

**SARADA KRISHNA
HOMOEOPATHIC MEDICAL COLLEGE
KULASEKHARAM, KANNIYAKUMARI DISTRICT, TAMILNADU – 629 161**

Accredited by NAAC with B+ grade & NABH
Swasthyarakshan programme - Report

Medicine distribution

Organized by Department of Community medicine

DATE / TIME: 27.07.2022, 10 am to 12noon

VENUE: Melpuram PHC

Community Medicine Department of Sarada Krishna Homoeopathic Medical College, Kulasekharam has conducted a programme of medicine distribution on 27-07-2022 at Peripheral Health Centre, Melpuram from 10.00 a.m to 12.00 noon.

Dr. M.V.Ajith Kumar, HOD, Department of Community medicine coordinated the activity. Medicines were distributed to the people after proper examination and according to the symptoms narrated by the patients

Participants and Beneficiaries: 21 villagers of both sexes participated and benefitted from the awareness programme.

1 Medical officer, 1 Post graduate, 5 Interns of Sarada Krishna Homoeopathic Medical College participated in the programme

Dr. Reshma Reghu, Assistant professor, Department of Community medicine, Dr. Deepika, PG student, Department of Materia medica, Interns Ms. Aswathy, Ms. Megha Saroj, Ms. Sethulekshmi, Ms. Merin Mary Tom, Ms. Muthusumathi I participated in the programme

Impact Analysis:

People were satisfied by the medicine distribution and thanked the doctors.

Photographs:



Programme Co-ordinator
Dr. M. V. Ajith Kumar



Principal

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**Report of Homoeopathic Preventive Medicine Distribution
Swasthyarakshan Programme**

Organized by: Department of Community Medicine
DATE / TIME: 19.09.2022, 10.00 a.m. to 01.00 p.m.
VENUE: Kadayalumoodu PHC

Community Medicine Department of Sarada Krishna Homoeopathic Medical College, Kulasekharam has conducted a programme of preventive medicine distribution on 19-09-2022 at Peripheral Health Centre, Kadayalumoodu from 10.00 a.m. to 01.00 p.m. Dr. M. V. Ajith Kumar, Professor and Head, Department of Community Medicine co-ordinated the activity. Preventive medicines were distributed to the people to prevent the spread of seasonal influenza in the community.

Participants and Beneficiaries: 37 villagers of both sexes participated and benefitted from the awareness programme. 1 Medical Officer, 1 Post Graduate, 4 Interns of Sarada Krishna Homoeopathic Medical College participated in the programme. Dr. Bindusaran R., Associate Professor, Department of Pathology, Dr. Priyankasree, P.G. Scholar and Interns Ms. Maheswari M., Ms. Muthusumathi I., Mr. Jagan Mohan, Mr. Gowtham participated in the programme.

Impact Analysis:

The preventive medicine against seasonal fever was distributed to the people to prevent the spread of the seasonal fever as well as to promote and maintain good health and well being of the people in the community.

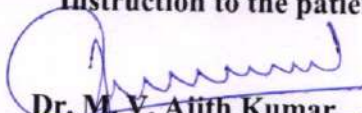
Photographs:



Instruction to the patients



Distribution of medicine


Dr. M. V. Ajith Kumar
Programme Co-ordinator




Principal

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National Service Scheme - Unit 45
The Tamil Nadu Dr. M G R Medical University, Chennai

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
NATIONAL SERVICE SCHEME, UNIT NO - 45
SARADA KRISHNA HOMOEOPATHIC MEDICAL COLLEGE,
KULASEKHARAM, KANNIYAKUMARI DISTRICT,
TAMIL NADU-629161



Principal & UBA Co-ordinator
PRINCIPAL

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Report - Swasthyarakshan Programme

Group Discussion on sustainable development

Organized by Department of Community medicine

DATE / TIME: 12.10.2022, 10.00 a.m. to 01.00 p.m.

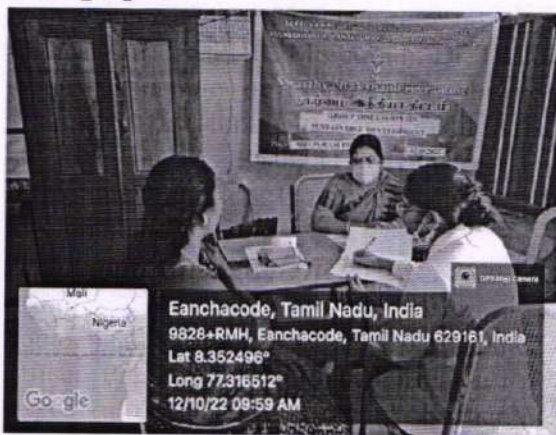
VENUE: Melpuram Peripheral Health Centre

Community Medicine Department of Sarada Krishna Homoeopathic Medical College, Kulasekharam has conducted a group discussion programme on sustainable development on 12-10-2022 at Peripheral Health Centre, Melpuram from 10.00 a.m. to 01.00 p.m. Dr. M. V. Ajith Kumar, Professor and Head, Department of Community Medicine co-ordinated the activity. The aim of the programme is to make the people aware about the basic needs, develop insights into critical issues around the world, such as lack of access to clean water and gender equality. The programme was moderated by Dr. Reshma Reghu, Medical Officer, PHC, Melpuram; Dr. Dheepika R. S., P.G. student has given an introduction about sustainable development. Ms. Jothy Dharshini, Intern explained the goals of sustainable development; Mr. Gokul Krishna, Intern described the types of sustainable development. Ms. Ganga P. Kumar, Intern discussed about the concept of sustainable development and Ms. Gopika S. Nair, Intern discussed about the components in sustainable development.

Participants and Beneficiaries: 22 villagers of both sexes participated and benefitted from the programme. 1 Medical Officer, 1 Post Graduate, 4 Interns of Sarada Krishna Homoeopathic Medical College participated in the programme. Dr. Reshma Reghu, Medical Officer, PHC, Melpuram, Dr. Dheepika R. S., P.G. student and Interns Ms. Jothy Dharshini, Mr. Gokul Krishna, Ms. Ganga P. Kumar, Ms. Gopika S. Nair participated in the programme.

Impact Analysis: By this programme, the public understood the basic needs in a community and promised to take necessary steps to conserve the nature, help the poor and empower women and girls to promote equality.

Photographs:



Moderating the session

Dr. M. V. Ajith Kumar
Programme Co-ordinator



Introduction by Dr. Dheepika

Principal



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**Report on
Swasthyarakshan Programme**

Demonstration on Handwash

Organized by: Department of Community Medicine

DATE / TIME: 08.02.2023, 10.00 a.m. to 01.00 p.m.

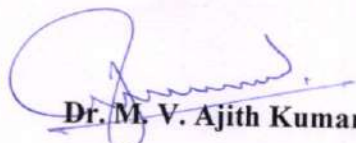
VENUE: Melpuram PHC


Department of Community Medicine of Sarada Krishna Homoeopathic Medical College, Kulasekharam conducted a programme on '**Demonstration of Handwash**' on 08-02-2023 at Peripheral Health Centre, Melpuram from 10.00 a.m. to 01.00 p.m. Dr. M. V. Ajith Kumar, Professor and Head, Department of Community Medicine co-ordinated the activity. The aim of the programme is to provide awareness to the community about necessary hygienic practices and how to practise it to prevent the spread of infections.

Participants and Beneficiaries: 23 villagers of both sexes participated and benefitted by the programme. Dr. Reshma Reghu, Assistant Professor, Department of Community medicine, Dr. Dheepika, P.G. Scholar and Interns Ms. Parveen Banu, Ms. Sreedevi, Ms. Sowfiya and Ms. Sri Abhivarsheny attended the programme. Dr. Dheepika explained about the importance of practising handwashing techniques. Dr. Reshma Reghu demonstrated various steps in handwashing. Ms. Parveen Banu described the common diseases which can spread through direct contact. Ms. Sreedevi explained the risk factors of avoiding hand washing. Ms. Sowfiya mentioned various other preventive measures to combat against communicable diseases.

The common people understood the importance and benefits of hand washing and the steps of hand washing techniques which helps to reduce the incidence of common infectious diseases in children and elderly.

The programme was highly appreciated by the public as it helps to understand the best ways to remove germs, avoid getting risk and prevent the spread of germs to others.


Dr. M. V. Ajith Kumar
Programme Co-ordinator


Dr. N. M. Sugathan
Principal
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**Report on
Swasthyarakshan Programme**

Awareness programme on Mother & Child care

Organized by: Department of Community Medicine

DATE / TIME: 06.03.2023, 10.00 a.m. to 01.00 p.m.

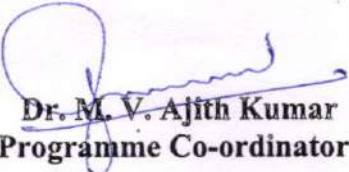
VENUE: Kadayalumoodu PHC


Department of Community medicine of Sarada Krishna Homoeopathic Medical College, Kulasekharam conducted an awareness programme on 'Mother and Child care' on 06-03-2023 at Peripheral Health Centre, Kadayalumoodu from 10.00 a.m. to 01.00 p.m. Dr. M. V. Ajith Kumar, Professor and Head, Department of Community Medicine co-ordinated the activity. The aim of the programme is to provide awareness to the community about care to be given for mother and children which can prevent the morbidity and mortality rates among those groups.

Participants and Beneficiaries: 18 villagers of both sexes participated and benefitted by the programme. Dr. Bindusaran, Associate Professor, Department of Pathology & Microbiology, Dr. Priyankashree, P.G. Scholar and Interns Ms. Riswana, Ms. Sasirekha, Ms. Sharmili and Mr. Sasidharan attended the programme. Dr. Priyankashree welcomed the gatherings. Dr. Bindusaran R explained about the health issues of post natal mothers and post natal services. Ms. Riswana described about family planning methods. Mr. Sasidharan explained about child health and immunization process. Ms. Sasirekha explained about feeding practices.

The Public understood about the steps they should taken to improve the health status of a child and mother. They also understood the importance of breast feeding and immunisation programmes.

The programme was a great success. The public shows much enthusiasm and asked their doubts regarding the diet and nutrition to be followed for the health of child and mother. The involvement of public make the programme an interactive session and the doctors clarified their doubts to build up a healthy community.


Dr. M. V. Ajith Kumar
Programme Co-ordinator


Dr. N. V. Sugathan
Principal

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REPORT ON

VILLAGE BEAUTIFICATION PROGRAM – WORLD EARTH DAY 2023


Organized by : Eco Club, SESRE Cell & Swasthya Rakshan Unit of
SKHMC

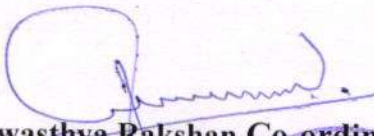
Date : 22.04.2023


Venue : Kadayalumoodu Panchayat , K.K. district

The Eco Club, Social Entrepreneurship, Swachhta & Rural Engagement Cell and Swasthya Rakshan unit of Sarada Krishna Homoeopathic Medical College organized a village beautification programme at Kadayalumoodu, Kanayakumari District in connection with the celebration of World Earth Day 2023 on 22.04.2023. Mr. John, Ward member, Ward 11, Kadayalumoodu inaugurated the programme, Gopika R. S. (Eco Club Co-ordinator SKHMC) handed over the tree saplings to the ward member. Trees were planted at Community Hall Arakanadu premises and Swapna Sports and Arts club, Arakanadu. Dr.AjithKumar. M.V. (Swasthya Rakshan unitcoordinator SKHMC), Dr.R.Bindhusran (Member SESRE Cell, SKHMC) and 5 students along with the public participated in the programme. Our students along with the public cleaned the road side and *planted trees* to provide shade and *beautify* the landscapes.

The initiative engages young people in the ward in tree-planting and street cleaning, which helps in reducing the amount of road debris, thus helps to preserve the local rivers and air ultimately serving and improving the overall wellness of panchayat. This initiative enriches the lives of the residents and also enriches the earth that they now inhabit, and it also contributes to a greener future.


Eco Club Co-ordinator
Dr. R. S. Gopika


Swasthya Rakshan Co-ordinator
Dr. AjithKumar.M.V


Principal
(SESREC Co-ordinator)
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**Report on
Swasthyarakshan Programme**

Exhibition Programme in connection with National No Diet Day

Organized by: Department of Community Medicine

DATE / TIME: 06.05.2023, 10.00 a.m. to 01.00 p.m.

VENUE: Pechipparai PHC

The Department of Community Medicine of Sarada Krishna Homoeopathic Medical College, Kulasekharam conducted an Exhibition programme in connection with National No Diet Day on 06-05-2023 at Peripheral Health Centre, Pechipparai from 10.00 a.m. to 01.00 p.m. Dr. M. V. Ajith Kumar, Professor and Head, Department of Community Medicine co-ordinated the activity. The aim of the programme is to encourage everyone to take right food without depriving themselves from the joy of cooking just because of a diet.

Participants and Beneficiaries: 21 villagers of both sexes participated and benefitted by the programme. Dr. M. V. Ajith Kumar, Professor & HOD, Department of Community Medicine, Dr. Gokul Krishna, Assistant Professor, Department of Materia medica, Dr. Shamily, P.G. Scholar and Interns Ms. Nivethitha V, Ms. Parveen Banu A, Ms. Neela Dharshini and Ms. Oshin Hanna Teresa attended the programme. Dr. Shamily welcomed the gatherings. Dr. Ajith Kumar explained about the importance of healthy diet. Dr. Gokul Krishna explained about the health issues due to unhealthy diet. Interns Ms. Nivethitha V, Ms. Parveen Banu A, Ms. Neela Dharshini and Ms. Oshin Hanna Teresa explained about the nutritive value of various nutrients exhibited in the programme to the public.


The Public understood about the nutritive value of various food items and how to enjoy their favourite food without causing any health issues.


The public accepted and admitted the programme as this gain a confidence in themselves by accepting their body shape diversities as well as the concept of health at any size.


Dr. M. V. Ajith Kumar
Programme Co-ordinator

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TAMIL NADU




Dr. N. V. Sugathan
Principal


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