. C. R. Saju

Date: June 21, 2025

STATE OF ARIZONA

DEPARTMENT OF HEALTH SERVICES

| Case No. | Case Name | Case Address | Case City | Case State | Case Zip | Case Phone | Case Email |
|----------|---------------|--------------|------------|------------|----------|----------------|-------------------------|
| 1 | John Doe | 123 Main St | Phoenix | AZ | 85001 | (602) 555-1234 | john.doe@email.com |
| 2 | Jane Smith | 456 Elm St | Tucson | AZ | 85701 | (520) 555-5678 | jane.smith@email.com |
| 3 | Bob Johnson | 789 Oak St | Flagstaff | AZ | 86001 | (928) 555-9012 | bob.johnson@email.com |
| 4 | Alice Brown | 101 Pine St | Sedona | AZ | 86301 | (928) 555-3456 | alice.brown@email.com |
| 5 | Charlie Davis | 202 Cedar St | Scottsdale | AZ | 85251 | (480) 555-7890 | charlie.davis@email.com |

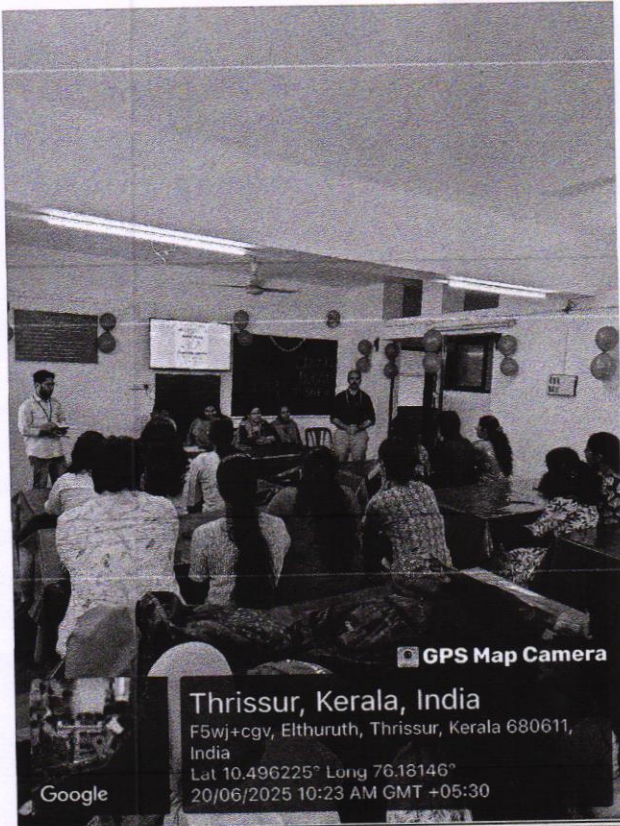
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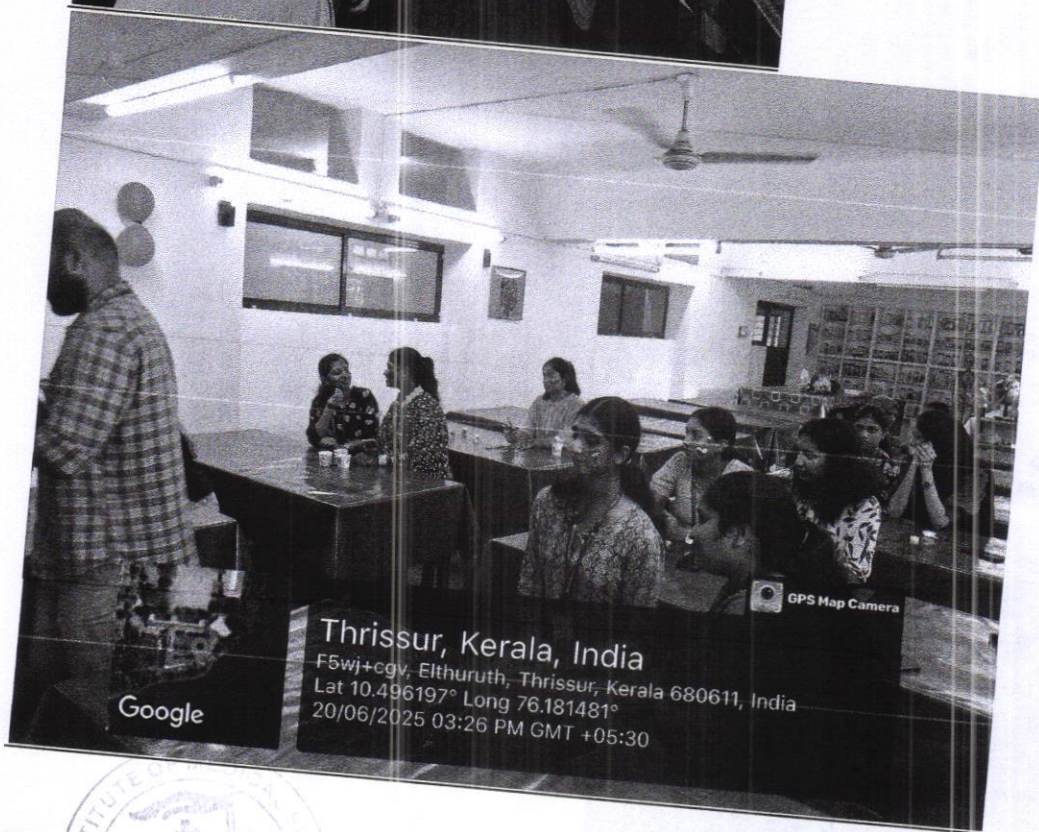
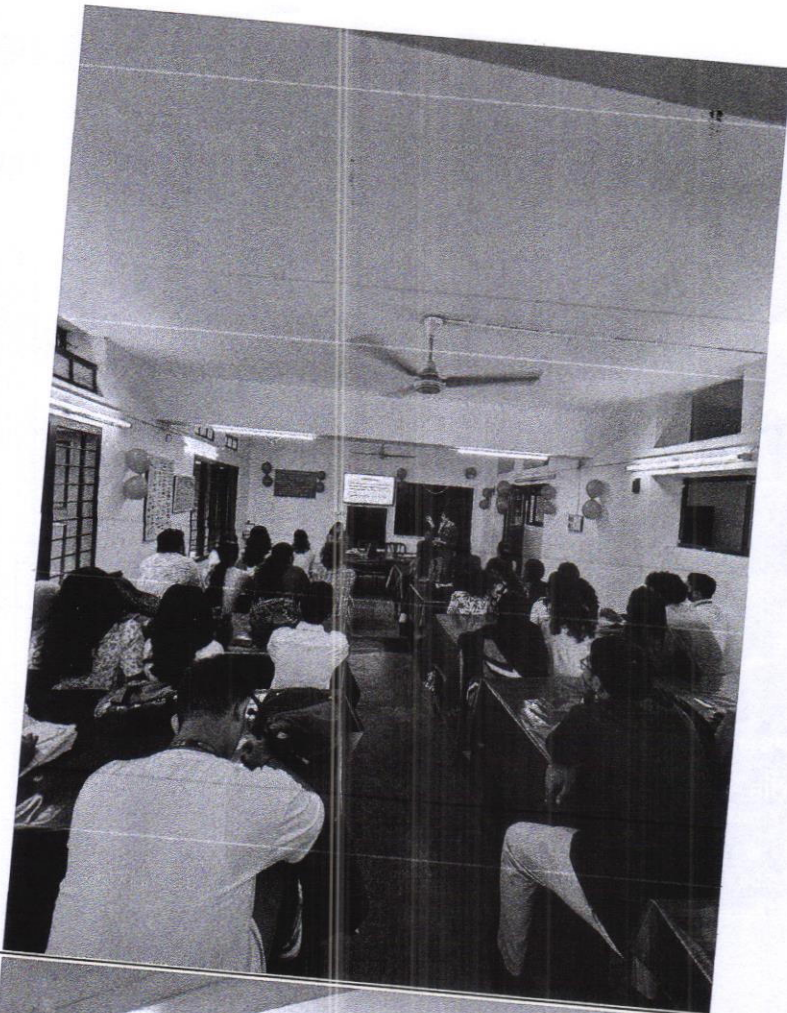
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AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

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|-----------------------------|--|
| 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

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

Date: June 19, 2025





Thrissur, Kerala, India

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680555, India

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AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|---|
| Event Title | Cycle Rally Conducted by Souhradam Team as Part of World Health Day Observance |
| Date | April 4, 2025 |
| No. of Participants | 30 |
| Venue | , Vellattanjoor |
| Organized by | Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Supported by | - |
| Key person in charge | Mr. Binumon Antony, HI, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Theme | Health Education |

Report on Community Medicine awareness programme:

As part of the World Health Day celebrations, a **Cycle Rally** was organized by the **Souhradam Team** on **April 4, 2025**, at **Vellattanjoor**. The event aimed to promote healthy living and spread awareness on the importance of physical activity in maintaining overall health and well-being.

The rally, coordinated by **Mr. Binumon Antony**, Health Inspector, witnessed enthusiastic participation from 30 members of the local community. The participants cycled through the main areas of Vellattanjoor, carrying messages promoting healthy habits, regular exercise, and disease prevention.

The event effectively highlighted the World Health Day theme and fostered community involvement in health-promoting activities. Awareness materials were also distributed, emphasizing the significance of lifestyle modifications and preventive healthcare.

The rally concluded with a short interaction session where participants shared their thoughts on the importance of incorporating physical activity into their daily routines. The event was well-received and contributed meaningfully to community health awareness efforts.

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

