



**DEPARTMENT OF COMMUNITY MEDICINE**  
**Arunai Medical College and Hospital, Tiruvannamalai**

In collaboration with The *Tamil Nadu Dr. M.G.R Medical University*

For the Study titled

**“Community screening program for Non-Alcoholic Fatty Liver Disease (NAFLD): Evaluating its Feasibility, scalability and Sustainability of implementation in Tribal Areas of Tamil Nadu”**



# THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

Prof. Dr.K. Narayanasamy, M.D., D.M. (GE)  
Vice-Chancellor

28.02.2025

Lr.No.62/VC-Epid./2025

To  
Dr. Gunasingh  
Dean  
Arunai Medical College & Hospital  
Velu Nagar, Thenmathur  
Tiruvannamalai – 606603

Dear Dr. Gunasingh,

Ref: Your email dated November 19, 2024, nominating Dr. A. Balaji, HOD &  
Professor, Department of Community Medicine, Arunai Medical  
College & Hospital.

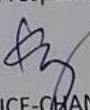
Greetings from The Tamil Nadu Dr. MGR Medical University, Chennai.

I hope this letter finds you well. As you are aware, our university is currently conducting a study titled 'Community screening program for Non-Alcoholic Fatty Liver Disease (NAFLD): Evaluating its Feasibility, Scalability and Sustainability of implementation in Tribal Areas of Tamil Nadu'.

In this regard, we held a meeting at Jawadi Hills on February 11, 2025, during which it was decided to collect blood samples from high-risk individuals for SGOT, SGPT, and platelet counts and utilise the pre-final year students for data collection including completion of Community Based Assessment Checklist (CBAC).

We would greatly appreciate it if your institute could support this initiative by involving your MBBS students in data collection including completion CBAC, allocate one lab technician to draw blood at Jawadi hills and lifting the blood samples and conducting the necessary investigations (SGOT, SGPT, and platelet counts) at your facility.

Thank you for your time and attention to this matter. We look forward to your positive response from your institute.

  
VICE-CHANCELLOR

**Letter to nominate Dr. A. Balaji, Vp & HOD as Team Lead for the study**

# Data Collection Report – NAFLD Project

**Study Title:** Community screening program for Non-Alcoholic Fatty Liver Disease (NAFLD): Evaluating its Feasibility, scalability and Sustainability of implementation in Tribal Areas of Tamil Nadu (Jawadhu Hills, Tiruvannamalai District)

**Guided by:** Dr. Balaji Arumugam, Vice Principal, Professor & Head of the Department, Community Medicine, AMCH

**Team:** Faculty, Postgraduates, Social Workers, and Lab Technicians – Department of Community Medicine

## Day 1 – 24/03/2025 (Monday)

Location	Time	Team Members
PHC, Jamunamarathur	8:00AM – 4:00PM	Dr. Ilangovan, Dr. Sindhuja, Dr. Sandhiya, Dr. Kaviya

### Activities:

On this day, the study participants who gave informed consent were screened for anthropometric measurements such as weight, height, and waist circumference. The blood pressure was also recorded. The data was collected and entered using the Epicollect5 mobile application, which included general socio demographic information, personal history, and dietary habits of the participants. The Risk score was then calculated, and individuals with higher scores ( $> 4$ ) were referred for blood sample collection. A total of 24 individuals were assessed and 8 blood samples were collected. The collected data was uploaded in the Epicollect5 App for data analysis.



Getting informed consent from the participants



Data collection using Epicollect App

## Day 2 – 15/04/2025 (Tuesday)

Location	Time	Team Members
PHC, Jamunamarathur	8:00AM – 4:00PM	Dr. Vaishali, Dr. Suresh, Dr. Pavithra, Dr. Sindhuja, Dr. Sandhiya, Dr. Kaviya, Mr. Yesuraja, and 2 Lab Technicians

### **Activities:**

Data collection continued with a larger team. Participants were screened through a structured assessment that involved measuring vital parameters, conducting physical evaluations, and recording their details in the Epicollect application. In total, 66 participants were evaluated and 12 blood samples were collected for further investigation. The day ended with synchronization of the collected data for monitoring and follow-up.

## Day 3 – 28/04/2025 (Monday)

Location	Time	Team Members
PHC, Jamunamarathur	8:00AM – 4:00PM	2 Assistant Professors, 1 Senior Resident, 2 Postgraduates, 2 Social Workers, and 2 Lab Technicians

### **Activities:**

With the support of PHC Medical Officer, ASHA workers, and field staff, the team mobilized the local population to the camp site. A public address was delivered to raise awareness about the importance of the study and to motivate people to participate. Following this, 1 Senior Resident and 2 Postgraduates collected data and entered it in real time using the Epicollect App. A total of 58 participants were assessed and 23 blood samples were collected. The team ensured that the collected data was updated and synced for processing.



**Awareness about Screening for Non Communicable Diseases**



**Screening & Data collection using Epicollect App**

## Day 4 – 06/05/2025 (Tuesday)

Location	Time	Team Members
PHC, Jamunamarathur	8:00AM – 4:00PM	Dr.S.Sakthipriyan, Dr. Suresh  Mr. Yesuraja, Mr. Vinoth

### **Activities:**

The standard procedures were followed, where participants underwent physical screening, anthropometric measurement, and data entry. A total of 46 individuals were screened, and 24 samples were collected and sent for laboratory analysis. The data was recorded and synchronized at the end of the day.



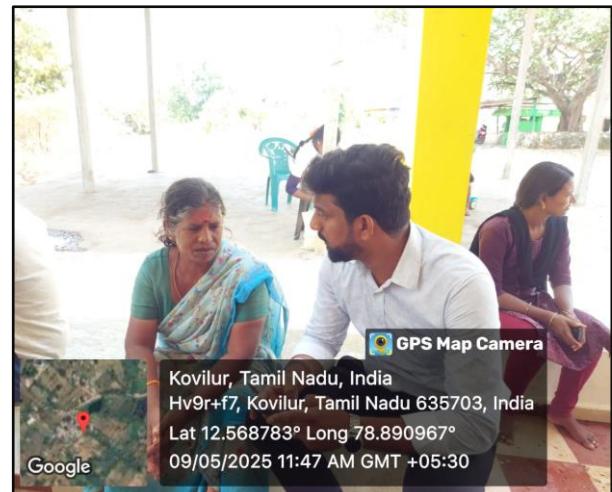
**Height and weight measurement by Field staffs**

## Day 5 – 09/05/2025 (Friday)

Location	Time	Team Members
PHC, Jamunamarathur	8:00AM – 4:00PM	3 Assistant Professors, 3 Postgraduates, 2 Social Workers, and 2 Lab Technicians

### **Activities:**

Data collection was first carried out at the Jamunamarathur PHC, where participants were evaluated by the study team. Later, the team was divided, and one group proceeded to Athipet Village. In Athipet, after visiting the sub-centre, the team members conducted individual house-to-house visits to collect participant information and conduct health screenings. This effort led to the assessment of 89 individuals and the collection of 20 blood samples.



**Waist circumference measurement by the faculty**

## **Day 6 – 15/05/2025 (Thursday)**

<b>Location</b>	<b>Time</b>	<b>Team Members</b>
PHC, Jamunamarathur	8:00AM – 4:00PM	2 Assistant Professors, 2 Senior Residents, 3 Postgraduates, 2 Social Workers, and 2 Lab Technicians

### **Activities:**

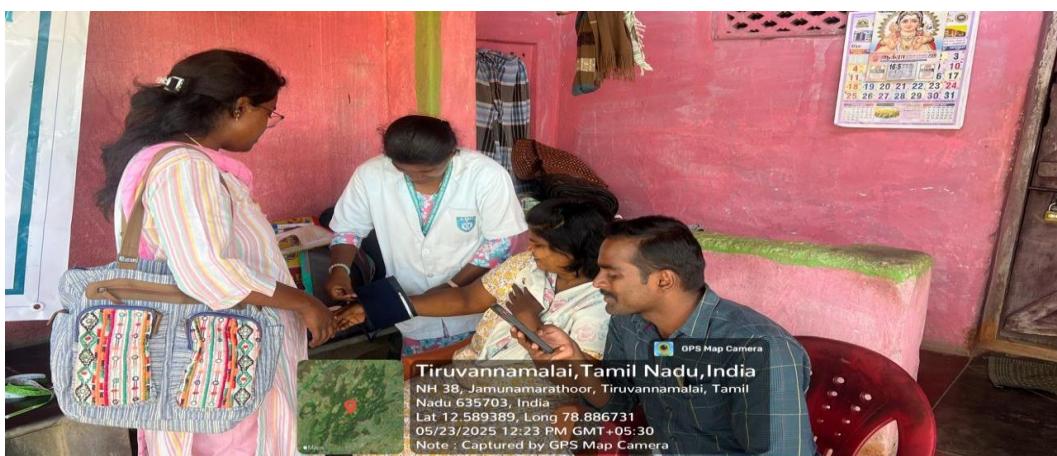
The data collection activities took place through detailed house-to-house visits in both Thanjankollai and Perunkattur villages. Team members engaged with each household to collect individual health data, conduct assessments, and record responses directly into the Epicollect App. A total of 112 individuals were assessed, and 26 blood samples were collected. The field visit ensured wide coverage and deep community interaction.

## **Day 7 – 23/05/2025 (Friday)**

<b>Location</b>	<b>Time</b>	<b>Team Members</b>
PHC, Jamunamarathur	8:00AM – 4:00PM	1 Assistant Professor, 2 Senior Residents, 3 Postgraduates, 2 Social Workers, and 2 Lab Technicians

### **Activities:**

Data collection was first carried out at the Jamunamarathur PHC, where participants were evaluated by the study team and 1 qualitative interview with the PHC staff was carried out by Dr. Vaishali. Then the team went to Anna Nagar area at Jamunamarathur and conducted individual house-to-house visits to collect participant information and conduct health screenings. This led to the assessment of 58 individuals and the collection of 9 blood samples.



**Data collection and blood pressure measurement by the Lab technician**



**Blood pressure and anthropometry measurement by Health Inspector**

S.No	Date and day	No. of data collected	No. of sample collected
1.	24/3/2025	24	8
2.	15/4/2025	66	12
3.	28/4/2025	58	23
4.	6/5/2025	46	24
5.	9/5/2025	89	20
6.	15/5/2025	112	26
7.	23/05/2025	58	9
<b>Total</b>		<b>453</b>	<b>122</b>

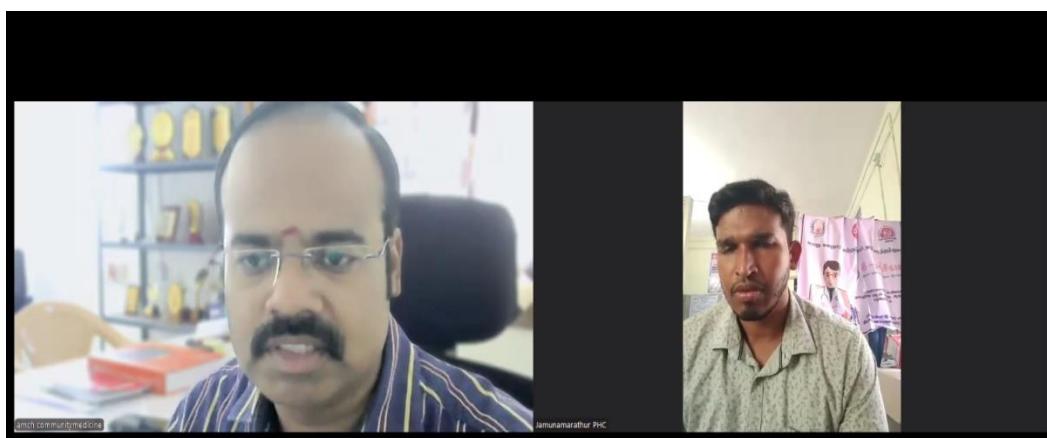
## QUALITATIVE STUDY

The qualitative data for this study was systematically collected through an online Zoom meeting conducted with all the designated staff involved in the NAFLD (Non-Alcoholic Fatty Liver Disease) screening project. Prior to initiating the interviews, verbal consent was obtained from each participant, ensuring ethical compliance and willingness to participate in the study. The session was organized and facilitated by Professors and Faculty members from the Department of Community Medicine, Arunai Medical College and Hospital (AMCH), with the objective of gaining deeper insights into the staff's understanding and practical experiences related to the community-based screening program of NAFLD.

During this study process, the participants were interviewed in detail regarding the nature of their work responsibilities within the project. Emphasis was placed on assessing their knowledge about NAFLD, its risk factors, and the significance of early detection through community screening initiatives. Furthermore, the discussion explored the extent to which staff members had been able to implement the screening activities in real community settings. Particular attention was given to identifying operational barriers they encountered, such as logistical challenges, community resistance, lack of awareness, and resource constraints.

The interview also aimed to understand the acceptability of such screening programs among the local population and how receptive people were towards participating in screening camps. Participants provided valuable feedback on what strategies worked well, what hindered implementation, and how future programs could be improved. Suggestions included enhancing community awareness through targeted health education, strengthening inter-sectoral coordination, and improving infrastructure support. The insights gathered during this qualitative interaction are expected to contribute meaningfully to refining and scaling up the NAFLD community screening program in an efficient, culturally acceptable, and sustainable manner.

**22.05.2025 ( Thursday )**



DR.A.Balaji, HOD interviewing with Dr.Praburajan

Medical officer, PHC Jamunamarathur

**22.05.2025 ( Thursday )**



Dr.S.Sakthipriyan AP interviewing with Dr.Yesvanth  
Medical officer, PHC Jamunamarathur

**26.05.2025 ( Thursday )**



Dr.Vaishali AP Interviewing Lab Technicians  
Department of community medicine , AMCH

**28.05.2025 (Wednesday)**



Dr.Vaishali AP Interviewing Kulandaiyesuraja,Vinothraj MSW's

Department of community medicine , AMCH



ARUNAI MEDICAL COLLEGE AND HOSPITAL

# REPORT ON

## LIFESTYLE MEDICINE AND MOTIVATIONAL TALK

**DR. BALAJI ARUMUGAM**  
VICE PRINCIPAL  
PROFESSOR & HOD  
DEPARTMENT OF COMMUNITY MEDICINE

**21<sup>ST</sup> MARCH 2025**

# Introduction

On 21st March 2025, the Department of Community Medicine, Arunai Medical College and Hospital, successfully conducted an awareness program on "Lifestyle Medicine and Motivational Talk" at Divine Life Paramedical Institute, Kilnathur, Tiruvannamalai District. The program was organized under the guidance of Dr. A. Balaji, Vice Principal, Professor, and Head of the Community Medicine Department. The session aimed to educate college students and staff about the impact of modern lifestyle habits on health and provide motivation to lead a disciplined life.



# Welcome

The event commenced with a warm welcome extended to Dr. A. Balaji by the college principal and students. The principal expressed gratitude for his presence and highlighted the importance of the session in today's fast-paced world, where health issues and lack of motivation have become major concerns among youth.



# Lifestyle Medicine

Dr. A. Balaji initiated his session by addressing the following key aspects of lifestyle medicine:

## **Effects of Modern Lifestyle on Health**

- Unhealthy eating habits and lack of physical activity.
- Increased stress levels due to work pressure and academic burden.
- Rise in lifestyle diseases such as obesity, diabetes, and hypertension.



# Impact of Excessive Mobile Phone Usage

- Adverse effects on mental and physical health.
- Disruptions in sleep patterns and concentration levels.
- Addiction and its role in social isolation.



# Strategies to Overcome Lifestyle Issues

- Importance of a balanced diet and regular exercise.
- Meditation and mindfulness techniques to reduce stress.
- Setting screen-time limits to prevent digital addiction.

# Motivational Talk

After covering the health-related topics, Dr. A. Balaji transitioned into a motivational session focused on students' personal and academic growth. The key points discussed included:

## **Overcoming Challenges in Student Life :**

- Time management and effective study techniques.
- Developing a growth mindset and self-discipline.



## **Goal Setting and Career Planning :**

- The importance of setting short-term and long-term goals.
- Steps to stay focused and avoid distractions.

## **Building Self-Confidence and Positive Thinking :**

- The power of self-belief in achieving success.
- Avoiding negative influences and staying motivated.



# Interaction and Feedback

The session concluded with an interactive Q&A session where students eagerly participated and clarified their doubts. Many students shared their perspectives and appreciated the valuable insights provided by Dr. A. Balaji.



## Conclusion

The program on "Lifestyle Medicine and Motivational Talk" proved to be highly beneficial for the students and staff of Divine Life Paramedical Institute. The session successfully raised awareness about the adverse effects of modern lifestyle habits and encouraged students to adopt healthier practices. Additionally, the motivational talk instilled confidence and determination in students to pursue their goals with a positive mindset. The participants expressed their gratitude to Dr. A. Balaji for his inspiring words, making the event a great success.

*"Your future is created by what you do today,  
not tomorrow."*

# REPORT ON LIFESTYLE MEDICINE

09th April  
**2025**



*Dr. Balaji Arumugam*

VICE PRINCIPAL, PROFESSOR, AND HEAD  
OF THE COMMUNITY MEDICINE  
DEPARTMENT

VENUE:

ANNAPOORANA MEDICAL COLLEGE AND  
HOSPITAL, SALEM DISTRICT

## INTRODUCTION

A Lifestyle Medicine educational session was conducted on 9th April 2025 at Annapoorana Medical College and Hospital, Salem District. This event was organized by the Department of Community Medicine, Arunai Medical College and Hospital, under the esteemed guidance of Dr. A. Balaji, Vice Principal, Professor, and Head of the Community Medicine Department.

The primary aim of the program was to create awareness among college students and staff about the principles of Lifestyle Medicine and its role in improving overall health and preventing chronic diseases. The program began with a warm welcome extended by the Principal of Annapoorana Medical College, followed by greetings from students and staff. Dr. A. Balaji was then invited to deliver the session, where he effectively engaged the audience with insightful discussions on the six core pillars of Lifestyle Medicine.



# SIX PILLARS OF LIFESTYLE MEDICINE

## Physical Activity

The importance of regular physical activity was emphasized, recommending at least 30 minutes of moderate exercise daily. Benefits such as improved heart health, enhanced mood, better metabolic function, and weight control were discussed.

Dr.A.Balaji shared tips to integrate movement into daily routines, especially for students and professionals with sedentary lifestyles.



## Sleep

Dr.A.Balaji highlighted the critical role of quality sleep in maintaining both mental and physical health. Aiming for 7-9 hours of restful sleep per night was encouraged. He explained how lack of sleep affects concentration, immunity, and emotional stability. Practical sleep hygiene tips were shared to help establish a consistent and healthy sleep schedule.

## Social Connections

This pillar focused on the importance of maintaining meaningful relationships for emotional support and stress reduction. Dr. A. Balaji discussed how positive social interactions contribute to mental well-being and lower the risk of depression. Students were encouraged to build supportive peer groups and stay socially engaged beyond digital interactions.



## Managing Stress

The session covered how unmanaged stress can contribute to chronic illnesses like hypertension, diabetes, and heart disease. Various techniques such as deep breathing, yoga, mindfulness, and effective time management were introduced. The importance of acknowledging stress and seeking timely support was emphasized by Dr.A.Balaji.

## Healthful Eating

The significance of a balanced diet was explained, with an emphasis on consuming whole grains, fresh fruits, vegetables, lean proteins, and healthy fats. Dr.A.Balaji warned against processed foods and sugar-rich diets. Participants were guided on how to make mindful eating choices to maintain energy, concentration, and long-term health.



## Avoiding Risky Substances



Dr.A.Balaji concluded the session by addressing the harmful impact of tobacco, alcohol, and other addictive substances. The importance of staying away from these substances to prevent lifestyle-related diseases was stressed. Preventive strategies and support systems for those at risk were also discussed.

## CONCLUSION

The Lifestyle Medicine program delivered by Dr. A. Balaji was highly informative and well-received by the students and staff of Annapoorana Medical College. The session effectively highlighted the six essential pillars of a healthy lifestyle, motivating attendees to adopt positive changes in their daily routines.

Through this initiative, awareness about preventive healthcare and self-care practices was significantly strengthened. The session served as a valuable reminder of how simple, consistent lifestyle choices can lead to long-term health benefits. The organizers and participants expressed sincere gratitude for the insightful and engaging presentation.



# Report on Health Education and Awareness

## Campaign for World Malaria Day – 2025

**THEME: Malaria ends with us; reinvest, reimagine, reignite**

### Urban Health Training Centre (UHTC)

**Organized by:** Department of Community Medicine

**Institution:** Arunai Medical College and Hospital (AMCH)

**Date:** 21st April 2025

**Venue:** Ambedkar Street, Tiruvannamalai

Under the esteemed guidance of **Dr. A. Balaji, M.D., Vice Principal, Professor and Head, Department of Community Medicine**, a **Health Education and Awareness Campaign** was successfully organized by the Department of Community Medicine, AMCH, in observance of **World Malaria Day 2025**.

The outreach program took place on **21st April 2025** at **Ambedkar Street, Tiruvannamalai**, with the active involvement of faculty members **Dr. Janarthanan** and **Dr. Pavithra**, supported by **PG (Postgraduates), Health Inspectors (HI), and Medical Social Workers (MSW)** from **the Urban Health Centre (UHC)**.





The campaign aimed to educate the local community about **Malaria** and other **vector-borne diseases**, focusing on:

- **Modes of transmission** of malaria and related diseases
- **Vector bionomics**, including mosquito breeding habits and lifecycles
- **Prevention and control measures**, including environmental management and personal protection methods
- **Importance of early diagnosis and prompt treatment**

A total of **18 local residents** (beneficiaries) attended the session. **Information, Education, and Communication (IEC) materials** were displayed and explained, highlighting common mosquito breeding sites such as stagnant water, uncovered containers, and drains. Control measures such as the use of mosquito nets, insect repellents, source reduction, and community participation in maintaining sanitation were emphasized.



Interactive discussions were held with the beneficiaries to address their doubts and encourage active participation in vector control activities. The session concluded with a pledge from the community members to adopt preventive measures and spread awareness among their neighbours.

The campaign was well-received and served as an effective platform to raise awareness and empower the community with knowledge on preventing vector-borne diseases.

## Rural Health Training Centre (RHTC)

**Date:** 23.04.2025

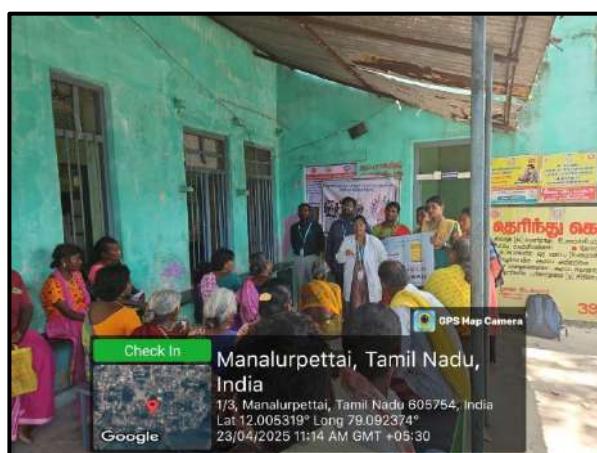
**Location:** Primary Health Centre, Manalurpet

Under the valuable guidance of **Dr. A. Balaji, M.D., Vice Principal, Professor and Head of the Department of Community Medicine**, a **Health Education and Awareness Campaign** was conducted on **23rd April 2025** at **Primary Health Centre, Manalurpet** in observance of **World Malaria Day**.

The program was organized by the **Department of Community Medicine, Arunai Medical College and Hospital (AMCH)**, and was led by **Dr. Janarthanan** and **Dr. Pavithra**, with the active participation of **PGs (Postgraduates)** and **Health Inspectors (HI)** from the **Rural Health Training Centre (RHTC)**.

### **Objectives of the Program:**

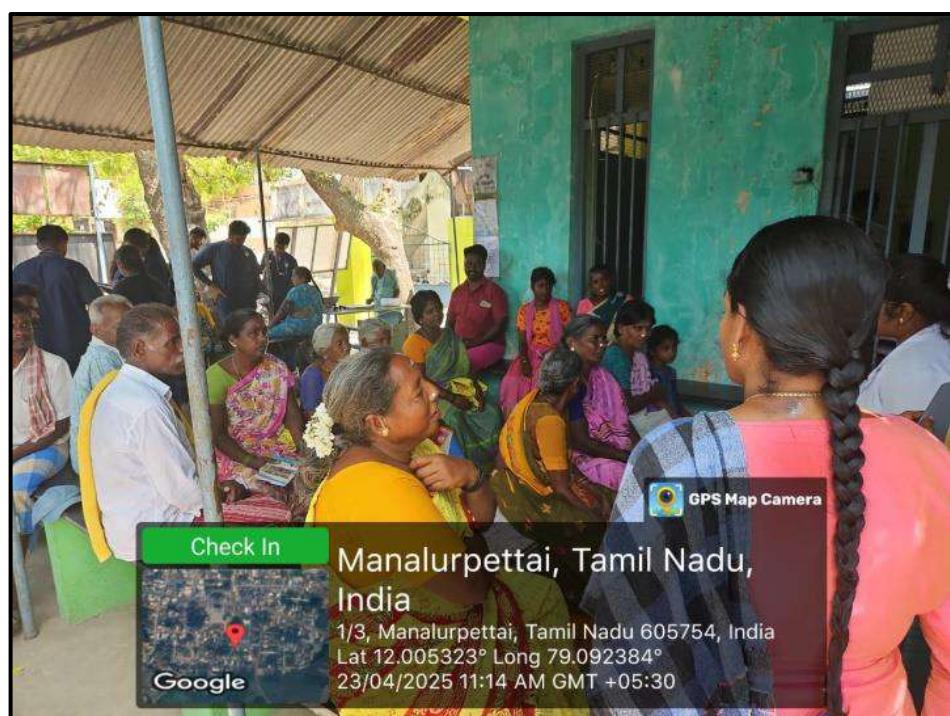
- To create awareness about **malaria** and its impact on public health
- To educate the community on the **mode of transmission** and **mosquito vector life cycle**
- To highlight effective **prevention and control strategies**



## Program Highlights:

- Detailed explanation of **vector bionomics**, focusing on mosquito breeding and habits
- Use of **IEC (Information, Education & Communication) materials** to demonstrate breeding sites and control techniques
- Interactive sessions with local residents to discuss preventive actions
- Practical tips on maintaining environmental hygiene to reduce mosquito breeding

A total of **25 beneficiaries** from the local community attended the session. The participants actively engaged with the resource persons, asked relevant questions, and showed a keen interest in implementing the suggested measures.





## Conclusion:

The program was successful in raising awareness among the rural population and promoting proactive steps towards malaria prevention. The involvement of medical professionals and field staff contributed to the effective delivery of key public health messages.

# Report on ANC Awareness Program

**Date:** 30.04.2025

**Place:** Chengam

**Organized by:** Department of Community Medicine

**Under the Guidance of:** Dr. A. Balaji, Vice Principal, Professor and HOD, Department of Community Medicine

An Antenatal Care (ANC) Awareness Program focusing on ANC diet, breastfeeding, and family planning was successfully conducted on 30th April 2025 at Chengam, organized by the Department of Community Medicine under the guidance of Dr. A. Balaji, Vice Principal, Professor and Head of the Department of Community Medicine.

The session was led by Dr. Sakthipriyan and Dr. Pavithra, with the active participation of Master of Social Work (MSW) professionals. The program was attended by 31 beneficiaries, including pregnant women and their family members.

- The main objective of the program was to raise awareness about essential antenatal care practices and promote maternal and child health. The session included the following key components:
- ANC Diet: Participants were educated about the nutritional needs during pregnancy, emphasizing the intake of iron, folic acid, calcium, and a balanced diet to ensure the well-being of both mother and baby.
- Breastfeeding: Proper breastfeeding positions, techniques, and attachment methods were demonstrated. The importance of exclusive breastfeeding for the first six months was explained, highlighting its benefits such as enhanced immunity, emotional bonding, and healthy development.



- Family Planning: The beneficiaries were introduced to various temporary and permanent family planning methods. Discussions included the benefits of Planned Parenthood, appropriate spacing between children and available government services.
- Information, Education, and Communication (IEC) materials were used to support the session, which included visuals and explanations on:
  - Danger signs during pregnancy that requires immediate medical care.
  - Daily dietary recommendations for pregnant women.
  - Proper breastfeeding positions and techniques.
  - Benefits of exclusive and continued breastfeeding.
  - Family planning methods and where to access them.



An interactive Q&A session at the end allowed participants to voice their doubts and receive personalized advice. The feedback from the attendees was overwhelmingly positive, with many expressing gratitude for the valuable information shared.

Community-level awareness programs such as this are essential in empowering women with knowledge, reducing maternal and infant health risks, and improving overall public health outcomes.



We extend our heartfelt thanks to Dr. A. Balaji, Vice Principal, Professor and HOD, for his continuous guidance and encouragement.



### **Conclusion:**

The ANC Awareness Program held at Chengam on 30th April 2025 was a successful initiative that educated beneficiaries on key aspects of maternal and child health, including ANC diet, breastfeeding, and family planning. The use of IEC materials and interactive discussions helped enhance understanding among participants.

# Medical Screening Camp Report

## May 2025

**Location:** Sigaram Don Bosco, Aadaiyur

**Date:** 3rd May 2025

**Time:** 10:00 AM to 1:00 PM

**Organized by:** Department of Community Medicine

**Under the Guidance of:** Dr. A. Balaji – Vice Principal, Professor & Head of Department, Community Medicine

### Introduction

As part of the on-going outreach initiatives of the Department of Community Medicine, a **Medical Screening Camp** was organized on **3rd May 2025** at **Sigaram Don Bosco, Aadaiyur, Tiruvannamalai**. The primary objective of this camp was to extend curative, preventive and promotive healthcare services to underserved adolescent and adult populations associated with the Don Bosco institution.

The camp was organized under the esteemed guidance of **Dr. A. Balaji**, Vice Principal and Professor & HOD of the Department of Community Medicine. The on-ground coordination and execution were managed by:

- **Dr. R. Ilangovan**, Assistant Professor
- **Dr. M. Suresh**, Senior Resident
- **Dr. Janarthanan Dhayanithi**, Senior Resident



## Target Beneficiaries and Demographics

The camp catered to a total of **60 individuals aged 11 years and above**, including:

- **Male:** 36
- **Female:** 24

The attendees comprised:

- School-going adolescents
- College students
- Teaching and non-teaching staff members of Sigaram Don Bosco

## Observations and Clinical Findings

During the screening, a variety of common ailments and health concerns were identified among the participants. Key observations included:

- **Myalgia (muscle pain):** Reported as the **most common complaint** among both male and female beneficiaries. Likely contributing factors included poor posture, nutritional deficiencies, and lack of physical activity.
- **Irregular Menstrual Cycles:** This was notably **prevalent among adolescent girls**, pointing towards possible, nutritional inadequacies stress, and hormonal imbalances. These cases were counselled and advised appropriate follow-up care.

Other minor ailments included headaches, fatigue, seasonal allergies, and skin infections.



## Medications Dispensed

Essential medications were provided to the identified beneficiaries based on clinical need. The following categories of drugs were dispensed:

- **Multivitamin tablets** – to address signs of general fatigue and nutritional deficiencies.
- **Analgesics** – for muscle pain and body aches.
- **ORS sachets** – to combat dehydration and promote electrolyte balance.
- **Antibiotics** – for confirmed bacterial infections.
- **Antihistamines** – for allergic complaints such as sneezing, itching, and rashes.
- **Topical antifungal creams** – for cases of skin infections.

All medications were issued with proper counselling regarding dosage, use, and possible side effects.



## Health Education and Awareness

In addition to clinical screening, individual counselling was offered on:

- Personal hygiene and menstrual health
- Importance of nutrition during adolescence
- Prevention of common communicable diseases
- When to seek medical attention

This contributed to raising awareness and improving health-seeking behaviour among participants.



## Vote of Thanks

The camp concluded successfully at 1:00 PM with a warm **Vote of Thanks** delivered by **Mr.Kulanthaiyesuaja** and **Mr. Vinothraj**, on behalf of the Don Bosco institution. They expressed their heartfelt gratitude to the medical team for their dedication and compassionate service.

## Conclusion

The medical screening camp at Sigaram Don Bosco, Aadaiyur, was a highly beneficial initiative, promoting health awareness and addressing common health issues among adolescents, college students and staff. The collaborative efforts of the Department of Community Medicine and the local institution ensured that the program met its objectives effectively. The camp not only served the immediate health needs of the participants but also laid the foundation for future health-focused collaborations with the community.

# Report on Health Education and Screening Campaign

## - World Hypertension Day 2025

### Department of Community Medicine, Arunai Medical College and Hospital

On the occasion of **World Hypertension Day**, a **Health Education and Screening Campaign** was successfully organized by the **Department of Community Medicine, (AMCH)** on **22nd May 2025**, at the **650 Block**. The event was conducted under the esteemed guidance of **Dr. A. Balaji Arumugam**, Vice Principal, Professor & Head of the Department of Community Medicine.

This initiative aimed to raise awareness about **hypertension**, a major non-communicable disease and a leading risk factor for cardiovascular morbidity and mortality. The program focused on educating the community about the **symptoms, diagnosis, complications, management**, and most importantly, the **prevention of hypertension**.

#### THEME: MEASURE YOUR BLOOD PRESSURE ACCURATELY, CONTROL IT, LIVE LONGER

High blood pressure is a "silent killer" with no clear symptoms but can cause serious health issues like heart attacks and strokes. Regular and accurate measurement using proper methods is crucial. Knowing your blood pressure helps you take the right steps to control it through lifestyle changes or treatment, reducing health risks and supporting a longer, healthier life.

The event was actively coordinated by the **faculty members and postgraduate students** of the department, who delivered insightful health education talks covering:

- ❖ It can lead to serious health problems like heart attacks, strokes, and kidney failure.
- ❖ Regular and accurate blood pressure measurement is essential.
- ❖ Knowing your blood pressure helps you take control through lifestyle changes, medication, or regular check-ups.
- ❖ Measure. Control. Live—Three simple actions to protect your heart and your future



A total of **16 beneficiaries** participated in the campaign. Blood pressure screening was carried out for all attendees, and the following findings were documented:

- **Newly diagnosed hypertensive individuals:** 2
- **Known hypertensive individuals:** 4

All six individuals were **referred to the Outpatient Department (OPD)** for appropriate medical treatment and long-term follow-up.



The session concluded with an engaging **question-and-answer segment**, where the audience actively participated and their queries regarding hypertension, medications, and lifestyle practices were addressed in detail.

## Report on “World No Tobacco Day” Awareness Campaign – 2025

### DAY 1

#### 2025 THEME – UNMASKING THE APPEAL: EXPOSING INDUSTRY TACTICS ON TOBACCO AND NICOTINE PRODUCTS

‘World No Tobacco Day’ is observed around the world every year on 31<sup>st</sup> May to inform the public on the dangerous of using tobacco. As per the forwarded public notice from National Medical council, under the esteemed guidance of **Dr. A. Balaji**, Vice Principal, Professor & Head of the Department of Community Medicine AMCH, **Health Awareness Campaign** was successfully conducted on the occasion of **World No Tobacco Day** at **PHC Pavithram** on **27<sup>th</sup> May 2025 Tuesday (10:00 – 10:45am)**.

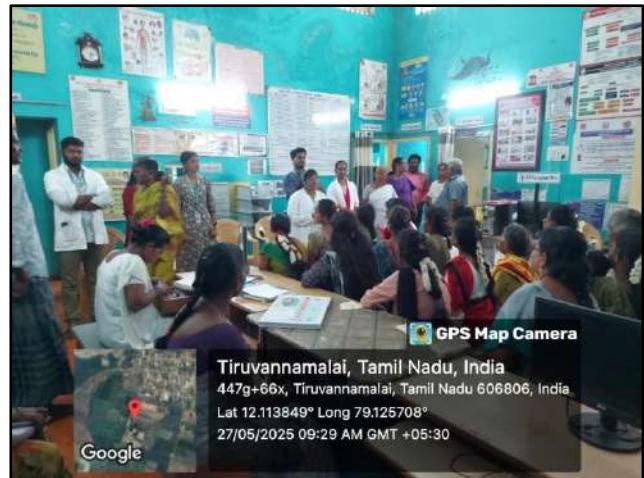
- **Total Participants:** 42 (including general patients and pregnant mothers)
- **Main Topics Covered:** Types of tobacco, health risks, preventive strategies, and awareness of tobacco cessation.
- **Objective:** To educate the community on the dangers of tobacco and promote a tobacco-free environment

The event was organized in collaboration with the PHC staff and targeted **general outpatients and pregnant mothers**, with a focus on raising awareness about the harmful effects of tobacco. The campaign commenced with an insightful address by **Dr. Ilangovan, Assistant Professor**, who introduced the **Theme of the day** and elaborated on the various **forms of tobacco consumption** among the **urban and rural populations**. His talk emphasized the increasing trend of tobacco use and its socio-cultural impact.



**Introduction on the Theme of ‘World No Tobacco Day’ by Dr. Ilangovan, Assistant Professor**

Following this, **Dr. Pavithra, Senior Resident** delivered an informative session highlighting the **health risks associated with tobacco usage**, especially among vulnerable groups such as pregnant women. She also stressed the importance of **early prevention, cessation strategies**, and the role of public health initiatives in reducing tobacco-related morbidity.



#### Health risks associated with tobacco usage session by Dr. Pavithra, Senior Resident

The session concluded with an interactive discussion led by the **Medical Officer (MO) of PHC Pavithram**, who addressed queries from the participants and encouraged them to adopt a tobacco-free lifestyle. A **vote of thanks** was given by the **Rural field staff**, appreciating the efforts of all involved in making the event successful.



#### Tobacco-free lifestyle Speech Given by Pavithram PHC Medical Officer

The event was well-received and contributed significantly to the community's understanding of tobacco-related health issues. The counselling supports were also provided as part of the campaign.

## DAY 2

### **World No Tobacco Day – 2025**

‘World No Tobacco Day’ is observed around the world every year on 31<sup>st</sup> May to inform the public on the dangerous of using tobacco. As per the forwarded public notice from National Medical council under the guidance of **Dr. A. Balaji**, Vice Principal & Professor and Head of the Department of Community Medicine, and **Dr. Sakthipriyan S**, Assistant Professor, the **World No Tobacco Day health education session** was successfully conducted at **Manalurpettai PHC, Rishivandhiyam Block, Kalakurichi District**.

The session was organized and delivered by **Health Inspectors Mr. Harikrishnan and Mr. Deiveegan**, who focused on:

- The harmful effects of tobacco and nicotine usage.
- The rise of e-cigarettes and their potential dangers, especially among the younger population.
- Common myths vs. facts about tobacco use.
- Available government support for tobacco cessation (e.g., **National Tobacco Quitline: 1800-11-2356**).
- The importance of community support and peer encouragement in quitting tobacco.

### **Objective**

- To educate the public—especially adolescents and young adults—on the deceptive marketing tactics of the tobacco and nicotine industry, and to promote a **tobacco-free lifestyle** through effective **awareness, education, and preventive strategies**.

### **Key Messages Delivered**

- Tobacco use is one of the **leading causes of preventable deaths** globally.
- **Flavored tobacco products** and **attractive packaging** are designed to lure youth into addiction.
- **Secondhand smoke** is equally harmful, affecting families and children.
- **Quitting is possible** with the right support—counselling, helplines, and medical aids are available.
- Say **NO** to industry manipulation—**choose health over habit** and influences others to do the same.



**Tobacco-Free Lifestyle, Through Effective Awareness , Speech Given By Dr.S.Sakthipriyan**

## Target Audience

- General Outpatients
- Youth and adolescents
- Pregnant women and vulnerable groups
- PHC staff and community members

## Outcome

- Increased awareness of tobacco industry manipulation among local community members.
- Motivated participants to discuss tobacco hazards with family and peers.
- Participants expressed willingness to support tobacco-free initiatives.
- Raised the importance of implementing stricter tobacco control policies at the community level
- Improved understanding of the harmful effects of new-age nicotine products such as e-cigarettes and vaping devices

## Conclusion

The event served as a vital step in strengthening the fight against tobacco use at the grassroots level. The Department of Community Medicine, in collaboration with local health workers, remains committed to continuing its outreach efforts for a **healthier, tobacco-free future**.



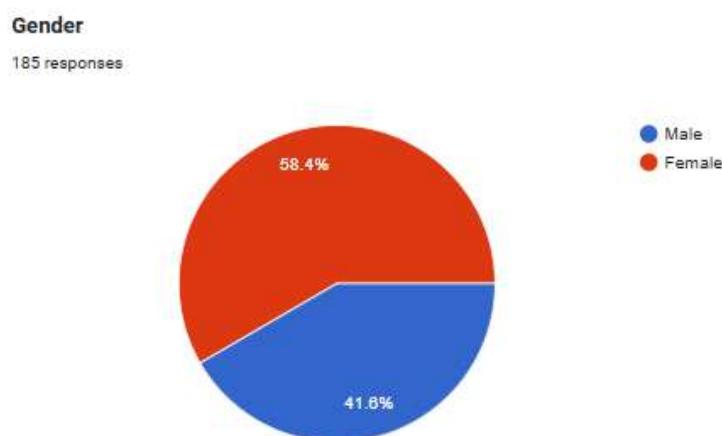
## **World No Tobacco Day Quiz MBBS PHASE I, II, III Students**

Tobacco use is a major public health concern, strongly linked to various cancers, most notably lung cancer. Among the youth, media can have a detrimental influence, often glamorizing tobacco use and undermining its severe health impacts. One of the early indicators of tobacco harm is dental issues smoking or chewing tobacco commonly leads to gum disease and tooth loss. Moreover, tobacco smoke contains carbon monoxide, which reduces the blood's oxygen-carrying capacity, affecting vital organs. Nicotine, a key component of tobacco, is especially dangerous due to its highly addictive nature and its impact on brain chemistry.

In 2025, World No Tobacco Day continues to highlight such concerns with a theme that draws global attention. Healthy alternatives to cope with stress such as physical exercise or meditation are always recommended over tobacco. Students should avoid tobacco not only because of its long-term health effects but also due to its addictive potential and harm even in small amounts. Coughing is a common symptom among smokers, primarily caused by damage to the respiratory tract lining. Additionally, tobacco use increases the risk of diseases like tuberculosis (TB), weakening lung defences. Over time, consistent tobacco consumption also impairs brain function, affecting memory and cognition.

Chewing products like pan masala may seem harmless but often contain harmful substances like nicotine, posing similar health risks. Preventing tobacco use begins with awareness, education, and access to support systems. For those aiming to quit, various government initiatives and de-addiction centres provide assistance. Under the Cigarettes and Other Tobacco Products Act (COTPA) 2003, a wide range of substances fall under the definition of tobacco products, ensuring stricter regulation. Tobacco smoke contains over 70 known carcinogens, making its consumption highly dangerous.

Initiatives like MANODARPAN, a government program promoting mental health support, can aid those trying to overcome addiction. Behavioural therapy remains one of the most effective techniques in tobacco cessation, helping individuals manage cravings and triggers. At a global level, the World Health Organization (WHO) has developed the Framework Convention on Tobacco Control (FCTC), guiding nations to implement policies that reduce tobacco use and protect public health.



Out of 191 Students those who were actively participated in the quiz, 14% of the students scored > 90 Percentage.

Above 90	14
50 - 90	84
Below 50	2

77% Answer correctly for need a media negatively influence young people towards tobacco use

# Report on Health Awareness Campaign at Don Bosco Siharam, Adaiyur

**THEME: "Our Land, Our Future".**

**Date:** 06/06/2025

**Organized by:** Department of Community Medicine

**Venue:** Don Bosco Siharam, Adaiyur

**Number of Beneficiaries:** Approximately 60 participants from the local community

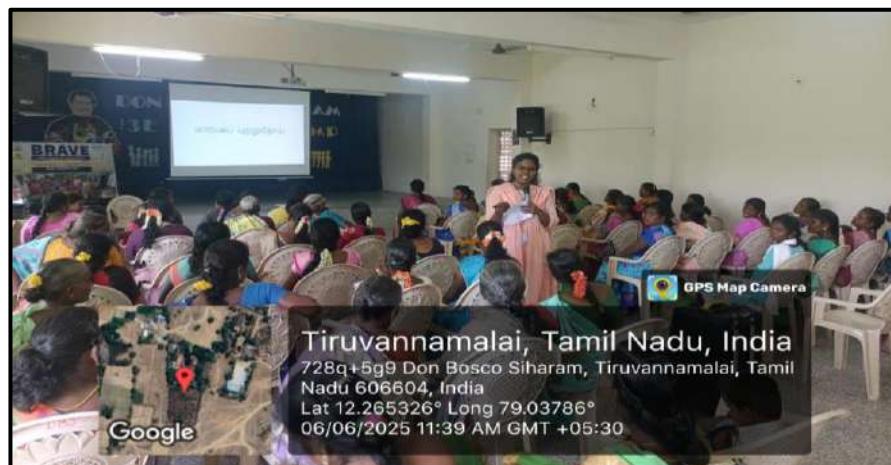
## Overview:

Under the esteemed guidance of **Dr. A. Balaji**, Vice Principal and Head of the Department of Community Medicine, a comprehensive **Health Awareness Campaign** was organized at Don Bosco Siharam, Adaiyur. The program was part of the department's on-going commitment to **community engagement and health promotion**, and it was conducted in alignment with the **World Environment Day 2025 theme** – *"Our Land, Our Future"*.

This outreach aimed to foster awareness on multiple critical themes such as **women empowerment, cancer prevention, environmental health, and plastic pollution control**, aligning with both national health priorities and Sustainable Development Goals (SDGs).

## Resource Persons:

- **Dr. J. Vaishali**, Assistant Professor, delivered an enlightening session on cancer awareness and women's health.
- **Dr. Janarthanan**, Assistant Professor, focused on the health impacts of environmental degradation and strategies to mitigate them.



## **Topics Covered:**

### **1. Women Empowerment:**

Participants were encouraged to view women as key stakeholders in family and community health. Discussions included the importance of menstrual hygiene, maternal health services, nutrition, literacy, financial independence, and participation in decision-making. Stories of successful women leaders were shared to inspire and motivate attendees.

### **2. Cancer Awareness:**

The session covered:

- ❖ Early signs and symptoms of **breast, cervical, and oral cancers**
- ❖ Importance of **screening camps and regular check-ups**
- ❖ Lifestyle factors contributing to cancer (e.g., tobacco, alcohol, diet)
- ❖ Government schemes like **NPCDCS** and local screening services available in PHCs and UHCs.

### **3. Environment and Health:**

A holistic approach was taken to show how pollution, poor sanitation, and improper waste disposal contribute to vector-borne diseases and chronic conditions. Key points included:

- ❖ Safe drinking water and sanitation
- ❖ Clean surroundings and personal hygiene
- ❖ Role of community in promoting Swachh Bharat Abhiyan goals

### **4. Combating Plastic Pollution:**

Practical ways to reduce, reuse, and recycle were shared. The audience was shown:

- ❖ The harmful health effects of microplastics
- ❖ Safe alternatives like jute, cotton, and cloth bags
- ❖ Community action plans for plastic-free zones



## Special Initiatives:

In a thoughtful move to support the cause of **plastic reduction**, **cloth bags were distributed to all attendees**, sponsored personally by **Dr. A. Balaji, HOD**. The bags served as both a symbolic and practical takeaway, reinforcing the message of sustainability and behavioral change.



Additionally, **IEC materials** (Information, Education, and Communication) in the form of pamphlets, posters, and charts were distributed, summarizing the day's key messages in both **English and Tamil** for greater reach and recall.

### **Vote of Thanks:**

The event concluded with a warm vote of thanks delivered by **Mr. Kulandaiyesuraja, MSW**, who acknowledged the valuable contributions of the faculty members, student volunteers, field staff, and the enthusiastic participation of the community. He also extended special gratitude to the management of **Don Bosco Siharam** for providing the venue and local support.

### **Conclusion:**

The Health Awareness Campaign at Don Bosco Siharam, Adaiyur, was a significant step toward empowering the community with vital knowledge on health and environmental issues. The positive participation and feedback highlight the importance of such outreach programs in creating lasting behavioral change and building a healthier, more sustainable society.



# REPORT ON INTEGRATED HEALTH EDUCATION PROGRAM

**Occasion:** Complementary Feeding Day

**Date:** 12th June 2025

**Venue:** Hospital OP Block

**Organized by:** Department of Community Medicine

**In collaboration with:** Department of Paediatrics

## Introduction

In observance of Complementary Feeding Day on 12.06.2025, the Department of Community Medicine, under the guidance of Dr.A.Balaji Professor and Head of the Community Medicine Department, organized an Integrated Health Education Program. This event was conducted in collaboration with the Department of Paediatrics at the Hospital OP Block.

## Organizing Team

The session was effectively coordinated and delivered by a dedicated team of faculty and postgraduates:

- **Senior Residents:**
  - Dr. Pavithra
  - Dr. Suresh
- **Postgraduate Students:**
  - Dr. Sandhya
  - Dr. Sindhuja

## Target Audience

- A total of 15 beneficiaries (caregivers/parents) participated in the program.
- Undergraduate medical students were also sensitized on the topic as part of their community health training.



## Key Topics Covered

The health education component was comprehensive and included:

- **Introduction to Complementary Feeding:**

- Definition, initiation of complementary foods at **6 months of age** and recommend foods up to two years of age alongside continued breastfeeding.

- **Food Groups and Examples:**

- Grains (rice, wheat, ragi)
- Fruits and vegetables (banana, carrot, spinach)
- Protein sources (eggs, pulses, meat)
- Dairy (milk, curd)
- Importance of **micronutrients** like iron and vitamin A.

- **Feeding Techniques:**

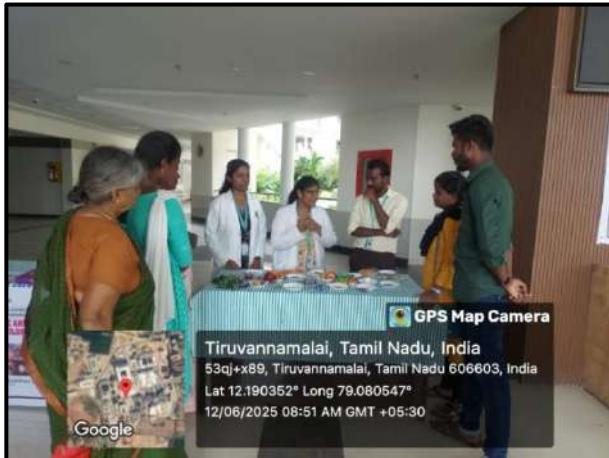
- Frequency and consistency of food
- Responsive feeding practices
- Hygiene and hand washing before feeding
- Avoiding bottle feeding and junk foods



**SENSITISATION FOR UNDER GRADUATES**

## Activities Conducted

- **Interactive Demonstration:** Participants took part in an activity to identify and classify **healthy vs. unhealthy foods**, promoting visual learning.
- **Discussion and Q&A:** Participants' **queries** were addressed in detail, ensuring better understanding of the Participants.
- **Undergraduate Sensitization:** A brief session was held for undergraduate students to raise awareness and reinforce the principles of complementary feeding as part of community medicine.



**COMMUNITY QUIZ**

## Outcome and Feedback

The session was **interactive, informative, and well-received** by the participants. This enhanced public understanding of proper nutrition grounded in scientific evidence and emphasized health education as a tool for preventing nutrition-associated illnesses.

## Conclusion

This integrated program successfully enhanced awareness on **complementary feeding**, helped to correct misconceptions, and promoted evidence-based practices. By involving medical students, it also contributed as an eye opener for future healthcare providers.



# **World Environment Day Awareness Program Report**

**Theme:** “மண் காக்க மஞ்சப்பை – பிளாஸ்டிக்கிற்கு இடம் இல்லை!”

(*Protect Earth – Carry Manja Pai, Say No to Plastic!*)

**Date** : 13/06/2025

**Location** : Urban field practice ( Kilnathur )

## **Organized by:**

As Every Year, The World Environment Day Commemorated On June 5<sup>th</sup> With This Year Theme Being - Beat Plastic Pollution, Accordingly, A Health Education Was Conducted On 13/06/2025 In The Urban Field Practice Area Of Arunai Medical College And Hospital, Followed By Distribution Of Cloth Bag To The Community.

The Department Of Community Medicine, Under The Guidance Of Dr.A.Balaji Professor And Head Of The Community Medicine Department, Organized World Environment Day Awareness Program. The Event Was Coordinated By Dr S Sakthi Priyan Assistant Professor, Dr R Kalaivanan Assistant Professor Along With MSW Mr.S.P Vinothraj.

## **Objective:**

The primary objective of the program was to promote the use of *Manja Pai* (Yellow Cloth Bag) as a sustainable and eco-friendly alternative to single-use plastic Bags . The event aimed to create awareness among the community about the harmful effects of plastic pollution and encourage responsible environmental practices.

## **Activities Conducted:**

### **➤ Awareness Walk on Plastic-Free Living**

An awareness rally was organized in and around the campus/local area. Students, staff, and community members actively participated, carrying placards and raising slogans promoting plastic-free living.

### **➤ Distribution of Eco-friendly Manja Pai**

As a symbolic gesture and practical solution, *Manja Pai* (Yellow Cloth Bags) were distributed to the public, promoting the message of reducing plastic usage.

### **➤ Community Pledge**

All participants took a pledge:

“நான் பிளாஸ்டிக் பயன்படுத்த மாட்டேன்!” (*I will not use plastic!*) This collective commitment emphasized personal responsibility towards environmental conservation.

## ➤ Students' Creative Messages on *Manja Pai*

Students expressed their environmental concerns and creative ideas by writing thought-provoking messages on *Manja Pai*, highlighting its significance in protecting the planet.

## ➤ Eco Drama / Street Play

An engaging street play was performed by students depicting the harmful effects of plastic pollution on the environment and advocating for the adoption of sustainable alternatives like *Manja Pai*.



## Conclusion:

The World Environment Day Awareness Program successfully educated and motivated participants to adopt eco-friendly habits and reject single-use plastics. The distribution of *Manja Pai* served as a practical reminder for individuals to make sustainable choices in their daily lives. The event fostered a sense of responsibility among the community, reinforcing the message that every small action counts towards a greener and cleaner planet.



**Arunai Medical College & Hospital**

# **DRUG ABUSE PREVENTION PROGRAM REPORT**

**Dr. Balaji Arumugam  
Professor & HOD  
Department of Community  
Medicine**



**Program Arranged by:**

**Dr. A. Balaji, Professor & Head,  
Department of Community Medicine**

**Date :**  
**26/06/2025**

**Venue:**  
**Government Arts College,  
Tiruvannamalai**

**Organized by:**  
**Department of Community  
Medicine, Arunai Medical  
College & Hospital**

**Team meamber :**  
**Mahalingam ( Health assistant )**  
**Nithishkumar ( Health inspector )**  
**Rohith ( Health inspector )**

# Program Overview

- **Welcome & Introduction**
- **Awareness on Drug Abuse**
- **Prevention Strategies**
- **Motivational Address**
- **Recovery and Rehabilitation**
- **Interactive Q&A Session**
- **Conclusion**



# Welcome & Introduction



**The program commenced with a warm welcome by the Principal of Government Arts College, Tiruvannamalai. The Principal emphasized the alarming rise in substance abuse among youth and the urgent need for preventive education. Dr. A. Balaji was introduced to the audience, with acknowledgment of his extensive expertise and contributions to community health initiatives**

# Introduction

**In alignment with International Day Against Drug Abuse and Illicit Trafficking, observed globally on 26th June, the Department of Community Medicine from Arunai Medical College and Hospital conducted a comprehensive Drug Abuse Health Education Program at Government Arts College, Tiruvannamalai. The primary aim was to raise awareness about the harmful effects of drug abuse and promote preventive strategies among college students and faculty members.**

# Background on Drug Abuse

## Historical Context & Current Trends :

**Drug abuse has been a persistent global issue, evolving from ancient ritualistic use of natural substances to the modern crisis of synthetic drugs. According to recent WHO reports, approximately 275 million people worldwide used drugs at least once in 2022. National statistics also reveal growing concerns, especially among adolescents and young adults in India, underscoring the need for urgent action.**

# Motivational Address by

## Dr. A. Balaji

**Dr. A. Balaji delivered an inspiring speech, sharing real-life stories, personal experiences, and emphasizing the power of self-discipline, positive habits, and the importance of saying NO to drugs. His engaging session was aimed at instilling confidence and encouraging students to lead a healthy, drug-free life.**



# Awareness on Drug Abuse

## Effects on Health :

- Immediate and long-term health risks
- Mental health implications
- Social and behavioral impacts

## The Importance of Prevention

## Societal & Economic Impact :

Drug abuse negatively affects families, communities, and the nation's economy. It leads to increased crime rates, strained healthcare systems, and lost productivity.

## Prevention Strategies

- **Education and Awareness:** Regular workshops for students and faculty
- **Early Intervention:** Identifying and supporting at-risk individuals
- **Community Involvement:** Encouraging youth-led initiatives and family engagement

## Recovery and Rehabilitation

**Dr. Balaji explained various treatment options, including:**

- **Medical & Psychological Interventions**
- **Role of Family & Friends in Recovery**
- **Rehabilitation Programs**
- **Continuous Support Systems**

## Conclusion

**The Drug Abuse Health Education Program at Government Arts College, Tiruvannamalai, was a great success. The program significantly enhanced awareness among students and staff, provided essential knowledge on prevention and recovery, and empowered participants to make informed decisions. The initiative reinforced the importance of education and community support in building a drug-free society.**



## Interactive Q&A Session

The session concluded with an interactive Q&A, where students actively participated, seeking clarification and advice on various aspects of drug abuse, its prevention, and available support systems.





**COMMUNITY MEDICINE**

**AMCH**



**Arunai Medical College & Hospital**

# **DRUG ABUSE PREVENTION & STRESS MANAGEMENT**

**Date: 09th July 2025**

**Program Coordinated by:  
Dr. A. Balaji, Professor & Head,  
Department of Community Medicine**



**Organized by:**  
**Department of Community**  
**Medicine, Arunai Medical College**  
**& Hospital**

**Date:**  
**09th July 2025**

**Venue:**  
**Government Arts College,**  
**Rishivandiyam, Kallakurichi**

**Program Coordinated by:**  
**Dr. A. Balaji, Professor &**  
**Head, Department of**  
**Community Medicine**

# Program Overview

- **Welcome & Opening Remarks**
- **Introduction to Drug Abuse & Mental Health**
- **Techniques for Stress Management**
- **Motivational Talk by Dr. A. Balaji**
- **Prevention Strategies & Role of Youth**
- **Recovery, Support, and Rehabilitation**
- **Interactive Q&A Session**
- **Vote of Thanks & Pledge**
- **Conclusion**



## Welcome & Opening Remarks

The event commenced with a formal welcome by the Principal of Government Arts College, Rishivandiyam. In his address, the Principal stressed the critical need to address mental health among youth and the growing concern of substance use. Dr. A. Balaji was warmly welcomed and appreciated for his continued efforts in public health education and youth wellness.



## **Introduction to Drug Abuse & Mental Health**

**Dr. A. Balaji began the session by providing an overview of drug abuse and its rising incidence, especially among students. He highlighted that drug addiction is not merely a social issue but a complex health disorder with roots in psychological stress, peer pressure, and a lack of awareness.**

## **Techniques for Stress Management**

**Students were taught simple yet effective stress-relief strategies such as:**

- Deep breathing and relaxation exercises**
- Time management and goal setting**
- Journaling and self-reflection**
- Seeking social and professional support**

# **Motivational Talk by Dr. A. Balaji**

**Dr. A. Balaji delivered an inspiring talk focused on building resilience, maintaining emotional well-being, and choosing a healthy lifestyle over harmful habits. He shared motivational stories of youth who overcame adversity without resorting to substance use.**



## **Prevention Strategies & Role of Youth**

- **Early intervention and identifying warning signs**
- **Peer education and community-based prevention**
- **Educators and parents working together to create safe environments**
- **The role of students as ambassadors of change**

## **Recovery, Support, and Rehabilitation**

- **Medical treatment options**
- **Psychological counseling and therapy**
- **The role of family, peer support, and rehabilitation centers**
- **Reintegrating individuals into society with dignity and support**

# Interactive Q&A Session

An open forum allowed students to share their thoughts and ask questions about mental health, addiction recovery, and how to help friends in need. Dr. Balaji provided expert responses, practical tips, and encouraged students to speak up without fear.



## **Vote of Thanks & Pledge**

**The session concluded with a vote of thanks from faculty members, followed by a collective Anti-Drug Pledge:**

**“I pledge to stay drug-free, to manage my stress in healthy ways, to support others facing challenges, and to work for a society free from substance abuse. Together, we can make a difference.”**



# Conclusion

**The Drug Abuse and Stress Management Awareness Program at Government Arts College, Rishivandiyam proved to be highly impactful. It successfully raised awareness, educated youth on coping mechanisms, and empowered them to choose health over harm. The positive feedback and high student engagement reinforced the importance of such outreach efforts in rural and semi-urban academic settings.**



# **World Population Day 2025 – Health Awareness Program Report**

**Date:** 11.07.2025

**Venue:** Devanur Village

**Organized By:** Department Of Community Medicine

**under the Guidance of:** Dr. A. Balaji, Professor & HOD

## **Objective**

To Raise Awareness about Global Population Issues and their Impact on Sustainable Development.

## **Theme 2025**

**“Empowering young people to create the families they want in a fair and hopeful world”**

This theme emphasizes the importance of Youth Agency, Reproductive Rights, and Gender Equality, Encouraging Societies to invest in young people so they can build secure and sustainable futures.

## **Conducted by:**

- **Dr. D. Janarthanan**
- **Dr. M. Pavithra**
- **Mr. Deiveegan**



## **Key Topics Discussed:**

### **Causes and Issues of Overpopulation**

- Rapid Population Growth Due To Lack of Awareness and Limited Access to Contraception.
- Strain on Natural Resources, Health Services, Housing, and Education.

### **Population-Related Challenges**

- Increased Unemployment and Poverty.
- Environmental Degradation and Urban Congestion.
- Challenges in Delivering Quality Healthcare and Education.

### **Importance of Girl Child Education**

- Educated Girls Are More Likely To Delay Marriage And Childbirth.
- Education Empowers Girls To Make Informed Reproductive Choices.
- Encourages Equal Participation In Economic And Societal Development.

### **Women Empowerment & Gender Equality**

- Promoting Reproductive Rights and Freedom of Choice.
- Encouraging Leadership and Participation of Women in Decision-Making.
- Ending Discrimination and Gender-Based Violence.

### **Birth Spacing & Family Planning**

- Awareness of Birth Spacing and Its Health Benefits for Mother and Child.
- Information on Various Contraceptive Methods.
- Free Availability Of Family Planning Services In Public Health Centres.

### **Youth Engagement in Population Control**

- Importance of Involving Youth in Spreading Awareness on Population Control.
- Educating Adolescents on Reproductive Health and Responsibilities.
- Making Informed Choices for a Sustainable and Hopeful Future.

## **Beneficiaries:**

- Around **50 Participants** from Devanur Village, including Young Adults, Women, and Community Members.

## Interactive Session:

The Program Concluded with a **Question-and-Answer Session**, where participants clarified their doubts on Birth Control Methods, Reproductive Health, and Women's Rights

## Outcome

The Program effectively sensitized the Community about Population-Related issues and Empowered them with Knowledge on Family Planning, Gender Equality, and Reproductive Health Aligning with the World Population Day 2025 Theme.



## **World Population Day 2025 – Health Awareness Program Report**

**Date:** 12.07.2025

**Venue:** Velankanni Nagar, near Kanchi

**Organized by:** Department of Community Medicine

**Under the Guidance of:** Dr. A. Balaji, Professor & HOD

### **Objective:**

To raise awareness about global population issues and their impact on sustainable development.

### **Theme 2025:**

**“Empowering young people to create the families they want in a fair and hopeful world”**

This theme highlights the importance of empowering youth with education, healthcare, and reproductive rights to make informed family decisions, ensuring a sustainable and equitable future.

### **Conducted by:**

- **Dr. R.N. Vaishali**
- **Dr. Kalaivanan R.**
- **Mr. KulandaiYesu Raja**

### **Key Topics Covered:**

#### **1. Overpopulation & its Impact**

- Discussed how unchecked population growth leads to overuse of resources, unemployment, and environmental challenges.
- Emphasized the importance of population control in sustainable development.

#### **2. Maternal and Reproductive Health**

- Focus on prenatal care, safe childbirth, and postnatal care.
- Educated women on their reproductive rights and access to maternal health services.

### 3. Women Empowerment & Gender Equality

- Advocated for equal opportunities in education, employment, and decision-making.
- Discussed social and economic empowerment of women to reduce gender disparity.

### 4. Family-Friendly Policies

- Awareness about supportive government schemes for young families, maternity leave, and childcare.
- Encouraged adoption of policies that promote work-life balance and child welfare.

### 5. Birth Spacing & Family Planning

- Provided education on the health benefits of birth spacing for mothers and children.
- Shared information on various contraceptive methods and free public health services.

#### Beneficiaries:

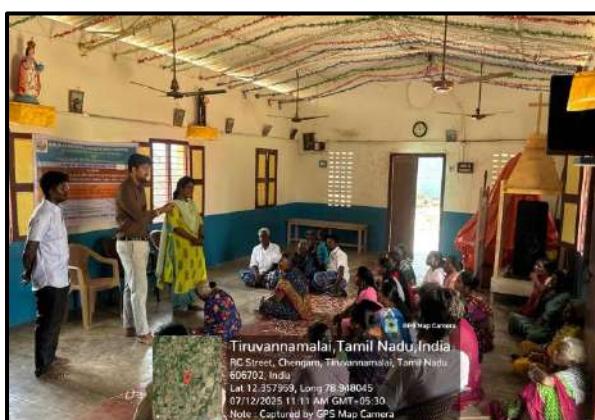
- Around **30 participants** from Velankanni Nagar actively took part in the program, including women, youth, and local community members.

#### Interactive Session:

The program concluded with a **question-and-answer session**, where attendees asked questions about reproductive health, family planning options, and women's rights, which were answered by the resource team.

#### Outcome:

The campaign effectively raised awareness about population-related challenges and empowered local residents with knowledge on Reproductive Health, Gender Equality, and Family Planning reflecting the spirit of World Population Day 2025.



# Report on World ORS Day 2025

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**"Oral Rehydration, No More Dehydration"**

## **Community Awareness at Pavithram Village**

**Date:** 26th July 2025

**Location:** Pavithram Village

**Faculty:**

- Dr. Ilangovan, Assistant Professor
- Dr. Pavithra, Senior Resident

**Participants:**

25 community members

**Activities Conducted:**

➤ **Introduction to ORS:**

Participants were introduced to the concept of Oral Rehydration Solution. The session included a clear explanation of what ORS is, its composition, and how it effectively restores lost fluids and electrolytes during episodes of diarrhoea. The importance of timely ORS use in both children and adults was emphasized.

➤ **Demonstration on ORS Preparation:**

A hands-on, step-by-step demonstration was provided to show the correct method of preparing ORS. The facilitators explained how to use WHO-recommended ORS sachets and also offered guidance on preparing a safe and effective homemade ORS solution using salt, sugar, and clean water. Focus was placed on the correct ratio of ingredients and hygiene practices during preparation.

➤ **Instructions on when to use ORS:**

The community was educated on the early warning signs of dehydration, including excessive thirst, dry mouth, reduced urination, and weakness. Participants were informed that ORS should be started immediately at the first signs of diarrhoea and dehydration to prevent further complications.



➤ **Awareness for Children's Use:**

Special attention was given to the administration of ORS in children. Caregivers were trained on how to give ORS to infants and young children in small, frequent sips, ensuring that they receive an adequate amount without inducing vomiting. Age-specific dosage guidance and feeding methods were discussed.

➤ **Recognizing Danger Signs:**

The sessions included information on identifying danger signs that require urgent medical attention. These included persistent vomiting, blood in stools, signs of severe dehydration (such as sunken eyes, lethargy, or unconsciousness), and inability to drink or keep fluids down. Participants were advised not to delay seeking hospital care under such conditions.



## **School-Based Awareness Program**

**Date:** 28th July 2025

**Location:** Government Elementary School, Sirupaniyur

**Faculty:**

- Dr. Sakthipriyan, Assistant Professor
- Dr. Suresh, Senior Resident

**Participants:** 20 school children and teachers

### **Activities Conducted:**

#### ➤ **Interactive Talk on ORS:**

A child-friendly explanation of what ORS is and how it helps in preventing dehydration caused by diarrhoea was delivered. The session included visual aids and simple analogies to help students understand the significance of early fluid replacement and the role ORS plays in saving lives.

#### ➤ **Live Preparation Demonstration:**

Students were shown a step-by-step demonstration on how to prepare ORS using clean drinking water and pre-packaged ORS sachets. The facilitator emphasized the correct amount of water to be used and the importance of hygiene while mixing and storing the solution.



➤ **Usage Guidelines for Children:**

The children were taught to recognize early signs of dehydration, such as dry mouth, tiredness, and reduced urination. Instructions were provided on how and when to use ORS, especially during episodes of loose stools. Teachers were also guided on how to assist children in such situations.



➤ **Hand washing Techniques:**

A practical hand washing session was conducted where students learned the correct technique to wash their hands using soap and water. The session stressed the importance of hand hygiene before meals and after using the toilet to prevent the spread of infections that cause diarrhoea.

➤ **When to Seek Medical Help:**

The importance of informing a teacher, parent, or guardian when symptoms worsen was explained. Children were taught to recognize when diarrhoea is not manageable at home such as when there is persistent vomiting, blood in stools, or signs of weakness and to seek medical attention promptly.

## **Awareness for Mothers and Caregivers at Anganwadi Centre**

**Date:** 29th July 2025

**Location:** Kariyanchetti Anganwadi Centre

**Faculty:**

- Dr. Janarthanan, Senior Resident

**Participants:** 25 mothers and caregivers of children under 5 years

### **Key Activities Conducted:**

#### ➤ **Understanding the Role of ORS:**

The session began with an in-depth explanation of how ORS helps in restoring body fluids and electrolytes lost during diarrhoea. The facilitators emphasized the critical role ORS plays in preventing dehydration-related complications, especially in young children who are more vulnerable.

#### ➤ **Homemade ORS Preparation:**

Mothers were given a live demonstration on how to prepare effective homemade ORS solution using easily available ingredients clean water, sugar, and salt in the correct proportions. Emphasis was placed on the use of safe water and hygienic practices during preparation.



➤ **Child-Focused ORS Administration:**

Special attention was given to techniques for administering ORS to infants and toddlers. Caregivers were instructed to feed small amounts frequently, using cups or spoons, to avoid vomiting and choking. The correct dosage based on age and weight was also discussed.

➤ **Identifying Dehydration Symptoms:**

Participants were educated on recognizing early signs of dehydration such as dry mouth, sunken eyes, irritability, and decreased urination. These signs were illustrated with real-life examples to enhance understanding.

➤ **Managing Diarrhoea at Home:**

The session included practical tips for home-based management of diarrhoea. Caregivers were advised to continue feeding during diarrhoea, maintain hygiene, and ensure frequent fluid intake to avoid worsening of symptoms.



➤ **Importance of Medical Consultation:**

Finally, participants were instructed on when to seek medical attention. They were made aware that if a child has repeated diarrhoea, blood in stools, persistent vomiting, or shows signs of severe weakness, immediate consultation with a healthcare provider is essential.

### **Conclusion:**

The World ORS Day 2025 awareness programs were successfully conducted, reaching different segments of the community. These programs enhanced knowledge on the importance of ORS, demonstrated its preparation and correct usage, and empowered caregivers and teachers to manage diarrheal diseases effectively. The efforts contribute to reducing dehydration-related complications and promoting preventive healthcare.

***"A spoonful of ORS at the right time can save a life—awareness is the first step to prevention."***

# Report 1: Breastfeeding Awareness Program for Paramedical Students

**Date:** 01/08/2025 (Friday)

**Venue:** Vision Paramedical College

**Organized by:** Department of Community Medicine, Arunai Medical College and Hospital, Tiruvannamalai

**Organising Faculty :** Dr. A. Balaji Arumugam, HOD

## Report:

As part of the **World Breastfeeding Week 2025** celebrations, an **awareness session** was conducted on **01/08/2025** at **Vision Paramedical College** to educate paramedical students on the importance of breastfeeding in maternal and child health.

The session was led by **Dr. A. Balaji Arumugam**, Head of the Department of Community Medicine. The awareness program covered the following key points:

- Scientific benefits of exclusive breastfeeding for 6 months
- Proper techniques and positioning for effective breastfeeding
- Nutritional value of colostrum and its role in immunity
- Common breastfeeding challenges and their solutions
- Role of paramedics in community-level breastfeeding promotion



Students were actively involved in the session and engaged in interactive discussions and Q&A. Educational materials were shared to reinforce the topics discussed.

The program successfully equipped future healthcare providers with essential knowledge to support and promote breastfeeding in their professional practice.



# Report 2: Community Quiz on Breastfeeding – Awareness Program

**Date:** 05/08/2025 (Tuesday)

**Venue:** Manalurpettai PHC

**Organized by:** Department of Community Medicine  
Arunai medical college and Hospital, Tiruvannamalai

**Organising faculty:** Dr. A. Balaji Arumugam, HOD

- Dr. R. Kalaivanan, Assistant Professor
- Dr. R.N.Vaishali, Assistant Professor
- Dr. M.Pavithra, Senior Resident

## Report:

In connection with **World Breastfeeding Week 2025**, a **Community Quiz Program** was organized at **Manalurpettai PHC** to actively engage the antenatal mothers and test their knowledge on breastfeeding-related practices.

Participants: Antenatal mothers.

The quiz covered important topics such as:

- Exclusive breastfeeding duration
- Colostrum importance
- Myths vs facts in breastfeeding
- Nutritional advantages for babies and mothers



An awareness speech was delivered to reinforce key messages, including:

- Benefits of breastfeeding for both mother and baby
- Early initiation and exclusive breastfeeding
- Long-term health advantages for children

The program concluded successfully with the community appreciating the interactive learning format. It helped to spread correct information and debunk common myths related to breastfeeding.



# Report 3: Well Baby Clinic – Breastfeeding Week Celebration

**Date:** 06/08/2025 (Wednesday)

**Venue:** Murukkampadi Anganwadi

**Organized by:** Department of Community Medicine

Arunai medical college and Hospital, Tiruvannamalai

**Organising faculty:** Dr. A. Balaji Arumugam, HOD

Dr. R.N.Vaishali, Assistant Professor

Dr. M.Pavithra, Senior Resident

Dr. D.Janarthanan, Senior Resident

## Report:

As part of **World Breastfeeding Week 2025**, a **Well Baby Clinic Contest** was successfully organized at **Murukkampadi Anganwadi**.

**Objective:** To promote awareness about the importance of **exclusive breastfeeding, immunization, and general infant care**.

A total of **20 babies participated** in the contest. The top 3 were selected based on parameters like growth milestones, Breast feeding status, immunization records, and general well-being. Prizes were distributed to the winners to appreciate and encourage healthy parenting.

A **live demonstration** was conducted on correct **breastfeeding positions** to help mothers understand practical methods for effective feeding.



An **awareness speech** was delivered covering:

- Benefits of breastfeeding for both mothers and infants
- Dangers of **prelacteal feeding**
- Role of breastfeeding in immunity and nutrition

The program was well-received by mothers and caregivers, promoting better understanding and healthier practices in the community.



## Activity 4: Community Quiz & Well Baby Clinic Breastfeeding Week Celebration

**Date:** 08/08/2025 (friday)

**Venue:** Thenmathur Anganwadi

**Organized by:** Department of Community Medicine  
Arunai medical college and Hospital, Tiruvannamalai

**Organising faculty:** Dr. A. Balaji Arumugam, HOD

- Dr. R.N.Vaishali, Assistant Professor
- Dr. M.Pavithra, Senior Resident

### Report:

On behalf of **World Breastfeeding Week 2025**, **Community quiz and Well Baby Contest** was organized at **Thenmathur Anganwadi**.

Objective: To promote awareness regarding the importance of **exclusive breastfeeding**, monitoring growth and development and **immunization**

A total of **20 mothers and 11 babies participated** in the community quiz and well-baby contest respectively. The top 2 were selected in both quiz and well-baby contest based on parameters like knowledge on breast feeding, growth milestones, immunization records, and general well-being.



**Demonstration** was conducted on correct **breastfeeding positions** to help mothers for effective understanding on breastfeeding.

It was found that delayed complementary feeding was identified in this community



Health education was conducted to the mothers regarding benefits of breast milk, breastfeeding, importance of complementary feeding and balanced diet for the healthy growth of children.



**Prioritise Breastfeeding**  
Create sustainable support systems  
WABA | WORLD BREASTFEEDING WEEK 2025

# CERTIFICATE

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## OF PARTICIPATION

This is to certify that

**Department of Community Medicine  
Arunai Medical College and Hospital  
Tiruvannamalai**

---

has successfully celebrated  
**WORLD BREASTFEEDING WEEK 2025**

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**Dr Amal Omer-Salim**  
WABA Executive Director



World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organisations dedicated to the protection, promotion and support of breastfeeding worldwide based on the Innocenti Declarations, the Ten Links for Nurturing the Future and the WHO/UNICEF Global Strategy for Infant and Young Child Feeding. WABA is in consultative status with UNICEF and an NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC). WABA coordinates the annual World Breastfeeding Week campaign.

WABA, PO Box 1200 10850 Penang, Malaysia  
Email: [wbw@waba.org.my](mailto:wbw@waba.org.my) | Web: [www.waba.org.my](http://www.waba.org.my) | Web: [www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org)

# **Report on Nutrition Day Awareness Program**

The Department of Community Medicine, AMCH, Tiruvannamalai, conducted **Nutrition Day Awareness Programs** under the guidance of **Dr. Balaji Arumugam, Professor & HOD**, to promote healthy eating habits among school children. The programs were held on two consecutive days at Koovanur schools.

## **Day 1 – 03.09.2025**

**Venue:** Primary School, Koovanur

**Participants:** 3rd, 4th, and 5th Standard Students (62 students)

**Conducted by:** The Nutrition Day Awareness Programs were successfully organized and carried out by the **Postgraduates of the Department of Community Medicine, AMCH, Tiruvannamalai** under the guidance of **Dr. Balaji Arumugam, Professor & HOD**.

- Dr. Sindhuja
- Dr. Kaviya nair
- Dr. Sandhiya



## **1. Exhibition on Food Choices**

The exhibition aimed to create awareness through visual learning. Various charts, models, and posters were displayed to differentiate between healthy and unhealthy foods. Healthy food items such as vegetables, fruits, grains, and pulses were emphasized, while junk foods like packaged snacks, aerated drinks, and fast food items were highlighted for their harmful effects.

- The demonstration explained how healthy foods provide vitamins, minerals, and energy needed for proper growth.
- Students learned that junk food can lead to obesity, dental problems, and reduced immunity if consumed frequently.
- This visual comparison helped children understand the impact of food choices on their daily life.

## **2. Health Education Session**

The core session was on the topic “*Healthy Foods vs. Unhealthy Foods.*” The session was designed to make children aware of the direct link between diet and overall health.

- It was explained that balanced nutrition supports growth, brain development, concentration in studies, and resistance to infections.
- The negative effects of unhealthy foods such as fatigue, reduced learning ability,



abdominal issues, and long-term health issues were discussed in simple terms.

- Students were encouraged to replace processed items with home-cooked meals, fresh fruits, vegetables, and plenty of water.
- Practical tips were shared, such as carrying fruits for snacks instead of chips or chocolates.

### **3. Student Interaction**

To reinforce the concepts, an interactive session was conducted with the students.

- Children were shown pictures of different food items and asked to categorize them as healthy or unhealthy.
- They actively participated by answering questions like “Which food helps you run faster?” or “Which food makes your teeth strong?”
- This activity made the session lively, encouraged participation, and helped the students remember the importance of making the right food choices.



## Day 2 – 04.09.2025

**Venue:** Government High School, Koovanur

**Participants:** 9th and 10th Standard Students (50 students)

**Conducted by:** The Nutrition Day Awareness Programs were successfully organized and carried out by the **Postgraduates of the Department of Community Medicine, AMCH, Tiruvannamalai** under the guidance of **Dr. Balaji Arumugam, Professor & HOD.**

- Dr. Sindhuja
- Dr. Kaviya nair
- Dr. Sandhiya

### 1. Health Education Session

A structured health education session was conducted on the topic “*Healthy Foods vs. Unhealthy Foods.*”

- The role of nutrients in supporting physical growth, mental concentration, and immunity was explained with practical examples.
- The harmful effects of junk foods such as obesity, anemia, fatigue, and lifestyle diseases were discussed.
- Common myths and facts about nutrition were addressed, such as misconceptions about skipping meals for weight loss, fast food being harmless, or energy drinks being healthy. This helped students differentiate between false beliefs and evidence-based knowledge.



## **2. Nutri Quiz Show**

An interactive Nutri Quiz Show was conducted to make learning fun and engaging.

- The quiz covered important topics like food groups, balanced diet, nutrient sources, and myths about eating habits.
- Puzzle hunt rounds tested students' ability to identify food items and nutrients through clues.
- Myth vs. Fact rounds encouraged critical thinking, where students had to identify whether a statement was scientifically correct or just a misconception.
- This activity helped reinforce knowledge in an entertaining and memorable way.

## **3. Student Participation & Interaction**

Students of 9th and 10th standards took part actively in the program.

- The interactive style of the session made the students eager to respond and share their own views on food choices.
- The competitive quiz environment created enthusiasm, teamwork, and peer learning.
- Teachers also observed improved confidence in students as they explained their answers.

## **4. Prize Distribution**

To acknowledge their efforts and motivate healthy behavior, prizes were awarded to the quiz winners.

- Small prizes and recognition acted as positive reinforcement, boosting the morale of participants.
- This step encouraged students to apply their learning in daily life, making them more conscious of food habits.
- The appreciation also helped create a sense of responsibility among students to share their knowledge with peers and family.

## **Conclusion**

The Nutrition Day Awareness Programs conducted on **03.09.2025 and 04.09.2025** at Koovanur were highly successful in spreading the message of healthy eating among both primary and high school students. Day 1 focused on younger children, using exhibitions and simple health talks to help them distinguish between healthy and unhealthy foods, while Day 2 targeted adolescent students with in-depth sessions, interactive quizzes, and myth-busting activities.

In total, **112 students** were actively engaged across the two days, reflecting the effectiveness of combining education with interactive methods. The programs not only improved students' knowledge but also encouraged them to adopt healthier dietary practices in daily life.

Organized under the guidance of **Dr. Balaji Arumugam, Professor & HOD of Community Medicine**, and conducted by postgraduate students **Dr. Sindhuja, Dr. Kaviya, and Dr. Sandhiya**, the initiative successfully achieved its aim of instilling awareness and promoting better nutrition habits among school children.



# Report on Health Awareness Programme

## World Suicide Prevention Day 2025

Under the guidance of **Dr. A. Balaji, Professor & Head, Department of Community Medicine**, a Health Awareness Programme was organized on September 10, 2025, at Tirumala Polytechnic College in observance of World Suicide Prevention Day.

The management, principal, and faculty members of **Tirumala Polytechnic College** warmly welcomed the Department of Community Medicine, **Arunai Medical College and Hospital**, for organizing a Health Awareness Programme on **World Suicide Prevention Day 2025**.

The resource persons were **Dr. S. Sakthipriyan** and **Dr. Kalaivanan R**, Assistant Professors, Department of Community Medicine, along with **Mr. Vinoth, MSW**.



## **Impact of Suicide**

- Dr. Kalaivanan R explained that suicide is not only a personal tragedy but also a major public health issue. It leads to the irreversible loss of life and leaves behind long-lasting grief, guilt, and trauma among families, friends, and communities. The emotional and social consequences are profound, and society as a whole carries the burden of this preventable loss.

## **Risk Factors**

- Dr. Kalaivanan R spoke on the risk factors that make individuals more vulnerable to suicide. He highlighted that depression, anxiety, substance abuse, family disputes, relationship problems, and financial or academic stress can play a major role. Past trauma, experiences of abuse, and lack of social support were also described as significant contributors to suicidal thoughts and behaviour.



## **Protective Factors**

- Dr. S. Sakthipriyan stressed the importance of protective factors in preventing suicide. He pointed out that strong family bonds, supportive peer groups, timely access to mental health care, and healthy coping mechanisms act as safeguards. Positive cultural values, spiritual beliefs, and a strong sense of belonging to the community were also highlighted as vital in promoting resilience and hope.

## **Stress Management**

- Dr. S. Sakthipriyan also spoke about stress management techniques that can help individuals overcome difficulties in a healthy way. Students were encouraged to manage their time effectively, set realistic goals, and engage in physical activities. He advised practicing meditation, yoga, and relaxation methods, along with pursuing hobbies and creative activities to reduce stress. Seeking guidance from mentors, counsellors, and trusted friends was emphasized as an essential part of stress management.



## **Building Resilience**

- The Assistant Professors explained that resilience is the ability to recover from setbacks and face life's challenges with strength. They encouraged students to cultivate a positive outlook, accept failures as learning opportunities, improve communication skills, and build self-confidence. Staying connected with family and friends was also underlined as a key way to strengthen resilience.



## **Conclusion**

The programme created meaningful awareness among students about the importance of mental well-being and suicide prevention. It successfully conveyed the theme of World Suicide Prevention Day 2025

**“Changing the Narrative on Suicide”**

# **Report on Health Awareness Programme for World Suicide Prevention Day 2025**

**Venue:** Government High School, Konalur

**Date:** 10th September 2025

**Organized by:** Department of Community Medicine.

## **Introduction**

The Department of Community Medicine organized a Health Awareness Programme at Government High School, Konalur, under the guidance of Dr. A. Balaji, Professor and Head of the Department. World Suicide Prevention Day, observed globally on 10th September, is an initiative that aims to promote awareness about suicide and strengthen preventive efforts. Suicide is not merely an individual issue but a social and public health concern that affects families, educational institutions, and communities at large. Addressing it requires a multi-pronged approach involving awareness, counseling, family support, and timely interventions. With this vision,

## **Programme Details**

The programme was conducted by Dr. Pavithra M., Senior Resident, Department of Community Medicine, with the active involvement of Mr. Vinoth, Medical Social Worker. A total of 90 students from class 9 and class 10 participated. The event was structured as an interactive session where students were encouraged to ask questions and share their thoughts, making it more engaging and meaningful.



## **Causes of Suicidal Thoughts**

Dr. Pavithra explained that suicidal ideation often arises when individuals feel overburdened, stressed and unable to cope with stressors in their lives. She highlighted that for school children, academic pressure and fear of failure are common triggers. In addition, family conflicts, relationship challenges, social rejection, bullying, and peer pressure can contribute to feelings of helplessness. Importantly, underlying psychological conditions such as depression, anxiety, and substance abuse disorders often worsen these thoughts. She stressed that suicide is never a solution and that help is always available.

## **Impact of Suicide**

The students were sensitized to the devastating consequences of suicide. Beyond the loss of a precious young life, suicide creates deep emotional wounds for family members, friends, and teachers. Survivors of such incidents often live with guilt, unanswered questions, and psychological trauma. The ripple effect extends to society, as suicide weakens community morale and creates fear and stigma around mental health discussions. The session emphasized that every suicide is preventable if timely support is extended.

## **Risk Factors**

The speaker elaborated on the various risk factors associated with suicide. These included previous suicide attempts, a family history of suicide or mental illness, substance abuse, lack of social support, exposure to violence, and sudden stressful life events such as financial difficulties or academic setbacks. Adolescents are particularly vulnerable due to their stage of emotional and psychological development.



## Stress Management

An important part of the session was devoted to practical stress management techniques. Students were introduced to simple methods such as deep breathing exercises, meditation, and physical activities like yoga or sports to relieve stress. Effective time management, balanced study schedules, and healthy lifestyle practices such as proper sleep and nutrition were stressed. Most importantly, students were advised to seek guidance and emotional support from parents, teachers, or counsellors instead of bottling up their worries.

## Oath on Suicide Prevention

The oath focused on valuing life, standing by friends in distress, encouraging peers to seek professional help when necessary, and spreading awareness about suicide prevention within families and communities. The oath ceremony created a sense of collective responsibility among the students.



## **Conclusion**

The Health Awareness Programme on World Suicide Prevention Day at Government High School, Konalur, proved to be a highly insightful and impactful event. The session not only deepened the students' understanding of the causes, impact, and preventive measures related to suicide but also empowered them with coping skills and resilience-building strategies. The active participation of 90 students was a clear indicator of the programme's success and relevance. The Department of Community Medicine reiterates its commitment to continue such initiatives, ensuring that awareness about mental health and suicide prevention reaches schools, colleges, and communities at large, thereby fostering a healthier and more supportive society. It successfully conveyed the theme of World Suicide Prevention Day 2025.

### **“Changing the Narrative on Suicide**



# **Report on World Rabies Day 2025**

## **Day -1**

**Date** : 29th September 2025

**Venue** : Panchayat Office, Pallikondanpattu Village

### **1. Guidance & Organizing Team**

The health awareness programme was conducted under the guidance of Dr.A.Balaji arumugam Head of Department.

- **Resource Person** : Dr. Janarthanan Dhayanithi, Senior Resident
- **Supporting Team** : Mr. Mahalingam HI and Mr. Vinod MSW

### **2. Participants**

- **Total Participants:** 35 (community members from Pallikondanpattu village)

### **3. Awareness Activities**

The programme focused on **World Rabies Day 2025** and included a detailed awareness speech covering the following points:



➤ **Rabies Status in India:**

- Overview of rabies as a major public health concern in India.
- Statistics on human and animal rabies cases, highlighting high-risk regions.
- Discussion on mortality rates, emphasizing that rabies is almost always fatal once symptoms appear, but **100% preventable** with timely action.

➤ **Children's Behaviour Around Dogs:**

- Guidance for parents and children on safe interactions with domestic and stray dogs.
- Explanation of situations that may provoke dog bites (e.g., teasing, cornering, sudden approach).
- Emphasis on teaching children not to disturb sleeping dogs or approach unknown animals.

➤ **Immediate Wound care:**

- Stress on washing bite wounds **immediately with soap and running water for at least 15 minutes**.
- Explanation of how thorough wound washing reduces viral load and risk of infection.
- Demonstration (or verbal guidance) on proper washing techniques.

➤ **Steps Before Seeking Clinical Advice:**

- Guidance on collecting information about the biting animal if possible.
- Importance of **not applying irritants or traditional remedies** to the wound.
- Advising prompt visit to a health facility for **post-exposure prophylaxis (PEP)**.



➤ **Handling Bitten Domestic Animals and Pets:**

- Educating participants on observing the behaviour of pets after a bite.
- Guidance on **reporting to local veterinary authorities.**
- Safe practices for handling or restraining potentially rabid animals.

The theme for World Rabies Day 2025, “**Act Now: You, Me, Community,**” was meaningfully brought to life during the programme together, this collaboration highlighted the essence of the theme — that the fight against rabies requires the combined effort of individuals, professionals, and the community working hand in hand to build a safer, rabies-free society.

#### **4. Interactive Session**

The session concluded with a **question-and-answer segment**, where participants actively asked questions regarding rabies prevention, wound care, vaccination schedules for pets, and reporting protocols. The team provided clear, practical guidance.

#### **5. Conclusion**

The awareness programme successfully educated the community on rabies prevention, immediate wound care, safe behaviour around animals, and responsible pet management. The engagement and queries reflected a strong interest in adopting preventive measure enhancing community readiness to prevent rabies.



**Theme for World Rabies Day is "Act Now: You, Me, Community,"**

# Report on World Rabies Day 2025

## DAY - 2

**Date** : 29th September 2025

**Venue** : Koovanur Village

### ✓ Guidance & Organizing Team

The Health Awareness Programme on **World Rabies Day 2025** was organized under the valuable guidance of Dr.Balaji Arumugam **Head of Department**.

### ✓ Resource Persons ( Post graduates 1<sup>ST</sup> Year )

- Dr. Sindhuja
- Dr. Sandhiya
- Dr. Kaviya

### ✓ Supporting Team

- Mr. Harikrishnan (Health Inspector)
- Mr. Deeivegan (Health Inspector)

### ✓ Participants

A total of **35 participants** from Koovanur Village actively took part in the session, including parents, youth, and local residents.

### ✓ Awareness Session

The awareness programme was conducted in observance of **World Rabies Day 2025**, focusing on early prevention and community responsibility. The Community Medicine PGs delivered an informative and interactive talk covering key aspects of rabies control and prevention.



✓ **Key Highlights of the Session :**

- **Rabies Situation in India:**

The speakers explained the magnitude of rabies as a public health issue, highlighting that although the disease is fatal after symptom onset, it is fully preventable with timely medical attention. Current trends, transmission routes, and the importance of vaccination were also discussed.

- **Safe Behaviour Around Dogs:**

Participants were educated on maintaining safe interactions with both pet and stray dogs. The team emphasized that children must be taught to avoid teasing or startling dogs, and to stay away from animals showing unusual behaviour.

- **Significance of Wound Washing:**

The audience was guided on the **immediate first-aid step** following a dog or animal bite — washing the wound thoroughly with soap and running water for at least 15 minutes. This simple act can significantly reduce the chance of infection before medical care is sought.

- **Actions Before Visiting the Health Facility:**

The resource persons advised against applying traditional substances like turmeric, oils, or herbal pastes to the bite wound. They urged immediate consultation at the nearest health centre for **Post-Exposure Prophylaxis (PEP)**, which includes vaccination and, if required, rabies immunoglobulin.

- **Management of Bitten Animals and Pets:**

The importance of observing domestic animals after a biting incident and ensuring their vaccination was stressed. The speakers encouraged responsible pet ownership and timely veterinary reporting for animal bite incidents.

✓ **Interactive Discussion**

An engaging interactive segment followed the awareness talk, where participants actively shared their experiences and raised questions on wound management, vaccine availability, and dog-bite handling. The medical team addressed common misconceptions and provided clear guidance. The enthusiasm of participants reflected their eagerness to implement preventive measures within their community.

## ✓ Outcome & Conclusion

The programme greatly improved the villagers' awareness about rabies prevention, immediate wound care, and pet vaccination. The collaborative effort of the teaching staff, postgraduate students, and health inspectors ensured effective community outreach. The event concluded successfully, reinforcing the **World Rabies Day 2025 theme — “Act Now: You, Me, Community,”** highlighting the shared responsibility in achieving a rabies-free society.

**Theme for World Rabies Day is "Act Now: You, Me, Community,"**



# **Global Hand washing Day 2025**

## **Health Education Programme**

**Theme: "Be a Hand washing Hero"**

**Date:** 15th October 2025

**Venue:** Gandhi Nagar Matriculation Higher Secondary School, Tiruvannamalai

**Organized by:** Department of Community Medicine, Arunai Medical College and Hospital

**Guidance:** Dr. A. Balaji, Professor & Head of the Department

A Health Education Programme was conducted on the occasion of *Global Hand washing Day 2025* at Gandhi Nagar Matriculation Higher Secondary School, under the guidance of Dr. A. Balaji, Professor & Head of the Department.

A total of **350 students from 10th, 11th, and 12th standards** actively participated in the programme.

### **Topics Covered and Explanation by Dr. Sakthipriyan S**

#### **Importance of Handwashing**

Dr. Sakthipriyan S explained that hand washing is one of the simplest and most effective ways to prevent the spread of infections. He emphasized that germs on hands can easily transfer to the mouth, eyes, or food, causing illnesses such as diarrhea, respiratory infections, and skin problems. He stressed that regular hand washing protects both the individual and the community, and that this small habit has a big impact on overall health and well-being.

## **Common Health Issues Due to Poor Hygiene**

Dr. Sakthipriyan discussed health problems caused by poor hand hygiene, including gastrointestinal infections, common cold, flu, and skin diseases. He highlighted how neglecting hand washing can lead to frequent illness, absenteeism from school, and reduced academic performance.

## **Demonstration of Proper Hand washing Techniques**

Dr. Sakthipriyan explained the correct hand washing procedure, covering:

- Wetting hands thoroughly with water
- Applying soap and rubbing all surfaces of hands and fingers
- Rinsing hands under running water
- Drying hands with a clean towel or air drying

Students were encouraged to practice the technique themselves, ensuring that all areas of the hands, including nails and between fingers, are cleaned properly.



## **Interactive Session**

An interactive session followed, where students asked questions about hygiene habits at home and school. Dr. Sakthipriyan provided practical tips for incorporating hand washing into daily routines, emphasizing its importance before meals, after using the restroom, and after outdoor activities. He also discussed maintaining cleanliness in classrooms, canteens, and public areas, and encouraged students to promote good hygiene among peers.



## **Conclusion**

The programme successfully raised awareness about the importance of hand hygiene among students. Special appreciation goes to Mr.S.P.Vinothraj (MSW) for coordinating the students and ensuring smooth execution of the programme. The initiative reinforced good hygiene habits and highlighted the role of preventive health education in schools, promoting a healthier and safer environment for all students.

# **Global Hand washing Day 2025**

## **Health Awareness cum Demonstration Programme**

**Date:** 15th October 2025

**Venue:** Keelnathur Municipality School

**Organized by:** Department of Community Medicine, Arunai Medical College and Hospital

**Guidance:** Dr. A. Balaji, Professor & Head of the Department

A **Health Awareness cum Demonstration Programme** was conducted on the occasion of *Global Handwashing Day 2025* at **Keelnathur Municipality School**, under the guidance of **Dr. A. Balaji**, Professor & Head of the Department.

A total of **65 students** actively attended the session.

### **Topics Covered by Dr. Janarthanan Dhayanithi (Senior Resident)**

#### **Importance of Handwashing**

Dr. Janarthanan Dhayanithi explained that handwashing is a fundamental and highly effective way to prevent the spread of harmful germs. He emphasized that germs on hands can easily enter the body through the mouth, nose, and eyes, causing diarrhea, respiratory infections, and other contagious diseases.



## **Common Health Issues Due to Poor Hand Hygiene**

Dr. Janarthanan discussed various health problems caused by inadequate hand hygiene, including gastrointestinal infections, cold, flu, and skin infections. He highlighted that poor hand hygiene can lead to frequent absenteeism and impact academic performance. Students were made aware of the importance of developing hygiene habits early, for both personal health and the well-being of their peers and family members.

## **Demonstration of Handwashing Procedure**

The proper handwashing technique was **demonstrated step by step**, showing:

- Wetting hands thoroughly with water
- Applying soap and rubbing all areas of the hands and fingers
- Rinsing hands under running water
- Drying hands with a clean towel or air drying

Students were encouraged to **practice along with the demonstration**, making the session interactive and ensuring they learned the **correct technique to remove germs effectively**.



## **Interactive Session**

Dr. Janarthanan provided practical guidance on how to integrate handwashing into everyday routines before meals, after using the restroom, and after outdoor activities. He also emphasized maintaining cleanliness in classrooms, washrooms, and canteen areas to prevent the spread of infections in the school community.



## **Conclusion**

The programme successfully raised awareness about hand hygiene and preventive health measures among the students. Special appreciation is given to Mr. Mahalingam (HI) for coordinating the students and managing the smooth conduct of the session. The initiative reinforced good hygiene practices and highlighted the importance of preventive health education in schools, helping students adopt healthy habits for life.

# World Mental Health Day 2025

## Health Awareness Programme Report

**THEME - "Access to Services-Mental Health in Catastrophes and Emergencies"**

**Date:** 10th October 2025

**Venue:** Don Bosco Sigaram

**Organized by:** Department of Community Medicine, Arunai Medical College and Hospital

**Guidance:** Dr. A. Balaji, Professor & Head of the Department

A Health Awareness Programme was conducted on the occasion of *World Mental Health Day 2025* at **Don Bosco Sigaram**, under the guidance of **Dr. A. Balaji**, Professor & Head, Department of Community Medicine.

The session was led and taken by **Dr. Kalaivanan R (Assistant Professor)**.

A total of **30 participants** actively took part in the event. The programme focused on promoting awareness about the importance of mental health, identifying common psychological challenges, and encouraging preventive practices for emotional well-being.



## Topics Covered and Explanation by Dr. Kalaivanan R

### Importance of Mental Health

Dr. Kalaivanan R highlighted that mental health is a vital component of overall well-being, equally important as physical health. He explained how mental health influences thoughts, emotions, behaviors, and relationships, forming the foundation for a balanced and productive life. He emphasized that maintaining good mental health helps individuals cope with stress, work efficiently, and build strong relationships. It also enhances concentration, decision-making, and emotional balance, contributing to overall happiness and success.

### Common Psychological Issues

Dr. Kalaivanan discussed common mental health concerns such as stress, anxiety, depression, and emotional burnout, which are increasingly seen in modern society. He elaborated on their causes, including academic pressure, workplace stress, social isolation, and family conflicts. He also described how these issues manifest through sleep disturbances, mood swings, and poor focus. The importance of early identification and professional help was stressed, with an appeal to break the stigma around mental health discussions.



## **Coping Strategies**

The speaker explained several effective coping mechanisms that promote mental well-being. He encouraged participants to engage in regular physical activities, mindfulness meditation, and creative hobbies to reduce anxiety and stress. Dr. Kalaivanan also emphasized maintaining social connections, positive thinking, and time management to improve emotional resilience. He reminded participants that seeking help from counsellors or psychologists is a healthy and courageous step toward self-care and healing.

## **Preventive Measures**

In this segment, Dr. Kalaivanan focused on prevention as the key to mental health maintenance. He advised adopting a balanced diet, adequate sleep schedule, and avoiding unhealthy habits like substance abuse and over-dependence on digital devices. He highlighted the importance of creating supportive home and work environments, encouraging open communication, and respecting others' emotional boundaries. He also recommended regular relaxation, leisure time, and spiritual or mindfulness practices to enhance mental peace and stability.



## **Interactive Discussion**

The session concluded with a lively interactive discussion, where participants shared their views and personal experiences related to mental health. Dr. Kalaivanan patiently addressed all questions, offering practical tips and real-life examples for managing stress and maintaining emotional balance. The interactive approach created a safe space for open communication, leaving participants more aware, confident, and motivated to take care of their mental health.



## **Conclusion**

The Health Awareness Programme on *World Mental Health Day 2025* proved to be informative and impactful. It helped participants understand the importance of mental well-being and adopt healthy coping habits in daily life. Special appreciation goes to Mr. Kulandhai Yesuraja (MSW) for his excellent coordination, student management, and overall arrangement of the programme, ensuring its smooth and successful conduct.

The event was well-received and served as a meaningful initiative by the Department of Community Medicine to promote positive mental health awareness in the community.

## **REPORT ON NATIONAL CANCER AWARENESS DAY 2025**

### **Introduction**

Under the Guidance of the Head of the department, a health awareness programme was organized on the occasion of ***national cancer awareness day 2025*** at the panchayat office, konalur village. The program aimed to enhance community understanding of cancer, its risk factors, early warning signs, and preventive measures.

### **Organizing team**

- **Dr. Janarthanan Dhayanithi**, Senior Resident
- **Mr. Mahalingam**, health inspector
- **Mr. Vinoth**, medical social worker

### **Participant profile**

A total of **31 participants** from the Konalur village attended the program & actively engaged throughout the session.

### **Location / date**

The panchayat office, Konalur village, November 8 2025



## **Risk factors of cancer**

The session provided a comprehensive overview of cancer, beginning with an explanation of its major risk factors such as tobacco use, alcohol consumption, unhealthy dietary patterns, physical inactivity, obesity, and long-term exposure to environmental pollutants. Participants were informed that many of these risk factors are modifiable and that adopting a healthy lifestyle can significantly reduce the probability of developing cancer. The speaker also highlighted the role of chronic infections like HPV and hepatitis B, genetic predisposition, and occupational hazards as important contributors to cancer incidence, particularly in communities with limited access to routine health screening.

The discussion then focused on the most commonly observed cancers in the Indian population, including breast, oral, cervical, and lung cancers. Participants were made aware of the early symptoms often associated with these cancers, such as persistent mouth ulcers, white or red patches in the mouth, abnormal breast lumps, changes in breast shape, chronic cough, breathlessness, unexplained weight loss, and irregular vaginal bleeding. The importance of recognizing these warning signs early was strongly emphasized, as timely detection significantly improves treatment outcomes. Simple, low-cost practices such as breast self-examination, regular oral cavity checks, pap smear testing for cervical cancer, and avoiding tobacco in all forms were explained in detail to the audience.

## **Prevention and early diagnosis**

Finally, the session underlined the crucial role of prevention and early diagnosis in cancer control. The resource team encouraged participants to adopt healthy habits, avoid risk behaviours like tobacco and excessive alcohol consumption, maintain good nutrition, and engage in regular physical activity. Guidance on the benefits of HPV vaccination, routine medical check-ups were emphasised. The audience were educated to seek medical attention promptly if any persistent symptoms or unusual changes were noticed, reinforcing the message that cancer can be prevented or effectively managed when identified at an early stage.

## Interactive session

The program concluded with an interactive query session, during which participants raised questions related to symptoms, screening methods, and lifestyle modifications. The resource team provided clear and practical guidance to all queries.

## Conclusion

The health awareness programme on National Cancer Awareness day 2025 successfully enhanced community knowledge on cancer prevention and early detection. The active participation of the villagers and the dedicated efforts of the healthcare team contributed to the overall success of the event



**National Cancer Awareness Day 2025 THEME “United by Unique”**

## REPORT ON HEALTH EDUCATION – WORLD DIABETES DAY

**Venue:** Adayur Village

**Date:** Nov 22, 2025

### Organised By

- **Dr. A.M Arunvineeth**, Senior Resident
- **Mr. Mahalingam**, Health Inspector
- **Mr. Vinoth**, Medical Social Worker

### Introduction

Under the instructions and guidance of the Head of the Department, a health education programme was conducted at Adayur village on the theme of **World Diabetes Day**. The objective of this programme was to enhance community awareness regarding diabetes, its complications, preventive measures, and the importance of healthy lifestyle practices.

### Participant profile

A total of **30 participants** from Adayur village attended the program and actively engaged throughout the session.



## **Diabetes and Its Complications**

Participants were educated on the definition of diabetes, its types, and high-risk factors. The discussion focused on:

- Causes and symptoms of diabetes
- Importance of early diagnosis
- Short-term and long-term complications such as neuropathy, nephropathy, retinopathy, cardiovascular diseases, diabetic foot, and stroke
- Consequences of uncontrolled blood sugar levels

Emphasis was placed on the need for regular screening, adherence to prescribed medications, and timely medical follow-up.

## **Diabetic Diet and Lifestyle Modifications**

Dietary management and lifestyle modification play a central role in the prevention and control of diabetes. During the session, the participants were clearly informed that a diabetic diet, nutritious, and portion-controlled diet to be taken. They were advised to include whole grains, pulses, vegetables, green leafy vegetables, fibre-rich foods, and low glycaemic index fruits in their daily meals. The importance of limiting sugar, sweets, white rice, refined flour products, oily and fried foods, bakery items, and high-calorie snacks was highlighted to prevent sudden elevation of blood glucose levels. Along with the type of food consumed, the timing of meals was also emphasised, reinforcing that regular and consistent eating habits will help to maintain stable blood sugar levels throughout the day. Participants were also encouraged to stay hydrated and adopt healthy cooking practices such as steaming, boiling, and grilling instead of deep frying.

Further, the session included information on essential lifestyle modifications necessary for long-term diabetes control. Participants were counselled to avoid tobacco and alcohol, as both habits contribute to vascular damage and poor glycaemic control. They were reminded of the importance of routine monitoring of blood sugar and blood pressure, adherence to medical follow-up, and the need to take prescribed medications or insulin regularly without interruption. These habits collectively help in preventing complications and ensuring better management of diabetes.

## Interactive Query Session

After the educational session, an open discussion was conducted. Participants clarified doubts regarding sugar control, diet planning, medication use, and lifestyle practices. The session was interactive and well-received by the community.

## Blood Pressure Monitoring

To promote early detection of hypertension among elderly individuals, BP monitoring was carried out for the attending senior citizens. Those with elevated readings were advised regarding further medical follow-up and lifestyle modifications.

## Conclusion

The programme successfully created awareness among the villagers about diabetes, its prevention, and management. The participants showed keen interest and expressed gratitude for the informative session. The Department of Community Medicine will continue to organise similar activities to promote community health and wellbeing.



# Report on Health Awareness Program

## World AIDS Day 2025 - UHTC

**THEME: "Overcoming disruption, transforming the AIDS response"**

**Venue:** Gandhimathi College of Nursing, Tiruvannamalai

**Date:** 01 December 2025

**Total Participants:** 120 Nursing Students

Under the guidance of Dr. A. Balaji, HOD, Department of Community Medicine, a Health Awareness Programme was organized at Gandhimathi College of Nursing on the occasion of World AIDS Day 2025. The session was conducted by Dr. Janarthanan Dhyanithi (Senior Resident), Dr. Bharath Rajh (Senior Resident) and Mr. Vinoth (MSW) from the Department of Community Medicine.

The programme began with an introduction to the **theme of World AIDS Day 2025 – “Overcoming Disruption,”** emphasizing the need for uninterrupted HIV prevention, testing, and treatment services despite global and local challenges.

This was followed by an explanation of the **modes of transmission of HIV/AIDS**, including unprotected sexual contact, sharing contaminated needles, unsafe blood transfusions, and mother-to-child transmission. The resource persons also addressed **social stigma and discrimination**, highlighting how negative perceptions towards people living with HIV affect access to care and overall well-being. Students were encouraged to promote respect, empathy, and confidentiality in their future professional roles.



The importance of **Pre-Exposure Prophylaxis (PrEP)** as an effective preventive strategy for high-risk populations was discussed in detail. Additionally, the session covered **general prevention measures**, including practicing safe sex, using sterile needles, ensuring safe blood transfusion practices, undergoing regular HIV testing, and improving community-level awareness.

The programme also highlighted the **role of staff nurses** in the prevention and control of AIDS. Key responsibilities such as early identification, patient counseling, treatment adherence support, and community education were emphasized.

Students participated actively and demonstrated keen interest in the topic. The programme concluded with an interactive discussion and positive feedback, reinforcing the importance of continuous HIV/AIDS awareness and education.



### **Conclusion:**

The Health Awareness Programme on World AIDS Day 2025 successfully enhanced the students' understanding of HIV/AIDS, its modes of transmission, preventive measures, and the critical role of healthcare professionals in combating stigma and supporting affected individuals. The session provided valuable insights into evidence-based prevention strategies such as PrEP and highlighted the importance of continuous education, empathy, and community engagement. The active participation and positive feedback from students reflected the effectiveness of the programme in strengthening their knowledge and readiness to contribute to HIV/AIDS prevention and control in their future professional roles.

# Report on Health Awareness Programme

## World AIDS Day 2025 RHTC

**THEME: "Overcoming disruption, transforming the AIDS response"**

**Organized at: Rural Health Training Centre (RHTC)**

**Total Participants: 30**

Under the guidance of **Dr. A. Balaji, Head of the Department of Community Medicine**, a Health Awareness Programme on “**World AIDS Day 2025**” was organized at the Rural Health Training Centre (RHTC). The session was conducted by **Dr. Kalaivanan R (Assistant Professor)**, with the support of **Dr. Saravana Prabu** and **Dr. Priyanka Lucas (CRMIs)**, along with **Mr. Deiveegan** and **Mr. Arikrishnan (Health Inspectors)**.

The objective of the programme was to create awareness about HIV/AIDS among the community and promote preventive health practices. The session began with an introduction to **Understanding HIV & AIDS**, explaining the difference between HIV infection and AIDS, the impact on the immune system, and the significance of early knowledge in preventing disease progression.

This was followed by an explanation of **How HIV Spreads**, describing major modes of transmission such as unprotected sexual intercourse, sharing contaminated needles, unsafe blood transfusions, and mother-to-child transmission. The resource persons highlighted the importance of recognizing these routes to prevent infection effectively.



The speakers also emphasized the **Importance of Early Testing and Timely Treatment**, focusing on the benefits of early diagnosis, regular health check-ups, and the effectiveness of Antiretroviral Therapy (ART) in improving long-term health outcomes.

A key component of the programme was **Breaking the Stigma**, where participants were encouraged to treat individuals living with HIV/AIDS with dignity, empathy, and respect. The session stressed that reducing stigma is essential for improving early testing and ensuring treatment adherence.



Additionally, **Preventive Measures** such as practicing safe sex, using sterile needles, ensuring safe blood practices, and participating in regular screenings were discussed in detail.

The programme concluded with an interactive discussion, during which participants raised questions regarding HIV transmission, testing, and prevention. The resource team provided clear answers and practical guidance.



Overall, the session was informative and well-received, contributing to greater awareness at the community level.

### **Conclusion:**

The Health Awareness Programme on World AIDS Day 2025 at RHTC was highly effective in enhancing participants' understanding of HIV/AIDS, its transmission, prevention, and the importance of early testing and treatment. The session successfully addressed misconceptions, encouraged stigma-free attitudes, and promoted responsible health practices within the community. The active participation and positive feedback from attendees reflected the programme's impact. Overall, the initiative contributed significantly to strengthening community awareness and supporting ongoing efforts in the prevention and control of HIV/AIDS.



# Arunai Medical College and Hospital

“From Learners to Healers - The Journey Begins”

## DEPARTMENT OF COMMUNITY MEDICINE

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OCTOBER 2025

REPORT ON

### FOUNDATION COURSE FOR FIRST-YEAR MBBS HEALTH PROFESSIONALS



## THE ROLE OF DOCTORS IN SOCIETY

The first session of the Foundation Course 2025 was delivered by Dr. A. Balaji, Professor and Head of the Department of Community Medicine, Arunai Medical College and Hospital. Dr. A. Balaji began the lecture by emphasizing the noble and multifaceted role that doctors play in shaping the health and well-being of society. He explained that the responsibilities of a doctor extend far beyond diagnosis and treatment; they encompass disease prevention, health promotion, research, ethical medical practice, and compassionate patient care. Dr. A. Balaji also elaborated on how doctors serve as pillars of the healthcare delivery system, contributing to health policy formulation, leadership in community programs, and effective management of public health emergencies such as epidemics and pandemics.



## THE ROLE OF DOCTORS IN SOCIETY

Dr. A. Balaji highlighted that doctors are not only healers but also educators, counselors, and advocates for positive change within their communities. Their ability to communicate health messages, promote healthy lifestyles, and maintain public trust is crucial for the progress of a healthy nation. He underscored the importance of professional ethics, integrity, and accountability in every aspect of medical practice, reminding students that the trust placed in doctors by society is both a privilege and a great responsibility.



## THE ROLE OF DOCTORS IN SOCIETY

To make the session more engaging, Dr. A. Balaji conducted an interactive debate on the topic “What should a doctor have – Motivation or Discipline?” Students actively participated and shared their opinions, concluding that while motivation initiates the journey, discipline is the sustaining force that defines a successful and ethical doctor.

Through this session, Dr. A. Balaji inspired the students to view medicine as a lifelong commitment to service, empathy, and continuous learning. He encouraged them to uphold the values of dedication, compassion, teamwork, and professionalism, which form the foundation of medical practice and the true spirit of a healthcare provider.



## Role of Physicians at Various Levels and Health Care Delivery

Dr. Pavithra, Senior Resident, Department of Community Medicine, explained the roles of physicians at the primary, secondary, and tertiary levels of healthcare. She emphasized that primary-level physicians serve as the community's first contact, focusing on prevention and basic care, while secondary-level doctors handle referred cases and national programs. At the tertiary level, physicians engage in specialized treatment, research, and policymaking. Dr. Pavithra highlighted professionalism, empathy, and teamwork as essential qualities, urging students to work with dedication to strengthen India's healthcare delivery system.



## Working in a Health Care Team

### Tag-Along Session

The Tag-Along Session on Working in a Health Care Team was coordinated by Dr. A. Balaji, Professor and Head of the Department of Community Medicine, and Dr. R. N. Vaishali, Assistant Professor. The objective of the session was to familiarize students with the interdisciplinary roles of health professionals who work together to strengthen the healthcare delivery system at the community level.



## Working in a Health Care Team

### Tag-Along Session

Students were divided into small groups and paired with various health personnel from the Department of Community Medicine. Each professional explained their specific responsibilities, helping students understand the diverse functions that together form the backbone of community health services.



## Working in a Health Care Team

### Tag-Along Session

#### **Dr. Pavithra – Village Health Nurse (VHN)**

**Dr. Pavithra, Senior Resident, explained the role of the Village Health Nurse in providing maternal and child health services, immunization, family planning, and community-based health education. She highlighted that VHNs act as the link between families and the health system, ensuring continuity of care for mothers, children, and vulnerable populations.**



## Working in a Health Care Team

### Tag-Along Session

#### **Dr. Janarthanan – Primary Health Centre (PHC) Medical Officer**

Dr. Janarthanan elaborated on the functions of the Primary Health Centre (PHC) and the Medical Officer's duties in planning, implementing, and supervising primary healthcare services. He described how PHCs act as the first level of professional medical care, managing both preventive and curative services, and coordinating national health programs at the field level.



## Working in a Health Care Team

### Tag-Along Session

#### **Mr. Vijayakumar – Biostatistician**

Mr. Vijayakumar, Biostatistician, discussed the importance of data management and analysis in public health. He explained how maintaining RHTC/UHTC data, conducting family health surveys, and preparing monthly reports supports evidence-based decision-making, research, and student training. His session highlighted that accurate data is the foundation for assessing health trends and planning effective interventions.



## Working in a Health Care Team

### Tag-Along Session

#### **Mr. Mahalingam – Health Assistant**

Mr. Mahalingam, Health Assistant, highlighted the importance of health education as a key tool for community awareness. He discussed how health talks, school programs, and family folder maintenance help monitor health trends and promote preventive healthcare practices among families.



## Working in a Health Care Team

### Tag-Along Session

**Mr. Kulanthaiyesuraja – Medical Social Worker (MSW)**

**Mr. Kulanthaiyesuraja, Medical Social Worker, explained his involvement in Tuberculosis (TB) control programs and community outreach activities. He discussed the importance of patient counselling, psychological support, and collaboration with NGOs to improve treatment outcomes. He emphasized that social workers play a crucial role in motivating patients, ensuring continuity of care, and addressing the social aspects of disease management.**



## Working in a Health Care Team

### Tag-Along Session

**Mr. Vinothraj – Medical Social Worker (MSW)**

Mr. Vinothraj, Medical Social Worker, highlighted his role in Non-Communicable Disease (NCD) clinics, focusing on patient counselling, lifestyle modification, and follow-up visits. He explained how MSWs contribute to health education, awareness campaigns, and coordination of field activities. He emphasized that effective communication and counselling help patients adopt healthier habits and ensure better treatment adherence in the community.



## Working in a Health Care Team

### Tag-Along Session

#### **Mr. Nithish – Health Inspector**

Mr. Nithish, Health Inspector, described the control of communicable diseases and implementation of vector control measures. He detailed activities like mosquito surveillance, environmental sanitation, and public education campaigns, emphasizing the importance of community involvement in preventing vector-borne diseases.



## Working in a Health Care Team

### Tag-Along Session

#### **Mr. Rohith – Sanitary Inspector**

**Mr. Rohith, Sanitary Inspector, explained the significance of environmental sanitation, waste management, and safe water supply in disease prevention. He highlighted the importance of documentation and regular field inspections, which help in monitoring and improving sanitation standards in both rural and urban settings.**



## Working in a Health Care Team

### Tag-Along Session

#### **Mr. Deiveegan – Health Inspector**

**Mr. Deiveegan, Health Inspector, explained his key role in organizing and coordinating health camps at the community level. He discussed how proper planning, logistics management, and coordination with local authorities ensure the smooth functioning of outreach programs. He also highlighted the importance of monitoring environmental sanitation and implementing disease prevention activities during field visits, emphasizing teamwork and community participation in maintaining public health standards.**



## Working in a Health Care Team

### Tag-Along Session

#### **Mr. Harikrishnan – Health Inspector**

Mr. Harikrishnan, Health Inspector, described his responsibilities in conducting field inspections, managing vector control measures, and assisting in health awareness programs. He elaborated on the process behind arranging health camps, ensuring that each activity is well-organized and effectively delivered to rural populations. He emphasized that Health Inspectors play a crucial role in linking healthcare services with the community, maintaining sanitation, and ensuring the success of public health initiatives.



## Working in a Health Care Team

### Tag-Along Session

#### **Postgraduate Students – “Importance of Community Medicine”**

The Postgraduate students from the Department of Community Medicine presented a session on the “Importance of Community Medicine.” They discussed how the subject integrates preventive, promotive, curative, and rehabilitative healthcare, and how it focuses on improving the health of populations rather than individuals. They emphasized that Community Medicine bridges the gap between clinical medicine and public health, guiding future doctors to serve society with empathy and social responsibility.



## Working in a Health Care Team

### Tag-Along Session

The session was introduced by Dr. S. Sakthipriyan, Assistant Professor, Department of Community Medicine. Mr. Gunasekaran, Public-Private Partnership (PPP) Manager at the District TB Centre, spoke about the collaborative role of public and private sectors in tuberculosis control. He explained how private practitioners contribute to case identification, TB notification, and patient follow-up, which are vital to achieving the goals of the National TB Elimination Program (NTEP). He also highlighted the importance of counselling services, intersectoral coordination, and community participation in ensuring successful treatment and reducing TB transmission within the community.



## Session by Dr. Janarthanan – “National Health Goals, Policies, and Community Health”

On 14th October 2025, a session on “National Health Goals and Policies, Health Care System, and Community Health” was conducted by Dr. Janarthanan, Senior Resident, Department of Community Medicine. The session began with an insightful explanation of India’s National Health Programs, emphasizing why these programs were established and how they have evolved to meet current healthcare challenges. Dr. Janarthanan detailed the objectives of various public health initiatives, including their impact on improving disease prevention, health promotion, and access to care in both rural and urban populations.



## Session by Dr. Janarthanan – “National Health Goals, Policies, and Community Health”

He also highlighted the current improvements and innovations made in these programs, such as enhanced surveillance systems, digital health records, and the integration of preventive care into primary health services. The session included an interactive discussion with students, encouraging them to think about how health programs directly influence families, communities, and overall public health outcomes.



## Session by Dr. Janarthanan – “National Health Goals, Policies, and Community Health”

To enhance understanding through practical learning, students performed role plays on key community health situations:

- **Dengue Case Role Play** – featuring a family, Medical Officer (MO), Health Inspector (HI), and Medical Social Worker (MSW), demonstrating the importance of teamwork in disease detection, vector control, and patient counselling.



## Session by Dr. Janarthanan – “National Health Goals, Policies, and Community Health”

- **Vaccination Role Play** – involving a family, Medical Officer (MO), and Village Health Nurse (VHN), showing the process of community immunization and awareness creation.

Through these role plays, students gained a better appreciation of how public health programs function at the grassroots level, the importance of community participation, and the collaborative role of healthcare professionals in achieving national health goals.



## Conclusion

The Foundation Course in Community Medicine 2025 provided Phase I MBBS students with a strong introduction to the healthcare system and the essential roles of healthcare professionals. Through interactive lectures, role plays, and field sessions, students learned the importance of teamwork, ethics, and community engagement in medical practice. Activities like the Tag-Along Session and Community Walk helped bridge classroom learning with real-world public health experience. Overall, the course inspired students to approach medicine with discipline, compassion, and a sense of social responsibility, preparing them to serve society as competent and empathetic future doctors.



Thank You

Report by  
**Department of Community Medicine**



## RESEARCH METHODOLOGY WORKSHOP



ARUNAI MEDICAL COLLEGE AND HOSPITAL

# RESEARCH METHODOLOGY





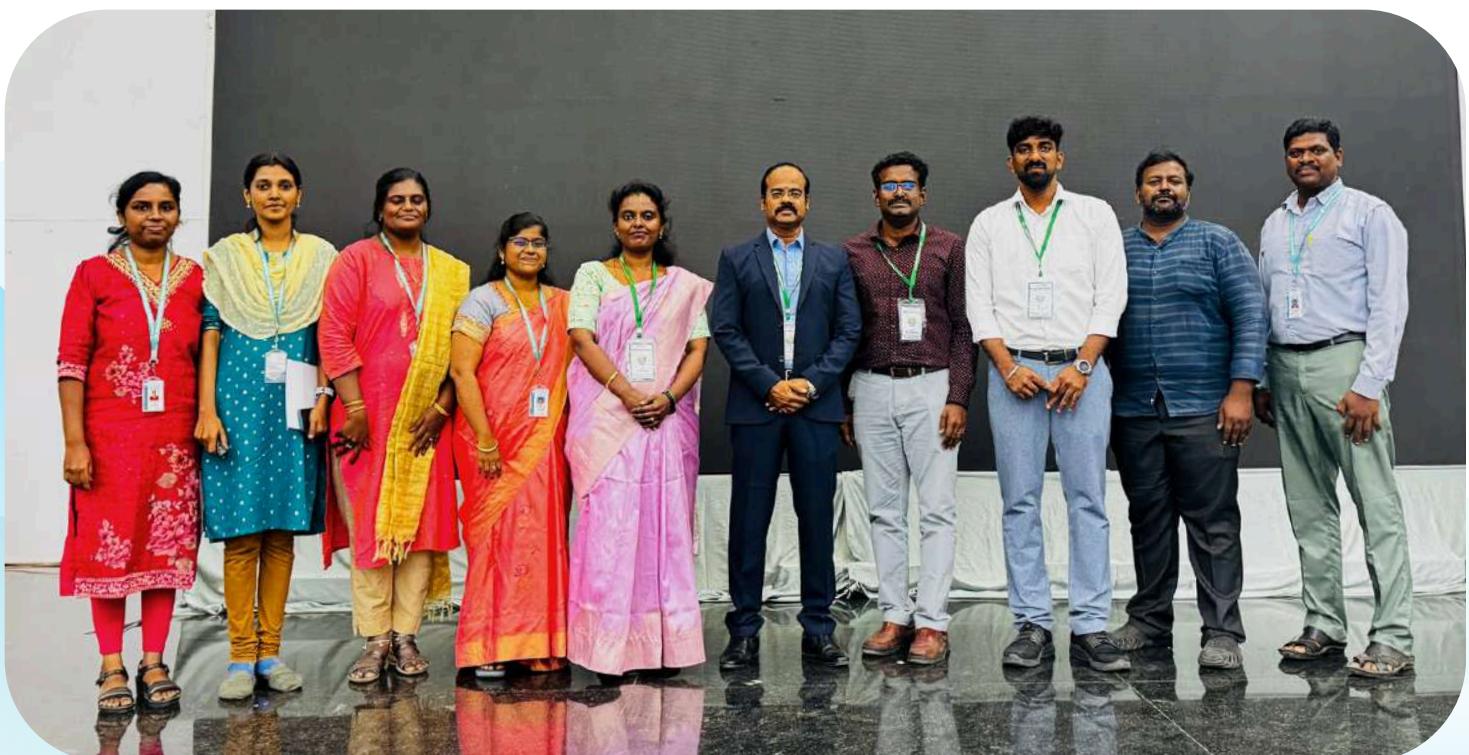
# **RESEARCH METHODOLOGY PRE CONFENCE WORKSHOP ARUNAI CARDIOCON- 2025**

**Date : 11th October 2025**

**Time : 9:00 AM - 4:00 PM**

**Venue : Arunai Medical College Auditorium**

**ORGANIZED BY :  
DEPARTMENT OF COMMUNITY MEDICINE**



# OVERVIEW:

**The Research Methodology Workshop - 2025 was successfully organized by the Department of Community Medicine on 11th October 2025 at the Arunai Medical College and Hospital Auditorium. The workshop aimed to enhance research skills and promote awareness on essential methodologies among undergraduate medical students to foster a culture of scientific inquiry and evidence-based practice.**

**The workshop was inaugurated by Dr. D. Gunasingh, Dean and Principal, AMCH. Dignitaries highlighted the importance of research in advancing medical education and improving patient care.**



**Dr. D. Gunasingh**

Dean & principal



**Dr. A. Balaji,**

Professor and Head,  
Department of Community  
Medicine

The sessions were coordinated by Dr. A. Balaji, Professor and Head, Department of Community Medicine, along with an efficient organizing team comprising Dr. S. Sakthipriyan, Dr. R. Kalaivanan, Dr. R.N. Vaishali, Dr. D. Janarthanan, Dr. M. Pavithra.

## WORKSHOP OBJECTIVES:



**To provide an overview of research methodology in medical sciences.**



**To familiarize participants with study design, data collection, analysis, and presentation.**



**To guide undergraduates in formulating effective research proposals**



# PARTICIPANTS

**A total of over 300 undergraduate students participated enthusiastically in the one-day workshop.**



# Welcome Address

**Dr. R. N. Vaishali, Assistant Professor, Department of Community Medicine, delivered the welcome address. She greeted the dignitaries, faculty members, student participants and highlighted the significance of research in medical education and its role in promoting evidence-based practice. She emphasized the importance of the workshop as a valuable platform for students to enhance their analytical thinking and research skills. Dr. Vaishali also expressed her gratitude to the management and organizing committee for their continuous support in nurturing a strong research culture within the institution.**



# Workshop Sessions

## Introduction to Research Methodology

**Dr. A. Balaji. Professor & Head, Department of Community Medicine** commenced the workshop with an insightful session on the fundamentals of research methodology. He explained the definition and importance of research in medical sciences and how it forms the foundation of evidence-based practice. The session covered the basic steps involved in the research process — from identifying a problem, setting objectives, reviewing literature, choosing study design, collecting and analyzing data, to drawing meaningful conclusions. He emphasized the importance of ethics and accuracy in medical research. The talk motivated students to cultivate a research mindset early in their academic career.



## Review of Literature

**Dr.S.Sakthipriyan – Assistant Professor, explained the importance of literature review in identifying research gaps and framing research questions. He guided students on searching databases like PubMed and Google Scholar, using keywords, and organizing references. The interactive session enhanced their understanding of synthesizing information from various sources.**

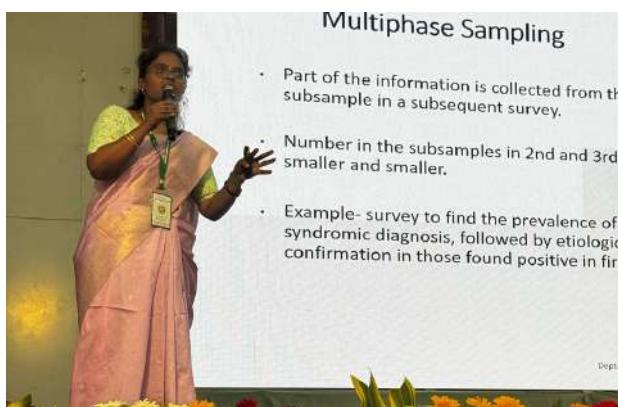


## Choosing the Study Designs for Research



**Dr.R.Kalaivanan – Assistant Professor, discussed various study designs, differentiating observational and experimental study designs. He emphasized selecting appropriate designs based on research objectives, validity, and feasibility, using practical case examples for clarity.**

## Sampling Techniques and Sample Size Calculation



**Dr.R.N.Vaishali – Assistant Professor, explained sampling methods such as random, systematic, stratified, snowball, cluster sampling, and their applications. She highlighted the importance of adequate sample size and demonstrated sample size calculation. Group activity was conducted for the students on sampling technique identification and sample size calculation.**

## ICMR STS Project

**Dr.M.Pavithra – Senior resident, introduced the ICMR-STS program, covering eligibility, registration, and proposal submission. She encouraged students to participate in STS projects for early research exposure and academic recognition.**



## Writing a Research Proposal – Hands-on Workshop



**Dr. A. Balaji guided students in preparing structured research proposals, explaining each section and encouraging them to draft proposals on topics selected by the students.**

# **Presentation of Protocol by Students**

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**01**

**Prevalence and Determinants of Brain Fog Among Medical Students at tertiary care centre : A Cross-Sectional Study**

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**02**

**Association Between Protein Consumption and Skeletal Muscle Mass Changes Over Time Among Adults in Tiruvannamalai : A Cohort Study**

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**03**

**Association between morning breakfast consumption and Academic performance among MBBS students at tertiary care centre in south India - A cross sectional study**

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**04**

**Prevalence and determinants of Myocardial Infarction among young adults in tiruvannamalai - A cross sectional study**

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**05**

**Effectiveness in cognitive screening in identifying early onset of Alzheimer's disease among adult population in Tamilnadu - A cross sectional study**

**06**

**Prevalence and predictors of hypertension among diabetes patient in rural field practice area of tertiary care centre- A cross sectional study**

**07**

**Exploring Experiences and Coping Practices Among Medical Students with Obsessive-Compulsive Disorder : A Qualitative Study**

**Students presented their draft research protocols and received detailed feedback from the faculty, which guided them in refining their research questions, improving methodology, and strengthening the overall quality of their study proposals**



# Vote of Thanks



**Dr. D. Janarthanan - Senior resident , Department of Community Medicine delivered the vote of thanks, appreciating the faculty, organizing committee, and students for their active participation and successful completion of the workshop.**

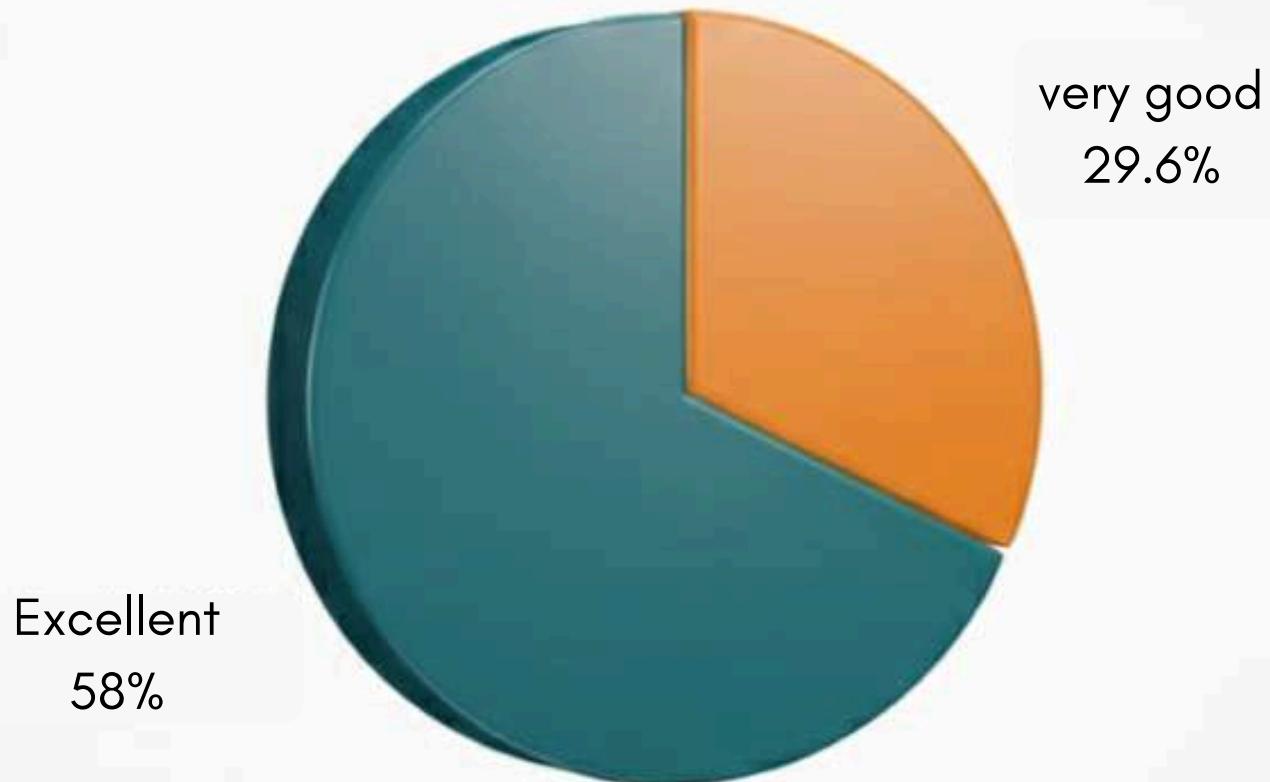
## Outcomes

**The participants reported that the workshop significantly improved their understanding of research methodology, literature review, and proposal writing. The interactive format and group discussions fostered active participation and collaboration among students.**

**Feedback collected via Google Forms indicated that over 95% of participants rated the sessions as “Excellent”, particularly appreciating the clarity of presentations and practical demonstrations.**

# FEEDBACK

**According to the student feedback chart, 58% of participants rated the Research Methodology Workshop as excellent, while 29.6% rated it as very good, indicating that the majority of students found the workshop highly effective and beneficial to their learning.**



# Valedictory Function



# Conclusion

**The Research Methodology Workshop – 2025 was a resounding success, fulfilling its objective of promoting research-oriented learning among undergraduate medical students. The Department of Community Medicine expressed gratitude to all the resource persons, organizing committee members, and participants for their active involvement and support in making the event a valuable learning experience.**



# World Health Day Quiz 2025-Event Report

## Event Overview

In observance of **World Health Day 2025**, the Department of Community Medicine organized a vibrant and engaging series of events, including a **Quiz Competition** and a **Community Walk Video Contest**. The celebrations aimed to deepen the understanding of health and well-being among students and to foster awareness about pressing global health issues. The day's activities were meticulously planned to promote active learning, creativity, and community involvement.

## Agenda and Highlights

### Welcome Address

- ❖ **Speaker:** *Dr. R. N. Vaishali, Assistant Professor, Department of Community Medicine*

The event commenced with a warm welcome address delivered by Dr. R. N. Vaishali. She greeted the dignitaries, faculty members, students, and all attendees, setting a positive and enthusiastic tone for the day. Dr. Vaishali emphasized the significance of World Health Day and spoke about the collective responsibility each individual holds in maintaining personal and community health. She highlighted how initiatives like these play a crucial role in building health-conscious societies.



## Introduction to World Health Day

❖ **Speaker:** *Dr. A. Balaji, Vice Principal and HOD, Department of Community Medicine*

Dr. A. Balaji provided an enlightening introduction to the background and importance of World Health Day. He discussed its establishment by the **World Health Organization (WHO)** and its purpose in drawing global attention to major health concerns. Dr. A. Balaji also elaborated on how every year WHO selects a specific theme to highlight a priority area of public health. In 2025, the theme was "**Healthy Beginnings, Hopeful Futures**," focusing on maternal and child health. He shared valuable insights from his personal experiences, reinforcing the theme's relevance in shaping a healthier world for future generations.



## Themes of World Health Day: Past and Present

- ❖ **Speaker:** *Dr. M. Suresh, Senior Resident, Department of Community Medicine*

Dr. M. Suresh delivered a comprehensive presentation on the various themes celebrated over the years for World Health Day. He demonstrated how each theme has successfully brought attention to urgent health issues such as mental health, climate change, universal health coverage, and food safety. He further linked the past themes to the Indian context, elaborating on initiatives launched by the Central and State Governments to improve **Maternal and Child Health (MCH)**, such as the *Janani Suraksha Yojana* and *Mission Indradhanush*. His session reinforced the critical role of policy and public awareness in achieving sustainable health outcomes.



## Quiz Competition

- ❖ **Coordinated by:** *Dr. A. Balaji, Vice Principal and HOD, Department of Community Medicine*

The highlight of the celebration was the **Quiz Competition**, skillfully coordinated by Dr. A. Balaji, who also served as the Quiz Master. Preliminary rounds were conducted three days prior to the event, witnessing enthusiastic participation from **43 Phase I MBBS students**. Based on their scores, the top 12 participants were selected and divided into four teams: **Team A, Team B, Team C, and Team D**, each consisting of three members.

The main quiz competition consisted of five exciting and challenging rounds:

- **MCQ Round:** Multiple-choice questions to test fundamental health knowledge.
- **Visual Round (GIFs):** Identification of animated health-related visuals.
- **Brain Teaser Round:** Open one-liner questions stimulating lateral thinking.
- **Real-Life Riddles:** Scenario-based problem-solving questions.
- **Rapid Fire Round:** Fast-paced question-answer session to test quick thinking.

Participants showcased commendable knowledge, quick thinking, and excellent teamwork.

After an intense and spirited contest, **Team C** was declared the **Winner**, while **Team A** secured the position of **Runner-up**.



## **Community Walk Video Contest – Judgement**

❖ **Judges:** *Dr. S. Sakthipriyan and Dr. R. Ilangovan, Assistant Professors, Department of Community Medicine*

Another unique aspect of the celebration was the **Community Walk Video Contest**, where students creatively promoted health awareness through short videos. Participants submitted videos focusing on health education and community engagement. The videos were judged by Dr. R. Ilangovan and Dr. S. Sakthipriyan, who evaluated them based on the following criteria:

- Creativity and innovation
- Impact of the health message
- Level of community involvement

The judges appreciated the efforts and creativity of all participants and provided constructive feedback, encouraging further involvement in community-oriented health initiatives.



### **Prize Distribution Ceremony**

The excitement peaked during the **Prize Distribution Ceremony**, where winners of the Quiz Competition and Community Walk Video Contest were honored. Prizes and certificates were awarded to recognize their outstanding performance, creativity, and commitment to promoting health awareness. This segment celebrated not just competition but the larger spirit of participation, collaboration, and community advocacy.





### **Vote of Thanks**

❖ **Delivered by:** *Dr. S. Sakthipriyan, Assistant Professor, Department of Community Medicine*

The event concluded with a sincere **Vote of Thanks** by Dr. S. Sakthipriyan. He expressed heartfelt gratitude to the organizing committee, the faculty, the students, and the staff members for their tireless efforts. Special thanks were extended to the judges, participants, and audience for making the World Health Day celebrations a resounding success. He also appreciated the enthusiasm and energy exhibited throughout the event, reaffirming the department's commitment to health promotion and education.



## Conclusion

The **World Health Day 2025 Quiz Competition and Community Walk Video Contest** successfully combined education, creativity, and community engagement. It offered participants a dynamic platform to deepen their understanding of global health issues while promoting proactive behaviour towards health advocacy.

Through diverse activities and vibrant participation, the event exemplified the spirit of "**Healthy Beginnings, Hopeful Futures,**" inspiring young minds to lead healthier, more hopeful communities. The celebration not only enhanced awareness about major health concerns but also instilled a sense of collective responsibility among the future healthcare professionals. The Department of Community Medicine takes pride in organizing such events that contribute meaningfully to public health education and student empowerment.



## **FAMILY ADOPTION PROGRAMME (FAP) 2025**

The Family Adoption Program was organized by the Department of Community Medicine at Arunai Medical College and Hospital, under the guidance of Dr. A. Balaji (Vice Principal, Professor, and Head of the Department of Community Medicine), with support from the faculty, health inspectors and medical social worker.

After receiving permission from the village presidents, each team was allocated specific families to adopt under the program. The families cooperated well with the students, explained the purpose of their visit and requested permission before entering each household.

A detailed history of each family, including socio-demographic profiles and clinical examinations, was recorded according to the Family Adoption Program (FAP) guidelines. The students interacted well with the families, responded positively to the visits.

**Reporting Period:** January 2025 – December 2025

**Conducted by:** Department of Community Medicine

**Target Group:** MBBS Students (Phase I, Phase II, Phase III Part 1)

### **Objective of the Program**

To provide MBBS students with practical exposure to rural healthcare settings, enhance their understanding of community health problems, and develop essential field skills through direct interaction with the community.

### **Methodology**

As part of the Community Medicine curriculum, the students were divided into batches based on their academic phase (Phase I, Phase II, and Phase III). The department scheduled field visits to various villages under the RHTC jurisdiction. The activities during these visits included:

- Health education and awareness sessions
- Identification of public health problems
- Household visits and data collection

- Students understood the structure and function of rural health systems.
- Real-time exposure helped in correlating theoretical knowledge with practical scenarios.

### Field Visit Details

#### Phase III Part I MBBS activities:

DATE	VILLAGE	PHASE
29/01/2025	KOOVANUR	PHASE III PART 1 ( 2022 TO 2023 )
05/03/2025	PERIYAMANIYADHAL	PHASE III PART 1 ( 2022 TO 2023 )
04/04/2025	KOOVANUR	PHASE III PART 1 ( 2022 TO 2023 )
02/05/2025	PERUMANAM	PHASE III PART 1 ( 2022 TO 2023 )
25/06/2025	KARIYAMPALAYAM	PHASE III PART 1 ( 2022 TO 2023 )
28/07/2025	PERUMANAM	PHASE III PART 1 ( 2022 TO 2023 )
10/09/2025	ELIYANARKUPPAM	PHASE III PART 1 ( 2022 TO 2023 )
25/10/2025	ELIYANARKUPPAM	PHASE III PART 1 ( 2022 TO 2023 )
17/11/2025	SIRPANANTHAL	PHASE III PART 1 ( 2022 TO 2023 )



## **Phase II MBBS activities**

DATE	VILLAGE	PHASE
07/01/2025	ELIYANARKUPPAM	PHASE II ( 2023 TO 2024 )
18/11/2025	ATHIPAKKAM	PHASE II ( 2023 TO 2024 )
11/12/2025	ATHIPAKKAM	PHASE II ( 2023 TO 2024 )



## Phase I MBBS activities

22/02/2025	PERUMANAM	PHASE I ( 2024 TO 2025 )
	ATHIPAKKAM	
	NEDUKKAMPATTU	
28/06/2025	PERUMANAM	
	ATHIPAKKAM	
	NEDUKKAMPATTU	
23/10/2025	ATHIPAKKAM	



## Conclusion

The Family Adoption Program conducted by the Department of Community Medicine, Arunai Medical College and Hospital, during the period January to December 2025, successfully fulfilled its educational and community-oriented objectives. The program provided MBBS students across all phases with meaningful exposure to rural healthcare settings, thereby strengthening their understanding of community health dynamics and public health challenges at the grassroots level.

Systematic allocation of families, prior permission from village leadership, and adherence to Family Adoption Program guidelines ensured ethical conduct and effective implementation of field activities. Comprehensive socio-demographic data collection, clinical assessments, and sustained interaction with families enabled students to develop essential competencies in communication, history taking, and community diagnosis.

The active participation of faculty, health inspectors, and the medical social worker facilitated structured supervision and reinforced experiential learning. Overall, the program effectively bridged the gap between theoretical instruction and practical application, fostered positive community engagement, and contributed to the holistic training of future medical graduates with a community-oriented and patient-centered approach.

# NON-COMMUNICABLE DISEASES (NCD) OUTREACH PROGRAM REPORT

## Introduction

Non-Communicable Diseases (NCDs) such as **Diabetes Mellitus, Hypertension, Heart diseases, Chronic respiratory diseases, and certain cancers** are major causes of morbidity and mortality globally, including in India. Unlike communicable diseases, NCDs are **long-term illnesses** that require continuous care, regular monitoring, lifestyle modification, and follow-up support.

In rural and semi-urban areas, NCD burden becomes more severe due to limited health access, low awareness, and inadequate screening services. To address this need through a community-based approach, the **Department of Community Medicine, Arunai Medical College and Hospital** initiated the **Weekly Non-Communicable Disease (NCD) Outreach Program** on **18th December 2023**, as a sustained program aimed at improving chronic disease management at the community level.

## Guidance

The Weekly NCD Outreach Program was launched under the guidance of **Dr. A. Balaji, MD, Professor and Head of the Department (HOD), Department of Community Medicine, Arunai Medical College and Hospital**. The program emphasizes **early detection, prevention, regular follow-up, and patient-centered care** in the community.



## **Objectives of the Program**

The Weekly NCD Outreach Program aims to:

- Provide **structured and sustainable NCD care** at the community level.
- Shift focus from **hospital-based treatment to preventive and participatory care**.
- Conduct **comprehensive assessment, monitoring, and targeted management** for NCD patients in the department field practice areas.

## **Program Activities**

The **Health Inspectors (HIs)** and **Medical Social Workers (MSWs)** from the Department of Community Medicine conducted regular **screening and follow-up visits** in both rural and urban field practice areas of Arunai Medical College and Hospital.

### **Key Activities Done:**

- Weekly home visits and follow-ups
- Patient record maintenance
- Monitoring medication adherence
- Lifestyle counselling (diet, exercise, habits)
- Early identification of complications
- Family involvement in support and treatment compliance
- Addressing barriers such as finance, transport, and awareness issues

A total of **186 NCD patients** were followed up during this year through the outreach visits and monitoring system.

Figure1. Age Distribution of the NCD Patients

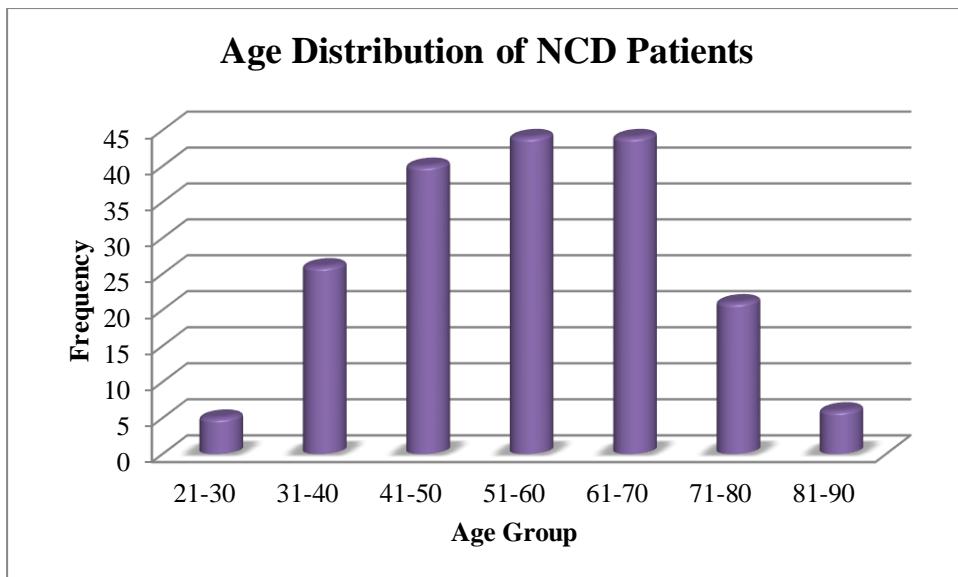
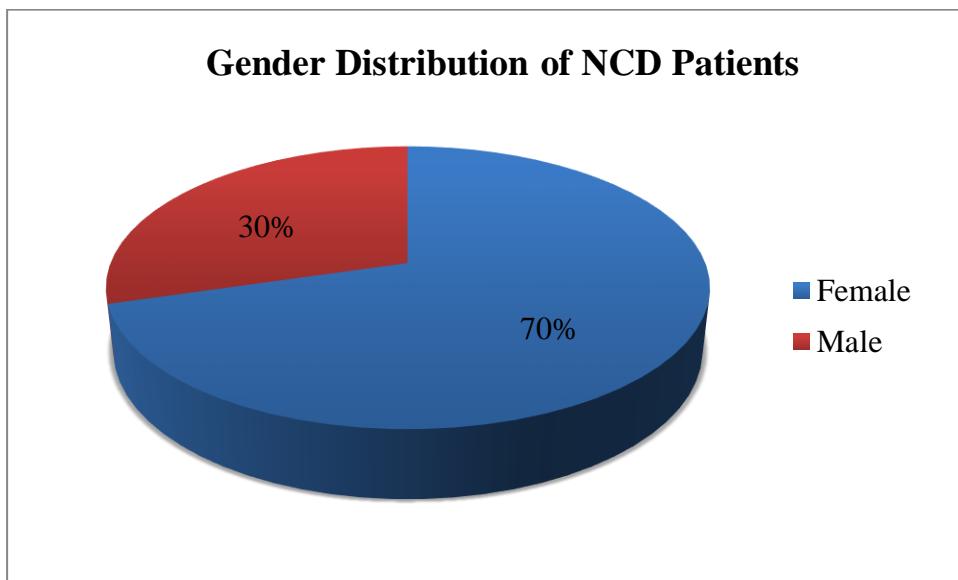


Figure2. Gender Distribution of the NCD Patients



## Conclusion

The Weekly NCD Outreach Program represents a **holistic and community-focused approach** for effective management of chronic diseases in underserved populations. Through continuous follow-up, individualized care, health education, and supportive monitoring, the initiative strengthens the public health system and improves long-term health outcomes. With continued commitment, this program has strong potential to create lasting positive impact in community health.

# **DEPARTMENT OF COMMUNITY MEDICINE, AMCH**

## **REPORT ON TB PATIENTS VISIT 2025**

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### **Introduction:**

The Tuberculosis (TB) Outreach Program was inaugurated on November 23, 2023, by the Department of Community Medicine at Arunai Medical College. This report outlines the structure and activities of the program, which involves weekly visits by Medical Social Workers (MSW) to TB patients within our hospital as well as Rural Health Training Centre (RHTC) and Urban Health Training Centre (UHTC) hospitals.

### **Objective:**

The primary objective of the TB Outreach Program is to enhance TB patient management and care by providing support services and education to patients and their families.

### **Program Activities:**

#### **Weekly Patient Visits:**

- MSW's visit TB-diagnosed patients twice a week.
- Visits are scheduled to ensure regular follow-up and monitoring of patients' progress.
- During visits, MSW's provide emotional support, address patient concerns, and offer assistance with treatment adherence.

#### **Education and Awareness:**

- Conduct educational sessions for TB patients and their families on various aspects of TB prevention, treatment, and management.
- Emphasize the importance of completing the full course of treatment and adherence to medication.

## **Social Support Services:**

- Assess the social and economic needs of TB patients and their families.
- Provide guidance and assistance in accessing social welfare schemes and financial support if needed.
- Facilitate referrals to relevant support services such as nutritional counseling or vocational training programs.

## **Collaboration with Health Centers and Arunai TB cell:**

- Coordinate with RHTC, UHTC and Arunai TB cell to identify TB patients requiring additional support.
- Ensure seamless communication and coordination between Department of community medicine and Department of Respiratory medicine to address patient needs effectively.

## **Team Members:**

- Kulandaiyesuraja, Medical Social Worker
- Vinoth Raj, Social Worker
- Nithish Kumar, Health Inspector
- Rohith, Sanitary Inspector

Our team, comprising Kulandaiyesuraja (Medical Social Worker), Vinoth Raj (Social Worker), Nithish Kumar (Health Inspector), and Rohith (Sanitary Inspector), has been diligently conducting follow-up visits for ten TB patients. These patients have successfully completed their treatment, and our team's efforts have been instrumental in ensuring this outcome.



We provided consistent counseling, emphasized the importance of taking medications properly, and promoted healthy lifestyles. We also discussed the significance of TB treatment and raised awareness about the disease during our visits.



Each patient was given individualized attention, with the team ensuring that they received the necessary support and information to complete their treatment successfully and prevent TB recurrence.

# **REPORT ON FAMILY FOLDER SURVEY – 2025**

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## **Introduction**

Family Folder Survey (FFS) is an essential field-based activity conducted under the Department of Community Medicine to maintain updated household and population health information in the field practice areas. The survey helps in identifying health needs, improving community health services, and supporting preventive and promotive health care activities.

It also plays a major role in collecting baseline data for planning and implementing public health programmes, including maternal and child health, communicable disease control, and non-communicable disease screening activities.

The Family Folder Survey for the year **2025** was carried out in both **UHTC and RHTC field practice areas** through continuous visits and regular follow-ups.

## **Guidance and Supervision**

This Annual Family Folder Survey was conducted under the guidance of **Dr. A. Balaji, Professor and Head of the Department (HOD), Department of Community Medicine, Arunai Medical College and Hospital**. The survey activities were supported by the Community Medicine field staff and carried out as part of routine field practice services in both Urban and Rural areas.

## **Survey Team**

The Family Folder Survey work was carried out with the support of the following staff:

- **Mr. Mahalingam** – Health Assistant
- **Mr. Deiveegan** – Health Inspector
- **Mr. Arikrishnan** – Health Inspector
- **Mr. Kulandaiyesraja** – Medical Social Worker
- **Mr. Vinothraj** – Social Worker
- **Mr. Nithish Kumar** – Health Inspector
- **Mr. Rohith** – Sanitary Inspector / Health Inspector

## **Field Practice Areas Covered**

Family Folder Survey was conducted in the following field practice areas during 2025:

➤ **UHTC (Urban Health Training Centre)**

- **Kallukuttai** (January)
- **Dr. Ambethkar Street** (February – December)

➤ **RHTC (Rural Health Training Centre)**

- **Karaiyampalaiyam Village** (January – December)

Throughout the year 2025, Family Folder Survey activities were carried out continuously in both Urban and Rural Field Practice Areas.

- **UHTC coverage:** Kallukuttai (January) and Dr. Ambethkar Street (Feb–Dec)
- **RHTC coverage:** Karaiyampalaiyam village (Jan–Dec)

The survey visits helped in household data updating, population coverage assessment, and ensured continuity of community health monitoring under the Department of Community Medicine.



## **Conclusion**

The Annual Family Folder Survey (FFS) for the year **2025** was successfully conducted in the UHTC and RHTC field practice areas under the Department of Community Medicine, Arunai Medical College and Hospital. The survey activities supported continuous community health monitoring and helped in strengthening preventive and promotive health services. Regular field visits ensured updated family folder records and improved follow-up for health-related interventions in the community.

# ENVIRONMENTAL SURVEY REPORT

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## **Introduction**

Environmental conditions play an important role in maintaining and improving the health status of the community. Poor sanitation, improper waste disposal, stagnant water, unhygienic surroundings, and unsafe drinking water sources contribute to various communicable diseases such as diarrheal diseases, dengue, malaria, skin infections, and respiratory illnesses.

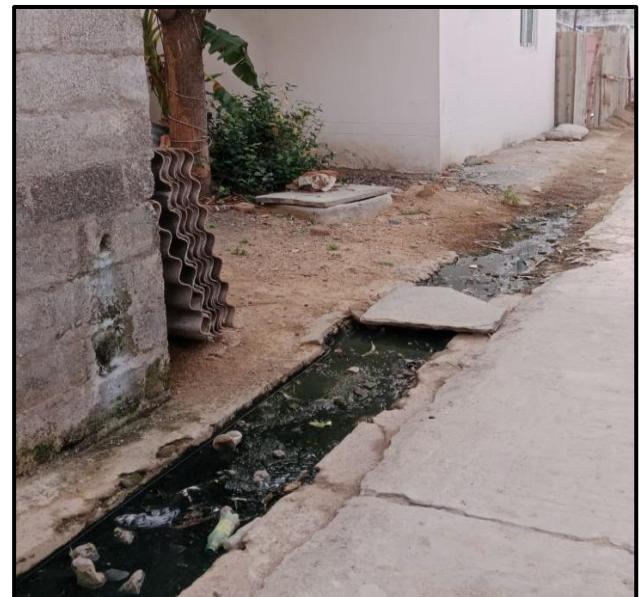
To assess and improve the environmental health status of the people, the **Department of Community Medicine, Arunai Medical College and Hospital** initiated an **Environmental Survey** in the **Urban Field Practice Area**. The survey was started to identify environmental risk factors, observe sanitation practices, evaluate waste management systems, and understand the general cleanliness and health-related hazards in residential areas.

This survey also supports community-based preventive measures by helping in early identification of problems and planning suitable health education and interventions to promote a healthier living environment.

- ❖ This Environmental Survey was conducted under the guidance of **Dr. A. Balaji, Professor and Head of the Department (HOD), Department of Community Medicine, Arunai Medical College and Hospital.**
  
- ❖ The survey was carried out by **Mr. Nithish Kumar (Health Inspector)** and **Mr. Rohith (Health Inspector)** from the **Department of Community Medicine, Arunai Medical College and Hospital**, as part of the Urban Field Practice Area activities to assess and improve environmental sanitation and community health conditions.

## **Survey Completed Areas (Urban Field Practice Area)**

The Environmental Survey was successfully completed in the Urban Field Practice Area covering the following locations: **Vettavalam Road, Erikarai, Sakthi Vinayagar Kovil, Kallukutti, Durabali Street, 8th New Karkana Street, MGR Nagar, Railway Quarters, Kilnathur, and Naavakrai.**



AREA	POPULATION
Vettavalam Road, Erikarai	536
Sakthi Vinayagar Kovil	200
Sakthi Vinayagar Kovil	200
Kallukuttai	756
Durabali Street	650
8th New Karkana Street	242
MGR Nagar	712
Railway Quarters	138
Kilnathur	2152
Naavakrai	900

## **Conclusion**

The Environmental Survey conducted in the Urban Field Practice Area was an important step in identifying environmental sanitation status and potential health risk factors within the community. The findings from these surveyed areas will help in planning effective preventive actions, improving environmental hygiene, and strengthening public health practices through community participation and health education.

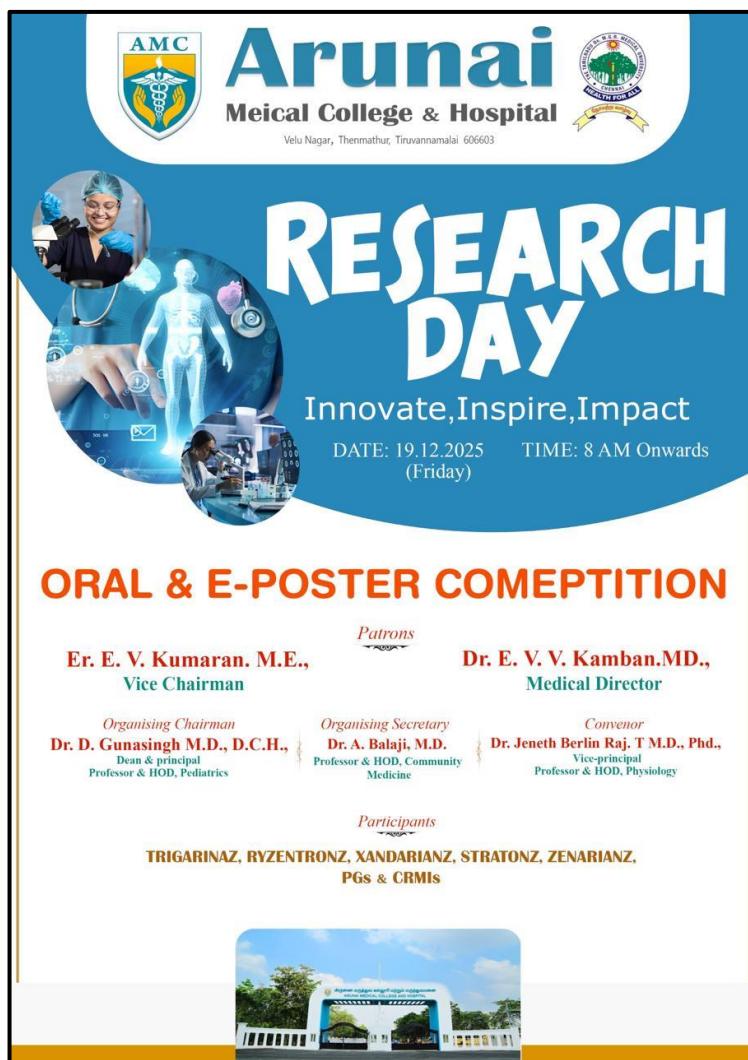
# Arunai Medical College & Hospital

## RESEARCH DAY REPORT 2025

### Introduction

Research plays a pivotal role in strengthening medical education, improving clinical practice, and fostering evidence-based healthcare delivery. In alignment with this vision, **Arunai Medical College & Hospital (AMCH)** consistently encourages undergraduate students and interns to actively engage in research activities from the early stages of their medical training.

With this objective, **AMCH Research Day 2025** was successfully conducted on **19th December 2025**, providing a structured academic platform for undergraduate students and **CRMI interns** to present their research work, share scientific ideas, and develop critical thinking skills. The event reflected the institution's strong commitment towards nurturing a robust research culture and preparing future clinician-scientists.



## Organization and Leadership

AMCH Research Day 2025 was organized by the **Department of Community Medicine**, Arunai Medical College & Hospital.

### ❖ Organising Secretary:

**Dr. A. Balaji, MD**

Professor and Head, Department of Community Medicine

### ❖ Guidance:

**Dr. D. Gunasingh**

Dean, Arunai Medical College & Hospital

The event was meticulously planned and executed with the collective efforts of faculty members, judges, organizing committee members, and student volunteers, ensuring smooth conduct of all academic sessions.



## **Objectives of AMCH Research Day**

The key objectives of conducting AMCH Research Day 2025 were:

- To encourage undergraduate students and CRMI interns to participate in **research-oriented academic activities**
- To promote **evidence-based learning** and scientific reasoning
- To enhance students' skills in **research methodology, data interpretation, and scientific presentation**
- To provide a platform for **academic interaction** between students and faculty members
- To recognize and reward **excellence in research and presentation**

## **Participants**

The program witnessed enthusiastic participation from:

- **Undergraduate MBBS students (Phase I, II, and III)**
- **CRMI interns**

Participants presented original research work encompassing **clinical studies, community-based research, laboratory investigations, and analytical studies**, highlighting their growing interest in research and innovation.



## **Sessions Overview**

AMCH Research Day 2025 consisted of two major scientific components:

### **➤ Oral Presentation Sessions**

The **oral presentation sessions** formed the core academic component of the event. These sessions were:

- **Well-structured and thematically organized**
- Conducted in a disciplined academic environment
- Time-bound, allowing fair opportunity for all presenters

Each participant presented their research covering:

- Background and objectives
- Methodology
- Results and statistical analysis
- Discussion and conclusions

This was followed by **interactive question-and-answer sessions**, where judges and faculty members provided valuable feedback, helping students refine their analytical and presentation skills.

### **➤ E-Poster Presentation Sessions**

The **e-poster presentation sessions** offered an engaging and visually rich academic experience. Students effectively used posters to:

- Present research findings concisely
- Highlight key observations and outcomes
- Communicate scientific data in a simplified and impactful manner

The e-poster sessions promoted **interactive academic dialogue**, encouraging students to confidently explain their work and respond to queries raised by faculty members and peers.

## **Evaluation Process**

To maintain academic integrity and high evaluation standards, all presentations were assessed by a panel of **five eminent judges from reputed medical colleges**.

### **Evaluation Criteria Included:**

- Originality and relevance of the research topic
- Scientific rigor and methodology
- Clarity and organization of presentation
- Interpretation of results
- Overall impact and clinical or community relevance

The structured evaluation ensured **fairness, transparency, and academic rigor** throughout the process.

## **Distribution of Prizes and Certificates**

Based on the judges' evaluation:

- **10 Best Oral Presentations**
- **7 Best E-Poster Presentations**

Were selected and awarded.

### **“Best Presentation – Research Day 2025”**







## **Conclusion**

AMCH Research Day 2025 was a **grand success**, marked by enthusiastic participation, high-quality research presentations, and meaningful academic engagement. The event effectively fostered a culture of research, critical thinking, and scientific excellence among undergraduate students and CRMI interns.

The program stands as a testament to Arunai Medical College & Hospital's ongoing efforts to nurture future clinician-scientists and promote research as a cornerstone of medical education.

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## **POSTGRADUATES DESSERTATION**

<b>S. No</b>	<b>Title of the research project</b>	<b>Principal Investigator &amp; Guide</b>
1.	“Prevalence of Overweight and Obesity among 14-17Year Old School Children in Rural Areas of Tiruvannamalai District, Tamil Nadu: A School Based Cross -Sectional Study”	Dr. Kavya S Nair Dr. A. Balaji Arumugam HOD & Professor
2.	“Assessment of Minimum Dietary Diversity among Women of Reproductive Age in Rural Field Practice Area of Tertiary Care Institute: A Community Based Cross- Sectional Study”	Dr. Sandhiya M Dr. K. N. Prasad Professor
3.	“A Cross- Sectional Study on Vaccination Coverage and it’s Determinants among Children (12-23 months) Residing at Rural and Urban Field Practice Area”	Dr. K. Sinduja Dr. A. Balaji Arumugam HOD & Professor

## ONGOING PROJECTS

Sl No	Title	Postgraduates	Guide
1	“A Cross-sectional Study on Unmet Need for Family Planning among Eligible Couples in Tiruvannamalai District, Tamil Nadu”	Dr. Kavya S Nair	Dr. A. Balaji Arumugam HOD & Professor, Dr. Kalaivanan Assistant Professor
2	“Impact of Nutritional Awareness Program on Dietary Practices among Pregnant woman in the Rural Field Practice Area of Tertiary Care Institute – A Quasi Experimental Study”	Dr. Sandhiya M	Dr. A. Balaji Arumugam HOD & Professor, Dr. R.N. Vaishali Assistant Professor
3	“Exploring Perceptions and Experiences of Under Graduates and Post Graduates Medical Students on the Use of Artificial Intelligence Tools in Research- A Qualitative Study”	Dr. K. Sinduja	Dr. A. Balaji Arumugam HOD & Professor, Dr. S. Sakthi Priyan, Assistant Professor
4	“Effectiveness of Tag Along Session versus Small Group Discussions among Under Graduate Medical Students: A Cross-Sectional Study”	Dr. Kavya S Nair	Dr. A. Balaji Arumugam HOD & Professor, Dr. Arun Vineeth, Senior Resident
5	“Effectiveness of the Jigsaw Method on Learning Outcomes among Medical Students- A Quasi Experimental Study”	Dr. Sandhiya M	Dr. A. Balaji Arumugam HOD & Professor, Dr. M. Pavithra, Senior Resident
6	“Evaluating the Impact of AETCOM Training on Empathy, Ethical Reasoning and Communication Skills among Medical Students- A Mixed Method Study”	Dr. K. Sinduja	Dr. A. Balaji Arumugam HOD & Professor, Dr. D. Janarthanan Senior Resident

## Ongoing projects

<b>S. No</b>	<b>Title of the research project</b>	<b>Principal Investigator &amp; Guide</b>
1.	Assessing artificial intelligence utilization among healthcare workers – a mixed method study	Harshini, Phase II MBBS (TADCOM funded project) Dr. A. Balaji, Professor & HOD, Department of Community Medicine
2.	Factors associated with risk of developing type-II diabetes among adults in urban and rural field practice area – Tiruvannamalai – cross-sectional study.	Jayadevan V, Phase III Part 1 MBBS Dr. C. Mahendran, Professor, Department of Community Medicine
3.	Daytime sleepiness among college students at urban Tiruvannamalai – a cross sectional study.	Dr. S. Sakthipriyan, Senior Resident, Community Medicine Dr. A. Balaji, Professor & HOD, Department of Community Medicine Dr. C. Mahendran, Professor, Department of Community Medicine
4.	Work life balance of female health care professionals working in a tertiary health care centre of Tiruvannamalai – a cross sectional study	Dharshini R, Phase II MBBS Dr. M. Mageshwari, Assistant Professor, Community Medicine
5.	Assessment of mental wellbeing among pregnant women who are attending antenatal clinic in rural field practice area.	Jeyapradha J, Phase II MBBS Dr. R. Ilangovan, Assistant Professor, Community Medicine

## **ONGOING PROJECTS**

1. A cross sectional study of smoking & smokeless tobacco use among all adults.
2. Knowledge and awareness about genetic problems associated with consanguineous marriages among rural population surrounding tiruvannamalai.
3. Patterns of digital device use and associations with cognitive, social, sleep and physical health in below ten year old children.
4. Prevalence of Indian diabetic risk score among adults in rural population.
5. Road safety awareness among adults in rural areas.
6. Awareness about misuse of antibiotics and antibiotic resistance among adults.
7. Awareness of warning signs of cancer among the people of the rural field practice area of a private medical college.
8. Prevalence of animal bite and the awareness of rabies among the people of the rural field practice area of a private medical college.