



AMALA INSTITUTE OF MEDICAL SCIENCES

Department of Community Medicine

AMALANAGAR, THRISSUR-680555, KERALA, PH. 0487-2304154

Certification of School Health Programs Conducted

This is to certify that the following School health programs were conducted by Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur.

List of Schools where services were provided

1. Devamatha CMI public School, Patturaickal, Thrissur
2. Devmatha International CMI School, Thangalloor, Thrissur
3. PM Shri Kendriya Vidyalaya KPA, Ramavarmapuram, Thriissur
4. Vidhya Vihar Central School, Elavally South, Thrissur.

Certification

I hereby certify that the above-mentioned data is accurate and reflects the school health programs conducted by Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur.

Authorized Signature:


20/6/25

Head of Department,
Community Medicine,
AIMS Thrissur



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



Faint, illegible text, possibly bleed-through from the reverse side of the page.

Actin

~~Actin~~



AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|---|
| Event Title | Environment Day Observation at GLPS Kiraloor. |
| Date | June 5, 2025 |
| No. of Participants | 30 |
| Venue | GLPS Kiraloor. |
| Organized by | Department of Community Medicine |
| Supported by | - |
| Key person in charge | Dr. Sruthi C M , Assistant Professor, Dept. of Community Medicine , AIMS Thrissur Dr. Susan Areekal Sajeev – Junior Resident, , AIMS Thrissur |
| Theme | Health Education |

Report on Community Medicine awareness programme: Environment Day Observation

As part of the World Environment Day celebrations, a program was conducted at **GLPS Kiraloor** on **June 6, 2025**, with the objective of raising awareness about environmental conservation among young students. The event was jointly organized by the **Department of Community Medicine, AIMS Thrissur**, with active participation from the school staff and students.

The key highlights of the program included:

- **Poster Competition:**
A poster-making competition was organized for the school students, focusing on the theme of environmental protection and sustainability. Students showcased their creativity and understanding of the importance of preserving nature through colorful and thoughtful artwork.
- **Pledge Taking Ceremony:**
A pledge was administered to all the students and staff to commit themselves to eco-friendly practices in their daily lives, including reducing plastic use, conserving water and electricity, and planting more trees.



The event was graced by:

- **Dr. Sruthi C M**, Assistant Professor, Department of Community Medicine, AIMS Thrissur
- **Dr. Susan Areekal Sajeev**, Junior Resident, Department of Community Medicine, AIMS Thrissur

They delivered a brief **health education session** emphasizing the close link between environmental health and human well-being. The session helped the children understand how a clean and green environment is essential for good health and a better future.

The event saw the enthusiastic participation of **30 students**, who actively engaged in all the activities and demonstrated a keen interest in protecting the environment.

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 18, 2025



6-25

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|--|
| Event Title | Cervical Cancer Awareness Session – CGHS School, Kuttur |
| Date | January 13, 2025 |
| No. of Participants | 100 |
| Venue | Kuttur |
| Organized by | Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Supported by | - |
| Key person in charge | Dr. Franco Johny, Junior Resident, Dept. of Community Medicine, AIMS, Thrissur Dr. Parvathy |
| Theme | Health Education |

Report on Community Medicine awareness programme:

As part of **Cervical Cancer (Ca Cervix) Awareness Month**, an informative health education session was organized on **January 13, 2025**, for the students of **8th and 9th Standard** at **CGHS School, Kuttur**. The session focused on **lifestyle modifications** and awareness about **Cervical Cancer**, aiming to promote preventive health practices and awareness from an early age.

The session was attended by **100 students** and was conducted by:

- **Dr. Franco Johny**, Junior Resident, Department of Community Medicine, AIMS, Thrissur
- **Dr. Parvathy**, Health Educator

Key Highlights of the Session:

- Introduction to **Cervical Cancer**, its causes, and risk factors
- Emphasis on **Human Papillomavirus (HPV)** as the leading cause
- Importance of **early detection, vaccination, and routine screening**
- Discussion on **healthy lifestyle habits** such as:
 - Personal hygiene
 - Balanced diet and physical activity
 - Avoidance of early marriage and tobacco use
- Encouraging open dialogue and dispelling myths related to reproductive health



The session included an interactive Q&A segment, where students actively participated and clarified their doubts. Visual aids and age-appropriate educational materials were used to enhance understanding.

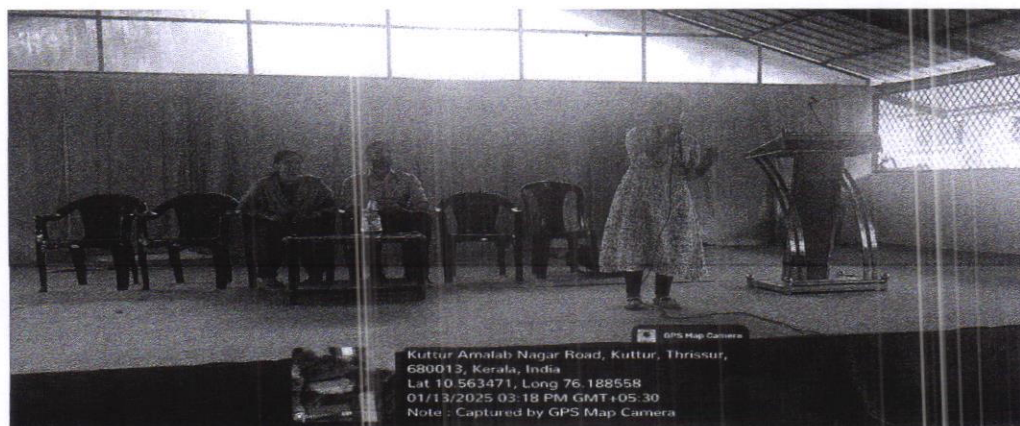
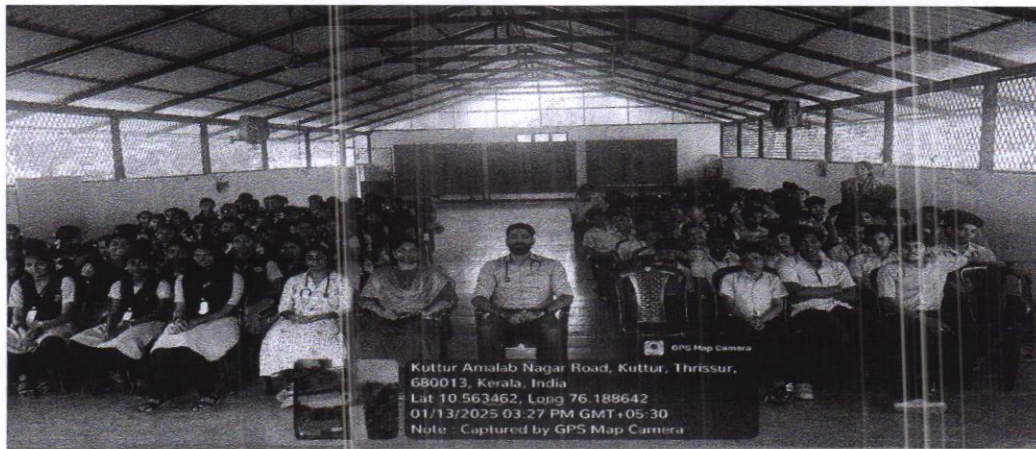
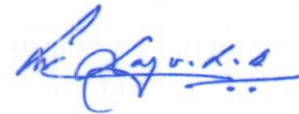
Outcome:

The session helped sensitise young adolescents on the significance of maintaining good lifestyle practices and introduced them to the concept of cancer prevention. Feedback from both students and school faculty was positive, indicating the relevance and impact of such early interventions.

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



AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|---|
| Event Title | Adolescent nutrition class at Thayyur school |
| Date | February 15, 2025 |
| No. of Participants | 30 |
| Venue | Thayyur school |
| Organized by | Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Supported by | - |
| Key person in charge | Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur |
| Theme | Health Education |

Report on Community Medicine awareness programme:

As part of its ongoing community outreach and health promotion efforts, the Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur, conducted a Health Education session on *Adolescent Nutrition* at Thayyur School on February 15, 2025.

The session aimed to raise awareness among school-going adolescents about the importance of balanced nutrition during this critical stage of growth and development. The interactive session covered key topics including the nutritional requirements of adolescents, common deficiencies such as anemia, the importance of iron- and calcium-rich foods, healthy snacking habits, and the harmful effects of junk food and fad diets.

The programme included audiovisual aids, real-life examples, and group discussions to make the session engaging and informative. Students actively participated and clarified doubts regarding diet choices, meal planning, and physical activity.

The session concluded with a Q&A round and distribution of educational pamphlets for further reference. Feedback from the students and teachers was positive, and the school authorities appreciated the initiative for its relevance and effectiveness.

This programme is part of the Department's continued commitment to promoting preventive health and well-being among youth through school-based interventions.

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



THE UNIVERSITY OF CHICAGO
DEPARTMENT OF CHEMISTRY
5800 S. UNIVERSITY AVENUE
CHICAGO, ILLINOIS 60637
TEL: 773-936-3700
FAX: 773-936-3701
WWW: WWW.CHEM.UCHICAGO.EDU

RECEIVED
DATE: 10/10/01
BY: [Signature]
TITLE: [Faint Title]
PROJECT: [Faint Project Name]

[Handwritten Signature]

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.

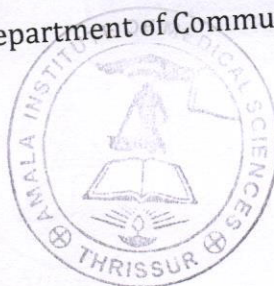
The awareness session was led by **Dr. Athira K.R, Senior Resident**, and **Dr. Pretty Paulson, Junior Resident**, from AIMS, Thrissur. Through interactive discussions and real-life examples, they emphasized the significance of regular blood donation and addressed common myths and misconceptions surrounding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

Dr. C. R.Saju, Professor & HOD, Department of Community Medicine, AIMS Thrissur
June 21, 2025



[Handwritten signature]

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

| | |
|-----------------------------|---|
| Event Title | World Environment Day Observation at Devamatha CMI Public School, Thrissur. |
| Date | June 5, 2025 |
| No. of Participants | 30 |
| Venue | Devamatha CMI public school Thrissur. |
| Organized by | Department of Community Medicine |
| Supported by | - |
| Key person in charge | Dr. Athira K R, Senior Resident, Dept. of Community Medicine , AIMS Thrissur Dr. Parvathi V , Senior Resident, Dept. of Community Medicine , AIMS Thrissur |
| Theme | Health education |

Report on Community Medicine awareness programme: Environment Day Observation

As part of the **World Environment Day** observance, a special pledge ceremony was organized at **Devamatha CMI Public School, Thrissur** on **June 5, 2025**. The event aimed to create awareness among students and parents regarding the pressing issue of plastic pollution and to promote environmentally responsible behavior.

A pledge to "**Beat Plastic Pollution**" was administered by **Dr. Parvathi V, Senior Resident**, Department of Community Medicine, AIMS Thrissur. The session witnessed active participation from **30 members**, including **Police Cadet Corps members** and **Parent-Teacher Association (PTA) representatives** of the school.

The initiative was supported by **Dr. Athira K R, Senior Resident**, Department of Community Medicine, AIMS Thrissur. The event emphasized the significance of collective efforts in reducing plastic usage and adopting sustainable practices for a healthier planet.

The program concluded with an interactive discussion on practical steps individuals and communities can take to minimize plastic waste, reaffirming the participants' commitment to environmental conservation.



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

Dr. C. R. Saju

