

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	Health Education Programme: Talk on Adolescent Health Issues among Girls
Date	April 22, 2025
No. of Participants	50
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
Theme	Health Education

Report on Community Medicine awareness programme:

As part of the ongoing community outreach initiatives, a health education session focusing on **Adolescent Health Issues among Girls** was conducted on **April 22, 2025**, at **Velur School, Velur**. The session was led by **Dr. Sisira**, Junior Resident from the Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur.

The session was attended by **50 adolescent girl students** and aimed at raising awareness about the unique physical, mental, and emotional changes occurring during adolescence. Key topics covered included:

- Puberty and menstrual hygiene
- Nutrition during adolescence
- Mental health and emotional well-being
- Personal hygiene and self-care
- Common adolescent health problems and their prevention
- Importance of healthy lifestyle choices

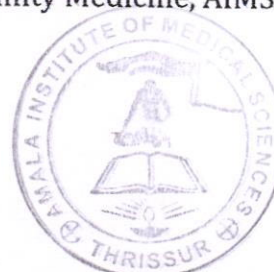
The session was interactive and participatory, with students encouraged to raise queries and clarify doubts. The use of audiovisual aids made the session more engaging and effective.

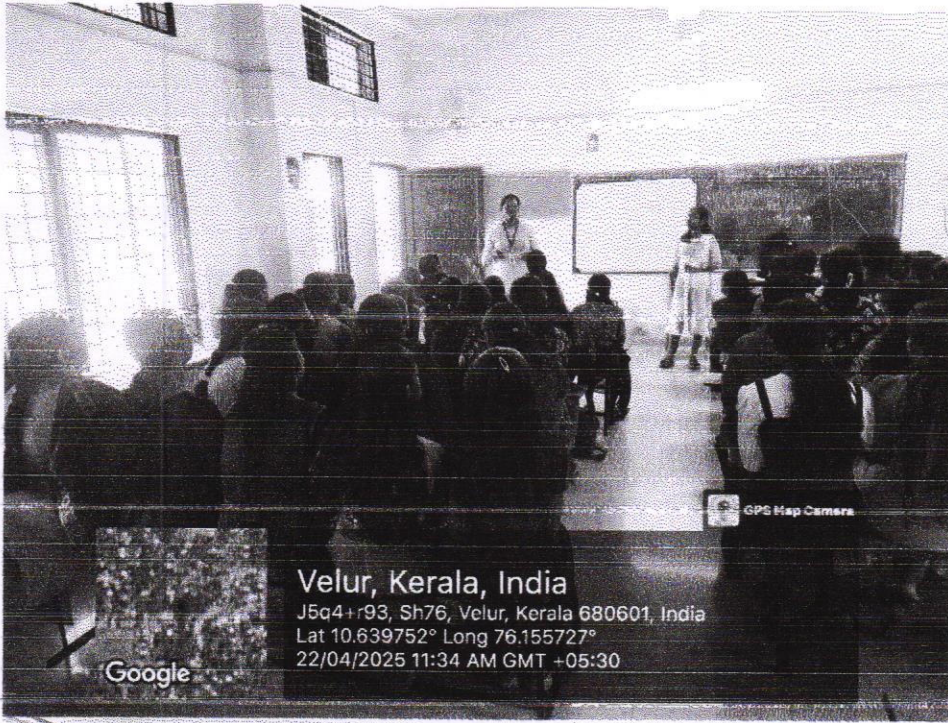
The programme concluded with positive feedback from both students and teachers, highlighting the importance and relevance of such sessions in school settings to promote adolescent health and well-being.

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

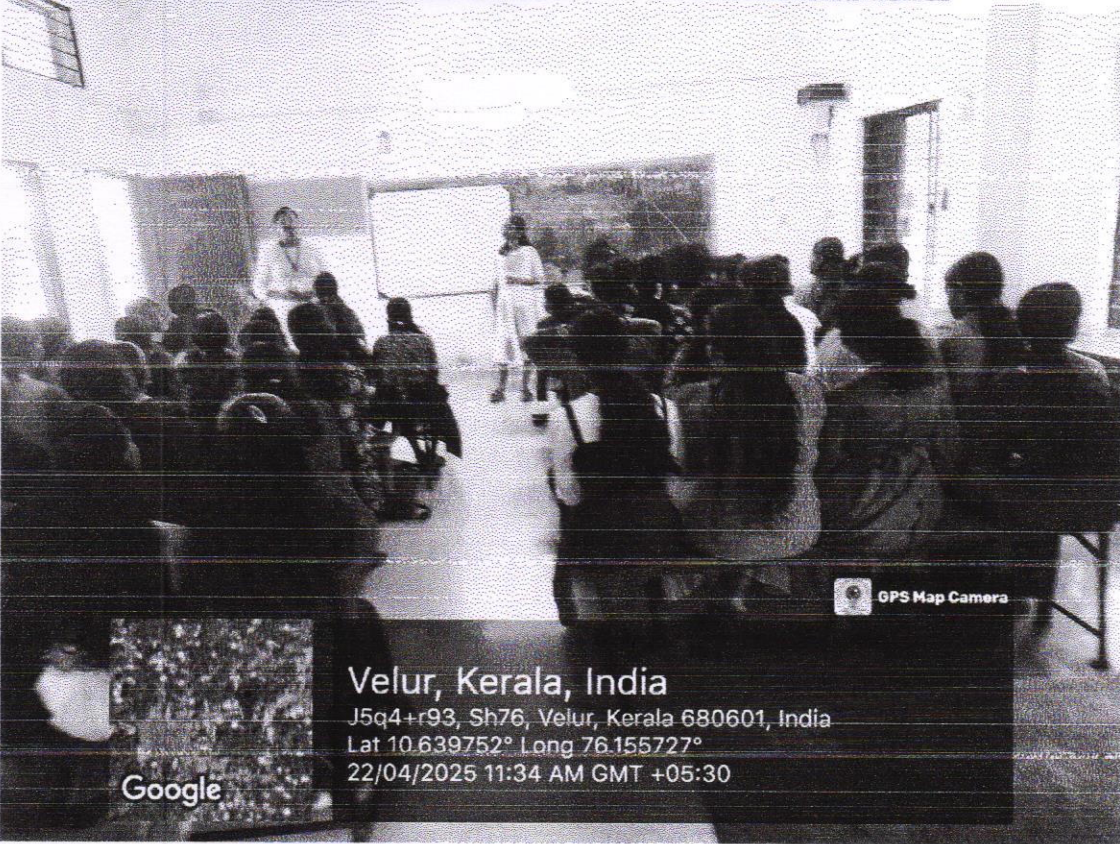




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Velur, Kerala, India

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AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

Department of Community Medicine

Event Title	Day 5 – No Tobacco Day Campaign Sensitization Class for Adolescents at Erumapetty
Date	May 25, 2025
No. of Participants	25
Venue	Erumapetty
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
Theme	Health Education

Report on Community Medicine awareness programme:

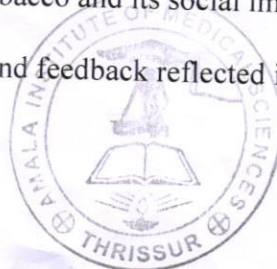
As part of the ongoing *World No Tobacco Day Campaign*, a sensitization session was conducted on **May 25, 2025**, targeting adolescent students at **Erumapetty**. The session was facilitated by **Dr. Sisira**, Junior Resident, Department of Community Medicine, Amala Institute of Medical Sciences, Thrissur.

A total of **25 adolescent participants** attended the session. The aim of the program was to educate young individuals about the harmful effects of tobacco usage and to empower them to make informed decisions regarding their health and lifestyle.

During the session, Dr. Sisira explained the **short-term and long-term health consequences** of tobacco use, including its impact on the lungs, heart, and overall development in adolescents. The presentation included interactive discussions, visual aids, and real-life examples to enhance understanding and engagement. The role of peer pressure and media influence was also discussed, encouraging students to resist such pressures through assertive communication and informed choices.

The session concluded with an interactive Q&A, where the participants actively took part in clearing their doubts and expressing their views on tobacco and its social impact.

The initiative was well-received by the participants, and feedback reflected increased awareness and motivation to stay tobacco-free.



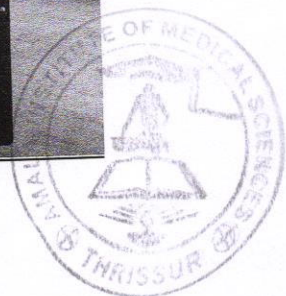
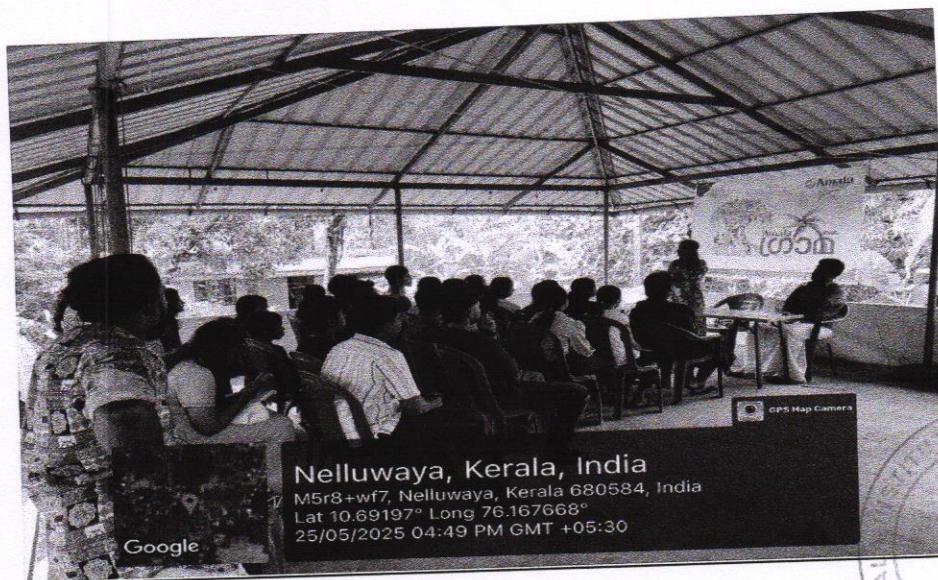
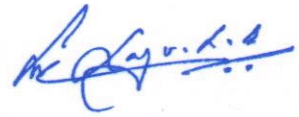
Conclusion:

The program successfully met its objective of sensitizing adolescents on the dangers of tobacco, promoting preventive awareness as part of a broader community health strategy during the No Tobacco Day Campaign.

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

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

Date: June 19, 2025



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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:

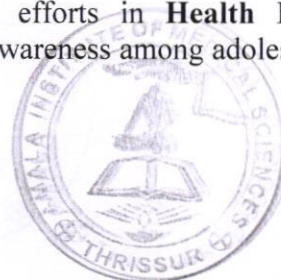
A health awareness session focusing on **lifestyle diseases and their prevention** was conducted on January 24, 2025, at Govt Model Boys HSS, Thrissur. The session was attended by 40 students of the 11th standard.

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.

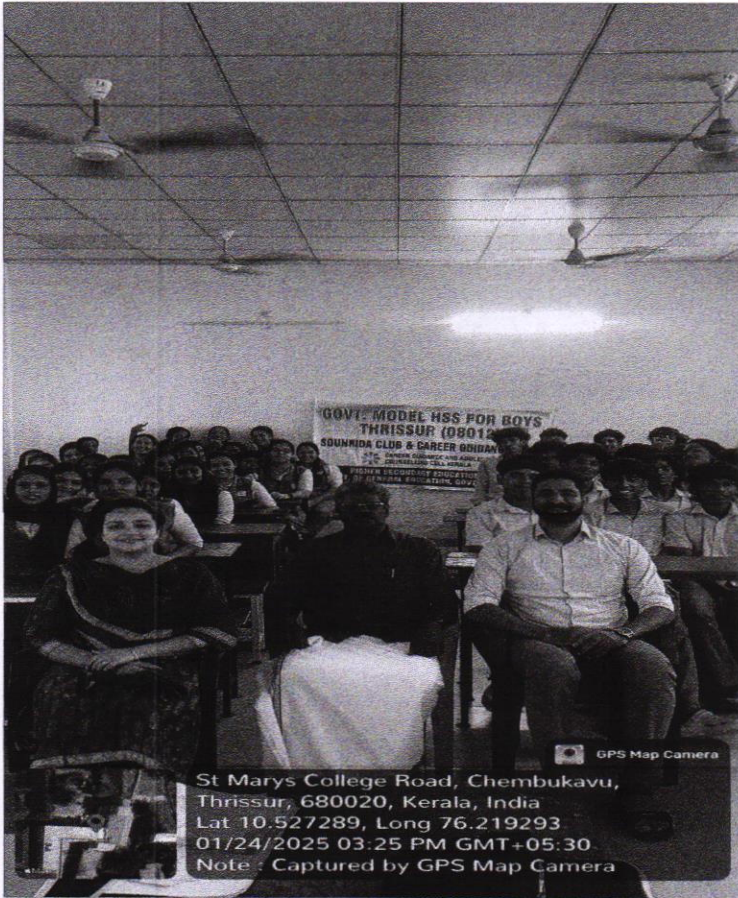


Report Submitted by: Soumia N R, Department Secretary, AIMS Thrissur Soumia N R

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

Date: June 23, 2025





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