

THE

October to December, 2023

COMMUNITY



MEDICINE

News Letter

As part of Swachhata Hi Seva (SHS) campaign, “Ek Tareekh Ek Ghanta Ek Saath” was organised by the department of Community medicine in the semmar colony, Thiruvannainallur village on 1.10.2023. The team consisted of Associate Professor Dr.M.Rajalakshmi, Post graduate Dr.Saranya.S, 15 medical interns, ANM Mrs.Rajasekari, MSWs Mrs.Devasundari and Mrs.Jayanthi. Around 20 people residing in semmar colony also actively participated in the cleaning campaign which was conducted between 10 AM to 11 AM



World Mental Health Day awareness program was conducted at Gandhi Memorial Hr.Sec.School, Thiruvannainallur on 20.10.2023. Around 400 students actively participated in the program. Welcome speech was given by School Head Master Mr.Kumar. Assistant Professor from Department of Psychiatry Dr.S.Perarul elaborated on various stress factors prevalent among adolescents & methods to overcome them and measures to be taken to maintain a good Mental health. Dr. Saranya .S, Post graduate from Department of Community Medicine college explained about the various adolescent health services available under the scheme ‘Rashtriya Kishore Swasthya Karyakram’ and importance of utilising those health services effectively to improve Mental and Physical wellness



Pain and Palliative Care awareness program was conducted at Puthiya Siragagul IAS Academy, Kappur, Villupuram Dist on 28/10/2023. Around 50 students participated in the program. Introduction, Goals, Pillars, Management approaches of pain & palliative care were explained to the participants.



Breast cancer awareness program for self help women group consisting of 50 members at vellur village on 27/10/2023. Prevalence, risk factors, clinical features, Diagnosis and treatment of breast cancer were explained by Medical interns. Importance and steps of Self Breast Examination and Prevention of Breast Cancer were elaborated by PG Dr.Saranya.S. The program concluded with demonstration of Self Breast examination by the participants



Breast Cancer Awareness Rally from RHTC - SMVMCH, Thiruvannainallur was done on 7/11/2023 as a part of World Breast Cancer Awareness Month 2023 celebrations by Postgraduates, medical interns, Medical social workers and healthcare workers in RHTC



Breast cancer awareness program was conducted for 100 day worker women at Ayyur Agaram village on 13th October 2023. Around 45 women participated in the program. Theme for this year, risk factors, symptoms, screening technique, treatment modalities and self breast examination were explained using charts and models



HIV awareness Program was conducted for B.Ed students of Venkateshwara College of education as a part of their Red Ribbon Club Activity on 18.10.2023. Around 50 students participated in the event. Welcome speech was given by the college Principal. Introduction was given by MSW Mrs. Jayanthi. Dr. Saranya.S, Post Graduate from Department of Community Medicine elaborated about the definition, etiology, Modes of transmission, Clinical Features, Management and Prevention of HIV. Dr. Subalakshmi.S, Senior Resident, Department of Community Medicine explained in detail about the National AIDS Control Program and role & functions of Pondicherry AIDS control society (PACS) in control of the disease.

World antimicrobial resistance awareness Program was conducted for medical interns on 20.11.2023 at Rural health training center, Thiruvannainallur. The budding doctors were sensitized about the importance of rationale use of antibiotics, Preventing development of superbugs and various approaches to prevent the Antimicrobial resistance (AMR) by the RHTC center incharge Dr. Aswathy Raveendran. Dr. Saranya.S (PG) elaborated about the concept of One health and its role in the control of AMR. At the end of the session, Quiz was conducted for the participants and certificates were distributed.



World Cancer month awareness program was conducted at Govt High School, Poothamedu on 21/11/2023. Around 110 students participated in the program. Most prevalent cancers, symptoms, warning signs, prevention, self screening, treatment options were explained using charts.



World diabetes day programme was conducted at NCD clinic in RHTC on 16.11.2023. Participants were given health education on diabetes self care practices - diet, physical activity and foot care. Videos on diabetes were played to the patients. Foot care activity was demonstrated and was examined to the patients. Diabetic diet pamphlets were distributed. 2 patients who had good glycemic control shared their personal experiences on diabetic control. Prizes were given to them and queries were clarified at the end.



On 20.11.2023, wheel chair was provided to one of our palliative patients with left below knee amputation.



World Diabetic Day awareness program was conducted on 23.11.2023 at kizhuperbakkam PHC. More than 60 members participated in the program. Awareness about Diabetic health education, Risk factors, symptoms, diabetic diet, screening, treatment and foot care were given. Foot care steps were demonstrated. Diabetic diet pamphlets were distributed



World Diabetic Day awareness programme was conducted at Kala pickle company in villupuram on 30-11-2023. Around 20 members participated in the program. Awareness about risk factors, symptoms, screening, treatment, diabetic diet were given. and CBG, BP, Height, weight, hip and waist ratio were assessed. Diabetic diet pamphlets were distributed



A special camp for spinal injury patients to commemorate "International day for disabled person 2023" was conducted on 12-12-2023 at Rural health training centre, Tiruvennainallur. Around 25 patients got benefited from the camp. General medical check up along with Anemia, Systemic hypertension, Diabetes Mellitus and Renal function screening were also done. General physician, Surgeon, Orthopedician and Physiotherapist consultations were provided. Those patients who required radiodiagnosis were offered X-rays and ultrasound free of cost. Health Counseling was given to all the patients to promote positive physical and mental health



Research Methodology workshop was conducted for DNB postgraduate students from Cuddalore GH at seminar hall, Dept of Community Medicine -SMVMCH on 21-12-23. A total of 7 DNB PG students participated in the workshop. Introduction to research, writing research objectives, literature search & Review of Literature, Study designs, sampling techniques, sample size calculation, data collection procedures, reference citation and Ethical clearance were elaborated. The programme concluded with query clarifying and Valedictory function



As a part of **World AIDS day celebration**, Rangoli Competition was held for healthcare workers at Rural Health and Training Center, Tiruvennainalur on 27.12.23 Wednesday, based on this year's theme "Let communities lead". 14 members participated in the competition. First Prize was awarded to Mrs. Tamilmozhi, staff nurse, RHTC, Tiruvennainalur. Second Prize was awarded to Ms. Ramya, ANM Trainee student. All participants received participation certificates



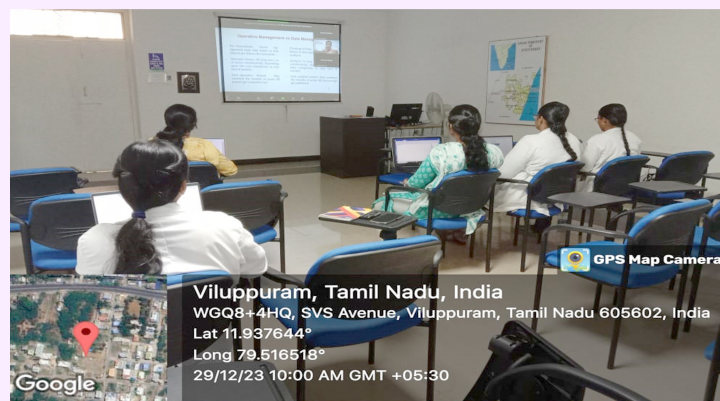
As part of **World AIDS day celebration**, HIV and STD awareness program was conducted for MIT engineering college students on 27-12-2023 at MIT auditorium. Around 120 students actively participated in the session. Participants were given health education on HIV and STD under following headings: Introduction and statistics on HIV status, high risk group, symptoms and signs, various modes of transmission, prevention and treatment of HIV and Government facilities regarding HIV testing were elaborated insisting mainly regarding the stigma and how to stop it. It was an interactive session. Queries were clarified at the end of session. Finally the students were made to have a look on to few of the displayed HIV related posters



AIDS awareness programme was conducted at Women's Engineering college on 20.12.2023. Participants were given health education on AIDS, STI, Nutrition and Menstrual hygiene. Disposal of sanitary napkins and steps of hand washing were demonstrated to the participants. Around 230 students actively participated in the session



Webinar on Data analysis using Jamovi software was conducted by AIIMS Patna on 29/12/2023. Faculties and Postgraduates attended the webinar at PG Seminar hall in the Department of Community Medicine, SMVMCH



ICMR – Vector Control Research Centre has organised a Dengue Source reduction at Sri Manakula Vinayagar Medical College & Hospital Campus on 28/11/2023 at Lecture Hall, Ground Floor, College Block between 2.15 PM – 4.15 PM. The Co-ordinators from ICMR - Vector Control Research Centre: Dr. Srikanth. S, Scientist B (Med), ICMR-VCRC, Puducherry, Dr.Arya Rahul, Scientist B (Med), ICMR-VCRC, Puducherry, Dr.Dhanalakshmi. R, Scientist B (Med), ICMR-VCRC, Puducherry inaugurated the program. The Participants were Postgraduates from the Department of Community Medicine, Allied Health Science students and housekeeping staff, of SMVMCH. The session consisted of overview of the purpose of the gathering, potential breeding sites in hospital settings and source reduction techniques using powerpoint presentation. The entire SMVMCH campus was divided into 7 zones and the participants were divided accordingly; each team consisted of 6 to 7 persons along with Public Health Entomology students from VCRC. Each team was given an Aedes Immature Survey Proforma to document any breeding sources identified during their survey. Following which 5 sessions of source detection was done in the SMVMCH college campus in the allotted 7 zones on 5 consecutive Tuesday afternoons. CRMs from the Department of Community Medicine were also involved. Breeding sites were identified, a few of which were positive for larvae and pupae. Immediate actions such as inversion, discarding, or covering them with lids were taken as appropriate



Aguest lecture on '**Clean water and sanitation**' was given to faculties of Department of Computer Science Engineering and MBA students in Manakula Vinayagar Institute of Technology on 18.12.2023 from 3 - 4 pm by Dr Subalakshmi. Around 40 students and faculties participated in the program



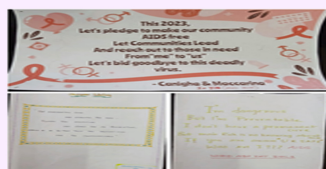
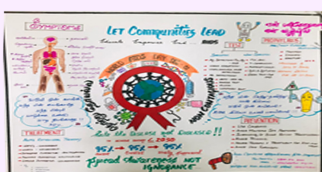
As a part of Red ribbon challenge on account of **World AIDS day celebration**, poster and IEC material designing competition were conducted for undergraduates and interns on 19-12-2023. Around than 45 students participated in the competition and showcased their talents. Certificates and cash prizes were given for the best entries by our college Director Dr.Rajagovindan , HOD of Community Medicine Dr.Premanandh and faculties of Community Medicine department.E-certificates were given to all the participants.Winning and noteworthy entries were displayed in our college, Rural and Urban Health and Training Centres. And the participants were informed that it will be used during community awareness programs conducted on behalf of Red Ribbon Club , shared on official websites, and featured in newsletters and social media



HIV and STD awareness program was conducted at Karikalampakkam on 23-12-2023.Around 50 participants including Common people, Female Sex Workers and nursing students actively participated in the session. Participants were given health education on HIV and STD under following headings: Introduction and statistics on HIV status, high risk group, symptoms and signs, various modes of transmission, prevention and treatment of HIV and Government facilities regarding HIV testing were elaborated insisting mainly regarding the stigma and how to stop it



As a part of Red Ribbon club activity "**Awareness on AIDS**" was planned and delivered in our field practice area of UHTC-SMVMCH at Villupuram for paramedical students A brief session on current world and Indian statistics on HIV, NACO guidelines, rationale and evolution of phases of NACP were illustrated. Epidemiology,routes of transmission, Mode of spread,high risk group, preventive measures and services provided by the Pondicherry AIDS control society were elaborated. Being healthcare workers ,their Role and responsibilities of spreading awareness to their friends, family members and community were emphasized. The program concluded with pledge taking ceremony by the participants.



As a part of Red Ribbon club activity **"Awareness on AIDS"** was planned and delivered for 1st year MBBS students . A brief session on statistics, NACO guidelines were illustrated. The rationale and evolution of phases of NACP were also told. The session focused on routes of transmission, Mode of spread, preventive measures and services provided by the Pondicherry AIDS control society. Their Role and responsibilities of spreading awareness to their friends, family members and community as peer educators were emphasized. The budding doctors were also motivated to join Red ribbon club (RRC) and NSS. Most of the students volunteered to join RRC to render service to people living with HIV. The program concluded with enrollment of students to NACO AIDS APP and pledge taking ceremony by the participants



Competitive debate sharpens one's ability to research and analyze problems, think and listen critically, express thoughts clearly and fluently, and better understand public affairs. In order to encourage our postgraduates embrace these qualities, thereby helping the community to reduce the HIV burden , Debate competition was conducted for them to share their views on HIV self testing as a part of Red Ribbon Club activity on 22.12.2023. At the end of the session , faculties of Community medicine elaborated how HIV self testing can be promoted in India by overcoming the



Photo Corner



Faculties of DCM attended EFICON conference at Goa. Assistant Professor's Dr.Arulmozhi.M and Dr. Aswathy Raveendran won first and second place in Poster competition held at the conference.



Our Senior resident and postgraduate students attended IAPSM Puducherry chapter Conference 2023 conducted at PIMS, Puducherry.



THEORY AND PRACTICE OF EPIDEMIOLOGY AND BIOSTATISTICS [EpiBio 2023]
Date : 21st - 29th Nov 2023
ST.JOHN'S RESEARCH INSTITUTE (SJRI)
ST.JOHN'S NATIONAL ACADEMY OF HEALTH SCIENCES,
BANGALORE-560034

Our Second Yr Post graduate Dr.Saranya attended EpiBio workshop using Jamovi software at St.John's Research Institute Bangalore in November.

Thanks.

Waiting a Moment for Next Edition..