



**SARADA KRISHNA  
HOMOEOPATHIC MEDICAL COLLEGE**  
Kulasekharam, Kanniyakumari, Tamilnadu-629161.  
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**National Service Scheme - Unit 45**  
The Tamil Nadu Dr. M G R Medical University, Chennai

**Report – Cardiac Diseases – Screening, Awareness and Medical camp**

The NSS and III B Unit of SKHMC jointly conducted a free medical camp to create awareness on cardiac diseases among the public on 12-12-2021, Sunday at CSI Church, Kattuputhur, Azhakiyapandipuram, Kanniyakumari District from 09.00 a.m. to 02.00 p.m. The camp was formally inaugurated by the Pastor of CSI Church in the presence of Dr. Ajayan T., Deputy Medical Superintendent and Head of Specialty Clinic-Cardiology. He made an awareness lecture on cardiac diseases, symptoms for early diagnosis, health complications, preventive measures, and need for maintenance of quality life habits. Senior Medical Officer Dr. Archana Nair S. P. explained common cardiac conditions, symptoms and first aid measures to be provided. In the camp, Dr. Nithin R. M. explained about the cardiac health care provided by Cardiology Unit (Specialty Clinic) of SKHMC and the scope of Homocopathy in treating Cardiac diseases. A medical team consisting of one senior faculty, two medical officers, 8 students and other technical staffs extended their service. A total of 71 participants of nearby residents participated the camp as beneficiaries. The individuals are screened for cardiac diseases by investigatory parameters like ECG, Blood pressure check up, Oxygen saturation with pulse oximeter, blood sugar using Glucometer. Free Homoeopathic medicines along with dietary advices are provided to the identified cases and some of them are referred to the Collegiate Hospital for further treatment. Among the 71 participants, nine (9) participants are screened with ECG and Thirty eight (38) patients assessed for blood sugar levels. All people of age above 40 are screened for Blood pressure.

From the screening, twenty seven (27) people diagnosed to have life style diseases like blood pressures, diabetes mellitus, eight (8) have Cardiac diseases, three (3) of them have neurological issues, fourteen (14) each of them have Gastric as well as osteoarthritis complaints.



(a) Blood Glucose Assessment  
(b) ECG assessment  
on Cardiology awareness, Screening and Medical camp conducted on 12/12/21 at Kattuputhur, Azhagiapandipuram.

**PARTICIPANTS & BENEFICIARIES**

No of students participated	No. of teachers participated	No. of beneficiaries.
8 (3 PGs, 5 Interns)	3 (1 Faculty, 2 MOs)	71

NSS Program officer  
**Dr. Arun R. Nair**

**Head, Unit III B**  
**Dr. T. Ajayan**

Principal L.

**PROGRAM OFFICER**  
NATIONAL SERVICE SCHEME, UNIT NO - 45  
SARADA KRISHNA HOMOEOPATHIC MEDICAL COLLEGE,  
KULASEKHARAM, KANNIYAKUMARI DISTRICT,  
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**National Service Scheme - Unit 45**  
*The Tamil Nadu Dr. M G R Medical University, Chennai*

**Report – Free Medical camp on Gastrointestinal Diseases**

The NSS and IV A Unit of SKHMC jointly conducted a free medical camp on Gastrointestinal Diseases among the public on 17-12-2021, Friday at Athur, Thiruvattar in association with MALAR Self Help Group from 09.00 a.m. to 02.00 p.m. The camp formally inaugurated by Dr. M. P. Lal, Professor and Head, Department of Surgery, SKHMC. In the inaugural speech detailed information about the Gastritis and Colitis, Gastric Diseases in Indian subcontinent, and the methods and measures to overcome the complaints are provided. Dietary plans for GIT complaints are provided by Dr. Sajitha, Medical Officer, SKHMC. A medical team consisting of one senior faculty, one medical officer, one P.G. Student, Four Interns, ECG technician, Lab attender, Electrician and a pharmacist extended their service in the camp. The participants are provided with awareness, general management and dietary plans for Gastritis, ECG assessment, Free Blood glucose assessment, Blood pressure checkup, and free Homoeopathic medicines. A total of 67 participants of nearby residents participated the camp as beneficiaries. Among them 18 were males and 49 were females. Twenty (20) patients screened with ECG and Forty (40) patients assessed for blood sugar levels.

From the screening, thirty six (36) people diagnosed to have life style diseases (NCD), twenty two (22) DM, Seventeen (17) HTN, Thirteen (13) Hypercholesterolemia, seventeen (17) O.A, ten (10) infectious disease, eight (8) of them have GI diseases were identified and advised to get contact with SKHMC Hospital.



(a) Medical Consultation

(b) Medical Consultation on Medical camp on Gastrointestinal Diseases conducted on 17/12/21 at Athur, Thiruvattar block

**PARTICIPANTS & BENEFICIARIES**

No of students participated	No. of teachers participated	No. of beneficiaries
5 (IPG, 4 Interns)	1 (1 Faculty, 1 MOs)	67

**NSS Program Officer**  
**Dr. Arun R. Nair**

**PROGRAM OFFICER**  
NATIONAL SERVICE SCHEME, UNIT NO - 45  
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TAMIL NADU-629161

**Head, Unit IV A**  
**Dr. R. Panchajani**



**Principal**  
**PRINCIPAL**

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**Report - Awareness and Medical Assistance  
Infertility, Women's Health & Hygiene**

The NSS and MCH Unit of SKHMC jointly conducted a Medical assistance and Awareness programme on "Infertility, Women's Health & Hygiene" for the residents of Sankaranvilai, Kulasekharam on 29-12-2021, Wednesday from 09.00 a.m. to 01.30 p.m. in association with MALAR- Self Help Group. The camp was inaugurated by Dr. Girija L., Unit Head, MCH & Associate Professor, Dept. of OBG, SKHMC and she provided the detailed informations about the common gynecological complaints, infertility and its general management. The Scope of Homoeopathy in Gynecological diseases and infertility are explained by Dr. Aswathy R K, Medical Officer, SKHMC. A total of 24 people of nearby residents are benefitted by the camp. The participants are screened for Gynecological complaints. ECG assessment, Free Blood glucose assessment, Blood pressure checkup were carried out as a part of investigations. Free Homoeopathic medicines along with dietary advices are provided to the needy.

From the screening, the medical team identified three case with Pelvic Inflammatory Diseases, eleven (11) people diagnosed to have life style diseases (NCD), eleven (11) with Hypertension, ten (10) with Diabetes Mellietus, five (5) with dyslipidemia and ten (10) with osteoarthritis. The diagnosed participants are referred to the collegiate hospital for further treatment.



Dr. Girija.L, Unit Head, MCH consulting cases



ECG assessment carried out for participants

**PARTICIPANTS & BENEFICIARIES**

No of students participated	No. of teachers participated	No. of beneficiaries.
5	1 (1 Faculty, 1 MOs)	24

NSS Program officer  
Dr. Arun R. Nair

**PROGRAM OFFICER**  
NATIONAL SERVICE SCHEME, UNIT NO - 45  
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Head, MCH Unit  
Dr. Girija L.



Principal

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*The Tamil Nadu Dr. M G R Medical University, Chennai*

**Report – Breast, Prostate Cancer Screening & Medical Assistance**

The NSS Unit and Cancer Pain and Palliative Care Unit of SKHMC in association with IFSD, NGO jointly conducted Breast, Prostate Cancer Screening & Medical Assistance programme for the people of Mancode and Vellachiparai Village of Kanniyakumari District on 25.02.2022 in Panchayath Office at 01.30 p.m. to 04.00 p.m. The programme started with prayer song by the NGO – IFSD volunteers. The screening and the medical camp was formally inaugurated by Mr. Shaji, Panchayat President of Devicode Panchayat. Mrs.Pushpam, Chief functionary of IFSD gave felicitation. Dr. Nithin R. M., Medical Officer and Dr. Antony Priya PG Student explained about the cause and the risk factors associated with the Breast and Prostate Cancer. Cancer screenings are also carried out among the participants after obtaining their consents. A total of 37 participants, [Female-23, Male- 14] of nearby residents are benefitted by the programme. The participants are provided with free Homoeopathic medicines along with dietary advices.

From the screening, none of the participants have any symptoms of Breast and Prostate Cancer. Out of 37, Seven (7) people are identified with life style diseases (NCD), two (2) with Cardiac complaints, one (1) neurological issue, three (3) of them have Gastric diseases, ten (10) having Osteoarthritis, five (5) diagnosed with dermatological complaints. For further investigations and treatment they are referred to collegiate hospital. All the arrangements are made by Dr. Arun R. Nair, NSS Program Officer and Dr. Harisankar V., Co-ordinator, Cancer Pain and Palliative Care Unit.



**Dr. Nithin R M and team screening and Consulting cases**



**Medical team along with IFSD Volunteers**

**PARTICIPANTS & BENEFICIARIES**

No of students participated	No. of teachers participated	No. of beneficiaries.
5 (3 PGs, 2 Interns)	1 (1 Faculty, 1 MOs)	37

**Dr. Arun R. Nair**  
NSS PROGRAM OFFICER  
NATIONAL SERVICE SCHEME, UNIT NO - 45  
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**Dr. Harisankar V.**  
Co-ordinator  
Cancer Pain and Palliative Care Unit

**Principal**  
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**Report – Medical Exhibition for School Students**

The NSS Unit, Literocultural Club, Department of Practice of Medicine and Exhibition wing jointly conducted a medical exhibition on “Health Care & Learning Disability” for the school students at N. M. Vidya Kendra, Chitharal on 28<sup>th</sup> February 2022. Charts and Models prepared by the students of SKHMC were exhibited in the stalls, explanations and demo are provided by the medical students to the visitors consisting of school children and parents. Various items exhibited include elaborate chart on physical fitness, chart and working models of Anatomy, Physiology and other significant instruments. The programme was useful to the students of N. M. Vidya Kendra and they were quite impressed by the explanations provided by the medical students. A team of 20 NSS volunteers along with faculty made necessary arrangements for the exhibition at N. M. Vidya Kendra School, Chitharal.



**Visuals from the Exhibition Stalls**

**PARTICIPANTS & BENEFICIARIES**

No of Faculties Participants/MO	No. of students participated/involved	No. of beneficiaries
4	20	Students, parents & teachers of N. M. Vidhya Kendra

**Dr. Arun R. Nair**  
NSS Programme Officer  
**PROGRAM OFFICER**  
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KULASEKHARAM KANNYAKUMARI DISTRICT  
TAMIL NADU-629161

**Dr. T. Ajayan**  
Literocultural club Co-ordinator

**Principal**  
**PRINCIPAL**  
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**Report of Annual Special NSS Camp 2022**  
**"Youth for Development in Tribal Societies"**

The one week Annual Special NSS Camp 2022 of Sarada Krishna Homoeopathic Medical College was conducted from 10/03/2022 to 16/03/2022 at Koruvankuzhi Tribal settlement, Pechipparai Panchyat, Kanniyakumari District, Tamil Nadu. The Theme selected for the special camp was "Youth for Development in Tribal Societies" with intention to improve the welfare of tribal people educationally, socially and economically especially among youth. A total of 50 NSS volunteers along with faculty participated the special camp.

Eventhough the camp was officially started on 10<sup>th</sup> March 2022, for administrative reasons the same was officially inaugurated on 13<sup>th</sup> March 2022. The special camp was inaugurated by Sri. Y. Devadhas, President, Pechipparai Grama Panchayat in the presence of Dr. N. V. Sugathan, Principal, SKHMC, felicitated by Mrs. Selvi, Vice President, Pechipparai Grama Panchayat, Dr. V. Sathish Kumar and Dr. P. R. Sisir, Faculty and Members of Camp Advisory Committee. The inauguration ended with vote of thanks by Dr. Sonnymon R., Assistant Professor and Member of Advisory Committee. The routine activities of the camp are free medical camp, awareness programme on selected themes namely Diabetes, Cancer, High Blood Pressure, Cleanliness and Hygiene, Balanced Diet, Cleaning programmes and Health survey. Activities of Special camp are effectively conducted in co-ordination with Sevabharathi, Tamil Nadu.


The one week special camp concluded on 16/03/2022 with evaluation of feedback of NSS volunteers by the NSS Programme Officer. In the concluded day, the findings of health survey are submitted by Dr. Ezhilarasi, Associate Professor, Dept. of Community Medicine and Member of Camp Advisory Committee and lead the discussion on health survey.



**Interaction with Tribal people**



**Special Camp Inauguration**

  
**NSS Program officer**  
**Dr. Arun R. Nair**

**PROGRAM OFFICER**  
**NATIONAL SERVICE SCHEME, UNIT NO - 45**  
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**TAMIL NADU-629161**



  
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**PRINCIPAL**  
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**Report - Health Care Assistance and Awareness Programme  
on Personal Hygiene for School going Females**

The NSS and III B Unit of SKHMC jointly conducted a "Health Care Assistance and Awareness Programme on Personal Hygiene for School going Females" on 30.04.2022 at Cherupushpa Balabhavan, Mukkutikkal from 11.00 a.m. to 03.00 p.m. in collaboration with IFSD. The programme was inaugurated by Mrs. Pushpam, Chief Functionary, IFSD. Dr. Sherin Sheeba, Assistant Professor, Dept. of Practice of Medicine and Dr. Ananthu N. R., P.G. Scholar served as resource persons. The awareness programme on personal hygiene and health care are provided to the inhabitants of Cherupushpa Balabhavan. Medical team consisted of faculty, Interns, P.G. Scholar and IFSD health workers provide medical assistance to the participants. A total of 17 inhabitants (School going females) of Cherupushpa Balabhavan are benefitted by the programme. No specific diseases identified except fungal infections among the participants. It is planned to conduct medical assistance program for inhabitants of Cherupushpa Balabhavan once in a month as a follow-up activity.



**Awareness lecture by Dr. Sherin Sheeba**



**Screening by Medical team**

**PARTICIPANTS & BENEFICIARIES**

No of students participated	No. of teachers Participated	No. of Beneficiaries.
4	1	17

**Dr. Arun R. Nair**  
NSS Programme Officer

**PROGRAM OFFICER**  
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**Dr. T. Ajayan**  
Head, Unit III B



**Principal**  
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**Report – Computer Based Skill Development Programme – Empowering the Poor**

The NSS Unit of SKHMC conducted Computer Literacy programme in association with IFSD on “Computer Based Skill Development Programme-Empowering the Poor” for the rural population of Devicode village exclusively for females on 17<sup>th</sup> August 2022 at Angel Garments Auditorium, Devicode from 10.30 a.m. to 01.30 p.m. The programme was formally inaugurated by Dr. Arun R. Nair, NSS Programme Officer and Associate Professor, Department of Practice of Medicine. The needs for computer literacy in the modern digital era and the role of internet knowledge are explained to the participants by the NSS Programme Officer. He also explained the aim, plan and conduct of this innovative programme. Dr. Siva Subramaniam, P.G. Scholar provided hands on experience on creating email-id and its importance in communication. A total of 26 participants of age group 18–55 from nearby residents were participated the programme. The NSS volunteers arranged the laptops for them. A total of 14 participants out of 26 have created their own email-id in the programme itself. The entire programme was scheduled and arranged by NSS Volunteers.



**Inaugural Address by Dr. Arun R. Nair**  
NSS Programme Officer



**Hands-on training by Dr. Siva Subramaniam, PG Scholar**

**PARTICIPANTS & BENEFICIARIES**

No of students participated	No. of teachers participated	No. of Beneficiaries.
15 (5 PGs, 10 Volunteers)	1 (1 Faculty)	26

**Dr. Arun R. Nair**  
NSS Programme Officer

**PROGRAM OFFICER**  
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**Report - Social responsibility programme - Aadhaar enrolment & updating Camp**

National Service Scheme (NSS), Unnat Bharat Abhiyan unit of SKHMC and Nagercoil Head Office Postal Division, Department of Posts, Ministry of Communications, GOI jointly organized an Aadhaar Enrollment and Updating Camp held on 20-08-2022, 01.00 p.m. to 5.00 p.m., at college premises. This camp was conducted for registering the biometric details for new Aadhaar card and making the corrections on Aadhaar card such as Name, Date of Birth, Father Name, Address and so on along with the valid proof documents. Also for updating the Mobile number and E-Mail ID in the Aadhaar Card.

The camp is arranged in such a way that anyone who want to update Aadhaar details can utilize the event. The intention of this camp is to facilitate the Aadhaar card holder no longer to stand in long queues on days and pay any charge to get their address changed on the Aadhaar card. In this camp, Dr. N. V. Sugathan, Principal, SKHMC, Siva Kumar, Post Master, Nagercoil, Head Office Postal division and his team Members, Dr. Gokul Krishna K., Assistant Professor, Dr. Asta Eshwaran T. S., Assistant Professor & UBA Assistant and NSS Programme Officer, NSS volunteers were present and they supported for this Aadhaar enrolment & updating camp.

Programme was inaugurated by Mr. Siva Kumar, Post Master, Nagercoil, Head Office Postal Division. Dr. N. V. Sugathan, gave the Presidential address, Dr. Asta Eshwaran T. S. delivered Vote of Thanks. Total 53 common peoples were benefitted by this programme.

**PARTICIPANTS & BENEFICIARIES**

No of students participated	No. of teachers participated	No. of Beneficiaries.
6	3	53

**Dr. Arun R. Nair**  
NSS Programme Officer

**PROGRAM OFFICER**  
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**Principal & UBA Co-ordinator**

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**Report – Swachh Bharat Cleaning Drive**

NSS unit and UBA of SKHMC jointly conducted Clean India Program on 08-10-2022, Saturday from 10.00 a.m. onwards at Government middle School, Malavilai, Andoor. National Service Scheme Volunteers and faculties of SKHMC participated the cleaning programme. NSS Programme Officer and UBA Programme Assistant visited the place on 06.10.2022, met School Head Master Mr. Jagadheeshwaran and planned the programme. School is closed for ten (10) days (Navarathri holidays) followed by quarterly examination. Both units of SKHMC planned to conduct the cleaning programme on Saturday before the School was opened. The programme was officially inaugurated at SKHMC by Dr. N. V. Sugathan, Principal. Principal put in the picture regarding the Swachh Bharat Mission, our previous activity on the Swachh mission, its importance as a socially committed responsible persons. Volunteers are enlighten with the words. Then team travelled to the School at 09.45 a.m. and finished cleaning activity at 01.30 p.m. School class rooms cleaned, Ground, water tank and entire school premises were cleaned and made school good enough for reopening. 10 volunteers and faculties of SKHMC participated.

**PARTICIPANTS & BENEFICIARIES**

No of students participated	No. of teachers participated	No. of Beneficiaries.
10	3	-

**Dr. Arun R. Nair**  
NSS Programme Officer

**PROGRAM OFFICER**  
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**Report – “Woman’s livelihood enhancement programme- Employability training in Tailoring”**

NSS unit and UBA unit of SKHMC is jointly organized “Woman’s livelihood enhancement programme- Employability training in Tailoring ” on 19/10/22, Wednesday from 10.00 am to 1.00 pm at Angel Garments, Cheriyaikolla, Puliyoorsalai Village, Tamil Nadu in association with Indian Forum for Sustainable Development (IFSD). The main focus and objective of the livelihood programs is to create sustainable livelihoods, build up confidence among Self Help Groups (SHGs) in Woman’s and Girls. For organizing this program NSS program officer met IFSD chief functionary on 05/10/22 & 1/10/22 at IFSD office. In that meeting this program was planned and designed. Later the selection of participants NSS unit, UBA and IFSD decided to give training for those who are differently abled and woman’s those who are economically underprivileged. Later discussed with Principal and organised the program.

The Program was officially Inaugurated by Mrs. Pushpam, Chief functionary, Indian Forum For sustainable Development, in the presence of Dr. Asta Eshwaran and Dr. Arun R Nair, NSS program Officer. Trainers named Mrs. Bhagyalekshmi & Mrs. Rani gave Theory and practical sessions to the participants. Participants were trained for drafting and cutting the fabric, carrying out the process of sewing for dress materials and common household items of textiles, Machine sewing, Needle sewing, Running stitch etc.

13 participants attended and benefitted by the programs. NSS volunteers and IFSD health workers arranged the program.

**Pictures,**



**Training session - Woman’s livelihood enhancement programme- Employability training in Tailoring conducted on 19/10/22**

**Dr. Arun R Nair,**  
**NSS Program officer.**  
**PROGRAM OFFICER**  
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**Photos – “Woman’s livelihood enhancement programme- Employability training in Tailoring” conducted by NSS unit & UBA on 19.10.2022.**



**Mrs. Rani, IFSD Member, Tailoring trainer “Woman’s livelihood enhancement programme- Employability training in Tailoring” organized by NSS & UBA unit of SKHMC in association with IFSD on 19. 10. 2022 at Angel Garments.**



**Dr. Arun R Nair,  
NSS Program Officer.**

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**Principal**

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### **Report - Rally and Awareness Programme against drug and substance abuse**

National Service Scheme, Unnat Bharat Abhiyan & Anti- drug cell of SKHMC organized and conducted an awareness rally to public and awareness program to students faculty and staffs of SKHMC.

The theme of awareness program was *"Prevent Drug and Substance abuse from our life"* conducted on 27.10.2022, 09.00 a.m. at SKHMC Auditorium. Programme was commenced with welcome speech by Dr. Sathish Kumar V., *Head, Department of Repertory, Co-ordinator, Anti-Drug Cell, SKHMC*. Mr. Karuppayya, *Sub-inspector of Police, Keeripparai circle* was the resource person. He gave a detail note on the evil face of Narcotics in the Indian society especially to campus students. He also explained the Legal aspect of the drug and substance abuse. Later Principal Prof. (Dr.) N. V. Sugathan read out the pledge to the participants. Students pledged to keep away themselves from drug and substance abuse. Awareness program was concluded at 09.20 a.m.

From 09.30 a.m. students started rally from SKHMC to Arasummodu, then return to campus. The theme of rally was *"stop, prevent drug and substance abuse"*. The awareness rally was flagged off by Mr. Karuppayya, Sub- inspector of Police, Keeripparai circle. The flag was hand over by the principal. Carrying placards students of SKHMC marched in to streets of Kulasekharam. The objective of rally was to create mass awareness on fighting against drug abuse and illicit trafficking among the public.

After an hour, rally returned to the campus and participants was served with snacks, tea & cool drinks.

All students and PGs attended the programme. The programme was co-ordinated & arranged by Dr. Sathish Kumar V., Co-ordinator, Anti-Drug Cell, Dr. N. V. Sugathan, Principal & UBA coordinator and National Service Scheme Programme Officer.