

## Drug abuse awareness day

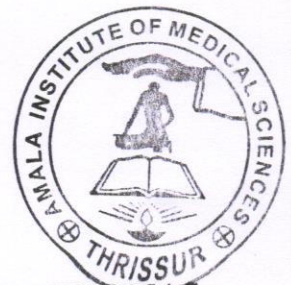
<b>Programme Name</b>	Voice Against Drug Abuse – A Year-long Awareness Initiative
<b>Duration</b>	One Year
<b>Area Covered</b>	Schools in Velur Panchayat
<b>Target Group</b>	School Students
<b>Implementing Group</b>	Seenagers (Souhradam Group)
<b>Organised by</b>	Amala Rural Health Training Centre (RHTC)
<b>Department</b>	Department of Community Medicine, AIMS
<b>Theme</b>	Drug Abuse Prevention and Promotion of Healthy Life Choices

### Report

**Voice Against Drug Abuse** is a year-long awareness initiative launched by **Amala Rural Health Training Centre (RHTC)** under the **Department of Community Medicine, AIMS**, with the aim of building a **drug-free future among school students in Velur Panchayat**.

As part of this initiative, the **Seenagers (Souhradam Group)** will conduct a series of **interactive awareness sessions** in schools. The sessions focus on educating students about the harmful effects of drug abuse, encouraging **healthy choices**, developing **life skills**, and strengthening **resilience against substance abuse**.

The programme emphasizes early awareness as a key preventive strategy, reinforcing the message that **"Today's awareness is tomorrow's protection."** Through continuous engagement and student-friendly activities, the initiative aims to empower young minds and promote positive, drug-free lifestyles in the community.



*Betsy*

Dr. BETSY THOMAS

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PRINCIPAL

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## World Sight Day & Global Handwashing Day Observation

<b>Event Name</b>	World Sight Day & Global Handwashing Day Observation
<b>Date</b>	16.10.2025
<b>Venue</b>	Saraswathi Vidya Vilasam Govt. LP School, Chettupuzha
<b>Target Group</b>	School Students
<b>Resource Persons</b>	Dr. Jyothsna & Dr. Merin
<b>Activities Conducted</b>	Health awareness sessions

As part of **World Sight Day**, a **health awareness session on healthy diet and screen time exposure** was conducted for school students at **Saraswathi Vidya Vilasam Government LP School, Chettupuzha**. The session was handled by **Dr. Jyothsna**, who explained the importance of balanced nutrition, limiting screen time, and protecting eye health.

In connection with **Global Handwashing Day**, a session on the **importance of handwashing and the correct steps of handwashing** was conducted by **Dr. Merin**. Students were taught proper handwashing techniques to prevent infections and maintain personal hygiene.

The sessions were interactive and informative. Students actively participated and gained practical knowledge on healthy habits. The programme successfully created awareness about eye health and hygiene among school children.



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**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR**

**Department of Community Medicine**

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

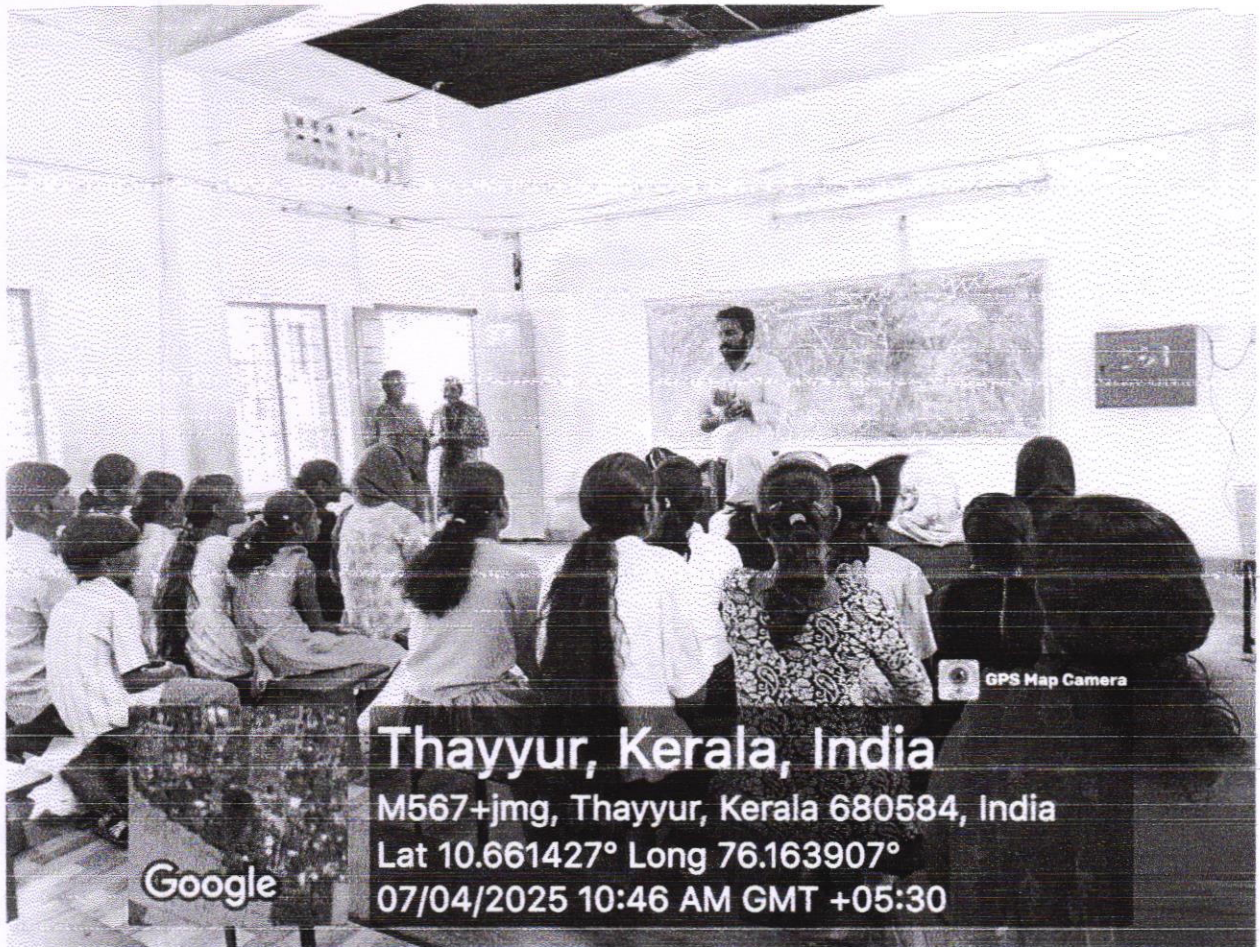
The session concluded with an open discussion, where students actively participated and clarified their doubts. The programme was well received by the participants and served as a meaningful step towards spreading awareness and promoting healthy behaviors among adolescents.

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





GPS Map Camera

**Thayyur, Kerala, India**

M567+jmg, Thayyur, Kerala 680584, India

Lat 10.661427° Long 76.163907°

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**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR**

**Department of Community Medicine**

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

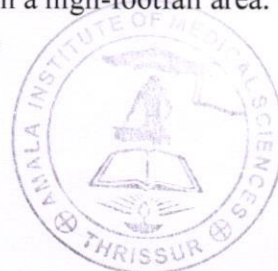
The ceremony aimed to spread awareness among the general public regarding the harmful effects of drug abuse and to reinforce the importance of preventive efforts, especially among the youth.

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

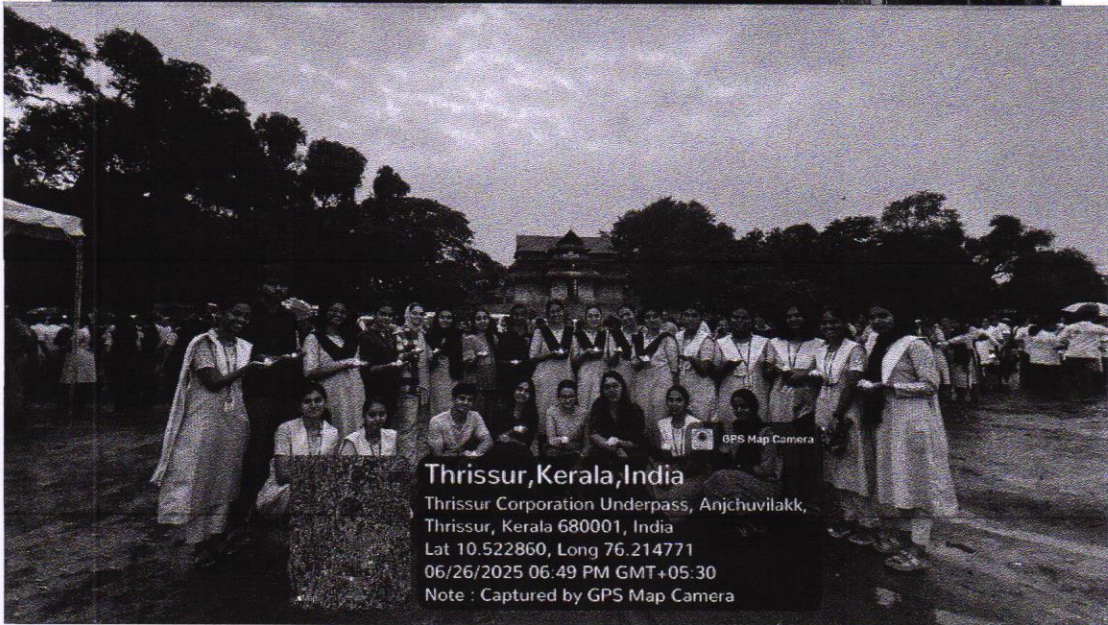
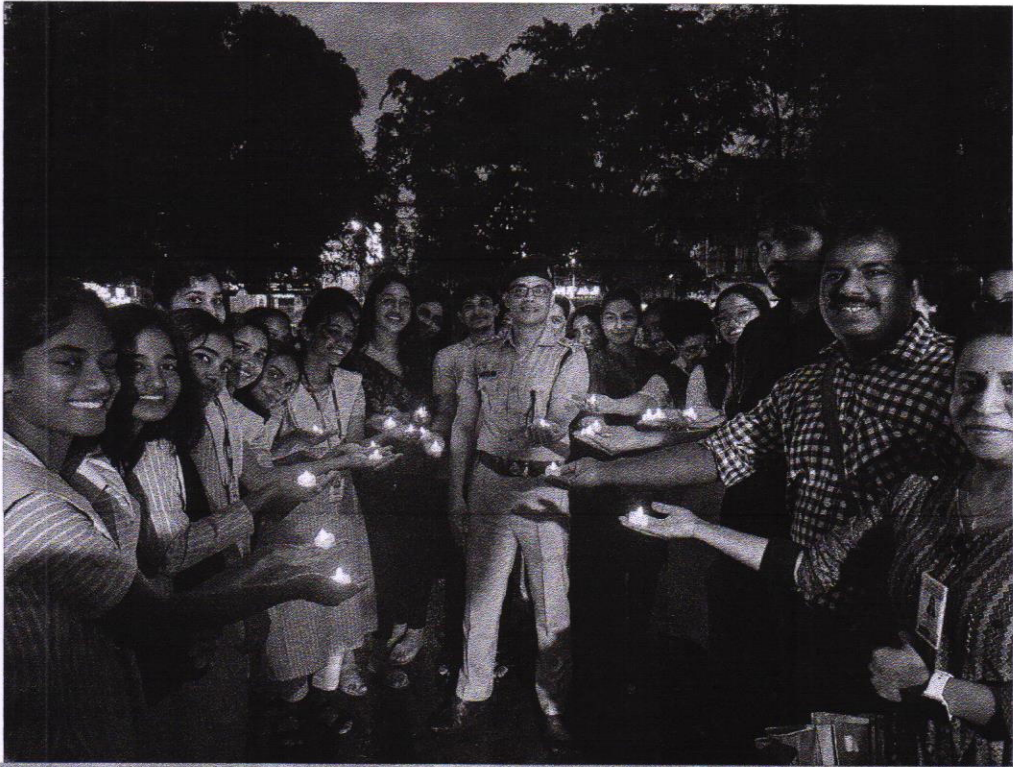
Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur

Date: June 27, 2025

C. R. Saju



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**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR**

**Department of Community Medicine**

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

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

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**Thrissur, Kerala, India**

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680555, India

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**Thrissur, Kerala, India**

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680555, India

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**AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR**

**Department of Community Medicine**

<b>Event Title</b>	TB Sensitization Program at Multiple Sites
<b>Date</b>	March 18, 2025
<b>No. of Participants</b>	25
<b>Venue</b>	Velur
<b>Organized by</b>	Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur
<b>Supported by</b>	-
<b>Key person in charge</b>	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
<b>Theme</b>	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:

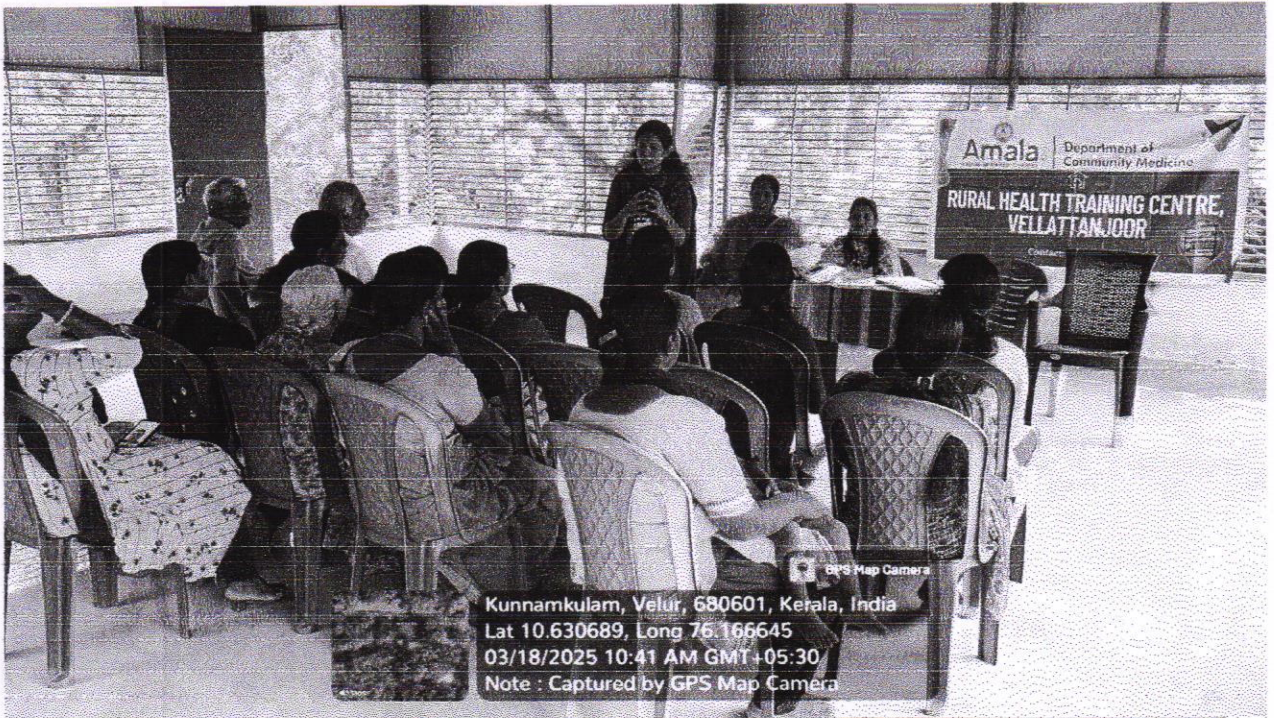
The sensitization sessions were successful in educating different sections of the community on TB. The interactive and group-specific approach enhanced participation and information retention. The Department of Community Medicine plans to continue such targeted awareness drives to support the National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

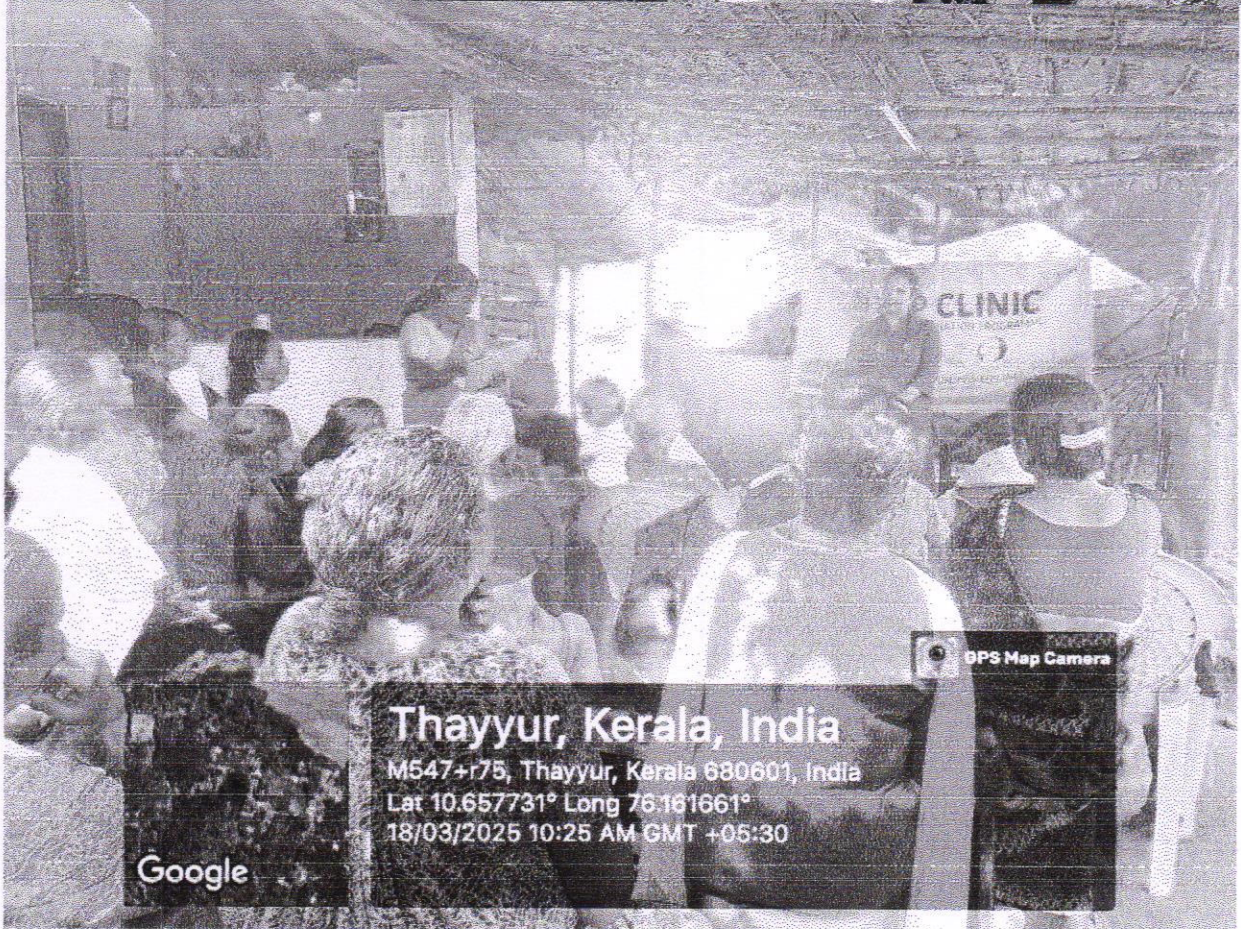








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Note : Captured by GPS Map Camera



Thayyur, Kerala, India

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