

HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

3.4.2

Detailed Program Report of Extension and Outreach Activities

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Dean

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Detailed Program Report of Extension and Outreach Activities 2017-18

SI. No	Name of the Extension Program	
1.	Swachh Bharath Abhiyan Around VMCH & RI	
2.	World Malaria Day Observed at Rural Health Training Centre Ladanendal	
3.	Awareness On Organ Donation Day at Rural Health Training Centre Ladanendal	
4.	Drunken Driving Awareness Programme in Different Areas - Canteen, Auto Rickshaw Stands and Bus Stop Outside the Campus	
5.	School Based Health Awareness Program on Dengue Prevention at Velammal Vidhyalaya CBSE School	
6.	Rally And Awareness Program on Dengue Prevention at Velammal Residential School and Students Marched to Ladanendal Village	
7.	Anti Dengue Day - In and Around College	
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9.	Alcohol De-Addiction Campaign at Pappankulam Village, Sivaganga	
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11.	Awareness Program on Diabetes and Its Complications for Keelakarai Villagers	
12.	Mega Camp and Awareness Regarding Hypertension at Rameswaram Villagers	
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14.	Group Discussion and Awareness Obesity and Complication at Thirumangalam	

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Activity Name: Swachh Bharath Abhiyan Around VMCH & RI

Date: 27th September 2017

Venue: Outside the campus on highway

Organised by: Community Medicine

No. of Students Participated: 30

Faculties Participated: Dr. Samir, Dr. Trupti, Dr. Deiveegan, Dr. Jaishree

Description: The Swachh Bharat Abhiyan is a massive movement that seeks to create a clean India. Government urged all NGOs, schools, colleges, social, cultural and political leaders, corporates, Government officials, collectors and sarpanches, to accelerate Swachhata activities during the September 15 – October 2 period.

Under the same concept our institution also took pledge to arrange a cleanliness drive under National Service Scheme. Our campus always remains to be very clean as our staffs maintained strict cleanliness inside campus.

Bins have been provided in our campus at every section for collection of garbage including residential quarters, hostels as well as on all roads also. For celebration of Swachh Bharat Abhiyan on 27th September 2017, we selected areas near to main entrance of our outpatient department and outside the campus on highway.

35 medical students and 10 housekeeping staff team prepared under NSS coordination along with the help of housekeeping department. Precautions were taken by wearing masks and using hand gloves during cleanliness drive. Cleanliness activities started from in front of outpatient department to generate awareness among common people.

Then area near temple and main hospital entry gate covered. Later on, students move on highways and done cleaning on road and on bus stand.

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Various garbage including paper cup, plastic bottle, plastics wrappers, empty coconut shell, newspaper etc. collected in green bins. Sweepers from housekeeping department cleaned dust inside campus.



Students with Poster of National Service Scheme, Swachh Bharat Abhiyan on 27th September 2017.







Cleaning Highway side Area outside campus, Swachh Bharat Abhiyan on 27th September 2017









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Activity Name: World Malaria Day Observed at Rural Health Training Centre

Ladanendal

Date: 25.4.2018

Venue: Rural Health Training Centre Ladanendal

Audience: Villagers of Ladanendal

Organised by: Community Medicine Dept., VMCH & RI

No. of students participated: 30

Faculties participated: Dr. Samir, Dr. Trupti and Dr. Deiveegan

Description: World Malaria Day (WMD) is observed globally every year on 25 April with the major focus on prevention and control malaria. This year the theme for World Malaria Day is 'Ready to beat Malaria'.

Department of Community Medicine, Velammal Medical College Hospital and Research Institute observed World Malaria Day on 25th April 2018 at Rural Health Training Centre Ladanendal. The aim of the program was to create awareness among community regarding the prevention and control of malaria. A health education session was organized at the RHTC by the Medical Officers and house surgeons posted at RHCT. Around 30 beneficiaries attended the session and the duration of session was 1 hour.

Introduction, basic facts about the disease, modes of transmission was covered by S. Kiruba, R. Mathisha Ebby Perin and J.S. Mani Mozhi. The clinical features of Malaria were explained by L. Madhavi whereas C. Madhan, P.K. Kirubakaran and A. Mimi Janet discussed about the prevention and control of malaria. Special questions and answers session was held at the end and queries raised by the participants were addressed in the end of the session. Flipcharts and other IEC material were used to explain the disease in a simplified manner to the villagers.

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Activity Name: Awareness on Organ Donation Day at Rural Health

Training Centre Ladanendal

Date: 12.9.2017, 16.9.2017 and 18.9.2017

Venue: Rural Health Training Centre Ladanendal

Audience: Villagers of Ladanendal

Organised by: Community Medicine Dept., VMCH & RI

No. of students participated: 31

Faculties participated: Dr. Trupti, Dr. Deiveegan, Dr. Jaishree

Description: Organ donation day was observed in Velammal medical college and hospital with various events creating awareness among the general public and medical students. The awareness programmes were conducted in Rural Health and Training Centre, Ladanendal and Urban Health and Training Centre Viraganoor, Madurai where general public were the participants.

Objectives

- To promote public awareness about organ donation and transplantation
- To cultivate the idea that donating organ at the right time can save many lives
- · To encourage people to register for organ donation

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Activities Done

On 12th of September 2017

Door to door awareness campaign for organ donation using charts and posters was organised at Silaiman, near our Urban Health Centre, Viraganoor. Later the same day, a skit was performed in our urban health centre.

On 16th of September 2017

At Pattupoochi (Ladanendal), a skit was enacted to emphasize the importance of organ donation in India and how a single person by donating his organs can save nearly 8 lives. Myths on organ donation were also addressed. Queries of patients regarding the procedures involved in organ donation were also cleared. Participants were also encouraged to share this idea with their friends and families.

We received a positive response from the audience. House to house awareness campaign with charts and posters were also carried out in Chellapanendal.

On 18th of September

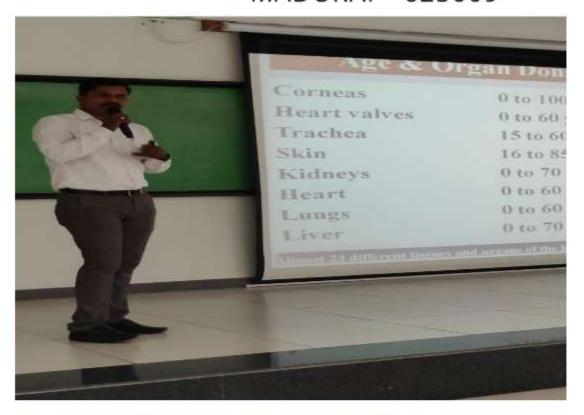
A talk was organized in the medical college by the department of community medicine at the lecture hall by Mr Mukesh (Transplant coordinator, Velammal Hospital) where medical students were the participants. The talk was about the principles of organ donation, the legal aspects, huge requirement of organs and the procedure for organ donation.

A skit was also enacted in the lecture hall to emphasise the need for organ donation.

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House Surgeons with Awareness themes and slogans on 16th September



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House Surgeons enacting Skit on Organ Donation Awareness in Lecture Hall on 18^{th} September.



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Activity Name: Drunken Driving Awareness Programme in Different

Areas

Date: 31/01/2018 and 01/02/2018

Venue: General Parking Area, Canteen, Auto Rickshaw Stand and Bus

Stop Outside the Campus

Organised by: Community Medicine Dept., VMCH & RI

No. of students participated: 49

Faculties participated: Dr. Samir, Dr. Trupti, Dr. Deiveegan

Description: India tops global list of fatalities from road traffic accidents

and Tamil Nadu has reported maximum number of road traffic accidents

in the country. Studies have shown that 30-50% accidents were

attributed to drunk driving.

In order to create awareness among the students and the community

about the ill effects of drinking and driving, Velammal Medical College

Hospital and Research Institute, Madurai has organized an awareness

programme on 31/01/2018 and 01/02/18.

On 31/01/2018 around 40 students posted in the department of

Community Medicine, were briefed regarding key facts and ill effect of

drunk driving, and were taken to various places in and out of Velammal

campus for giving health education to general community. They were

divided into several teams and visited General Parking Area, Canteen,

Auto Rickshaw Stand and Bus Stop Outside the Campus.

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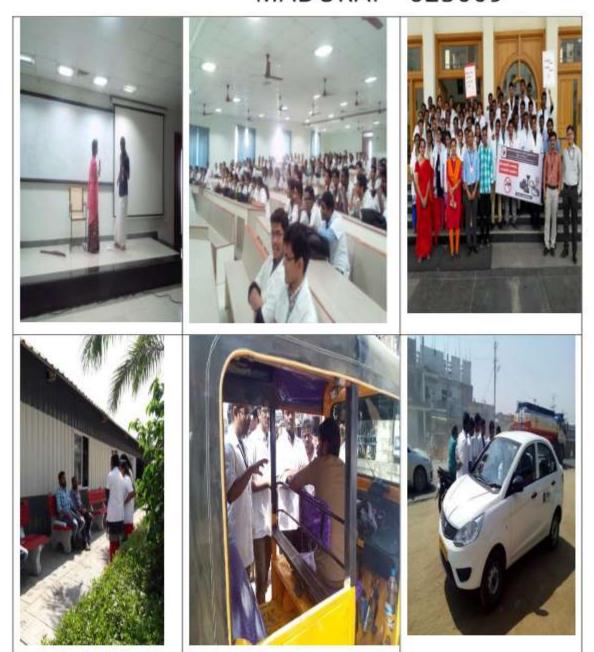
Student interacted with the drivers and provided education for avoiding drinking and driving. Banner and placard were displayed at the sites of health education session by the students.

On 01/02/18, an awareness program for students of 2016-17 batch was organized in the lecture hall which was attended by around 150 students, faculty, and staffs of community medicine department. The program started with keynote address by Dr. Samir Bele, Professor and Head, Community Medicine department followed by presentation by Dr. Dhaval Mahadevwala, Associate professor of the department. Role play was prepared by the students of the 2016-17 batch was performed during the programme. In term of resources and guidance, the program was well supported by Dr. R. M. Raja Muthiah, Dean, Velammal Medical College Hospital and Research Institute, Madurai

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Students performing drunken driving awareness among the public on 01/02/18



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Activity Name: School Based Health Awareness Program on Dengue

Prevention

Date: 9.11.2017

Venue: Velammal Vidhyalaya CBSE School

Organised by: Community Medicine Dept., VMCH & RI

No. of students participated: 49

Faculties participated: Dr. Samir, Dr. Trupti, Dr. Deiveegan

Description: As a part of Dengue awareness activity which is being conducted on every Thursday, on 9th November 2017 it was observed at Velammal Vidhyalaya CBSE School by imparting health education to VIII Standard students. Around 237 children, 4 Class Teachers were assembled in the seminar hall at 10.00 AM. Dr. Trupti Bodhare, Professor and Dr Saranya, Assistant Professor from Department of Community Medicine, Velammal Medical College and Research Institute, delivered the Health Education. The method of communication used was power point presentation followed by few video clips showing the potential breeding sites, modes of transmission, symptoms, warning signs and prevention of Dengue infection. It was an interactive session with the students. Sensitization of School Principal regarding campus cleanliness and mosquito control measures was done.

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Activity Name: Rally and Awareness Program on Dengue Prevention

Date: 2.11.2017

Venue: Ladanendal village

Audience: Villagers of Ladanendal

Organised by: Community Medicine Dept., VMCH & RI

No. of students participated: 49

Faculty participated: Dr. Trupti

Description: Students of Velammal Medical College Hospital and Research institute, Madurai and students from Velammal residential school participated in an awareness rally organised by department of Community Medicine, on 2nd November 2017.

Mr. Rengarajan, Deputy Collector of Sivagangai District flagged off the rally in the presence of Dr. Yasodhamani, Deputy Director of Health Services Sivagangai district. District Additional Director of Panchayat, Mr. Renga Samy; Thirupuvanam Tahsildar, Mrs. Kamala; Block Medical Officer Government PHC Poovanthi, Dr. Sethu Ramu; and staffs and doctors of department of Community Medicine participated in the rally. The rally started at 10 AM from Velammal residential school and students marched to Ladanendal village and end at main Panchayat Hall. Around 250 Students participated in the rally and displayed placards/banners and raised slogans related to dengue prevention to create awareness among community. Later on MBBS students imparted health education to the villagers and education material was distributed ARASU, MADA.

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to them. The herbal drink Nilavembu Kudineer was served to the villagers and participants of the rally.

The event came to an end after the rally, the students had a great opportunity to create awareness while also gaining some awareness themselves.

Rally on Dengue Awareness and Prevention November 2, 2017















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Activity Name: Anti Dengue Day

Date: 26.10.2017

Venue: In and Around college

Organised by: Community Medicine Dept., VMCH & RI

No. of students/faculty participated: 30

Faculties participated: Dr. Samir Bele, Dr, Daval, Dr. Trupti

Description: Dengue is a mosquito-borne viral infection spread by Aedes mosquito. The risk of widespread is influenced by rainfall, temperature, relative humidity & rapid urbanization. Keeping the surrounding clean and public awareness about the spread of infection is the need of an hour to prevent the dengue fever. As part of its efforts to tackle the menace of dengue in the State, all government offices in the State have been instructed to observe all Thursdays as 'anti-dengue day' from this month. Activities aimed at cleaning up the campus in which the offices are located would be taken up on Thursdays. Material such as worn-out tyres, broken bottles, plastic cups, polythene bags, eggshells, coconut shells and tender coconut shells served as ideal sources for breeding of aedes mosquitoes if water was allowed to stagnate in them.

Stagnation of a mere 20 ml of water in these materials would be enough for the aedes larvae to grow. So, it's necessary to remove all this breeding sites on weekly basis to prevent dengue incidence in localities.

Under the same concept our institution also took pledge to arrange a cleanliness drive for celebration of Anti dengue day on 26th October

2017.

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33 medical students of third year MBBS and staff from housekeeping department under the guidance of NSS unit &community medicine department actively participated in this initiative.

Various spots were identified which might be the likely source of breeding of aedes mosquitoes. Source reduction done by covering large water body areas with sands and earth material. In some water bodies oil application also done. Cover applied to all major tanks. Tyres from various areas were removed. Three teams were made along with faculties from community medicine department and medical students. One team covered parking areas, auditorium portion and areas outside campus mainly adjacent highways. Second team covered student's hostels. Third team covered playground areas and residential quarters. Precautions were taken by wearing masks and using hand gloves during cleanliness drive. Later on, students move on highways and done cleaning on road and on bus stand. Various garbage including paper cup, plastic bottle, plastics wrappers, empty coconut shell, newspaper etc. collected in green bins.

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Students Holding Placards with Anti-Mosquito Slogans on 26th October 2017



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Activity Name: World Environment Day

Date: 5.6.2018

Venue: In and Around VMCH & RI

Audience: Out patients and general population

Organised by: Community Medicine Dept., VMCH & RI

No. of students participated: 30

Faculties participated: Dr. Samir, Dr. Deiveegan

Description: World environment day is also known as the Eco Day. It has been one of the great annual events for years which is being celebrated worldwide by the people aiming to protect the unique and life nurturing Nature on every 5th June. Every year celebration is planned according to the particular theme and slogan of the year to bring effectiveness in the campaign all through the world. This year's theme was "Connecting People to Nature".

In view of this theme of World Environment Day, Velammal Medical College Hospital and Research Institute students, who are NSS volunteers, conducted awareness activity for out patients and general population, on basis of following subject matter: "Planting trees, Rain water harvesting, avoiding plastics and polythene and Preserve ground water".

The chairman of Velammal educational trust Mr. M. V. Muthuramalingam started the event in the presence of Dean of VMCH & RI, Dr.R.M.Raja Muthiah, Medical Superintendent Dr. S. Somasundaram, Vice principal Dr.

P. K. Mohanty and Chief operating officer Mr. Peter Kennedy.

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Dr. Dhaval, Associate professor, department of Community Medicine and the NSS Coordinator of VMCH & RI, organised the entire events.

Students gathered in front of main gate of hospital with flex banners and placards demonstrating how to preserve ground water and environment, need to plant more trees and significance of harvesting rain water. Students also demonstrated and explained the threats of global warming and the need to completely banning plastics and polythene articles. Further students also explained about importance of obeying traffic rules, adverse effects of emission from vehicles through placards.

The general population who accompanied out patients in their waiting times raised doubts regarding how to preserve the environment, which were clarified by the students.

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கைது செய்வதற்கான தடையை நாளை வரை நீட்டித்து உயர் நீதிமன்றம் உத்தரவிட்டுள் எது.

மாநிலங்களவை உறுப்பினர் சசிகலா புஷ்பா, தனது வீட்டில் திசையன்விளை பதிவு செய்துள்ள இந்த வழக் கோரி சசிகலா புள திலகன், பிரதீப்ரா உயர் நீதிமன்ற

வேலம்மாள் மருத்துவமனையில் சுற்றுச்சூழல் தினம்

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உலக சுற்றுச்சூழல் தின நிகழ்ச்சி மதுரை வேலம்மாள் மருத்துவக் கல்லூரில் நேற்று நடந்தது. நாட்டு நலப் பணி திட்ட மாணவர்கள், சுற்றுச்சூழலை பாதுகாப்பதன் அவசியம் குறித்து பொதுமக்கள், நோயாளிகளிடம் விழிப்புணர்வை ஏற்படுத்தினர்.

புவி வெப்பமயமாவதன் ஆபத்து, பிளாஸ்டிக் மற்றும் பாலிதீன் பொருட்களின் பயன்பாட்டை அறவே தடுத்து நிறுத்துவதன் அவசியம், சாலை விதிகளை மதித்து நடத்தல், வாகனங்களில் இருந்து வெளியேறும் புகையினால் ஏற்படும் மாசு ஆகியவை குறித்த பதாகைகளை கைகளில் ஏந்தி நின்றனர்.

வேலம்மாள் கல்வி அறக்கட்டளைத் தலைவர் எம்.வி. முத்துராமலிங்கம் தொடங்கி வைத்த இந்த விழிப்புணர்வு முகாமில் வேலம்மாள் மருத்துவக் கல்லூரி மருத்துவமனை டீன் ராஜாமுத்தையா, மருத்துவக் கண்காணிப்பாளர் சோமசுந்தரம், தலைமை செயல் அதிகாரி பீட்டர் கென்னடி உட்பட பலர் பங்கேற்றனர்.



Newspaper cutting World environment Activities conducted by VMCHRI on 5th June



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Activity Name: Alcohol De-Addiction Campaign

Date: 19.11.2017

Venue: Pappankulam Village, Sivagangai

Audience: Villagers of Pappankulam Village, Sivagangai

Organised by: Community Medicine Dept., VMCH & RI

No. of students participated: 30

Faculties participated: Dr. Samir, Dr. Trupti, Dr. Deiveegan

Description: Alcohol is injurious not just to the health of the individual and his family but to the community as a whole. Realising the ripples of problems that alcohol addiction can create, the honourable chairman of Velammal educational trust, decided to initiate a campaign against alcohol addiction in Pappankulam village in Sivagangai district.

As the first step of this campaign, a Community Health awareness programme was organised by the Department of Community Medicine, Velammal Medical College Hospital and Research Institute, Madurai on 19.11.2017, between 6 PM and 8 PM. The event opened with the enthusiastic parai aatam by Indian Kalai kuzhu followed by the official inauguration of the event by the local leaders of village, Mr. Muthukamatchi and Mr. Muniyandi.

Dr. Samir Bele, Head of Department of Community Medicine, Dr. John Rajpathy, Professor of Physiology at Velammal Medical College were among the dignitaries who graced the occasion.

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Dr. Ramanujam, Head of Department of Psychiatry at Velammal Medical College Hospital enlightened the audience about the harmful effects of alcohol addiction.

He also introduced the audience to the services and facilities available at the Nambikkai de-addiction centre at Velammal Hospital. A beneficiary of the services was present in the audience to share his story of how he successfully came free from the clutches of alcohol addiction with the help of the able team at Nambikkai de-addiction centre.

Undergraduate medical students from Velammal Medical College presented a short film directed and performed by the students themselves, emphasising the fatal effects that alcohol addiction can have. They also performed a skit before the audience to stress upon how deaddiction can positively influence the health and wellbeing of the individual and the community. The event, which was attended by over 500 villagers including women and children, came to a conclusion with the soulful performance of parai aatam. This is the first of the many planned events by Velammal Medical College to target alcohol addiction problem in the community.

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Activity Name: International Day Against Drug Abuse & Illicit Trafficking

Relapse Prevention Program

Date: 23.7.2017

Agenda: Mr. Logeshwaran (Recovered Person)

Welcome Address: Dr. V. Ramanujam, Prof and Head, Department of

Psychiatry

No. of students participated: 30

Faculties participated: Dr. Deiveegan, Dr. Dawal

Honoring of Chief Guest: Director-VMCH

Awareness Skit By: Nursing Students-VMCH

Honoring of Recovered Persons: Director-VMCH And Chief Guest

Feedback Session: Recovered Persons and Their Family Members

Facilitation: Director- VMCH

Special: Dr. J. Sangumani, Dean, Government Medical College and

Hospital, Virudhunagar.

Vote of Thanks: Dr. S. Vidhya, Asst Professor, Dept of Psychiatry, Lunch

for the Gathering.

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Awareness Program on Diabetes and its Complications



Department of General Medicine VMC Hospital and Research Institute Madurai

Date:8.7.2017

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The Dean

VMC Hospital and Research Institute
Madurai.

To

The Regional medical officer Keelakarai

Through the proper channel

Sub: Permission to conduct a Extension activity in Keelakarai to public for Diabetes & complications

Respected Sir,

The Department of General Medicine is planning to conduct a Extension activity in Keelakarai to public for Diabetes & complications on 8.7.2017. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards.



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Activity Name: Awareness program on Diabetes and its complications

Date: 8.7.2017

Venue: Keelakarai

Audience: Villagers of Keelakarai

Organised by: General Medicine Dept., VMCH & RI

No. of students participated: 20

Faculty participated: Dr. Jansi Banu

Description: The program is to educate participants about diabetes. Diabetes is a chronic disease that causes damage to multiple organs of the body. Diagnosing diabetes and its complication was discussed. Special reference to management of complications. Villagers were informed to approach VMCH & RI, if any person is suffering from diabetes and need of treatment

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HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Extension Activity









Date:8.7.2017

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on DIABETES & COMPLICATIONS for the public on 8.7.2017

R. RAJA

(Keelakarai)



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Mega Camp and Awareness Regarding Hypertension



Department of General Medicine VMC Hospital and Research Institute Madurai

Eron

The Dean

VMC Hospital and Research Institute Madural

To

The Regional medical officer Rameswaram

Through the proper channel

Sub: Permission to conduct a Extension activity in Rameswaram to public for Hypertension awarness – Mega camp

Respected Sir,

The Department of GeneralMedicine is planning to conduct a Extension activity in Rameswaram to public for Hypertension awarness – Mega camp on 30.7.2017. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Activity Name: Mega Camp and Awareness Regarding Hypertension

Date: 30.7.2017

Venue: Rameswaram

Audience: Villagers of Rameswaram

Organised by: General Medicine Dept., VMCH & RI

No. of students participated: 20

Faculty participated: Dr. Jozhi

Description: Program was organized with an objective of educating villagers/participants about hypertensions. Diagnosing hypertension and recent classification of hypertension, Investigations required for classification of hypertension and for identifying complications secondary to hypertension was explained. Recent guidelines for management of hypertension are discussed. Health checkup of villagers who attended the program was done and advise to approach VMCH & RI for any further assistance in treatment is required.

Prot. T. THAUNAVUKKARASU, M.D.B.A.
Dean

Dean

And light College Hospita

Velammai Medical Collage Hospital and Research Institute "Velammai Village" Madural-Tuticorin Ring Road Anuppanadi, Madural-625 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Extension Activity









Date:30.7.2017

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on HYPERTENSION AWARENESS for the public on 30.7.2017

MUTHUPANDI

(RAMESWARAM)



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

General Medical Camp and Awareness Regarding Arthritis at Thirunagar villagers



Department of General Medicine VMC Hospital and Research Institute Madurai

Ernn

The Dean
VMC Hospital and Research Institute
Madural.

To

The Regional medical officer Thirunagar, Madurai

Through the proper channel

Sub: Permission to conduct a Extension activity in Thirunagar, Madurai to public for Arthritis – Gerenal Medical camp – (18-11-0-17).

Respected Sir,

The Department of General Medicine is planning to conduct a on \$12017. We request you to grant us permission to conduct the Extension activity

Thanking you,

With regards,



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Activity Name: General Medical Camp and awareness regarding Arthritis

Date: 18.11.2017

Venue: Thirunagar

Audience: Villagers of Thirunagar

Organised by: General Medicine Dept., VMCH & RI

No. of students participated: 20

Faculty participated: Dr. Jansi Banu

Description: Program was organized with an objective of educating villagers of

Thirunagar about joint pain.

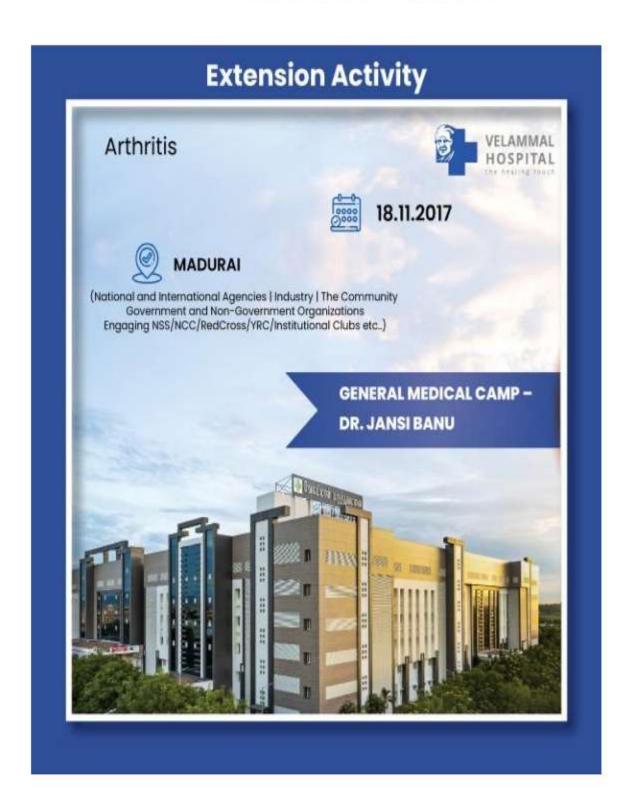
They were explained about Types of arthritis and classifying them based on joints involved, Diagnosing different types of arthritis such as osteoarthritis, rheumatoid arthritis, psoriatic arthritis, Treatment of different types of arthritis, etc.

Health checkup was conducted of the interested villagers and free medicine was distributed. For further treatment they are asked to approach VMCH & RI.

The villagers felt happy about the services and knowledge provided.

Velammal Medical College Hospital and Research Institute "Velammal Village" Madural-Tutlcorin Ring Road Anuppaned), Madural-525 009, T.N.











Date:18.11.2017

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on ARTHRITIS for the public on 18.112017

RAJARATHINAM

(THIRUNAGA, MADURAI)



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Group Discussion and Awareness Obesity and Complication at Thirumangalam



Department of General Medicine VMC Hospital and Research Institute Madurai

Fron

The Dean

VMC Hospital and Research Institute
Madurai.

To

The Regional medical officer Thirumangalam

Through the proper channel

Sub: Permission to conduct a Extension activity in Thirumangalam to public for Obesity & complication – Camp (Group discussion)

Respected Sir,

The Department of General Medicine is planning to conduct a discussion) 10.6.2017. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Activity Name: Group discussion and awareness Obesity and Complication

Date: 10.6.2017

Venue: Thirumangalam

Audience: Villagers of Thirumangalam

Organised by: General Medicine Dept., VMCH & RI

No. of students participated: 20

Faculty participated: Dr. Anuradha

Description: The program is to educate participants about obesity. Classifying obesity based on BMI and further investigations to evaluate for complications of obesity. Causes for obesity and diet advice and caloric requirement was discussed in detail. Special reference to morbid obesity and exercise protocol to be followed is explained and health checkup of attended participants conducted.

Prof. T. Translutive Medical College House.

Velammal Medical College House.

Velammal Village

Velammal Village

Medural-Tuticoth Fing Road

Anuppanadi, Madural-525 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Extension Activity









Date:10.6.2017

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General

Medicine Department for the extension activity conducted on OBESITY

& COMPLICATION for the public on 10.6.2017

THANGARAJ

(THIRUMANGALAM, MADURAI)

Detailed Program Report of Extension and Outreach Activities 2018-19

SI. No.	Name of the extension program
1.	Pulse Polio Campaign at UPHC, Chinthamani.
2.	World Breastfeeding Week 2018 At LKT Nagar, Near to Urban Health Training Centre, Viraganoor, Madurai
3.	Awareness On Mosquito Borne Diseases at Kailikudi, Madurai
4.	General Health Check-Up Camp - Geriatric Care at Chinnakatta
5.	Multi-Speciality Camp and Adult Vaccination at Sivakasi
6.	Multi-Speciality Camp - Thyroid Disorder at Mudukulathur
7.	General Medical Camp and Awareness on Coping with Adolescence at Thirumangaram
8.	Awareness Program Regarding Malnutrition Among Children and Aged at Palayankotta
9.	Mega Camp and Awareness Program on Food Borne Diseases at Tuticorin
10.	General Camp on Pregnancy Related Complications at Sivakasi
11.	Gaja - The Sorrow of Delta District Pudukottai, Thanjavur, - Health Treatment
12.	Velammal Helmet Awareness Campaign at Velammal Hospital Campus In & Around the Campus

Activity Name: Pulse Polio Campaign

Date: 10.3.2019

Venue: UPHC, Chinthamani

Organised by: Community Medicine

No. of Students Participated: 51

Faculty participated: Dr. Sudharsan

Description: The national pulse polio immunization program for the year 2019 was planned by the government of India on tenth of march. A team of 12 Interns from Velammal Medical College under Dr. Sudhir Ben MD. contributed their service to serve the purpose of public wellness and success of the program i.e., to ensure the eradication of polio from our community.

The team arrived the Urban Primary Health Centre at Chinthamani, Madurai. We discussed the details of arrangement done by the State Health Service Department for the program and number of booths arranged for administering the polio vaccine with Dr. Evangeline Mercy, Medical officer at UPHC, Chinthamani.

The interns who took part in the program were Dr. Raghul Deepakraj, Dr. Prasanna Rajguru, Dr. Niruba, Dr. Prathap, Dr. Premnath, Dr. Ramkumar, Dr. Praveen, Dr. Nethra, Dr. Naresh Kumar, Dr. Nanda Kumar, Dr. Padmashri, Dr. Mridula. They were split into smaller teams and took incharge all the booths in the periphery while Dr. Evangeline supervised the program at the UPHC, Chinthamani. The booths were inspected by Dr. Jayalakshmi from Zonal Health service and discussed with us about the progress and reach of the program. About 700 babies got benefited by this program in this locality.

Apart from OPV administration we also tried to create awareness among the pregnant women and newly married women in that locality about the importance of vaccination. We thanked the medical officer and her team for their support and well-coordinated arrangements.

Velammel Network College Hospital and Research Institute
"Velammal Village"
Madural-Tuticorin Ring Road
Anuppenadi, Madural-525 009, T.M.





Giving oral Polio Drops to a child on 10th March,2019



Pulse Polio Campaign 10th March 2019



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Activity Name: World Breastfeeding Week

Date: 1st August - 7th August 2018

Venue: 2018 At LKT Nagar, Near to Urban Health Training Centre,

Viraganoor, Madurai

No. of students participated: 65

Faculties participated: Dr. Trupti, Dr. Jayashree

The World breast feeding week is co-ordinated by World alliance for breast feeding action, a global network of individuals and organisations concerned with protection and promotion of Breastfeeding.

Based on WHO/UNICEF global strategy for infant and young child feeding, BFHI sets standards for quality care. This year world health assembly embraced annual celebration by member states as valuable way for breast feeding promotion everywhere.

Velammal Medical College Hospital and Research Institute is a tertiary care teaching hospital in Madurai, South India. We observed World Breast Feeding Week from August 1 – August 7, 2018. Several activities based on theme 'Breast feeding - Foundation of Life' were carried out both in community and hospital to create awareness on breast feeding.

Prof. T. THERUNAVUKKARASU, M.D.D.A

Dean

Velammal Medical College Hospital
and Research Institute

"Velemmal Village" Medumi-Tuticorin Ring Road Anuppenadi, Madurai-825 000, T.N.









HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

August 2, 2018, Mullai Street

IEC activities which includes charts, posters, demonstrations were organized for ANM, postnatal mothers, family members and the public with theme focussing on establishing exclusive breast feeding ,feeding infants nothing but breast milk for first six months of life prevents undernutrition and promotes brain development.

Community Awareness

- Introduction and the outlining of the motives of the campaign to the mothers
- · Projecting placards portraying information on breast feeding
- · Explained in detail on benefits of breastfeeding and its importance
- Composition of breast milk
- Various positions and attachments while feeding
- Talk was given on expressed breast milk management of breast conditions
- Sessions about talk on physiology of breast feeding, latching, complementary feeding, artificial feeds and its disadvantages explained
- Importance of colostrum which is the newborn's first vaccine as vital antibodies and immunity boost protects from childhood illnesses
- Initiation of breast feeding within first hour of life safeguards against newborn deaths was also stressed among the community
- The participants also clarified their queries with the doctors

Awareness Programme For Breast Feeding Mothers And Caregivers

- Interactive session on how breast milk works, lactating Vs bonding, care of breast before and after feed, difficulties encountered and its treatment, nutrition for mother and its advantages were explained
- Concerns of mother were clarified during this session

Lactation Counselling For Postnatal Mothers Given Based On,

Exclusive breast feeding

Velammal Medical College Hospital and Research Institute
"Velammal Village"
Medural-Tutlcorte Ring Road
Anuppanadi, Madural-625 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

- Demand feeding
- Hunger cues
- · Signs of effective feeding
- · Benefits to mother and baby
- Minor ailments of breast, management during postnatal period
- Can continue up to 2years

Infant Formula Feeding Demerits Explained

- Malnutrition from overdiluting formula
- Risk of unsafe water, unsterilized equipment, potential bacteria in powdered formula
- Return to breast feeding may not be an option due to decreased milk production after formula feeding was also explained.

Solid Foods Should Be Phased After 6months of Age

- √ To meet the growing needs of baby ,mashed foods as complement to continued breast feeding
- ✓ Food to be given in spoon or cup not in bottle explained
- ✓ Clean and safe food

Prof. T. THIRUNAVUKKARASU, MD.DA Dean

Velammal Medical College Hospital
and Research Institute
"Velammal Village"

Madural-Tullcorin Rang Road Anuppanadi, Madural-825 658, T.M.



August 2, 2018, Kurinji Street











Activities Done On Aug-6/8/2018

In Rural Health Training Centre, Ladanenthal, a group of community members, post-natal mothers were organized and assembled in Anganwadi Centre, a skit was enacted in view of helping every newborn and to make the community realize the lifesaving benefits of exclusive breast feeding.







August 6, 2018, Pallivasal Street



Activities Done on Aug-7/8/2018

In Anganwadi centre (kozhimedu) near urban health centre, a skit was enacted, and the breast-feeding week message was conveyed to antenatal and postnatal mothers by the intern doctors.









August 7, 2018, Kozhimedu







Hospital Based Programmes

- Quiz programme for III-year MBBS (medical undergraduates)
 students was conducted and the best team was awarded (August 1, 2018)
- Mrs P. Haritha, counsellor trained under Breastfeeding Promotion Network of India (BPNI) addressed the mothers in ante natal and post-natal wards, our tertiary care hospital to promote breast feeding. She clarified the queries of the expectant and postnatal mothers (august 2, 2018).



Mrs P. Haritha, Giving Counselling to the Post Natal Mothers, August 2,2018



Two documentary films directed and filmed by intern doctors were projected at the auditorium for around 300 members comprising of patients, family members, doctors, and paramedical staff (August 6, 2018).





HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

On August 7, 2018 - Group discussion on Breastfeeding -perception, problems and other concerns was well organized and moderated by Faculties of Obstetrics and Pediatrics, Velammal hospital, Madurai.

Healthy Baby Contest was held for babies born between feb, 2017 – February 2018. Babies more than 3rd percentile according to BFHI was awarded based on lot system.

Door to door surveys are executed periodically for further follow up.

Faculties of department of Community medicine, Obstetrics and Pediatrics worked together and made the Breast-feeding week event successful.

Breastfeeding Foundation of life - "Inform, Anchor, Engage, Inspire"

Prof. T. THIRUNAVUKKARASU, M.P. DA

Velammal Medical College Hospital and Research Institute "Velammal Village" Medural-Tulicotin Ring Road

Anuppanadi, Madural-626 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Awareness on Mosquito Borne Diseases



Department of General Medicine VMC Hospital and Research Institute Madurai

Date:17.8.2018

From

The Dean

VMC Hospital and Research Institute Madurai.

To

To

The Regional medical officer Kallikudi, Madurai

Through the proper channel

Sub: Permission to conduct a Extension activity in Kallikudi , Madurai to public for Awareness on Mosquito Borne Disease. Respected Sir,

The Department of General Medicine is planning to conduct a 17.8.2018. We request you to grant us permission to conduct the Extension activity

Thanking you,

With regard



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Activity Name: Awareness on Mosquito Borne Diseases

Date: 17.8.2018

Venue: Kailikudi, Madurai

Audience: Villagers of Kailikudi, Madurai

Organised by: General Medicine

No. of students participated: 60

Faculty participated: Dr. Jozhi

Description: Program was organized is to educate participants about mosquito borne diseases. Mosquito borne diseases such as Dengue, Malaria, Filariasis; Their Mode of Spread, Manifestations and Complications were explained Special emphasis was given on education on education regarding dengue and dengue hemorrhagic fever. Prevention of mosquito borne diseases was told in detail to the villagers. The participants were happy and participated enthuasitically. At the end the questions asked by villagers was answered by the faculty present, clearing their doubts.

Pot. T. TIMBUNAVUKKARASU, M.D.,D.A.,
Dean
Velammel Medical College Hospital
and Research Institute
"Velammal Village"
Madural-Tullcorin Ring Road

Anuppanadi, Madural-825 009, T.M.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





Date:17.8.2018

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General

Medicine Department for the extension activity conducted on

Awareness on Mosquito Borne Disease for the public on 17.8.2018.

R.Vinothkannan

(Kallikudi , Madurai)



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

General Health Check-up Camp - Geriatric Care



Department of General Medicine VMC Hospital and Research Institute Madurai

Date:9.9.2018

From

The Dean

VMC Hospital and Research Institute Madurai.

To

ToThe Village medical officer Chinnakattali

Through the proper channel

Sub: Permission to conduct a Extension activity in Chinnakattali to public for Geriatric care-General camp. Respected Sir,

The Department of GeneralMedicine is planning to conduct a Extension activity in Chinnakattali to public for Geriatric care- General camp 9.9.2018. We request you to grant us permission to conduct the Extension activity programme .

Thanking you,

With regards,

Activity Name: General Health Check-up Camp

Date: 9.9.2018

Venue: Chinnakatta

No. of students participated: 43

Faculty participated: Dr. Jansi Banu

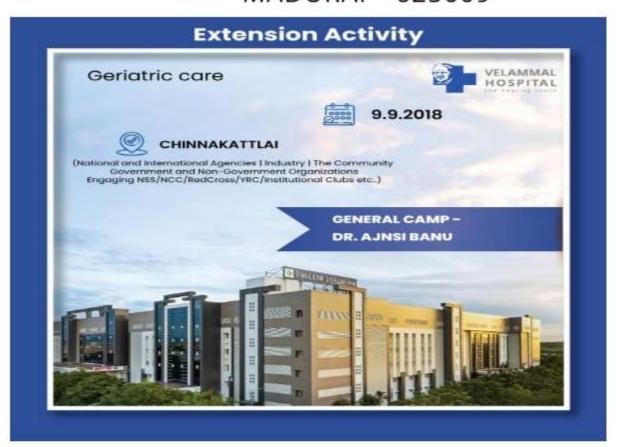
Description:

Program was organized with an objective of educating senior citizens above 60 years of age and the younger generation who has to take care of elderly. The common diseases that affect elderly, requirement of above 60 age persons-Diet, Rest, Sleep, Security, Love and Affection was explained. Geriatric people are affected by different group of diseases than other group of individuals. They are affected more by degenerative disorders and complications of chronic diseases than acute diseases. Special reference to palliative care was explained. After the question-and-answer session general health check up all senior citizens present in the program was conducted and free medicines distributed.





HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



Date:9.9.2018

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General

Medicine Department for the extension activity conducted on Geriatric care for the public on 9.9.2018.

Amuthan S.R

(Chinnakattali)



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Multi-Speciality Camp and Adult Vaccination



Department of General Medicine VMC Hospital and Research Institute Madurai

Date:20.10.2018

From

VMC Hospital and Research Institute Madurai.

The Regional Medical Officer

Sivakasi

Through the proper channel

Sub: Permission to conduct a Extension activity in Sivakasi to public for Adult vaccination-Multi Specialty Camp

Respected Sir.

The Department of General Medicine is planning to conduct a Extension activity in Sivakasi to public for Adult vaccination- Multi Specialty Camp 20.10.2018. We request you to grant us permission to conduct the Extension activity programme .

Thanking you,



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Activity Name: Multi-Speciality Camp and Adult Vaccination

Date: 20.10.2018

Venue: Sivakasi

Organised by: General Medicine, VMCK & RI

No. of students participated: 44

Faculty participated: Dr. Anuradha

Description: Program was conducted to educate participants about adult vaccination. Villagers were explained about the recent development of multiple vaccines for adults. Indication and contraindications of vaccines. The multiple vaccines that are available for adults in Tamil Nadu state.

Prot. T. TIKRUNAVUKKARASU, M.B.DA.

Velammal Medical College Hospital and Research Institute "Velammal Village" Madural-Tulicodo Pung Road Anuppanadi, Madural-625 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





Date:20.10.2018

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on Adult

vaccination for the public on 20.10.2018.

Ramalakshmi .T

(Sivakasi)



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Multi-Speciality Camp - Thyroid Disorder



Department of General Medicine VMC Hospital and Research Institute 'Madurai

Date:21.10.2018

200

From

The Dean

VMC Hospital and Research Institute

To

The Regional Medical Officer Muthululathur

Through the proper channel

Sub: Permission to conduct a Extension activity in MuduKulathur to public for Disorder - Multi Specialty Camp Respected Sir,

The Department of GeneralMedicine is planning to conduct a Extension activity in MuduKulathur to public for Thyroid Disorder - Multi Specialty Camp 21.10.2018. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards,



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Activity Name: Multi-speciality camp - Thyroid disorder

Date: 21.10.2018

Venue: MuduKulathur

Organised by: General Medicine, VMCH & RI

No. of students Participated: 44

Faculty participated: Dr. Jozhi

Description: Villagers of Mudukulathur were informed about the thyroid disorders, type of thyroid disorders such as hypothyroid, hyperthyroid, autoimmune disorders and manifestations of different types of thyroid disorders and their diagnosis and treatment. Villagers participated actively and their doubts about the disease was cleared through discussion and with some illustrations. Health checkup of persons with doubts of having Thyroid conducted and informed to approach VMCH & RI, If any help in the form of treatment & medicine is required.

POL T. THE UNAVUKKARASU, M.D.D.A.

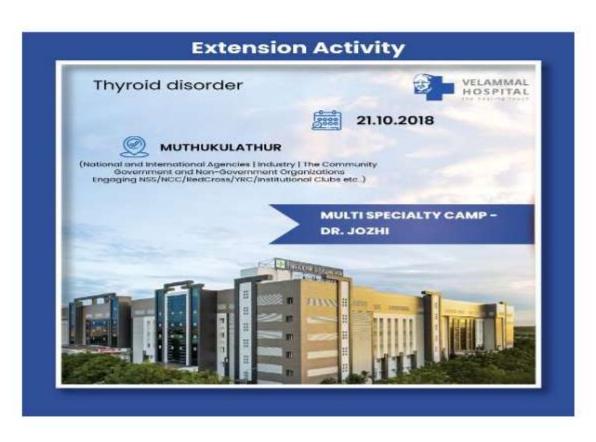
Velammal Medical College Hospital
and Research Institute
"Velammal Villege"

Madural-Tutlearth Fling Road Anuppanadi, Madural-625 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





Date:21.10.2018

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on Thyroid Disorder for the public on 21.10.2018.

Muthuraman.P

Aurau Ramon

(Muthululathur)



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

General Medical Camp and Awareness on Coping with Adolescence

Department of General Medicine VMC Hospital and Research Institute Madurai

Date:20.01.2019

From

The Dean

VMC Hospital and Research Institute

Madurai.

To

The Regional Medical Officer

Thirumangalam

Through the proper channel

Sub: Permission to conduct a Extension activity in Thirumangalam to public for Coping with adolescence – General Medical Camp

Respected Sir.

The Department of General Medicine is planning to conduct a Extension activity in Thirumangalam to public for Coping with adolescence – General Medical Camp 20.01.2019. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards,



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Activity Name: General Medical Camp and Awareness on Coping with

Adolescence

Date: 20.1.2019

Venue: Thirumangaram

Organised by: General Medicine, VMCH & RI.

No. of Students Participated: 43

Faculty participated: Dr. Anuradha

Description: The program was organized to educate participants (School children) about adolescence. Adolescence is a period faced by all children during their life. It is a period of difficult thoughts and body changes that a person undergoes. The program provided adequate counseling for adolescents. The following points were explained to the participants.

- Adolescence (10–19 years) is a unique and formative time. Whilst most adolescents have good mental health, multiple physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems.
- Adolescence is a crucial period for developing social and emotional habits important for mental well-being. These include adopting healthy sleep patterns; exercising regularly; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions.
- Protecting adolescents from adversity, promoting socio-emotional learning and psychological well-being, and ensuring access to mental health care are critical for their health and well-being during adolescence and adulthood.
- Interventions to promote adolescents' mental health aim to strengthen protective factors and enhance alternatives to risk-taking behaviours. Promotion of mental health and well-being helps adolescents in building resilience so that they can cope well in difficult situations or adversities. POL T. THIRUNAVUKKARASU, M.D.D.A.

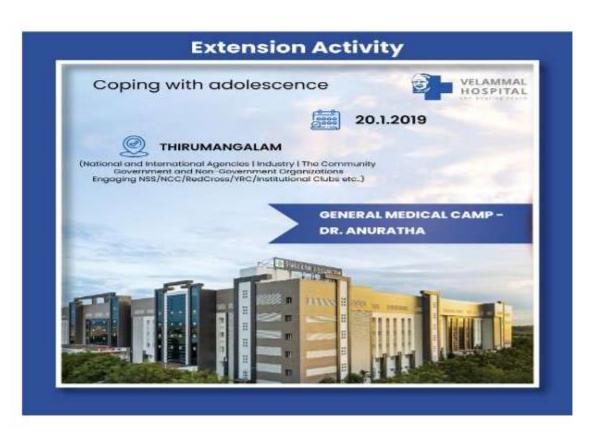
ege Hospital Maderal-Tullcorin Ring Road

Anuppanadi, Madurai-025 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





Date:20.1.2019

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on Coping with adolescence for the public on 20.1.2019

A.RAJAMANI

MAMBIT COOT

(Thirumangalam)



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Awareness Program Regarding Malnutrition among Children and Aged



Department of General Medicine VMC Hospital and Research Institute Madurai

From

The Dean
VMC Hospital and Research Institute
Madurai.

To

The Regional medical officer Palayankottai

Through the proper channel

Sub: Permission to conduct a Extension activity in Palayankottal to public for Malnutrition -General Medical Camp.

Respected Sir,

The Department of General Medicine is planning to conduct a Extension activity in Palayankottai to public for Malnutrition -General Medical Camp. 2.2.2019. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards,



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Activity Name: Awareness program regarding Malnutrition among

children and aged

Date: 2.2.2019

Venue: Palayankotta

Organised by: General Medicine, VMCH & RI

No. of Students Participated: 43

Faculty participated: Dr. Jansi Banu

Description: Program was organized to educate participants about malnutrition. India is country that suffers from overpopulation and poverty. People below the poverty line are most affected by malnutrition, more in children and old age. Children, parents, and old age people present in the program for education about managing malnutrition and complication of malnutrition through Demonstration and Illustrations. Detailed health checkup of children and aged present in the program conducted and required advice given pre medicine distributed. They were informed to approach VMCH & RI for further investigation and treatment.

Prot. T. THIRONAVUKKARASU, MD.DA. Dean

Welammal Medical College Hospital
and Research Institute
"Velammal Village"
Medural-Tutleorin Ring Road
Anuppanedi, Medural-625 009, T.M.



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009





Date: 2.2.2019

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on Malnutrition for the public on 2.2.2019

M.RAJESWARI

(Palayankottai)



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Mega Camp and Awareness Program on Food Borne Diseases



Department of General Medicine VMC Hospital and Research Institute Madurai

From

The Dean

VMC Hospital and Research Institute Madurai.

To

The Regional medical officer Tuticorin (Spic)

Through the proper channel

Sub: Permission to conduct a Extension activity in Tuticorin (Spic) to public for Food borne disease – Mega camp

Respected Sir.

The Department of GeneralMedicine is planning to conduct a Extension activity in Tuticorin (Spic) to public for Food borne disease – Mega camp 10.2.2019. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards,



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Activity Name: Mega Camp and Awareness Program on Food Borne

Diseases

Date: 20.2.2019

Venue: Tuticorin

Organised by: General Medicine, VMCH & RI

No. of Students Participated: 42

Faculty participated: Dr. Jozhi

Description: Program is to educate participants about food borne diseases. It is common among the younger population. Typhoid is one of the common diseases that is transmitted by food. Proper hygiene, food preparations and first line care about food borne diseases is explained. Danger signs that require hospital care were also explained and the program was concluded after question and answer session. The participants expressed happiness with the knowledge that they received from the faculty. A health checkup was organized at the end.

Prot. T. AHIRUNAVUKKARASU, MD,DA.
Dean

Velammal Medical College Hospital and Research Institute "Velammal Village" Medural-Tetleorin Ring Road Anappanadi, Medural-628 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





Date:10.2.2019

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on Food borne disease for the public on 10.2.2019

T.SATHYABALAN

Sarnya Balan

(Tuticorin (Spic))



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

General Camp on Pregnancy Related Complications

量

Department of General Medicine VMC Hospital and Research Institute Madural

From

The Dean

VMC Hospital and Research Institute Madurai.

To

The Regional medical officer Sivakasi

Through the proper channel

Sub: Permission to conduct a Extension activity in Sivakasi to public for Pregnancy related complications – General camp

Respected Sir,

The Department of General Medicine is planning to conduct a 2.10.2019. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards.



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Activity Name: General Camp on Pregnancy Related Complications

Date: 2.10.2019

Venue: Sivakasi

Organised by: General Medicine, VMCH & RI

No. of students participated: 51

Faculty participated: Dr. Jansi Banu

Description: The program was organized in the village to educate pregnant women about pregnancy and its complications. They were informed that pregnancy is related with multiple complications such as anemia, twin, placental abnormalities, oligohydramnios. They were made aware regarding how to identify such complications early by regular antenatal checkup and regular supplementation. They were also informed about the services that are available in VMCH & RI and advised to avail these services any time in the emergency. Health checkup of pregnant women attending the program conducted free medicine distributed.

POL T. THEXUNAVUKKARASU, MD.DA

Velammal Medical College Hospital and Research Institute "Volummel Village" Medumi-Tuticom Ring Road

Anuppanadi, Madural-628 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





Date:2.10.2019

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on Pregnancy related complications for the public on 2.10.2019

13 nos for noun

RAJAMMAL.A

(Sivakasi)



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

1111120111111

Activity Name: Gaja - The sorrow of Delta District

Date: 11/11/2018

Venue: Pudukottai, Thanjavur, and Nagapattinam

Organised by: 34 Villages

No. of Students Participated: 48

Faculties participated: Dr Sudharsan, Dr. Deiveegan

Description: GAJA –This word evokes different kind of perceptions and views in the minds of the people of the Pudukottai, Thanjavur, Thiruvarur and Nagapattinam districts (collectively called DELTA districts). Early in the morning of 11th November 2018, the people of these districts faced GAJA - the worst cyclone of the decade.

The word GAJA literally means the elephant in Sanskrit, as per the name indicates the land area which was crossed by this cyclone was found to be the land crossed by the ferocious angry elephant. Everyone had been wondering how they named exactly to the devasting disaster even before its arrival. The cyclone has massively damaged the sources of living sparing the lives. It has damaged most of the cash crops of this delta districts and damaged the boats and launch boats of so many fishermen and made the land-lord to the needy. thus showed the power of nature over the people

On seeing and hearing this news by means of various social media and by other sources our Chairman Thiru.M.V.Muthuramalingam sir thought of helping these people by donating an amount of rupees One crore to the Chief minister disaster relief fund. Even despite of that his thirst for helping the needy was not quenched. then he thought of organizing the health camp to the needy. His thought came into action by our beloved dean sir and Medical superintendent sir.

Prot. T. THIRUNAVUKKARASU, M.D.DA., Dogn

Volemmai Medicai College Hospital and Research Institute "Volemmai Villege" Medural-Tulicoth Ring Road Anuppanedi, Medural-825 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Initially the camp has been planned for couple of days, then on later by that of the feedback obtained from various sources in consideration to the needy people the camp has been extended to 14 long days. The cap comprises of 12 doctors including the CRRI's and 7 paramedical workers.

The camp was planned in such a manner that it should be useful to the needy and the resources should never be wasted in any manner. The camp has been conducted in various places irrespective of the available sources. The camp has been held at the available places like the temples, churches ,mosques, common gathering sites and even on the roadsides where the people got beneficial services. The camps were conducted not only in the places where the benches were available, even the bonnets of the cars served as the place for the camps.

The camp not only served the medical needs of the people but also in providing them with the basic necessities which includes the rice, biscuits, blankets, candles, mosquito coils/ repellents, sanitary pads, lungies, towels and nighties. The boys in the team were so proud that not even a single towel was given to the already benefitted or overhelmed in a single place. That much of groundwork was performed by the students before distributing the items.

The camps have been conducted not only during the morning hours but even after the sunset with the help of the candles, headlamps of the cars and by other available sources.

The camp was In the Pudukottai district the camp was conducted at Kandharvakottai, Thiruvengaivasal, Mettupatti and Viralimalai. covered. Pallathoor, Puthukottaiullor, Thamaraikottai, Santhankadu, and Palamuthu of Nagapattinam district were the beneficial villages. Thoputhurai, Chinnapallivasal, Arukattuthurai, Pavajikottai, Paravakottai, Pallathalli, Athivetti, Thiruthuraipoondi, Rayanallur, Keeranthi, Alathampadi and Thuvaramadai of Thiruvarur district and Salakadai. Thalaikadu, Thulasapuram, Sakkai. Vadamalai manakadu, Piranthiyakarai, Maharajapuram, Nambiyar Ayamoor of Thanjavur district were covered. Around 5500 people got benefitted as per the records and more than 1000 off the records.

Prof. T. THIRUMAVUKKARASU, M.D.D.A.

Velamina Serical College Hospital and Rosearch Institute
"Velammat Village"

Madural-Tuticorin Ring Road Anuppanadi, Madural-825 009, T.M.



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The team comprises of Dr.B.Sudharsan Assistant Professor, Dr.C.Deiveegan Assistant Professor from the department of Community Medicine and the CRRI's namely Dr. Kirubakaran, Dr.Madhan, Dr.Mariya vidhyan, Dr. Ramkumar, Dr.Hari balakrishnan, Dr. Prathap, Dr.Praveen, Dr.Shyaam, Dr.Sridhar, Dr.Abhishek and Dr.Kabilan. The Para medical team comprises of Mr.Kuberan (Marketing manager);Mr.Hariram (Marketing Assistant); : Mr.Karthik(Male Nurse); Mr.Ajith (Male Nurse):Mr.Sundaramoorthy (Pharmacist); Mr.Muthu Vijayan (Lab tech);Mr.Ilayaraja (Doctors Driver);Mr.Balasubramanian (Mobile Hospital incharge).

I take this opportunity to say thanks to our beloved Chairman sir, Dean sir, MS sir and our HOD. I also use this opportunity to thank Mr. Elangovan and Mr. Karthikeyan who helped our team in all the aspects in and around Thanjavur. It is my responsible to extend my thanks to Mr. Bharathi of Pattukottai, Mr. Bharathithasan of Thiruthuraipoondi and Mr. Subramanian of Thiruthuraipoondi who helped us in finding the needy areas of the affected areas and helped us in reaching them without any difficulty.

Prof. T. THIRLY IAVUKKARASU, M.D.DA

Volammel Medical College Hospital
and Research Institute
"Velammal Village"
Medural-Tuticorin Hing Road
Anuppenedi, Medural-626 009, T.N.













































VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Velammal Helmet Awareness Campaign

Riding a motorcycle is a thrill-inducing affair, no doubt, but speed comes with the responsibility of safety. Helmets are one of the most basic forms of protection a rider can have. Wearing a helmet has been made compulsory in many parts of the country, but unfortunately many citizens fail to abide the rule citing various reasons of inconvenience. In a bid to spread awareness about the importance of wearing helmets, Velammal Medical College Hospital & Research Institute and The New Indian Express jointly kick-started 'Helmet Awareness Campaign' on 16. 02. 2019 at Velammal Hospital Campus.

S. Davidson Devasirvatham, Commissioner of Police – Madurai City, and Shri. M.V. Muthuramalingam, Chairman – Velammal Educational Trust, inaugurated the campaign at Velammal Hospital Campus, Madurai. Dr. R.M. Raja Muthaiah, Dean, VMCH & RI, Professors of various departments, staff nurses, CRRIs also participated in the campaign. The students were about the importance of helmet in their daily life and were encouraged to use it on regular basis. Free Helmets were given to the staffs & students.

At the ceremony, Shri. M.V. Muthuramalingam said, "Helmets are not just an accessory, but a very important safety-gear that can improve the chances of survival. Velammal Hospital has always invested in talking about the driver's safety first when it comes to road safety. We are pleased to join with the Madurai City Police, and, kick-start the 'Helmet Awareness Campaign' today." Mr. S. Davidson Devasirvatham, Commissioner of Police said, "We appreciate the noble gesture undertaken by Velammal Hospital and are glad to extend our support to them in this mission to improve road-safety.

Prof. I. THIRDINA VALUE AND SELL ME, D.A.

Velammer Medical College Hospital
and Research Intillute

"Velammer Village"

Madural-Tuticarin Ring Road

Anuppanedi, Medural-525 000, T.N.



We urge two-wheelers riders to always follow safe-driving practices, and ensure that they are not only themselves wear a helmet, but also encourage pillion rider to do the same."

rally of Helmet wearing bike riders was kick-started by the Chairman & the Commissioner. The dean finally thanked all the staffs & the students for their enormous support and their active participation. And also thanked them for making this campaign a grand success.

















Detailed Program Report of Extension and Outreach Activities 2019-20

SL. No.	Name of the extension program
1.	Rally on Swachh Bharat
2.	Leprosy Case Detection Campaign at South Masi Street, Nethaji Road, Mela Masi Street, Karimedu, Sellur and Ellis Nagar.
3.	Awareness program At First Garments Madurai at Ammayappar mills
4.	Pinkathon 2019 at KK Nagar, Sivagangai Road, Madurai
5.	World Breastfeeding Week 2019 at anganwadi centres
6.	Health awareness activities at Anmol Shristi



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Activity Name: Rally on Swachh Bharat

Date: 2.10.2019

Venue: in and around the college campus, VMCH & RI

Organised by: Community Medicine, VMCH & RI.

No. of students participated: 55

Faculty participated: Dr. Sudharsan

Description: Under Swachh Bharath Concept VMCH & RI took pledge to arrange a cleanliness drive under National Service Scheme. Students, Housekeeping staff and few faculties, conducted Rally in and around the college campus creating awareness among patients, visitors and public in general regarding importance of keeping the premises where we live clean and neat. Public were made aware regarding concept of using dustbins in public places, ban on use of plastics, spitting road side and its hazards on human body.

Later on, students move on highways and done cleaning on road and on bus stand. Various garbage including paper cup, plastic bottle, plastics wrappers, empty coconut shell, newspaper etc. collected in green bins. Sweepers from housekeeping department cleaned dust inside campus.

I. T. THIZUNAVUKKARASU, MD.DA

Dean

Volammal Medical College Hospital and Research Institute "Volammal Villingo"

Madural-Tuticorin Ring Road Anappanadi, Madural-825 009, T.N.



























HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Activity Name: Leprosy Case Detection Campaign

Date: 09/07/2019 to 20/07/2019,

Venue: South Masi Street, Nethaji Road, Mela Masi Street, Karimedu, Sellur and

Ellis Nagar

Organised by: Community Medicine, VMCH & RI.

No. of Students Participated: 61

Faculty participated: Dr. Sudharsan

Descriptive: The Department of Community Medicine Velammal Medical

College Hospital and research Institute along with the public health department

(leprosy division) Madurai was involved in the leprosy case detection campaign

during 08/07/2019 to 20/07/2019.

Around 25 CRRI's and 7 faculties from the Community Medicine Department

have actively participated in the case detection campaign. The campaign was

carried out in urban areas including slums of Madurai consisting of the areas like

South Masi Street, Nethaji Road, Mela Masi Street, Karimedu, Sellur and Ellis

Nagar.

The objectives of the campaign were to detect the cases of the leprosy, improve

case management and reduce the stigma associated with leprosy.

The interns conducted a door to door survey with a pre-designed proforma

provided by the public health department and searched for the leprosy cases

which includes screening the symptoms like hypopigmented /anesthetic patches

and other nerve thickenings and other deformities.

Velammal Medical College Hospital and Research inclitate "Velammal Village"

Madurel-Tuttoorin Ring Road Anuppanadi, Madural-625 009, T.N.



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

The survey went around 12 days, where the interns visited around 3000 houses and got exposed to the people of different socio- economic class and varieties of public issues.

The participants were honoured with a certificate of participation by Dr. Samiyappan, Deputy Director Leprosy, Madurai district. The felicitation program was organized and conducted on 9th September 2019 followed by a guest lecture by Dr. Samiyappan, Deputy Director Leprosy.

Prot. T. THIRUNAVUKKARASU, M.D.DA., Dean

Velammal Medical College Hospital and Research Institute
"Velammal Village"
Medumi-Tutioarin Ring Road
Anuppenedi, Medural-825 009, T.N.







Door to door visit during the campaign and distribution of certificates by the DD of leprosy



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Activity Name: Awareness Speech at First Garments Madurai

Date: 17.03.2020

Venue: Ammayappar Mills

Organised by: Community Medicine, VMCH & RI

No. of Students Participated: 28

Faculty participated: Dr. Sudharsan

Description: An awareness talk regarding the preventive measures for COVID 19 was given on 17.03.2020 at first garments a unit of ammayappar mills around 5.00 pm to 6.30 pm. The mill comprises of 2500 staffs who were working from the nearby villages. a talk regarding the mode of spread, clinical manifestations regarding the signs and symptoms were explained in the local language to the beneficiaries and the preventive strategies like importance of social distancing, using of face mask and how to use it, methods of hand washing were explained to the audiences.

After the session the doubts raised by the audiences were explained with reference to the WHO guidelines. The session was conducted by Dr. Sudharsan, Assistant Professor from the department of Community Medicine and assisted by the CRRI's.

Prof. T. THIRUNAVUKKARASU, M.D.D.A.,

Velammal Medical College Hospital and Research Institute "Velammal Village" Medural-Tuticorin Ring Road Anuppanadi, Madural-825 009, T.N.





















Pinkathon 2019 at KK Nagar, Sivagangai Road, Madurai



Velammal Medical College Hospital & Research Institute Anuppanadi – Madurai – 625009.

MS OFFICE CIRCULAR

Ref.No:098/CIR/MS/2019

10 Oct 2019

To

All Clinical HODs HOD, Dept of Community Medicine

All Female House Surgeons are instructed to assemble near portico at 6:30 AM tomorrow, 13.10.19, for the walkathon event "Pinkathon 2019" commemorating the World Breast Cancer Awareness Day, between 7 am and 9 am at KK Nagar, Sivagangai Road, Madurai.

Note: Action will be taken against the absentees.

Medical Superintendent

Copy submitted to: Hon.Chairman

Copy to:

Chief Executive Officer

Dean

Chief Administrative Officer

Deputy Medical Superintendent (VMCHRI & Specialty)



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



Velammal Medical College Hospital & Research Institute

&

The Healing Touch

Speciality Wing

DEAN'S OFFICE CIRCULAR

Ref No: 164/H/Cir/2019

11 Oct 2019

Th

Vice Principal Principal, Allied Science College Principal, Velammal Nursing College Assistant Nursing Director

PINKATHON 2019

On commemorating the World Breast Cancer Awareness Day, a walkathon event "Pinkathon 2019" is organized on 13.10.19 (Sunday) between 7 am and 9 am at KK Nagar, Sivagangai Road, Madurai.

For this you are hereby requested to make the availability of the following participants:

1. Female Nurses - 300

- 2. Female Medical College Students -150
- 3. Female CRRI 50
- 4. Allied College Students -150
- 5. Nursing College Students 150

Your cooperation is highly solicited to make the event a grand success.

All are invited.

Copy Submitted to:-

Hon.Chairman

Copy to:-

Chief Executive Officer
Medical Superintendent
Vice Principal
Chief Administrative Officer
Deputy Medical Superintendents (VMCHRI & Specialty)
Head-HR, Head-Marketing
All HODs (Clinical & Non Clinical).
All Auxiliary Dept I/Cs,
Notice Boards.

Dean ...



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Pinkathon for breast cancer awareness



STAFF REPORTER

MADURAI, OCTOBER 14, 2019 02:20 IST UPDATED: OCTOBER 14, 2019 02:21 IST













Pinkathon being taken out in Madural on Sunday

Over 500 women took part in the first edition.

Over 500 women took part in the first edition of Pinkathon 2019, a three km walk during Breast Cancer Awareness Month, to highlight this growing concern.

The event, organised by Velammal Hospital, from K. K. Nagar arch to Sivaganga Road junction, saw participation of women and children. A press note from the hospital said the aim was to encourage fitness and health among women. Several doctors, staff nurses and medical college students also took part in the event.

S. Suganya, a representative of the hospital and an expert on breast and endocrine surgery, said breast cancer was affecting many women above 40 years.

"Earlier, we would rarely hear about breast cancer. Even if we did, it would be among 50-60 year old women. Now there is sedentary lifestyle, and obesity is widespread. These are problem areas," she said.

Adulterants in food caused an increase in estrogen, causing cancer. "Other reasons could be using hormonal injections and mother not breastfeeding children," she said. Many women delayed treatment, fearing loss of hair and weight. "If detected early, we can cure it. If we scan late, we can only control it," she said. Women must regularly examine their breasts for lumps and check if there was any secretion or bleeding from nipples. They must also take a scan once a year, she said.



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Report- World Breastfeeding Week 2019

World Breastfeeding Week is celebrated every year from August 1st to 7th to encourage breastfeeding practices and thereby improve the health of babies around the world. The theme for this year's World Breastfeeding Week was "Empower Parents, Enable Breastfeeding."

The World Breast Feeding Week 2019 was celebrated at Velammal Medical College and Hospital, Madurai from August 1stto August 7th. As a part of the celebration, various activities were organized by Community Medicine and Pediatrics department.

From the department of Community Medicine, an awareness program was organized on breast feeding by conducting "Healthy Baby Healthy Mother" competition at five Anganwadi Centres.

Five anganwadi centres were randomly selected (Samanatham, Panaiyur, Panaiyur west, Aiyanarpuram and Gajendrapuram of Madurai district) and the competition was conducted among mothers having children less than two years of age. A structured questionnaire was prepared and validated from experts, questions were based on early initiation of breast feeding, exclusive breast feeding, demand feeding, time of initiation of weaning, continuation of breast feeding after weaning, burping the baby and frequency of respiratory tract infections and diarrheal disease per year.

The weight and height of the children were measured. The weight for age and height for age was assessed. Three mothers from each anganwadi centres were selected based on breast feeding practices, incidence of respiratory tract infections and diarrheal diseases and growth of the child. They were given gifts and awarded as "Healthy baby and Healthy mother".

Prof. T. PAR CATOMARASU, M.O.D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madural-Tutlcorin Ring Road

Anappenadi, Madural-825 009, TM.



To promote awareness among pregnant and nursing women, the award-winning mothers were encouraged to talk about their experiences and the benefits achieved by exclusive breast feeding. This was followed by a health education session highlighting the importance of early initiation of breast feeding, avoidance of prelacteal feeds, exclusive breastfeeding for six months, continuing breastfeeding till two years, avoiding formulae feeds and its disadvantages and the benefits achieved by the mother and baby by following the appropriated feeding practices. The myths and beliefs of mothers regarding breast feeding were clarified at the end of the session.





HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



Healthy baby and healthy mother competition at Anganwadi centre, samayanatyham Aug 3

As a part of academic activity and create awareness among MBBS students, Community Medicine department organized "E poster competition" among MBBS students. Competition was focused on the importance of breast feeding and the theme for breast feeding week. Best three posters were selected, and prizes were given.









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Winners of E-poster competition- MBBS students

As a part of this celebration, from the department of Pediatrics, an "Anticipatory

Guidance program" was held for the Antenatal mothers and Lactation counselling

was given by Lactation counselor Mrs. Haritha.

'Lactation Skills Training Program' was held for the CRRIs, Pediatrics and OBG nurses and nursing students. Power point presentation and interesting videos were presented following which 'Lactation skills Stations' were organized for them on various days.

"Lactation counselling program" was organized for postnatal mothers.

CRRI,(Tamil Nila) gave a speech on breast feeding, which was followed by PowerPoint Presentation and videos by paediatrician (Dr. S.Revathy) on basic lactation skills for the mothers followed by a question-and-answer session. Mothers were extremely interested and happy and they wanted to share the details to others also.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

On the final day of the World Breast Feeding Week celebration, (07-08-2019) the 'Valedictory Ceremony' was held. The Dean Dr. R.M. Raja Muthiah, The Medical Superintendent Dr. S.Somasundaram, The Vice Principal Dr. Mohanthy, OBG HOD Prof Dr.S.Raja Rajeswari, OBG Professors Dr. C. Shanthi and Dr. K.S. Chitra and Professor of Community Medicine Dr. Trupti honoured the occasion. Paediatric department HOD, Prof. Dr. G. Mathevan, welcomed the gathering. Prof Dr. S. Nataraja Rathinam, from the department of Pediatrics gave a speech on the theme of this year WBW, "Empower Parents – Enable Breastfeeding". Prof. D R.R.V.Jeyabalaji and the other faculties from the department of Pediatrics were present on the occasion.

The Nursing Superintendent, the Nursing Supervisor, the best performers among the Nurses and Nursing students were awarded with prizes. The first three best 'e-posters' were awarded in this function by the Department of Community Medicine. Finally, a quiz program was held for the MBBS students and prizes were awarded to the winners. The 'World Breastfeeding Week celebration' ended with vote of thanks by Dr. M.Saravanan.

Prof. T. THIRUNAVUKKARASU, M.D.D.A.,

2. 20 mn 27

Velammat Medical College Hospital and Research Institute "Velammat Village" Maderal-Turicarin Ring Road Anuppenndi, Maderal-625 009, T.N.







Lactation Skills Training Program and Counselling Program



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

BPNI certificate of participation to VMCHRI



Certificate of Participation

This is to certify that

Velammal Medical College Hospital & Research Institute Madurai, Tamil Nadu

has successfully celebrated

World Breastfeeding Week 2019

Dr Amal Omer-Salim WABA Executive Director



The World Alliance for Breastfeeding Action (WABA)
PO Box 1200, 10850 Penang, Malaysia
Tet. 60-4-658 4816 Fax: 60-4-657 2655
Email: wobs@waba.org.my
www.worldbreastfeedingweek.org













Issuing the gifts to the winners of contest







Issuing the gifts to the winners of contest



BPNI's certificate of Achievement



INDIA: WORLD BREASTFEEDING WEEK (1-7 AUGUST 2019)

Empower parents, enable breastfeeding

Now and for the future!

Certificate of Achievement

is presented to

Velammal Medical College Hospital & Research Institute Madurai, Tamil Nadu

> for the contribution towards celebration of World Breastfeeding Week 2019

Dr. Arun Gupta Central Coordinator, BPNI Dr. J.P. Dadhich National Coordinator, BPNI

www.bpni.org

bpni@bpni.org



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Health awareness activities at Anmol Shristi

Anmolshrishti event was conducted on January 10 and 11, 2020. In this event students' staff and peoples from various places had participated. On behalf of Velammal, students made a poster to create awareness among maternal deaths in India due to anaemia complication, its symptoms and effects during pregnancy, preventive measures of anaemia in pregnancy and menstrual hygiene which were represented from the Institute, they also educated the people regarding how to prevent anaemia and treatment of anaemia and how to maintain hygiene during menstruation.

Students from pharmacology department made a poster on teratogenicity- A preventable crisis, in order to create awareness about teratogenic drugs during pregnancy (adverse drug reaction during pregnancy) especially drugs that used in hypertension, diabetics, epilepsy and some common side effects of drugs and they also educated the people regarding teratogenic effects of the drugs with pictures. Staff from Velammal medical college hospital made stalls to measure blood pressure, blood sugar and they gave health education to the individual regarding the health status, they made a poster of WHO range of BMI and blood counts.

Awareness of snake bite & its management

In developing countries, incidence of snakebites is increasing among rural population active in agricultural work, labourers, herders, professional snake handlers, trekkers, snake charmers and fishermen. Snakebite remains an important cause of accidental death in modern India. The estimated total of 45,900 national snake bite deaths constitutes about 5% of all unnatural deaths and nearly 0.5% of all deaths in India.

As Madurai is with hot tropical climate, snake bite cases are frequently encountered, because of more snake-human confrontation. Hence the Department of Forensic Medicine felt that a basic knowledge regarding snake bite management among the general public as the need of the hour. Students of 2018 batch were specifically trained to create awareness among the general public, and were made to educate the

public in this basic outreach programme conducted.

Velamma Medicai College Hospital
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The Science Exhibition – Anmol Shristi held on 10 January 2020 was used as an appropriate place for this purpose.

Ophiotoxicity can be treated & managed effectively with proper awareness. To create this

awareness lay public were educated with concepts of identification of common snakes, differentiation between Poisonous & Non-poisonous snake with pictorial depiction. They were also taught on the Do's & Don'ts in field management of snake bite. The importance of reassurance to be extended to a patient and how it plays a major role in patient recovery was given, since most of the snake bites are non-poisonous. The programme was conducted across two days with public interaction where in basic skill & knowledge regarding the management of snake bite was conveyed. Public were sensitized regarding the Do's & Don'ts in the field management of snake bite.

Dactylography is a study of finger prints, as it is unique to each individual. It plays a major role in identification of offenders in a crime scene. As public is curious in crime scene investigation, an effort was attempted to impart basic understanding of techniques involved in dactylography.

With advancement of social media, misuse of data collected has been increased in manifold, one among them is finger prints, which is a basic Data being collected at every point of identification. This made the department to take initiative to enlighten the common public about the finger print technology, for which students of batch 2018 were trained in lifting of finger prints for analysis & interpretation. Students were teamed in to 3 groups. While the first group of students explained the importance of fingerprints & its misuse, the second group explained the different types of finger prints & its analysis. The third group of students demonstrated the techniques of lifting of finger prints, interpretation of these prints and its medicolegal importance. An awareness was created about the usage of finger print technology for identification & its unique features were explained with demonstration of lifting finger prints from volunteers of the programme.

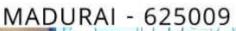
Prot. T. TERRIS AMERICA, MO.D.A.

Volammal Medical College Hospital and Research Institute "Velammal V2 lage" Madural Tuttorin Ring Road

Anuppaned, Maderal-825 009, T.M.



HOSPITAL AND RESEARCH INSTITUTE





















Detailed Program Report of Extension and Outreach Activities 2020-21

SL. No.	Name of the extension program
1.	Health Check-Up Camp Preventing Covid at Valayankulam
2.	Awareness Program on Fungal Diseases at Virudhunaga
3.	General Medical Check-Up Camp and Awareness Program on Diagnosing Chest Pain at Jaya Jyothi Mills, Rajapalayam
4.	COVID Vaccine Health Check-Up at Kalaiyarkov



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Health

Check-Up

Camp

Preventing

Covid



Department of General Medicin VMC Hospital and Research Institut Madura

From

The Dean

VMC Hospital and Research Institute Madurai.

To

The Village medical officer Valayankulam

Through the proper channel

Sub: Permission to conduct a Extension activity in Valayankulam to public for Ppreventing Covid – Health Check Up

Respected Sir,

The Department of General Medicine is planning to conduct a Extension activity in Valayankulam to public for Preventing Covid – Health Check Up 20.6.2020. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Activity Name: Health Check-Up Camp Preventing Covid

Date: 20.6.2020

Venue: Valayankulam

Organised by: General Medicine, VMCH & RI

No. of Students Participated: 59

Faculty participated: Dr. Anuradha

Description: Program was organized to educate participants about covid, and the participants were made aware of the following,

- Covid is one of the recent pandemics that is causing major mortality.
- Awareness about spread of covid and prevention of covid.
- Monitoring patient affected with covid and protocols for isolation.
- Awareness about hospital care for covid.
- · Hygiene to be maintained in the home and in surrounding.
- Use of sanitizer
- Importance of Hand washing
- Keeping the distance from patients and individual persons
- Importance of wearing masks.

Through the question answer session the doubts of the participants cleared.

Prof. T. THIRUNAVUKKARASU, M.D.D.A.

Velemmal Medical College Hospital and Research Institute
"Velemmal Village"
Medural-Tullcorin Ring Road
Anuppanadi, Medural-625 009, T.N.







Date:20.6.2020

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on PREVENTING COVID for the public on 20.6.2020

Muthumari

(Valayankulam)



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Awareness Program on Fungal Diseases



Department of General Medicine VMC Hospital and Research Institute Madurai

From

The Dean

VMC Hospital and Research Institute Madurai.

To

The Regional Medical Officer Virudhunagar

Through the proper channel

Sub: Permission to conduct a Extension activity in Virudhunagar to public for Fungal disease -General Medical Check Up

Respected Sir,

The Department of General Medicine is planning to conduct a Extension activity in Virudhunagar to public for Fungal disease – General Medical Check Up 13.12.2020. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards,



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Activity Name: Awareness Program on Fungal Diseases

Date: 13.12.2020

Venue: Virudhunaga

Organised by: General Medicine, VMCH & RI

No. of Students Participated: 43

Faculty participated: Dr. Jozhi

Description: Program was conducted with an objective of educating people about fungal diseases. After advent of covid there has been a boom in fungal diseases such as mucor mycosis due to abuse of steroid use. Clinical features and signs of mucor and its treatment was discussed.

Prot. T. THERUNAVUKKARASU, M.D.D.A.

Velemmel Medical College Hospital and Research Institute "Velemmal Village"

Medural-Tutlastin Ring Road Anuppanadi, Madural-925 009, 7.M.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





Awareness program on Fungal diseases at Virudhunaga

Date:13.12.2020

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on Fungal disease for the public on 13.12.2020

Kannan

(Virudhunagar)



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

General Medical Check-Up Camp and Awareness Program an

Diagnosing Chest Pain



Department of General Medicine VMC Hospital and Research Institute Madurai

From

The Dean

VMC Hospital and Research Institute Madurai.

8

The Regional Medical Officer Jaya Jothi Mills, Rajapalayam

Through the proper channel

Sub: Permission to conduct a Extension activity in Jaya Jothi Mills, Rajapalayam to public for Diagnosing chest pain —General Medical Check Up

Respected Sir,

The Department of General Medicine is planning to conduct a Extension activity in in Jaya Jothi Mills, Rajapalayam to public for Diagnosing chest pain — General Medical Check Up 26.1.2020. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Activity Name: General Medical Check-Up Camp and Awareness Program

a Diagnosing Chest Pain

Date: 26.1.2020

Venue: Jaya Jyothi Mills, Rajapalayam

Organised by: General Medicine, VMCH & RI.

No. of Students Participated: 46 Faculty participated: Dr. Anuradha

Description: Program was conducted to educate participants about cheat pain. Chest pain is one of the most common symptoms, for which there are multiple benign causes and cardiac causes. Awareness about early hospital care and danger signs of cardiac causes. Early and timely hospital visits for acute chest pain was discussed and advised to approach the hospital in case of emergency.

POL T. THRUNAVUKKARASU, M.D.DA

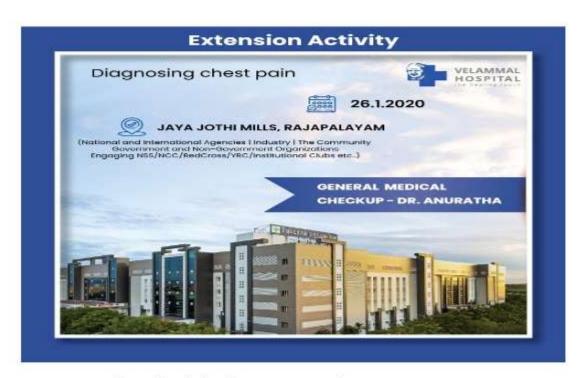
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Velammal Medical College Hospital and Research Institute "Velammal Village" Madural Tuttorin Ring Road Anappanadi, Madural 626 009, T.M.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





General Medical Check-up camp and awareness program on Diagnosing chest pain at Jaya Jyothi Mills, Rajapalayam

Date:26.1.2020

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General

Medicine Department for the extension activity conducted on Diagnosing chest pain for the public on 26.1.2020

Manimaran

(Jaya Jothi Mills, Rajapalayam)



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

COVID Vaccine Health Check-Up at Kalaiyarkov



Department of General Medicine VMC Hospital and Research Institute Madurai

From

The Dean

VMC Hospital and Research Institute

Madurai.

To

The Regional Medical Officer

Kalaiyarkovil

Through the proper channel

Sub: Permission to conduct a Extension activity in Kalaiyarkovil to public for Covid Vaccines – Health Check Up

Respected Sir,

The Department of General Medicine is planning to conduct a Extension activity in Kalaiyarkovil to public for Covid Vaccines – Health Check Up 27.6.2020. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards,



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Activity Name: COVID Vaccine Health Check-Up

Date: 27.6.2020

Venue: Kalaiyarkov

Organised by: General Medicine, VMCH & RI

No. of Students Participated: 42

Faculty participated: Dr. Jansi Banu

Description: Program was conducted to educate participants about covid vaccine. There are multiple vaccines available for prevention of covid. Covishield, Covaxin, Sputnik are vaccines that are available in India. Indications and contraindications for each vaccine was told and importance of getting vaccinated were also made known.

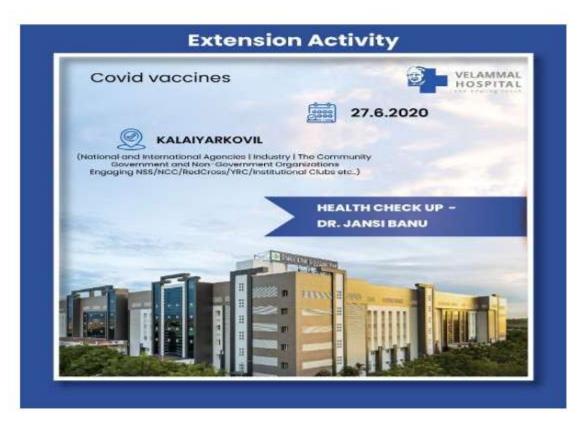
PIOL T. THEIUNAVUKKARASU, MD.DA

Velammel Medical College Hospital
and Research Institute
"Velammel Villego"

Medural-Tullcorin Ring Road Anuppanadi, Magural-625 009, T.N.







Date:27.6.2020

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on Covid Vaccines for the public on 27.6.2020

Jeyalakshmi

(Kalaiyarkovil)



Detailed Program Report of Extension and Outreach Activities 2021-22

SL. No.	Name of the extension program	
1.	Sensitization On Sanitation and Hygiene Awareness at Joe Andrea Illam	
2.	Covid-19 Vaccination Awareness Program at Ladanendhal Village, Sivagangai District	
3.	Do's And Don'ts In Menstrual Hygiene At Sakthi Trust Children Home, Samayanallur, Madurai	
4.	Family Adoption Program Sakkimangalam Village	
5.	Leprosy Health Awareness Program at Alanganallur Church	
6.	Community Awareness Program on Self-Care in Diabetes, AMK Home, Simmakal	
7.	Preventing Night Blindness Awareness Programme at Alli Nagaram Thiruppuvanam, Madurai	
8.	Breast Cancer Awareness Programme At Alli Nagaram, Thiruppuvanam, Madurai	
9.	Awareness On Rain Water Harvesting Programme at Kattayampatti Village, Madurai	
10.	Awareness Rally - Sensitization on Domestic Violence With NSS , LA Vijil Illam in Chinthamani	
11.	Awareness Program on Breastfeeding at Valayankulam Block PHC	
12.	Importance of Vaccination in Fight Against COVID 19 At Saraswati Narayan College, Madurai- Online	
13.	Prevention of Lifestyle Disorders	
14.	Lifestyle Diseases: Risks & Facts	
15.	Awareness On Modifiable Risk Factors for Healthy Living - Online	
16.	Gadget Addiction	
17.	Awareness Program on Labour Analgesia at Sivakasi Nadar's Uravinmurai Hospitals, Madurai	
18.	COLS Program at Velammal College of Engineering & Technology	



19.	Awareness On Importance of Breast Feeding at Lady Doak College Madurai
20.	Awareness on Harmful Effects of Alcoholism at Velammal Engineering College, Madurai
21.	Awareness Program on Significance of Ultrasound in Obstetrics and Gynaecology at Arasanoor
22.	Female Adolescent Health at Dhanapaul Hr. Sec. School, Bibikulam, Madurai and Junior Red Cross
23.	Awareness Program - Tips for Identifying and Correcting Central Obesity in School Children at Government High School, Kurandi
24.	Awareness of Breathing Exercise in Lung Health at Velammal Engineering College, Viraganur, Madurai and Rotary Club of Madurai Metro Heritage
25.	Environmental Hazards for Construction Workers at AK Builders, Bypass Road, Madurai and Rotary Club - Metro Heritage
26.	Cancer Awareness Programme at VMC Rural. Centre, Thirupuvanam.
27.	Foot Care Awareness Programme for Diabetic Patient at VMC Rural. Centre, Thirupuvanam.
28.	Kidney Transplantation at Gowsri Kidney Center Located in Palanganatham
29.	Anaemia Screening and Awareness Camp at Virudhunagar
30.	Cataract Screening Camp at Vellaripatti
31.	Diabetic Retinopathy Awareness Programme at Karunagalkudi
32.	National Nutrition Week Programme at Velammal Vidhyalaya
33.	COVID Vaccine Awareness at Aruppakkottao
34.	Hand Hygiene Awareness at Old Kuyavarpalayam Road Area
35.	Overview of Sleep Apnoea for Software Professionals



36.	Lung Function Screening in Geriatric Population at Old Age Home Malligai Nagar, Annaiyur, Madurai
37.	Programme On Smoking Cessation and Vaccination Awareness at Subbalakshmi Lakshmipathi College of Science
38.	When To Reach Hospital with Covid Symptoms at Velammal College of Engineering College Viraganoor in Collaboration with Rotary Club Madurai
39.	Awareness of Heart Attack in Post Covid Status at Velammal College of Engineering College Viraganoor in Collaboration with Rotary Club
40.	Suicide Awareness Program at Vani Vidyalaya, Subramniyapuram, Madurai.
41.	Dementia Screening and Awareness Programme in Old Age Home at Rojavanam Old Age Home, Uthangudi, Madurai
42.	Awareness Program and Check-Up Osteoporosis for Elderly at Anna Bus Stand
43.	Bone And Joint Day at Velammal Allied Health College.
44.	A Talk on Health Awareness Among Youth Regarding Coping with Covid at Lady Doak College
45.	Awareness On Dengue at Eachaneri Village, Thiruppuvanam Taluk
46.	Awareness And Group Discussion on Anaemia at Madipannur
47.	Awareness On Tuberculosis at Thirupuvanam
48.	Stroke Awareness Program at Valayankulam



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Sensitization on Sanitation and Hygiene

From
Dr. Samir Bele
Professor and Head
Department of Community Medicine
Velammal Medical college Hospital and Research Institute

To
The proprietor/ In charge
Joe Andrea Illam,
2/185, Kothanar Street, Narasingam road,
Kadachanendhal,
Madurai

Sub: Permission for conducting extension activity – Sensitization on Sanitation and Hygiene on 07.01.2022

Respected Sir/Madam,

As per the telephonic conversation with you about the extension activity, the department of Community Medicine, Velammal Medical College Hospital and research Institute is organizing an awareness program under the topic 'Sensitization on Sanitation and Hygiene' on 07.01.2022 at your Joe Andrea Illam at around 10.00 am to 11.00 am. Kindly do the needful for the same.

With Regards

Dr Sámir Bele Professor and Head Dept of Community Medicine

PROFESSOR & HEAD
Department of Community Medicine
Velaminal Fladical College Hospital
and Research Institute
Madural-625 009

VMCH/CM/03/22 Date: 05/01/2022



Joe Britto Educational Social Trust
2/185,Kothanar Street
Kadachanendal, Madural-626 401



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

From
Dr. Samir Bele
Professor& HoD
Dept. of Community Medicine
Velammal Medical College Hospital & Research Institute
Madurai

To
The Dean
Velammal Medical College Hospital & Research Institute
Madurai

Subject: Permission for conducting extension activity – Sensitization on Sanitation and Hygiene on 07.01.2022 for 6^{th} Semester MBBS Students at 10.00 am – 11.00 am

Respected Sir,

We would like to do an extension activity at Joe Andrea Illam on 07.01.2022 from 10.00 am to 11.00 am for the 2018- 2019 MBBS batch students. We request you to grant us permission to conduct the activity on the planned date.

Thanks, and regards,

(Dr. Samir Bele)

Prof. THIRUNAVUKKARASU, Mana.

Dean

Velaminal Medical College Hospital

and Research Institute

"Velammel Villago" Madural-Tulicorin Ring Road Anuppanadi, Madural-525 000, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Organizer: This event was conducted by department of Community Medicine in collaboration with NSS.

Objective: The main objective of this programme was to give awareness regarding

personal hygiene and menstrual hygiene

Place: Joe Andrea Illam, Kadachandal, Madurai

Date: 07/01/2022 (11.00 am - 12.00 pm)

No. of students participated: 29

Faculties participated: Dr. Trupti and Dr. Sriandaal

This programme was organized to create awareness personal hygiene and menstrual hygiene. 2018 batch MBBS students from batch A participated in hybrid mode; 38 students virtually attended this activity through Zoom Platform.

The programme started with a introduction by Dr. Trupti, Professor- Community Medicine. 2nd year students performed roleplay about menstrual hygiene. The do's and don'ts in menstrual phase of girls were clearly explained.

The personal hygiene procedures including hand washing practices were well explained and awareness was created among them by the students.

The students created placard with quotes regarding personal and menstrual hygiene, which were of high importance in creating awareness and providing knowledge to the children.

The session was a success and many adolescent girls in the orphanage were benefitted by the session. The involvement of the students was very high and the session was highly interactive and heart touching. Dr Sriandaal, Assistant Professor – Community Medicine concluded the session.

Prot. T. PAIRUNAVUKKARASU, MARA

Velammel Medical College Hospital
and Research Institute

Velammel Velame

Medical Total

Medural-Tullcorin Ring Road Anappartedl, Madural-825 000, T.M.



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009



Joe Andrea Illam JOE BRITTO EDUCATIONAL AND SOCIAL TRUST

2/185, Kothanar Street, Narasingam Road, Kadachanendal, Kathakinaru, Madurai - 625 107. Tamilnadu. India. Email : joe.edl.trust@gmail.com Website : http://joebrittoeducationaltrust.org

Rev. Fr. S.M.PAUL BRITTO President M. AROCKIA SELVARAJ Managing Trustee Cell: 80567 - 93030

Date: 07-1-2023

TO,

The dean.

Vellammal medical college hospital & Research institute, Madurai-9.

Respected Bir,

The free medical camp organized by the department of Community medicine on 07.01. 2022 from 9.0.m was very useful for the children who are subiding here.

we appreciate the services provided by community medicine department of vellamonal medical college hospital of research institute madurai.

For Jee Britto Educational Social Trust
2/185, Kothanar Street
Adachanendal, Madural-825 107



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009



JOE BRITTO EDUCATIONAL AND SOCIAL TRUST

2/185, Kothanar Street, Narasingam Road, Kadachanendal, Kathakinaru, Madurai - 625 107. Tamilnadu. India. Email : joe.edl.trust@gmail.com Website : http://joebrittoeducationaltrust.org

Rev. Fr. S.M.PAUL BRITTO President M. AROCKIA SELVARAJ Managing Trustee Cell: 80567 - 93030

Date: 07 . 01-2022

TO,

Vellammal medical College hospital of nesearch institute.
Madwrai-9.

Respected six,

We thank you for your wonderful service provided by community medicine department from vellammal medical college hospital of gresearch institute. They thought our kids on the Topic of Hygiene and Banitation and menustral cycle for our girls. It was really useful for our children to keep them safe and clear thank you for your care and supports.

Joe Britto Educational Social Trust 2/186, Kothanar Street Kadachanendal, Madurai-625 107.

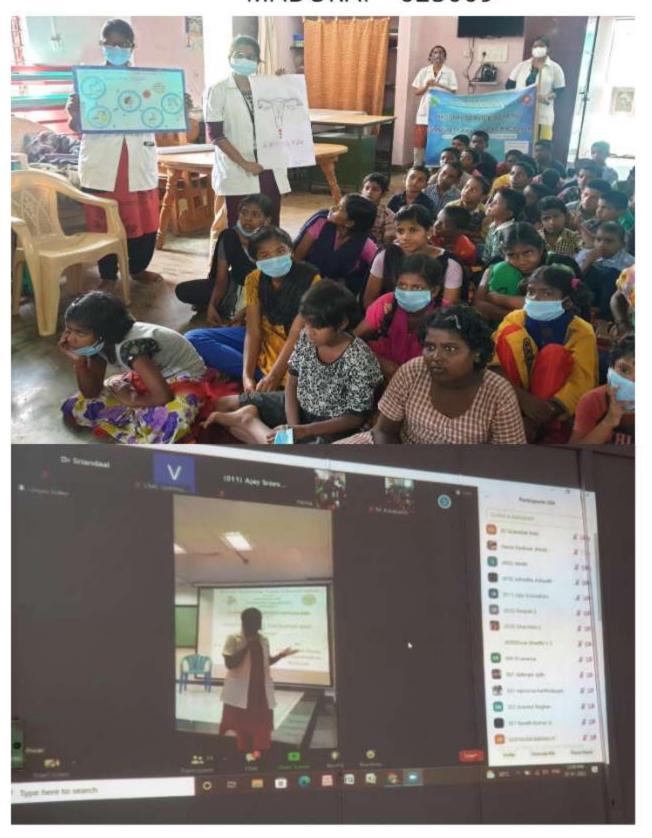




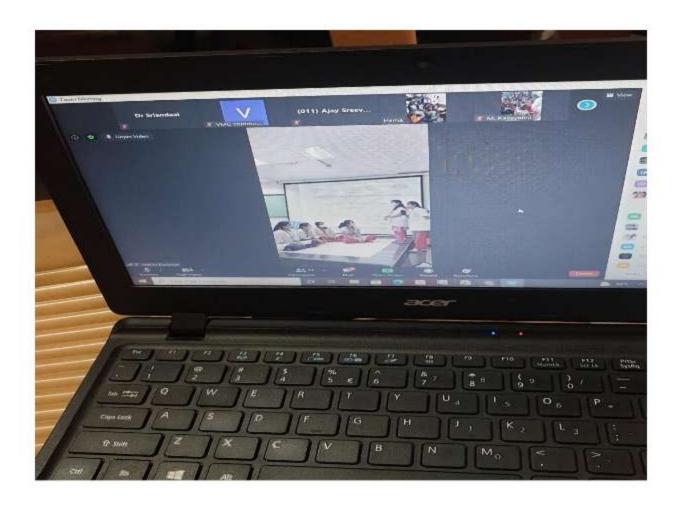














HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Covid-19 Vaccination Awareness Program Report



Velammal Medical College Hospital & Research Institute & Speciality Wing

OFFICE OF DEAN INTER OFFICE NOTE

Ref.No. VMCH/ION/2021/96-1

To

Dr.Samir Bele Prof&HOD, Community Medicine Date: 22.07.2021

Drug Jana

Your department is permitted to conduct an extension activity programme on Vaccination awareness at Ladanendal for Faculties, Interns, Community Medicine department PGs and 2018-19 batch MBBS students on 24.07.2021.

Copy submitted to:

The Hon'ble Chairman

Copy to:-

Medical Superintendent

Chief Administrative Officer

Advisory Board Members



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Organizer: Department of Community Medicine in collaboration with NSS (National Service Scheme).

Objective: To conduct an awareness campaign on COVID-19 vaccination among people of Ladanendal village, Sivagangai District.

Place: Ladanendal village, Sivagangai District.

Date & Time: 24/7/2021 (12PM to 3PM)

No. of students participated: 30

Faculties participated: Dr. Sriandaal and Dr. Sudharsan

Our team consisted of 8 members – Dr. Sriandaal-Assistant Professor, Dr. Balakumaran (Post Graduate), One Intern Dr. Allen David and 5 IIIIrd year MBBS students. We started the program at Ladanendhal village at 12:00 pm. The team was headed by Dr. Sriandaal and the team started door to door household awareness campaign on Covid-19 vaccination at the same time conducted a knowledge-attitude survey using a questionnaire, followed by one-to-one interaction, clearing their myths and misconceptions about Covid-19 vaccination. Then at the village community center, a role play was performed by the interns for the villagers, on the theme of Covid-19 vaccine awareness. Later on, Dr Sriandaal-Assistant Professor imparted knowledge to the villagers regarding Covid-19 vaccine and its benefits. The session was then concluded with a vote of thanks by the Post Graduate-Dr. Balakumaran.

Prof. T. TEXRUNAVUKKARASU, MD.DA

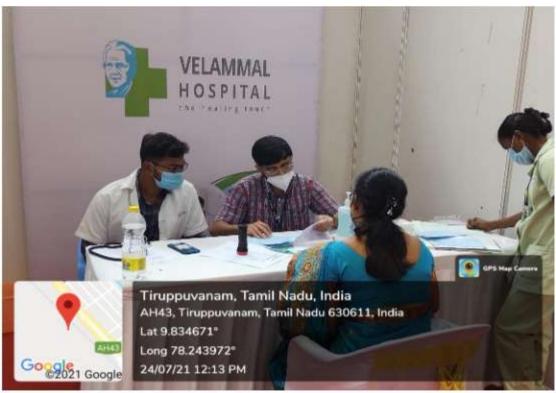
Velammal Medical College Hospital and Research Institute "Velammal Village" Madural-Tutloorin Ring Road Anuppanadi, Madural-625 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Covid-19 Vaccination Awareness Program Report









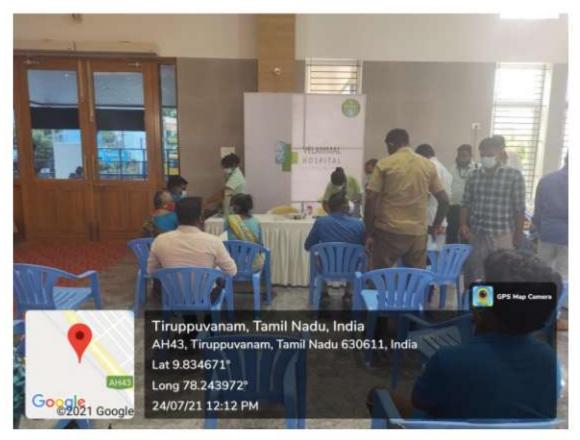
























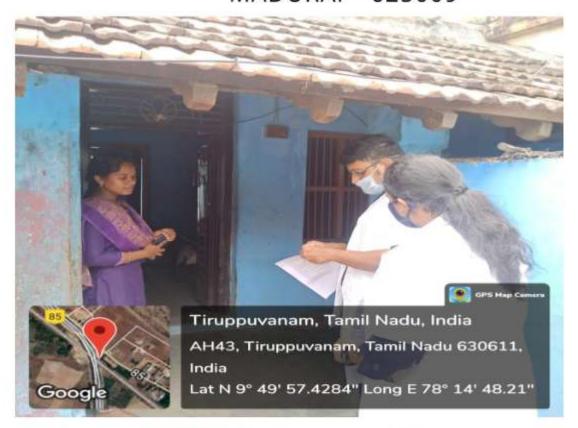






















HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



AH43, Tiruppuvanam, Tamil Nadu 630611, India

Latitude 9.8353277°

Local 11:16:10 AM GMT 05:46:10 AM Longitude 78.2460126°

Altitude 0 meters Saturday, 24-07-2021



Unnamed Road, Ladanendal, Tamil Nadu 630610, India

Latitude

9.806942800059915°

Local 02:14:40 PM GMT 08:44:40 AM Longitude

78.29384593293071°

Altitude 12 meters Saturday, 24-07-2021



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Do's and Don'ts In Menstrual Hygiene



Velammal Medical College Hospital & Research Institute & Speciality Wing

OFFICE OF DEAN INTER OFFICE NOTE

Ref.No. VMCH/ION/2021/98-2

To

Dr.Samir Bele Prof&HOD, Community Medicine P vis

Date: 28.07.2021

Your department is permitted to conduct an extension activity programme at Sakthi Girls home for Faculties, Interns and 2018-19 batch MBBS students on 01.08.2021.

Copy submitted to:

The Hon'ble Chairman

Copy to:-

Medical Superintendent

Chief Administrative Officer

Advisory Board Members



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Organizer: This event was conducted by the department of Community Medicine in collaboration with NSS.

Objective: The main objective of this programme was to give awareness regarding the best practices of menstrual hygiene to the female orphanage children.

Place- Sakthi trust children home, Samayanallur, Madurai

Date- 01/08/2021 (10.00 am - 11.30 am)

No. of students participated: 32

Faculties participated: Dr. Trupti and Dr. Sriandaal

This programme was organized to create awareness among the 20 female students in the Sakthi trust children home regarding the basic knowledge of menstruation and proper menstrual hygiene. This programme was attended by three CRRI students and three 3rd year MBBS students. Also, there were around 243 students including first year 2nd year and 3rd year MBBS students were virtually attending this activity through Zoom Platform.

The programme started with a welcome note by Dr. Sriandaal, Assistant Professor-Community Medicine. The key note was delivered by Dr. Trupti, Professor-Community Medicine. Dr. Bavadharini, CRRI Student gave a talk regarding' the physiology of menstruation and regarding its good hygienic practices' Dr. Harini, 3rd year MBBS student gave a talk regarding 'Do's and Don'ts during menstruation'. In addition to the above, an awareness video was shown in Tamil to further improve their knowledge, attitude and practice regarding menstrual hygiene. The programme ended up with a vote of thanks given by Mrs. Latha, Sakthi Trust Incharge.

Prot. I. TRALANUKHARASU, MD.DA

Velammal Medical College Hospital and Research Institute "Velenimal Village" Madural-Tutiocrin Fling Rhed Anappanedi, Medural-825 009, TM.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

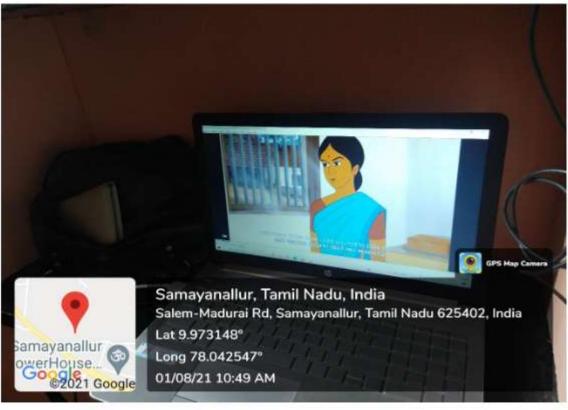
Do's and Don'ts In Menstrual Hygiene











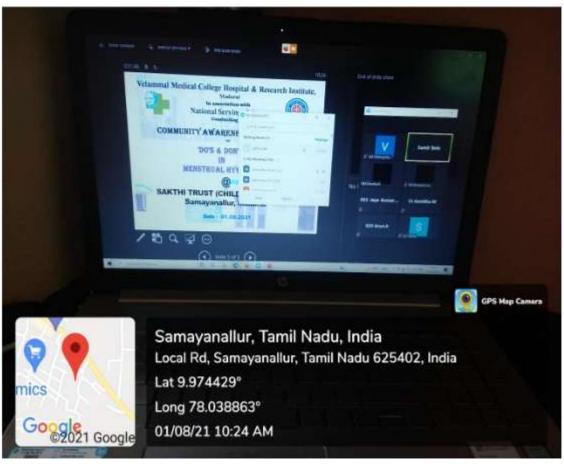




















HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

SAKTHI TRUST

30/2, Annanagar West, Samayanallur, Madurai - 625 402

Registered Under Indian Trust Act. Regn. No.1925 dt.9/12/2002 Cell No : 98650 13702

Date 1-8-2021

பெருநர்

உயர்திரு முதல்வர் அவர்கள், வேலம்மாள் மருத்துவக் கல்லூரி மற்றும் ஆராய்ச்சி நிறுவனம் மதுரை

பாராட்டுக் கடிதம்

மதிப்பிற்குரிய ஐயா அவர்களுக்கு

வணக்கம், வேலம்மாள் மருத்துவக்கல்லூரி மற்றும் ஆராய்ச்சி நிறுவனத்தின் சார்பாக எங்கள் சக்தி ட்ரஸ்டு குழந்தைகள் காப்பகத்தில் தங்கி பயின்று வரும் குழந்தைகளுக்கு மாதவிடாய் கால பராமரிப்பு மற்றும் அது குறித்த விழிப்புணர்வு முகாம் நடத்தினார்கள், இது எங்கள் குழந்தைகளுக்கு மிகவும் பயனுள்ளதாக அமைந்தது. இந்த முகாமை எங்கள் இல்லத்தில் ஒழுங்கமைத்து சிறப்பாக நடத்தியமைக்கு எங்கள் இல்லம் சார்பாக எங்களது நெஞ்சார்ந்த நன்றியினை தெரிவித்துக் கொள்கிறேன்.

நன்றி.

இப்படிக்கு தங்கள் உண்மையுள்ள For SAKTHI-TRUST

Managing Trustes



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Family Adoption Program Sakki Mangalam Village

As part of the curriculum for first MBBS students, NMC has introduced the family adoption program. On the first month of first year of MBBS, 2021-22 batch students were taken by community medicine department for family adoption program. Each student is supposed to adopt 5 families and keep following their health & wellness over the period of MBBS course. The families will also have a direct link to a medical college & will have someone is approachable & who can explain things to them in easily understandable manner.

The place chosen was Sakkimangalam village & the nearby Samathuvapuram attached to the village. After a session on why & how the family adoption program works, the students visited these two localities on Saturdays of 2 consecutive weeks i.e. 23-4-2022 & 30-4-2022 from 9 AM to 1 PM. 25 students from the 2021-22 batch attended the program & visited the village. The students were accompanied by faculty members & postgraduates. The survey consisted of personal details like name, age, gender, number of family members, head of family and the occupation of each family member. It also had questions about income of family and how the income is split between food, electricity, water and other bills. To check on the adequate space required for a person to live questions like area of house, number of rooms, doors and windows were asked. Questions on personal hygiene practices were also asked. In case of married couple and/or with children, they were asked about sexual health and child rearing practices.

Prof. T. THAUNAVUICARASU, MARA.

Notamoral Mar.

Velammal Medical College Hospital and Flessarch Institute "Velammal Village" Madural-Turicorin Ring Road Anuppanadi, Medural-825 009, T.M.



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

The family members were also asked about diseases like tuberculosis, diabetes, hypertension, heart disease, cataract, etc to check their knowledge about the disease spread and its effect on body. To check their social well-being questions about social harmony, social acceptance and rejection were asked. The students were also asked to assess the overall environment & facilities in the locality & social problems in the family & the community.

No. of students participated: 25

Faculties participated: Dr. Sudhir, Dr. Sudharsan, Dr. Sriandaal and

Dr. Vasumathi

Prof. T. THIRLINAMINADASH

Velammal Medical College Hospital and Research Institute

"Volonimat Village" Madural-Tuticorin Rung Road Anuppanadi, Madural-626 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Field visits for Family Adoption Program on 23-4-2022

Dr. Samir (HoD) & postgraduates accompanying students in the field (Sakkimangalam)- 23.4.2022 Students collecting information about the family





HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Dr. Sudharsan clarifying doubts in the field- 23.4.2022.





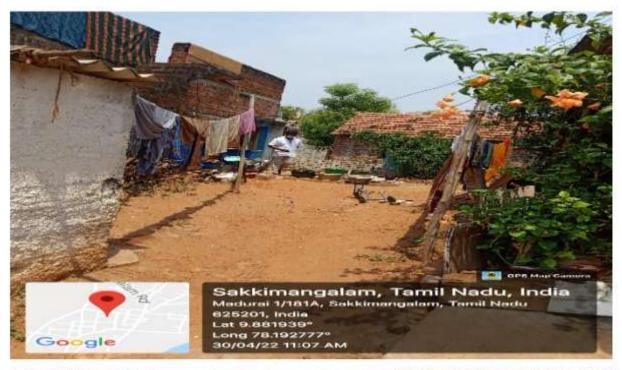
HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Students visiting families for adoption in Sakkimangalam - 30.4.2022

















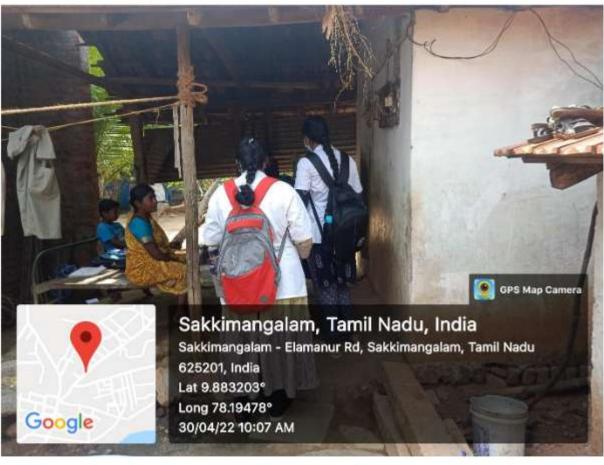






















HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Leprosy Health Awareness program at Alanganallur Church on 4th August 2022

Department of Community Medicine, VMCH & RI, Madurai along with Madurai Health and Leprosy Relief Centre Mahelerecen conducted health education program for leprosy patients at Alanganallur church on 4th August 2022. Around 30 medical students who are persuing their 2nd year MBBS along with Dr. Vasumathi was involved in the program. Leprosy causes life lasting nerve damage & patients (both under treatment & cured) are at risk of damage to their limbs & eyes. Therefore, this program focusing on Self-care practices for Leprosy patients was organised. The program was organised at church at Alanganallur & around 25 patients with active disease attended the program.

The program started with introductory speech on leprosy by Dr Vasumathi, then MBBS student Miss Aksara & Ajay Bharath spoke about eye care in leprosy. They displayed charts and spoke about how leprosy affect eyes & what are the ways to prevent it. They taught simple eye exercises like blinking eyes frequently to prevent dryness and asked the patients to repeat it. Mr Abhisek and Balaji spoke about the hand care in leprosy. They advised patients to use cloth/gloves while picking up a hot pan, inspect their hands regularly for any wounds, soaking & oiling of hands to avoid dry and cracking skin. They taught patients stretching exercises to prevent stiffness & contractures, asked the patients to repeat it.

Then students Miss Blessy & Miss Balavarshiny spoke about foot care in leprosy. They asked the patients to inspect their feet regularly for redness, warmth, swelling or any wounds & taught patients simple stretching exercises. Then Dr Vasumathi spoke about the cause of leprosy, deformities caused by it and treatments available for leprosy. This was followed by question answer session. Patients were encouraged to open up and ask their queries regarding the disease and their questions were sorted out. The program was concluded with vote of thanks by church paster.

Prof. T. THIRKNAYUKKARASU, MD.DA

Velammel Medical College Hospital and Research Institute "Velammal Village" Medural-Tullsorin Ring Roed Anuppenedi, Medural-825 009, T.N.































HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Community awareness program on Self-care in Diabetes, AMK Home, Simmakal

VMCH/CM/51/2021 Date: 28/07/2021

From

Dr. Samir Bele
Professor and Head
Department of Community Medicine
Velammal Medical college Hospital and Research Institute
Madural

To

The proprietor/In charge AMK home Madurai

Sub: Permission for conducting extension activity

Respected Sir/Madam,

As per the telephonic conversation with you about the extension activity, the department of Community Medicine, Velammal Medical College Hospital and research Institute is organizing an awareness program under the topic 'SELF CARE IN DIABETES' at your AMK home on 31/07/2021 at 10.00 am to 11.00 am.

The team comprises of the following members.

Dr.Trupti Dr.Sudhir Ben Nelson Dr Sriandaal Dr.Omar and MBBS student

Kindly do the needful for the same.

With Regards

Dr Samir Bele Professor and Head

Dept of Community Medicine



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Velammal Medical College Hospital & Research Institute,



Madurai
In association with
National Servings Scheme
Conducting an



COMMUNITY AWARENESS PROGRAMME

on

"SELF CARE IN DIABETES"

@

AMK Home, Simmakal

Date 30.07.2021

Organizer-

This event was conducted by department of Community Medicine in collaboration with NSS.

Objective-

The main objective of this programme was to give awareness regarding self-care practices of diabetes among elderly people residing in old age home.

Place-AMK Home, Simmakal, Madurai

Date- 31/07/2021 (10.00 am - 11.30 am)

Faculties participated: Dr. Trupti and Dr. Sriandaal

This programme was organized to create awareness among the 24 elderly persons residing in AMK Home regarding the self-care practices in diabetes. This programme was attended by 6 CRRI students and 6 3rd year MBBS students. Also there were around 257 MBBS students including 2nd year and 3rd year who virtually attended this activity through Zoom Platform.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

The programme started with a welcome note by Dr. Sriandaal, Assistant Professor-Community Medicine. The key note was delivered by Dr. Trupti, Professor-Community Medicine. Dr. Dharini, CRRI gave a brief idea about the causes of diabetes mellitus and what are the complications of diabetes if not treated promptly and also the easy ways to identify the early warning symptoms of diabetes mellitus'. Dr. Harini, 3rd year MBBS student imparted knowledge on 'comprehensive self-care practices' which need to be followed by the persons with diabetes and importance of the compliance of medicines and also regarding diabetic diet'. Dr. Balakumaran, Post graduate-Community Medicine gave a talk regarding' Mental health among elderly, prevention of Non communicable diseases and taught the ways to reduce stress by demonstrating chair yoga, laughing and clapping therapy to the audience and asked them to perform the same along with him. Later on, one to one interaction between doctor and the elderly patients was organized by the team. The programme concluded with vote of thanks given by Dr.Omar, Assistant Professor-Community Medicine.

Prot. T. THIRUNAVUKKARASU, MD.DA

Velammal Medical College Hospital and Research Institute "Velammal Village" Medical-Tuticosin Ring Road Anappanadi, Medical-625 003, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Community awareness program on Self-care in Diabetes, AMK Home, Simmakal























HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Preventing Night Blindness Awareness Programme at Alli Nagaram Thiruppuvanam, Madurai

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HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009



VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE



PREVENTING NIGHT BLINDNESS- AWARENESS PROGRAMME

Place:

Govt.Hr.Sec.School, Allinagaram, Sivaganga Date:

08.10.2021



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Organizer-

This event was conducted by department of Community Medicine in collaboration with NSS.

Objective-

The main objective of this programme was to give awareness regarding preventing night blindness awareness programme.

Place: Alli Nagaram Thiruppuvanam, Madurai

Date- 8/10/2021 (10.30 am - 11.30 am)

No. of students participated: 53

Faculty participated: Dr. Sriandaal

This programme was organized to create awareness regarding preventing night blindness awareness programme. This programme was attended by 6 CRRI students and 3rd year MBBS students. Also, there were around 238 MBBS students including 2nd year and 3rd year who virtually attended this activity through Zoom Platform.

The programme started with a welcome note by Dr. Sriandaal, Assistant Professor-Community Medicine.3rd year students performed skit. CRRI Abul Kalam gave a speech regarding night blindness. Dr. Dinesh Post Graduate-Community Medicine delivered the vote of thanks and completed the programme with a raily.

Prof. T. HIRUNAVUKKARASU, MA. D.A.

Velammal Medical College Hospital and Research Institute "Velammal Villinge" Medural Tuttcorin Ring Road Anuppensol, Madural-525 009, T.N.



















HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Breast Cancer Awareness Programme at Alli Nagaram, Thiruppuvanam, Madurai

Medical College Hospital & Research Institute The healing touch

Date:11.8.2021

From Prof.Dr.S.R.Dhamotharan, MS, FIAGES., Head, Department of General Surgery, Velammal Medical College Hospital and Research Institute,

Madurai

To

The Dean,

Velammal Medical College Hospital and Research Institute, Velammal Village, Madurai.

Respected Sir.

Kindly grant permission to Extension activity "Cancer awareness Program" On 1≥8.2021 in VMC Rurall center, Thirupuvanam,

Thanking you

Prof.Dr.S.R.Dhamotharan, MS, FIAGES., Head, Department of General Surgery,

"Velammal Village", Madurai - Tuticorin Ring Road, Anuppanadi, Madurai - 625 009, Tamil Nadu, India. Tel: +91 452 2510000, 7113333 Fax: +91 452 2510010. Toll Free No. 1800 425 00108 E-mail: info@velammalmedicalcollege.edu.in Web: www.velammalmedicalcollege.edu.in

An Initiative of Velammal Educational Trust



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE



BREAST CANCER AWARNESS PROGRAMME

Place: Allinagaram, Sivaganga

Date: 07.10.2021



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Organizer-

This event was conducted by department of Community Medicine in collaboration with NSS.

Objective-

The main objective of this programme was to give awareness regarding Breast Cancer.

Place: Alli Nagaram, Thiruppuvanam, Madurai

Date- 7/10/2021 (10.30 am - 11.30 am)

No. of students participated: 68

Faculty participated: Dr. Sriandaal

This programme was organized to create awareness among students.it was conducted in government school. This programme was attended by 6 CRRI students and 3rd year MBBS students.

Also there were around 238 MBBS students including 2nd year and 3rd year who virtually attended this activity through Zoom Platform.

The programme started with a welcome note by Dr. Sriandaal, Assistant Professor-Community Medicine.3rd year students performed a skit regarding self-breast examination. CRRI Abinaya summarized about self-breast examination. Dr. Balakumaran, Post Graduate-Community Medicine delivered the vote of thanks and completed the programme with a rally.

Prof. T. THIRUNAVUKKARASU, M.D.D.A., Dean

Velemmal Medical College Hospital and Research Institute "Vetemmal Village" Medural-Tuttorin Ring Road Anuppensul, Medural-826 003, T.M.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Breast Cancer Awareness Programme at Alli Nagaram, Thiruppuvanam, Madurai













HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

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HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Awareness on Rainwater Harvesting Programme at Kattayampatti village, Madurai

From,
Dr. Samir Bele
Professor& HOD
Dept. of Community Medicine
Velammal Medical College Hospital & Research Institute
Madurai

To,
The Dean
Velammal Medical College Hospital & Research Institute
Madurai

Subject: Permission to conduct 'Awareness programme on Rainwater Harvesting' 11/11/2021 At 11.00 am to 12.00 pm
Respected Sir,

We would like to do an awareness program on 'Rainwater Harvesting' at Kattayampatti village, Madurai on 11/11/2021 at 11.00 am to 12.00 pm. We request you to grant us permission to conduct the extension activity involving the interns posted in department & 2nd MBBS (Batch 2019-2020) students.

Thanks, and regards,

(Dr. Samir Bele)

Prof. T. THRIUNAVUKKARASU, M.D.D.A.

Velammel Medicel College Hospital and Roseerch Institute "Velammal Village" Medural-Toticofin Ring Road

Anuppenadi, Madurei-625 009, T.M.



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Organizer- This event was conducted by department of Community Medicine in collaboration with NSS.

Objective- The main objective of this programme was to give awareness regarding rainwater harvesting

Place: Vepadappu, Melur, Madurai

Date- 11/11/2021 (11.00 am - 12.00 pm)

No. of students participated: 30

Faculties participated: Dr. Sriandaal and Dr. Sudharsan

This programme was organized to create awareness regarding rainwater harvesting. 3rd year MBBS students. And 6th semester students participated. Also, there were around 238 MBBS students including 2nd year and 3rd year who virtually attended this activity through Zoom Platform.

The programme started with a welcome note by Dr. Sriandaal, Assistant Professor-Community Medicine.3rd year students performed skit and speech. president of the area delivered the vote of thanks and completed the programme.

Prof. T. THIRUNAVUKKARASU, MAJAA

Velammel Medical College Hospital and Research Institute "Velammal Village" Medural-Tubcolla Ring Road

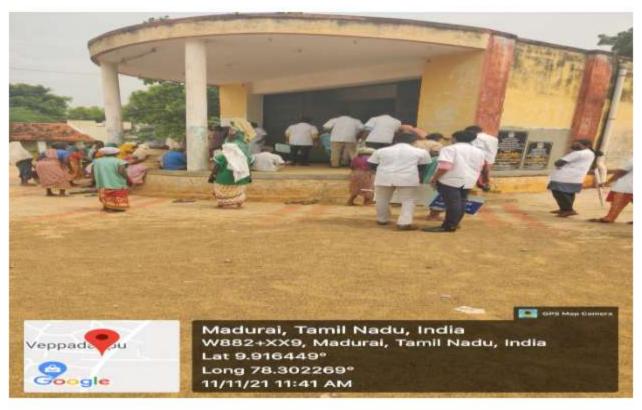
Anuppenedi, Madural-625 000, T.N.

















































HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009









க.மாரிமுத்து

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HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Awareness Rally - Sensitization on Domestic Violence with NSS

























HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Awareness program on Breastfeeding at Valayankulam Block PHC



Velammal Medical College Hospital & Research Institute & Speciality Wing

OFFICE OF DEAN INTER OFFICE NOTE

Ref.No. VMCH/ION/2021/100

Date: 09.08.2021

Dean

To

Dr.Samir Bele Prof&HOD, Dept of Community Medicine

With reference to your request, your department is permitted to conduct an awareness program on Breastfeeding at Valayankulam Block PHC on 11.08.2021.

Copy submitted to:

The Hon'ble Chairman

Copy to:-

Medical Superintendent

Chief Administrative Officer

Advisory Board Members



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

R.No.10823/R1/2016

O/o. the Deputy Director of Health Services, Madurai.

Dated. 10 .08.2021

Sub : Public Health - Madurai District - Velammal Medical College - Celebration of Breast feeding Week - Visit to Valyankulam Primary Health Centre - Permission - Requested - Order issued - Regarding.

Ref: Letter from the Professor & HOD, Department of Community Medicine, Velammal Medical College, Madurai -09, dated.04.08.21.

As requested in the reference cited, necessary permission is granted to a team of 10 members from Velammal Medical College to vist the GPHC, Valayankulam to conduct an awareness program regarding Breastfeeding on 11.08.2021 for Antenatal mothers and mothers of infants.

So, the Block Medical Officer, Government Primary Health Centre, Valayankulam is instructed to provide necessary arrangements. At any cost, the Primary Health Centre, activities should not be interrupted for the provision of Health care to the public.

The fact of the experience in this field may be reported to this office forthwith.

Deputy Director of Health Services,

To

The Professor & HOD, Dept. of Community Medicine, Vellammal Medical College, Madurai - 625 009.

Copy to

The Block Medical Officer, Government Primary Health Centre, Valayankulam, Madurai HUD.

Copy submitted to

The Director of Public Health and Preventive Medicine, Chennai-6.

59%3 H1 2021 run



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





Madurai

In association with

National Servings Scheme

Conducting



BREASTFEEDING AWARENESS



Date:11.08.2021

Time: 11 am - 12 pm



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Organizer-

This event was conducted by department of Community Medicine in collaboration with NSS.

Objective-

The main objective of this programme was to create awareness regarding exclusive breastfeeding for first 6 months and complementary feeding till 2 years for antenatal and post-natal mothers.

Place- Valayankulam PHC, Madurai

Date- 11/08/2021 (11.00 am - 12.00 pm)

No. of students participated: 30

Faculties participated: Dr. Sriandaal and Dr. Sudharsan

This programme was organized to create awareness among the antenatal and post-natal mothers regarding importance of exclusive breastfeeding and complementary feeding. This programme was attended by five CRRI. Also there were around 96 students from 3rd year MBBS batch, who were virtually attending this activity through Zoom Platform.

The programme started with a welcome note by Dr. Sriandaal, Assistant Professor-Community Medicine and she explained about exclusive breast feeding. Dr. Archana, CRRI gave a talk on benefits of exclusive breast feeding. Dr.Anuja, CRRI gave a talk regarding 'Do's and Don'ts during complementary feeding'. The programme was concluded with vote of thanks given by Dr. Balakumaran, Post graduate student.

Prof. TV THIRUMAVUKKARASU, M.B.D.A.,
Deen

· Lammer

Velammal Medical College Hospital and Research Institute "Velammal Village" Medural-Tuticorin Ring Road

Anuppanadi, Madural-625 009, T.M.



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Awareness program on Breastfeeding at Valayankulam Block PHC

























HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

SAKTHI TRUST

30/2, Annanagar West, Samayanallur, Madurai - 625 402

Registered Under Indian Trust Act. Regn. No.1925 dt.9/12/2002

Cell No: 98650 13702

Date: 1-8-2021

பெருநர்

உயர்திரு முதல்வர் அவர்கள்,

வேலம்மாள் மருத்துவக் கல்லூரி மற்றும் ஆராய்ச்சி நிறுவனம் மதுரை

பாராட்டுக் கடிதம்

மதிப்பிற்குரிய ஐயா அவர்களுக்கு

வணக்கம், வேலம்மாள் மருத்துவக்கல்லூரி மற்றும் ஆராய்ச்சி நிறுவனத்தின் சார்பாக எங்கள் சக்தி ட்ரஸ்டு குழந்தைகள் காப்பகத்தில் தங்கி பயின்று வரும் குழந்தைகளுக்கு மாதவிடாய் கால பராமரிப்பு மற்றும் அது குறித்த விழிப்புணர்வு முகாம் நடத்தினார்கள். இது எங்கள் குழந்தைகளுக்கு மிகவும் பயனுள்ளதாக அமைந்தது. இந்த முகாமை எங்கள் இல்லத்தில் ஒழுங்கமைத்து சிறப்பாக நடத்தியமைக்கு எங்கள் இல்லம் சார்பாக எங்களது நெஞ்சார்ந்த நன்றியினை தெரிவித்துக் கொள்கிறேன்.

நண்றி.

இப்படிக்கு, தங்கள் உண்மையுள்ள For SAKTHI-TRUST

Managing Trustee



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Importance of Vaccination in Fight Against COVID 19 At Saraswati Narayan College, Madurai

Date - 18th August 2021

Time - 11:00 am -1:00 pm

Duration- 2 hours

Venue- Saraswati Narayan College, Madurai

No. of students participated: 248

Organizer of Program- Dr. Sumana R (Professor & HOD)

Program Coordinator- Dr. M Ram Kumar

Target Audience- B. Com students & 1st MBBS Students (20-21 Batch)

Total Participants- 307

Mode of Teaching - Online

Guest Speaker-

Dr. Sangeetha (Consultant Physician)

Velammal Medical College Hospital & Research Institute

Pol I. THIRUNAVUKKARASU, MULDA.

Volammal Medical College Mospital and Research Institute "Volummal Village" Madural-Tuttcorin Ring Road Anuppanadi, Madural-825 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

IMPORTANCE OF

VELAMMAL MEDICAL COLLEGE

COVID-19

Vaccination

IN FIGHT AGAINST COVID 19



DEPARTMENT OF ANATOMY

S N COLLEGE OF ARTS AND SCIENCE MADURAI

AWARENESS PROGRAMME :
DR.SANGEETA ASOKAN
DEPARTMENT OF MEDICINE
VMCHRI

EVENT CO ORDINATOR: DR.RAMKUMAR

ONLINE: ZOOM

MEETING ID: 86283540534

PASSCODE: 118934



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

To, The Dean VMCH&RI

From, Prof & HOD Department of Anatomy VMCH&RI

Respected Sir,

Sub: Requesting permission for Extension activity-reg

The Department of Anatomy has planned to conduct an Extension activity at Saraswathi Narayana College—Arts & Science College, Perungudi, Madurai 625022. The Topic being "Importance of Vaccination in fight against Covid 19". Dr.Ramkumar will be incharge of the activity, I request you to kindly permit us to conduct the above said activity and give us a request letter addressed to the Principal of Saraswathi Narayana College to conduct the programme on a date mutually suitable with in 25th of August and oblige.

Thanking You

Copy to,

1. Vice Principal

2. Office file

Yours faithfully

07.08.2021

Dr. Sumana I Professor and HOI Department of Anatom



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

DEPARTMENT OF ANATOMY VELAMMAL MEDICAL COLLEGE MADURAI

To , The Principal Saraswathi Narayana College Madurai .

12 99.08.2021

Respected Sir,

Sub: Requesting permission for awareness programme - reg Warm Greetings from Velammal,

The Department of Anatomy, Velammal Medical College has planned to conduct an Awareness programme regarding "Importance o Vaccination in fight against Covid 19" for the faculties and Students of your college. Dr.Ramkumar will be incharge of the activity, I request you to kindly permit us to conduct the above said activity on a mutually convenient date and time. Please oblige.

Thanking You

OF THE NORTHEN OF THE

Yours faithfully

Dr. Sumana I Professor and HOI Department of Anatomy



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



SARASWATHI NARAYANAN COLLEGE

(Autonomous)

(Reaccredited by NAAC with B Grade in the 2nd Cycle)
Perungudi, MADURAI- 625 022.

Dr. M. KANNAN., M.A., M.Phil., Ph.D. PRINCIPAL

營 0452 2690635

Date: 16.08.2021

To

The Head Department of Anotamy Velammal Medical College Madurai

Sir,

As we Discussed early, we are pleased to permit you to conduct awareness programme on "Importance of Vaccination in fight against Covid-19 to be hel on 18.08.2021 at 11.00.a.m. through zoom meet.

I wish the programme a fruitful one.

MADURAI COLL MADURAI GOS OZZ M

Principal Saraswathi Narayanan College Madurai-625 022.

Principal



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



SARASWATHI NARAYANAN COLLEGE

(Autonomous)
(Reaccredited by NAAC with B Grade in the 2nd Cycle)
Perungudi, MADURAI- 625 022.

Dr. M. KANNAN., M.A., M.Phil., Ph.D PRINCIPAL **5** 0452 2690635

Date: 18.08.2021

To

The Head Department of Anotamy Velammal Medical College Madurai

Sir.

We thank you very much for having organized an awareness programme on "Importance of Vaccination in fight against Covid-19" held on 18.08.2021 at 11.00.a.m. through zoom meet. This programme was much useful to the student community and they have learnt about the importance of Vaccination for Covid-19.

Thank you,



Principal
Saraswathi Narayanan College
Madural 625 022

Principal











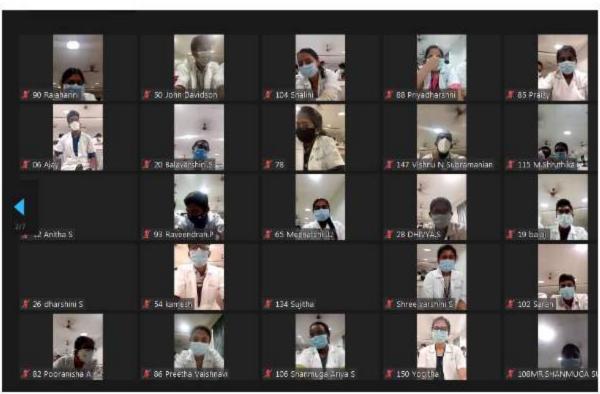














HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Prevention of Lifestyle Disorders



The Senior Principal Velammal Bodhi Campus, Anuppanadi Madurai

24th August, 2021

To

Dr. David Ebenezer Dept. of Anatomy VMCH & RI

Dear Sir,

I write to you because we would like to inform you of our intention to accept your invitation on a motivation Session" PREVENTION OF LIFE STYLE DISORDERS", which you have sent for our Velammal students. It is an honour to us to be given such invitation and we are very glad to accept it.

I am gladly accepting your invitation. We feel privileged to be a part of this eventful motivational session. I, therefore, hereby confirm that our 11th and 12th students will be attending the following "PREVENTION OF LIFE STYLE DISORDERS" motivational session which is organized by you on 25.8.2021 between 4.00p.m. – 5.00 p.m. Our students are really looking forward to the discussions in the session, meeting some new resource person and learning some new stuff.

Thank you very much and we are looking forward in seeing you soon.

Sincerely

SENIOR PRINCIPAL

"Velammal Village", Madurai-Tuticorin Ring Road, Anuppanadi, Madurai - 625 009.

Phone: 0452 - 2698555, 2698942, 2697555, 2698941.

E-mail: velammalcbse.madurai@gmail.com Website: www.velammalvidyalayamadurai.com



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



The Senior Principal Velammal Bodhi Campus, Anuppanadi Madurai 28th August, 2021

To:

Dr. David Ebenezer Dept. of Anatomy VMCH & RI

Dear Sir,

I am writing this letter for thanking you and appreciating your speech which you have delivered during the motivational session "PREVENTION OF LIFE STYLE DISORDERS", organized by Department of Anatomy, Velammal Medical College Hospital and Research Institute, Madurai. It was an honour for our 11th and 12th students in attending an extraordinary session. The speech which you have delivered not only inspired the students but it also infused every listening person with a new zeal to look out for the challenges in their respective lives.

We were also expecting a kind of a speaker for these students to make them aware of what they are losing and what must be focused on and your speech has done exactly what was needed.

We are proud and will always be proud to associate our students with you in one way or the other. Once again we thank you Dr. David Ebenezer for an enlightening and entertaining presentation. We would also like to appreciate for having this mysterious area clarified for our students.

Yours in Education

SENIOR PRINCIPAL

PRINCIPAL
VELAMMAL VIDYALAYA
ANUPPANADI
MADURAI - 625 009

"Velammal Village", Madurai-Tuticorin Ring Road, Anuppariadi, Madurai - 625 009.

Phone: 0452 - 2698555, 2698942, 2697555, 2698941.

E-mail: velammalcbse.madurai@gmail.com Website: www.velammalvidyalayamadurai.com



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Date - 25 August 2021

Time - 4:00 pm - 5:00 pm

Duration-1 Hour

Venue- Velammal Bodhi Campus

Organizer of program- Dr Sumana R (Professor & HOD)

Program Coordinator- Mr. David Ebenezer

Target Audience- Class 11 and 12 students

No. of students participated: 50

Speaker- Mr. David Ebenezer

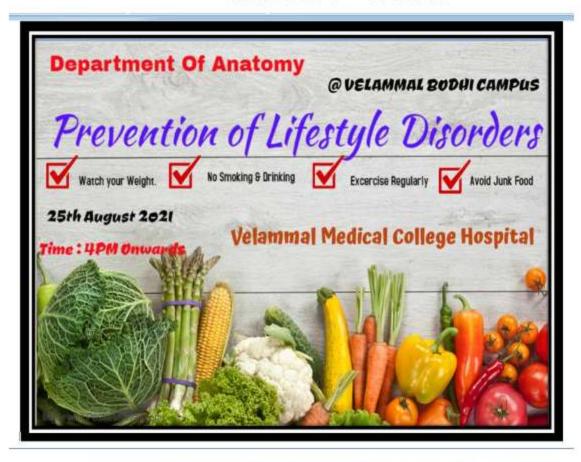
Mode of Teaching - Online

Prof. T. THIRUNAVUICKARASU, MD.DA.

Velammal Medical College Hospital
and Research Institute
"Velammal Village"

Medural-Tutlcortn Ring Road Anuppenadi, Medural-525 000, T.N.















HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Lifestyle Diseases: Risks & Facts

To, The Dean VMCH&RI

23.09.2021

From, Prof & HOD Department of Anatomy VMCH&RI

Respected Sir,

Sub: Requesting permission for Extension activity-reg

The Department of Anatomy has planned to conduct an Extension activity at Velammal Matriculation Higher Secondary School, Viranganoor. The Topic being "Lifestyle Diseases: Risks & facts". Mr. David Ebenezer will be incharge of the activity, I request you to kindly permit us to conduct the above said activity and give us a request letter addressed to the Velammal Matriculation Higher Secondary School, Viranganoor to conduct the programme on 24th of September and oblige.

Thanking You

Copy to,

- 1. Vice Principal
- 2. Office file

Prot. J. THIRUNAVUKKARASU, ME.DA.

Velammal Medical College Hospital and Research Institute "Velammal Village" Madural-Tuticorth Ring Fand Anuppahadi, Medural-625 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Date - 24 September 2021

Time - 10.30am - 12.30pm

Duration- 2 Hours

Venue- School Matriculation Higher Secondary, Viranganoor, Madurai

List of students participated: 58

Organizer of Program- Dr. Sumana R (Professor & HOD)

Program Coordinator- Mr. David Ebenezer

Target Audience- Class 11 and 12 students

Speaker- Mr. David Ebenezer

Mode of Teaching - Classroom

Prof. T. THIRUNAVUKKARASU, MD.D.A.

Velammal Medical College Hospital and Research Institute "Velammal Villege"

Madural-Tuticorin Forg Stond Anuppanedi, Madural-625 009, T.N.

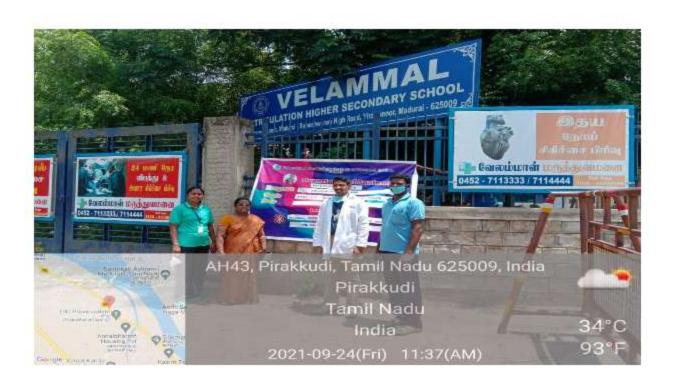




















HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Awareness On Modifiable Risk Factors for Healthy Living

To, The Dean VMCH&RI 21.09.2021

From, Prof & HOD Department of Anatomy VMCH&RI

Respected Sir,

Sub: Requesting transport for Extension activity- reg

The Department of Anatomy has planned to conduct an Extension activity – Awareness Programme on – "Modifiable Risk Factors for Healthy Living" at Velammal Vidyalaya Higher Secondary School, Viranganoor, on 22nd September 2021. We will be going by 9.15am in the morning and will be back by 11.30am, we need transport facility for 13 members (1 faculty, 2 attenders & 10 students). Please permit us to conduct the activity and oblige.

Thanking You

Copy to,

- 1. Vice Principal
- 2. Office file

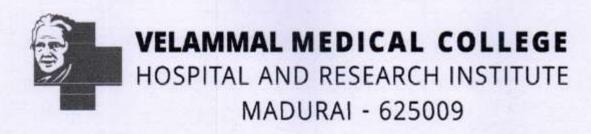
Yours faithfully,

Professor and HOD Department of Anatomy

> HOL LAMHUNAVUKKARASU, M.D. Dean

Velammel Medical College Hospital and Research Institute "Velammal Valage"

Madural-Tuticorin Ring Road Anuppanedi, Madural-525.009, T.N.



Date - 22 September 2021

Time - 11am - 1pm

Duration- 2 Hours

Venue- Velammal Vidyalaya, Viranganoor, Madurai

Program Coordinator- Mr. David Ebenezer

No. of students participated: 51

Target Audience- Class 11 and 12 students

Speaker- Mr. David Ebenezer

Mode Of Teaching - Classroom

Prof. T. THIRUNAVUKKARASU, M.D.D.A.

Dean

Velammat Medical College Hospital
and Research incilibite

"Velammat Village"

Madural-Tutborin Ring Road
Anuppanedi, Madural-625 986, T.M.





















HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Food back

School Name - Velammal vidyalaya -viraganoor

TOPIC - Awareness on Modifiable hisk factors for healthy living.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Gadget Addiction

JOTHI PRIMARY SCHOOL VALAYAPATTI, MADURAI

To,

22.08.2022

The Head of the Department Department of Anatomy Velammal Medical College Madural.

Madam,

As we discussed early, we are pleased to permit you to conduct the Awareness Programme on "Gadget addiction" to be held on 30th August 2022 at 11 am I wish the programme a fruitful one.

> Head Master Jothi Primary School Valayapatti Madurai.

தலையைபாகியம் தோதி ஆறம்பப்பள்ளி த்குப்புரங்குன்றம் சரகம் மலையபட்டி, மதுரை-22



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Date - 20.06.2022

Time - 11am - 1pm

Duration- 2 Hours

Venue-Jothi Primary School, Valayapatti , Madurai

Program Coordinator- Dr. Raju Kumaran

No. of students participated: 117

Target Audience- Class 3 and 4 students

Speaker- Mr. David Ebenezer

Mode Of Teaching - Classroom

POL TAHRUNAVUKKARASU, MA,DA

Velammel Medical College Hospital and Research Institute

"Velammal Valege"
Medural-Tutlcoria Ring Road
Anuppenadi, Madural-825 008, T.N.









HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

JOTHI PRIMARY SCHOOL VALAYAPATTI, MADURAI

To,

30.08.2022

The Head of the Department Department of Anatomy Velammal Medical College Madurai.

6

Madam,

We thank you very much for having organized an awareness programme on "Gadget addiction" held on 30th August 2022. This programme was much useful to the students and they have learnt about the hazards of using Gadgets and how to avoid being addicted to it.

Thanking you,

Head Master Jothi Primary School Valayapatti Madurai.

தேம்கையாகள் இரத் ஆரம்பப்பட்டிரி த்குப்புங்கள்றம் ஏகம அமையப்பு, மதுரை-22

(



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Awareness program on Labour analgesia at Sivakasi Nadar's Uravinmurai Hospitals, Madurai

Madurai

05.08.2021

From

Dr. S.C.Ganesh Prabu,

Prof & HOD.

Dept. of . Anaesthesia,

VMCH & RI,

Madurai.

To

The Dean,

VMCH & RI,

Madurai.

Prof. T. THIRUMAVUKKARASU, MD.DA.

Velorinal Rectical College Despite
and Recorne's freducts

Velorinal Village*

Autopanedi, Maderal, T.N.-625 DO

Respected sir:

We from the department of Anaesthesiology are planning to conduct a Extension activities—" **Labour analgesia**" on 18.08.2021 involving public in outside health center. Targeting audience pregnant women & Family members. We kindly request you to give permission to conduct the same. Kindly do the needful

Thanking you

Yours sincerely

Dr. S.C Ganesh Prabu

Dept of Anaesthesiology



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Invitation

Value Added Course

Labour Analgesia

Date: 17.08.2021

Organized by: Department of Anaesthesiology, Velammal Medical College HOSPITAL and Research Institution, Madurai .

Department of Anaesthesia takes immense pleasure in inviting You For The Extensional Activity on "Labour Analgesia" For Antenatal Mothers At G.S Hospitals ,Madurai .

We request all Pregnant Mothers, , Attend and Understand About Benefits of Painless Labour

Dr. T.Thirunavukkarasu

Dean

Dr. S.R.Dhamotharan

Medical Superintendent

Dr. S.C. Ganesh prabhu,

Organizing chairman.

Dr. P. Ramadevi

Organizing secretary.

Venue: G.S Hospitals , Madurai

Date: 18.08.2021

Velammal Medical Gollege Hospital and Research Institute "Velammal Villege"

Madural-Tullcorin Ring Road Anuppanadi, Madural-675 009, T.N.













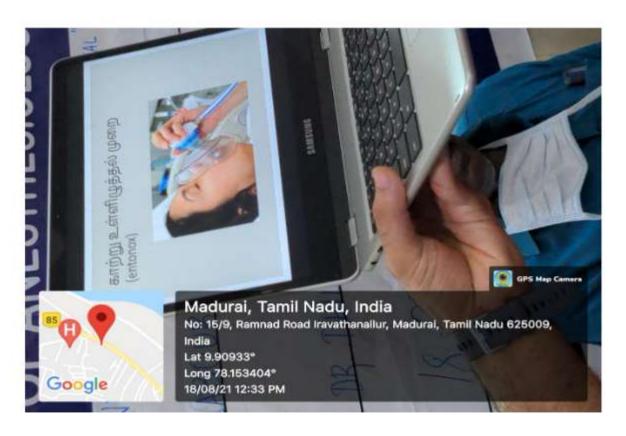
































HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



G.S. HOSPITAL

Maternity, Infertility & Multispeciality Hospital

Dr. Ananthi Babu M.S(OG).,DGO., Consultant Obstatician & Gynaecologist

Dr. P.Babu M.D., Consultant Anaesthesiologist

LETTER OF APPRECIATION

The awareness program about pain less labour conducted by Department of Anesthesia Velammal Medical Colleage was informative and useful for our antenatal mothers.

Hadran 18/8/2021

P. Bor



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

COLS Program at Velammal College of Engineering & Technology

From

Date: 11.08.2021

Dr. S.C Ganesh prabu

Professor & HOD

Department of Anaesthesiology

VMCH & RI

Madurai

To

The Honourable Chairman

VMCH & RI

Madurai

Sir

As a part of NAAC Extension activity program I request to you kindly permit us to conduct COLS Program for Bus drivers, Securities and workers at Velammal Engineering College, Viraganoor, Madurai on 19.08.2021 between 10 am to 12 noon.

Thanking you

Dr. S.C Ganesh prabu Professor & HOD

Gr. S.C. Genesh Prebu, MD.DA. (Account) Rog. No.36169

Yours sincerely

PROFESSOR & HEAD



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

From

Dr. S.C.Ganesh Prabu,

Prof & HOD,

Dept. of . Anaesthesia,

VMCH & RI.

Madurai.

To

The Dean,

VMCH & RI,

Madurai.

Madurai

05.08.2021

Prof. T. THIRUNAVUKKARASU, M.D.DA.

Velerintal Modical College Hospital and Recerch Institute

"Velaconnal Village" Madural-Turiconn Ring Read Anuppanadi, Madural, T.N.-625 009

Respected sir:

We from the department of Anaesthesiology are planning to conduct a Extension activities— "COLS" on 19.08.2021 involving PG's, CRRI's & AHS Students in Velammal Engineering college targeting audience public. We kindly request you to give permission to conduct the same. Kindly do the needful

Thanking you

Yours sincerely

Dr. S.C Ganesh prabu

Prof & HOD

Dept of Angesthesiology

PROFESSION : ...



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

COLS Program at Velammal College of Engineering & Technology

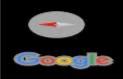






HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





V5RG+Q8M, Kochi -Madurai - Dhanushkodi Rd, Pirakkudi, Tamil Nadu 17 Aug 2022 10:52 AM







V5RG+Q8M, Kochi -Madurai - Dhanushkodi Rd, Pirakkudi, Tamil Nadu 17 Aug 2022 10:53 AM





HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

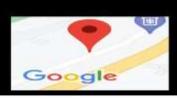




Main Block, Kochi - Madurai - Dhanushkodi Rd, Tamil Nadu 625009, India 17 Aug 2022 10:35 AM

haze 32.0°C





V5RG+Q8M, Kochi -Madurai - Dhanushkodi Rd, Pirakkudi, Tamil Nadu 17 Aug 2022 10:53 AM scatt ered clouds 32.0°C



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009





Main Block, Kochi - Madurai - Dhanushkodi Rd, Tamil Nadu 625009, India 17 Aug 2022 10:06 AM

haze 31.0 °C





HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009



VELAMMAL COLLEGE OF ENGINEERING & TECHNOLOGY

(Approved by NAAC with 'A' Grade and by NBA for 5 UG Programmes)
(Approved by AICTE and affiliated to Anna University, Chennal)

Velemmal Nagar, Madurai · Rameswaram High Road, Viraganoor, Madurai · 625 009, Tamilnadu.

Dr. N. Suresh Kumar, M.E. Ph.D.

Phone: 0452 - 2465285 / 2465849, Tele Fax: 0452 - 2465289

Web: www.vcet.ac.in E-mail: principal@vcet.ac.in

17.08.2021

Sir.

Sub: approval to conduct COLS program - reg.

With reference to the letter dated 11.08.2021, Department of Anesthesiology, Velammal Medical College Hospital & Research Institute is permitted to conduct COLS program for bus drivers, securities and workers at our college premises on 19.08.2021 between 10 am and 12 noon.

With regards,

PRINCIPAL

Principal
Velammal College Engineering and Technology
Madural-625 009





HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Awareness on importance of Breast feeding at Lady Doak College Madurai



VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE

From

Prof.T.Thirunavukkarasu Dean Velammal Medical College Hospital & Research Institute Madurai

To:

The Dean of Student services, Lady Doak College, Madurai.

Respected Sir,

Subject: Conducting an awareness programme in Lady Doak College.

We from VMCHRI, would like to conduct an awareness seminar on an online platform for the students of your college, as part of World Breastfeeding Week 2021 celebration. Kindly allow our Department of Pediatrics to conduct a online Zoom meet with your students on August 3rd, 2021.

Thanking You

Date: 26.07.2021

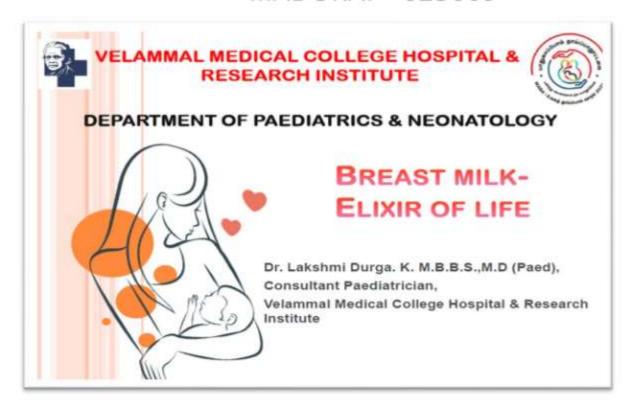
Place: Madurai

Prof. T. THIRUNAVUKKARASU, M.D.D.A.

Velammal Medical College Hospital and Research Institute "Velammal Village" Madursi-Tuticorin Ring Road Anuppanadi, Madural, T.N.-625 009



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009



Organizer- This event was conducted by department of Community Medicine in collaboration with NSS.

Objective-

The main objective of this programme was to create awareness regarding exclusive breastfeeding for first 6 months and complementary feeding till 2 years for antenatal and post-natal mothers.

Place- Valayankulam PHC, Madurai

No. of students participated: 303

Faculty participated: Dr. Sriandaal Dr. Anuja

Date- 11/08/2021 (11.00 am - 12.00 pm)

This programme was organized to create awareness among the antenatal and post-natal mothers regarding importance of exclusive breastfeeding and complementary feeding. This programme was attended by five CRRI. Also there were around 96 students from 3rd year MBBS batch, who were virtually attending this activity through Zoom Platform.



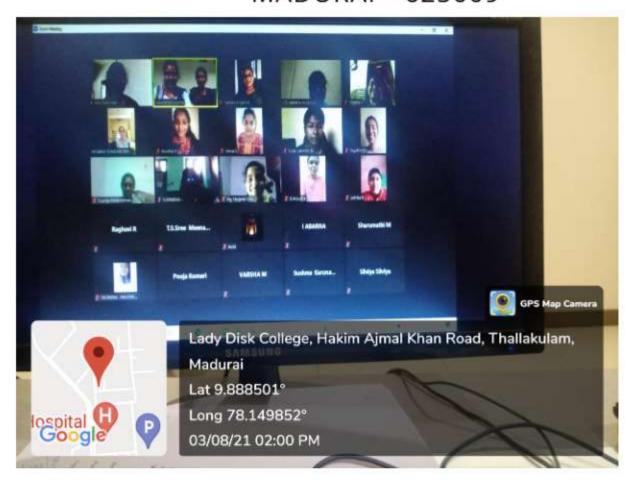
VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

The programme started with a welcome note by Dr. Sriandaal, Assistant Professor-Community Medicine and she explained about exclusive breast feeding. Dr. Archana, CRRI gave a talk on benefits of exclusive breast feeding. Dr. Anuja, CRRI gave a talk regarding 'Do's and Don'ts during complementary feeding'. The programme was concluded with vote of thanks given by Dr. Balakumaran, Post graduate student.

PIGI. T. THIRUNAVUKKARASU, MAJA.

Velammal Medical College Hospital and Research Institute "Velammai Village" Madural-Tuttosin Fing Road Anuppanadi, Madural-025 909, T.M.







HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



Awareness programme on Breastfeeding

1 message

Dean of Student Services, Lady Doak College <dss@ldc.edu.in> To: Lakshmi durga <laks.kld@gmail.com>

Tue, Aug 10, 2021 at 4:38 PM

Dear Madam, Greetings from Lady Doak College!!

We had a great privilege of listening to you during the awareness programme on breastfeeding. Herewith, we have enclosed the acceptance letter to the Dean.

Thank you

Warm Regards, Dr. J. Chithra Mrs. E. Joice Rathinam DSA [Quoted text hidden]



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009



LADY DOAK COLLEGE

MADURAI - 625 002, TAMIL NADU, INDIA
(An Automonous Institution affiliated to Machirai Kemaraj University)

"College with Potential for Excellence"

"College with Potential for Excellence" Re-accredited by NAAC with Grade A (3rd Cycle: 3.44 out of 4)

Dr. J. Chithra M.Sc., P.G.D.C.A., M.Phil., Ph.D. Ms. E. Joice Rathinam M.C.A., M.Phil. DEANS OF STUDENT AFFAIRS

Ph: 091-452-2530527, 2524575

Fax: 091-452-2523585

O/DSA/09/AWARENESS_PGM/AUG/2021-2022

30.07.2021

To

Prof. T. Thirunavukkarasu, M.D., D.A.

Dean

Velammal Medical College Hospital & Research Institute

Madurai

Dear Sir,

With reference to your email dated 27th July 2021, we would like to appreciate the efforts taken in creating awareness on breastfeeding in collaboration with Lady Doak College. Herewith, we accept your invitation to give awareness for our students on 03th August 2021 at 2 pm through Zoom platform.

Thank you.

Yours Sincerely,

E. Titt

Dean of Student Affairs

E-mail: dss微ldc.edu.in

Website: www.ladydoakcollege.edu.in

LDC - A Unit of Katie Wilcox Educational Association



VELAMMAL COLLEGE OF ENGINEERING & TECHNOLOGY

(Accredited by NAAC with 'A' Grade and by NBA for 5 UG Programmes)
(Approved by AICTE and affiliated to Anna University, Chennal)
Velamonal Nager, Madurai - Rameswaram High Road, Viragenoor, Madurai - 825 009, Tamilnadu.

Dr. N. Suresh Kumar, M.E. Ph.D.

Principal

Phone: 0452 - 2465285 / 2465849, Tele Fax: 0452 - 2465289

27.08.2021

Letter of Appreciation

This letter is issued in appreciation of the team activity on "Awareness on harmful effects of alcoholism" performed by the Department of Pharmacology, Velammal Medical College Hospital and Research Institute, Madurai on 27th August 2021. The program was a timely awakener and eye-opener for our staff and of immense help in this pandemic period. Congratulations to the entire team for the activity.



PRINCIPAL



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Awareness on Harmful Effects of Alcoholism at Velammal Engineering College, Madurai



Velammal Nagar, Medurai - Rameswaram High Road, Viraganoor, Medurai - 625 009, Tamilnadu.

Dr. N. Suresh Kumar, M.S. Ph.S.

Principal

Phone: 0452 - 2485285 / 2485849, Tele Fax: 0452 - 2485289 Web: www.evet.ac.in E-mail: principal@vcat.ac.in

26.08.2021

Sir.

Sub: nod to conduct Awareness on Harmful Effects of Alcoholism by VMCH & RI - reg.

Ref.: VMCH & RI letter dated 24.08.2021

With reference to the letter dated 24.08.2021, Department of Pharmacology, Velammai Medical College Hospital & Research Institute is permitted to conduct Awareness on Harmful Effects of Alcoholism for bus drivers, securities and workers at our college premises on 27.08.2021.



With regards,

PRINCIPAL

HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Patron -Honourable Chairman Shri M.V. Muthuramalingam

Advisors- Dean Dr. T. Thirunavukkarasu

Med. Superintendent-Dr. S.R. Dhamodharan

Vice Principal-Dr. P.K. Mohanty

Organised: by Department of Pharmacology VMCHRI, Madurai

Date: 27.08.2021;

Time: 10 am to 1 pm

Venue: Velammal Engineering College, Madurai

No. of students participated: 18

Faculties participated: Dr. Rajkishore, Dr. Sindhu, Dr. Muthumeera

Agenda of program

27.08.21 10 am to 10.30 am Registration & Introduction

10.30 am to 11.15 am Effects of alcohol on human body Dr. Sindhu MD Assistant Professor, Department of Pharmacology, VMCHRI, Madurai

11.15 am to 12 pm Alcohol withdrawal effects and their management Dr. Muthu Meera MD Tutor, Department of Pharmacology, VMCHRI, Madurai

12 to 1 pm Students (II-year MBBS) & Participants interaction.

Prot. Z. THIRUNAVUKKARASU, M.R.DA.,
Dean
Velammai Medical College Hospital
and Research Institute

"Velammal Villogs"

Medural-Tullcorin Ring Road

Anuppanadi, Madural-825 CUD, T.M.









VELAMMAL MEDICAL COLLEGE

HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009







VELAMMAL MEDICAL COLLEGE

HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009







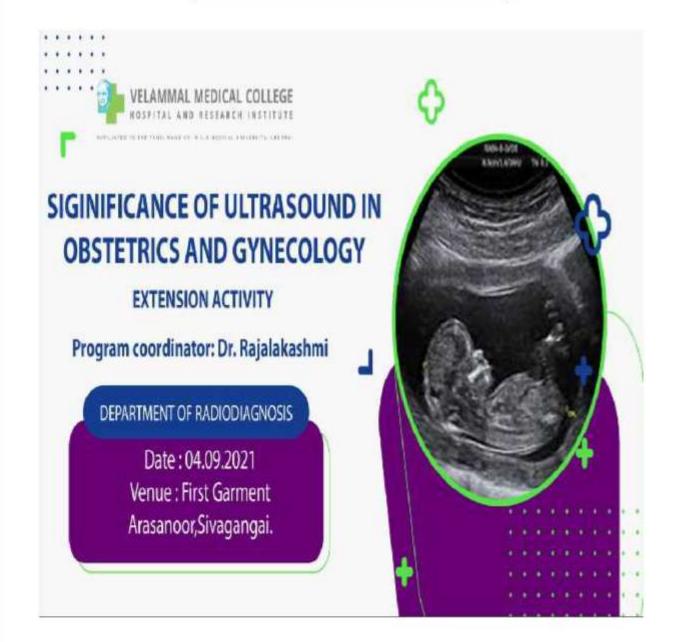
DEPARTMENT OF RADIODIAGNOSIS

SIGNIFICANCE OF ULTRASOUND IN OBSTETRICS & GYNAECOLOGY

EXTENSION ACTIVITY

<u>AT</u> ARASANOOR

INVITATION



DEAN APPROVAL LETTER

02.09.2021 Madurni From Dr. M. Mariappan Professor & Head Of the Department Department of Radiodiagnosis VMCH & RI To The Dean VMCH & RI Respected Sir Sub: Permission to conduct Extension activity We are planning to conduct Significance of ultrasound in obstetrics and gynaecology as an Extension activity on 04.09.2021 from 11 am to 12 noon for general public at Arasanoor. We kindly request you to grant permission to conduct this program. Thanking you. Yours sincerely Dr. M. Markeppas Professor & HOD Department of Radiodiagnosis

PERMISSION LETTER FROM PLACE

02.09.2021 Madurai From Dr. M. Mariappan Professor & Head Of the Department Department of Radiodiagnosis VMCH & RI To Managing Director, Ammaiyappar Garments, Respected Sir Sub: Permission to conduct Extension activity We are planning to conduct Significance of ultrasound in obstetrics and gynnecology as an Extension activity on 04.09.2021 from 11 am to 12 noon at your premises in Arasanoor. Hence we kindly request you to grant permission to conduct this programme. Thanking you. Yours sincerely Dr. M. Mariappan Professor & HOD Department of Radiodiagnosis First Garments Manufactury Company (INDIA) Private Amilia uthorised

BANNER



DEPARTMENT OF RADIODIAGNOSIS

Name of the Event:

SIGNIFICANCE OF ULTRASOUND IN OBSTETRICS & GYNAECOLOGY

Event Coordinator:

DR. RAJALAKSHMI PREETHI

Date:

04.09.2021

Venue:

ARASANOOR



DEPARTMENT OF RADIODIAGNOSIS

Name of the Event:

SIGNIFICANCE OF ULTRASOUND IN OBSTETRICS AND GYNAECOLOGY

Event Coordinator:

DR. RAJALAKSHMI PREETHI

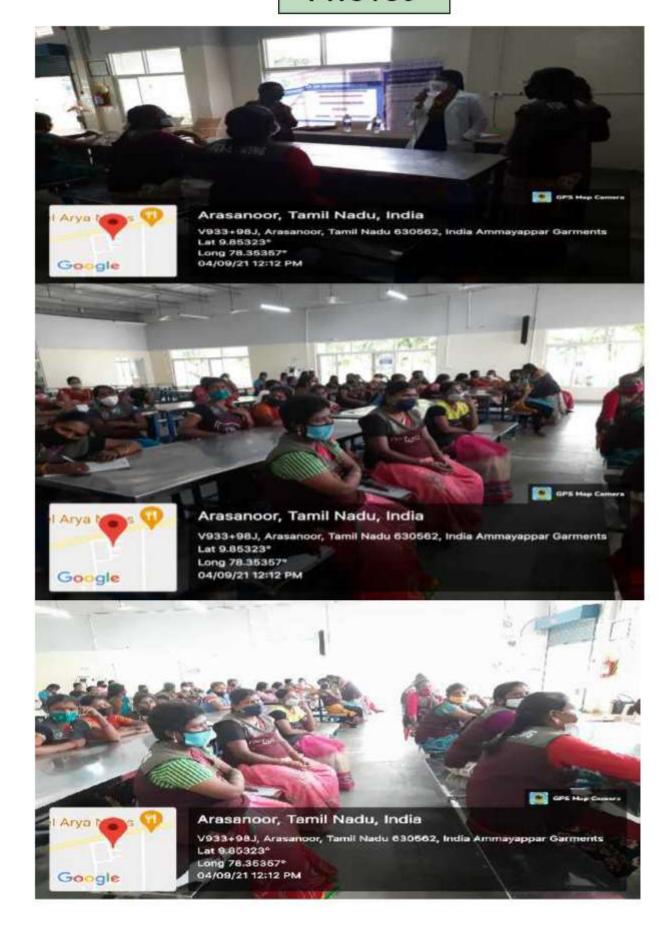
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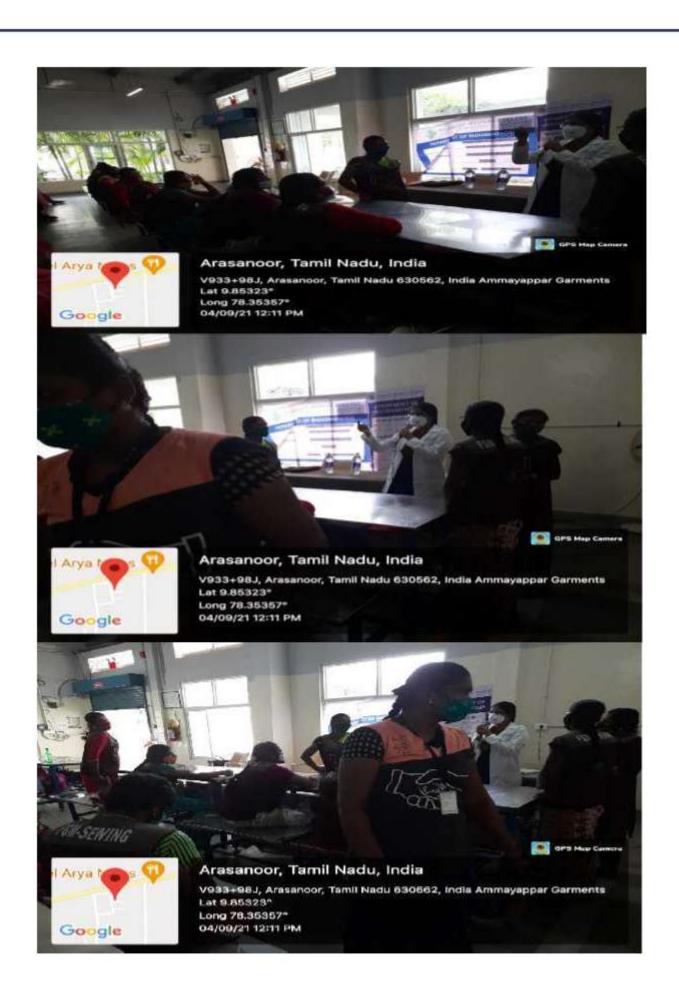
04.09.2021

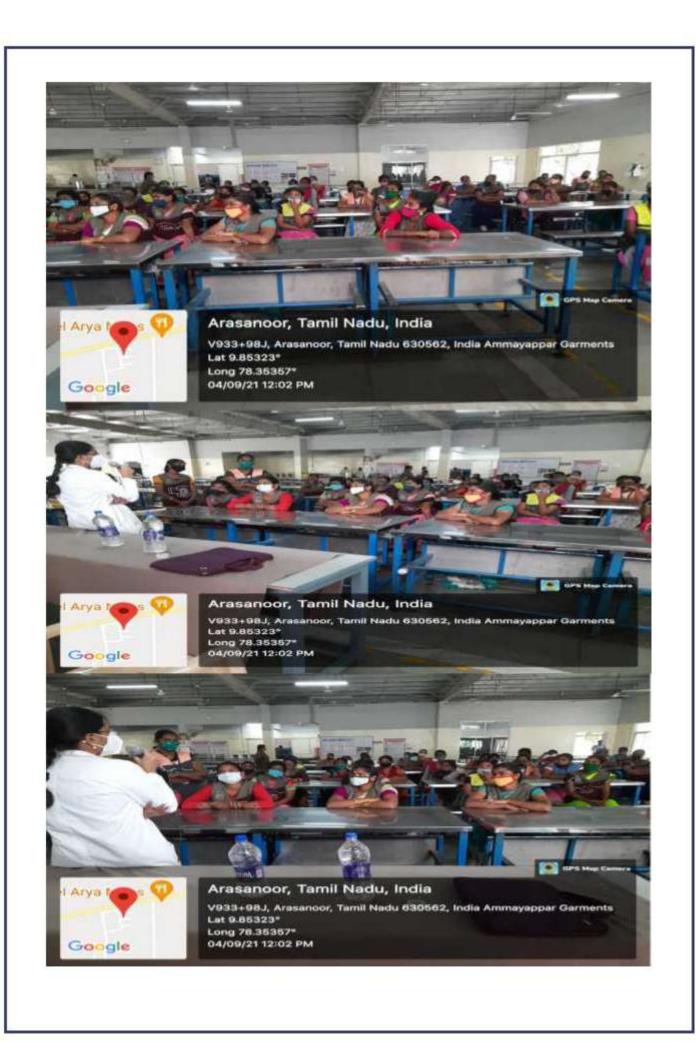
Venue

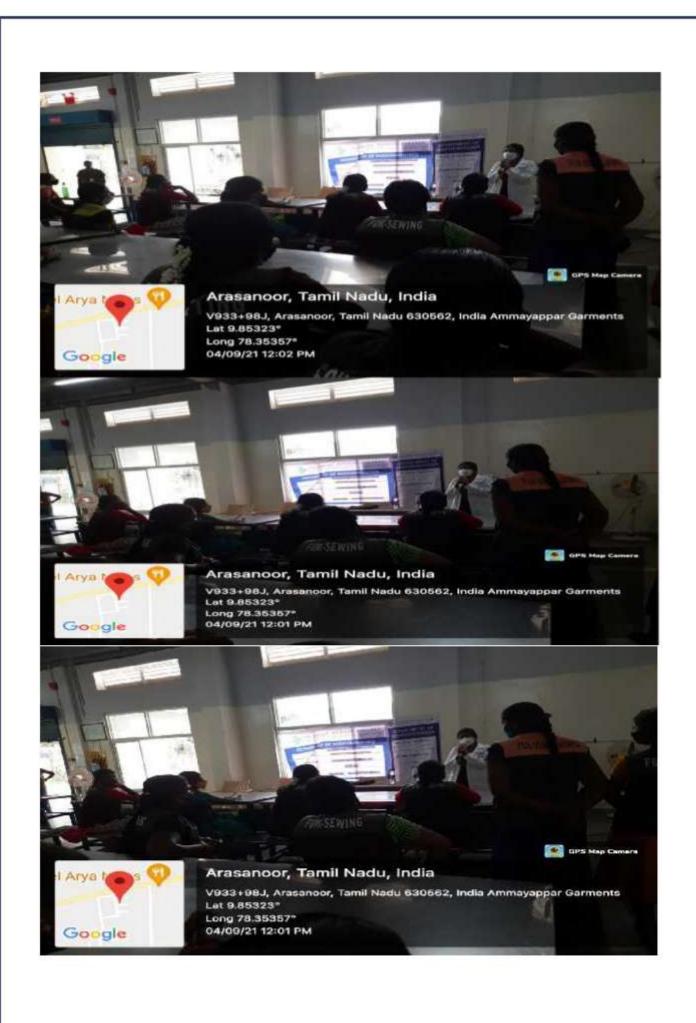
ARASANOOR

PHOTOS

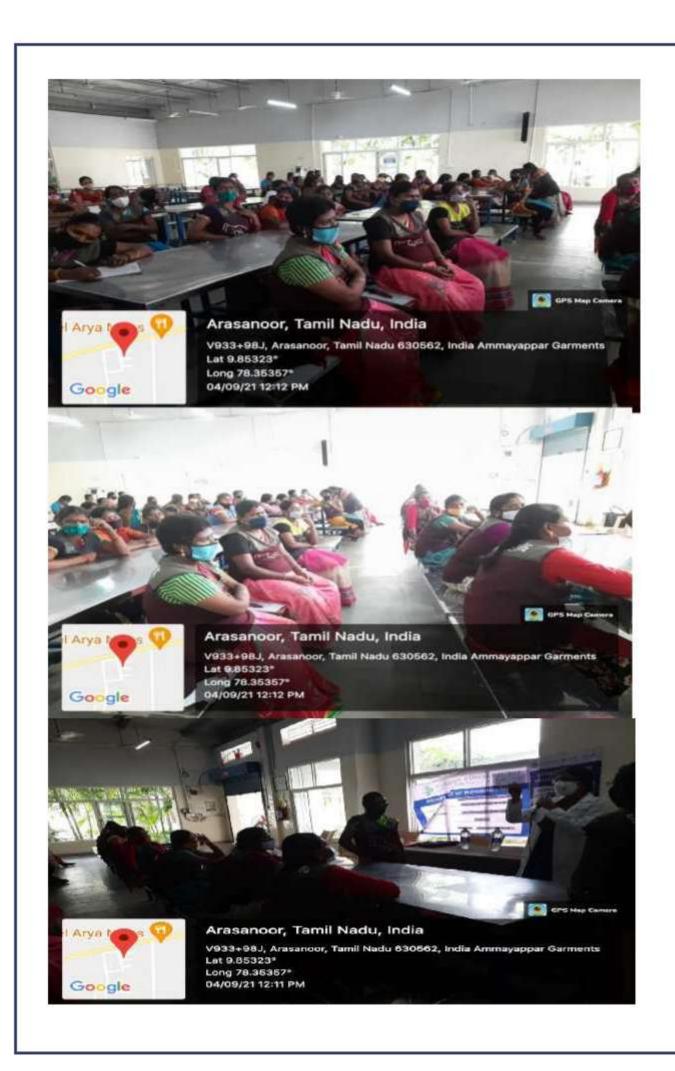


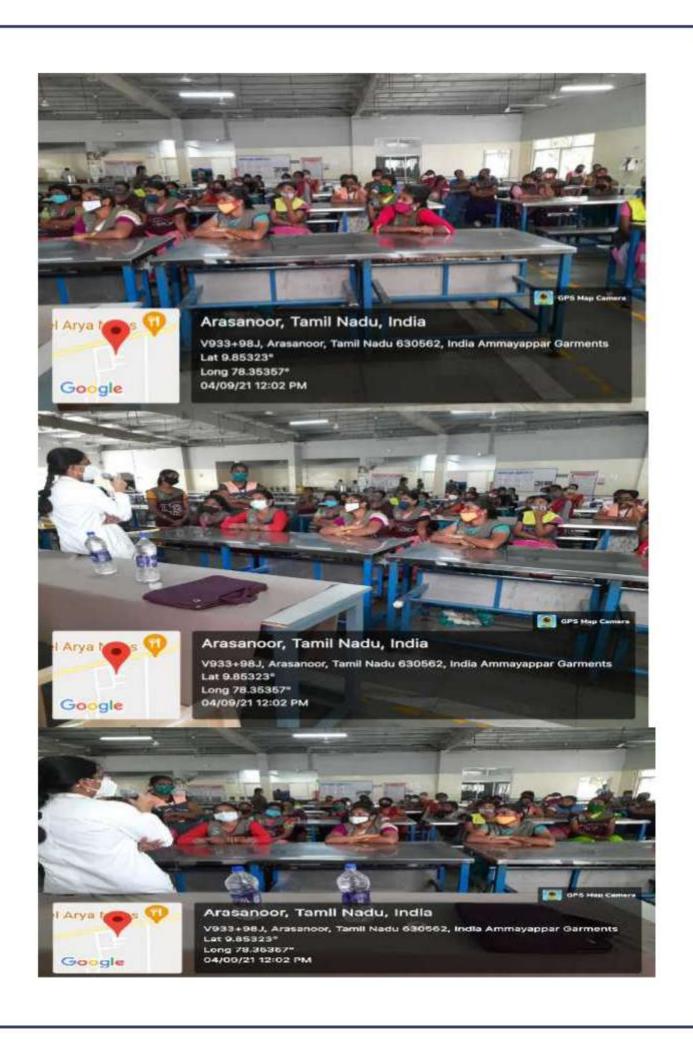


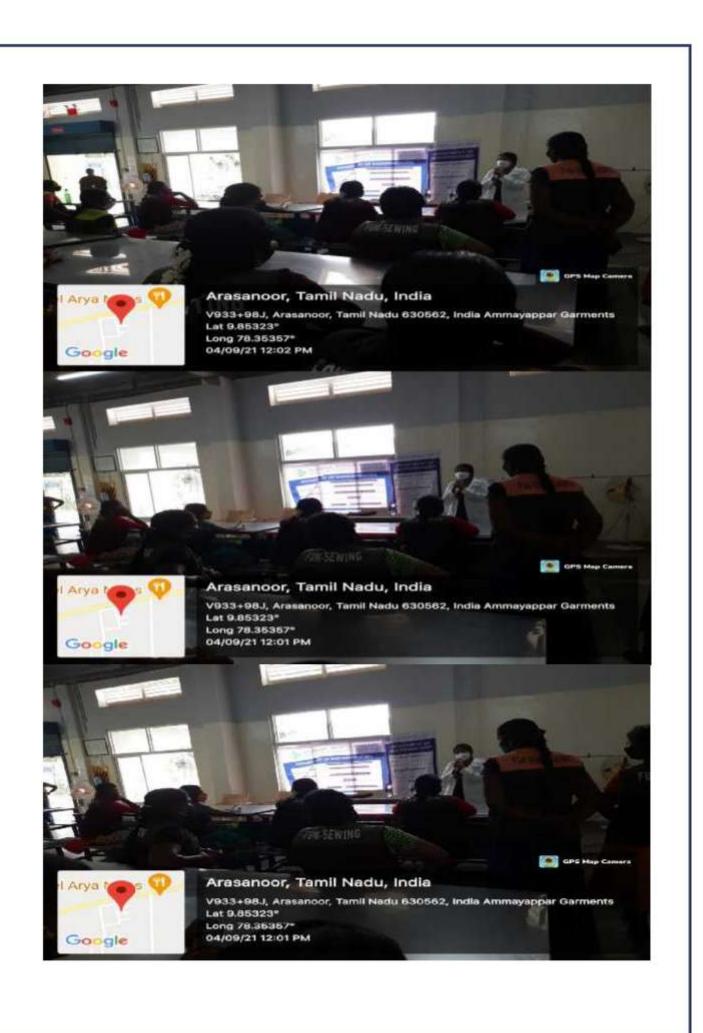


















APPRECIATION LETTER

Appreciation Letter Date: 04.09.2021 To Department of Radiodiagnosis, VMCH & RI Madurai. Appreciation letter for extension activity on significance of Ultrasound in Obstetrics & Gynaecology. Respected Sir /Madam, Our employees attended the awareness program, significance of Ultrasound in Obstetrics & Gynaecology on 04.09.2021, conducted by Department of Radio-diagnosis VMCH & RI. It was more useful and enlightening to our employees. They felt very happy and expressed their gratitude to you and your team. We appreciate your efforts in educating the need of Ultrasound to our employees. Thanks for your program and expecting more educational programs like this from you in near future. Thanking you, Managing Director, Ammaiyappar Garments, First Garments Manufacturing/ Company (INDIA) Private Garled

Permillion Le

and Research Institute

Velammal Village Madurat-Tuilcom Ring Road

Anupganadi, Madurat (TH)-025 J09

From

Dr.S.Anu

Professor and Head

Department of Physiology

Velammal Medical College Hospital and Research Institute Velammal Medical College Hospital

Madurai

To

The Head Master Dhanapaul Higher Secondary School Mullai nagar Bibikulam Madurai

Through proper channel

Sir,

From the Department of Physiology, Velammal Medical College and Hospital, Madurai we are planning to organise an extension activity program on awareness of "Female Adolescent Health" for your school students on 16/9/21 between 11am to 12noon. We seek your permission regarding the same.

Thank you,

Professor and Head

Department of Physiology

-ROFESSOR & HEAD Department of Physiology Velammal Medical College Hospital and Research Institute Madural-625 009

Department of Physiology

Velammal Medical College Hospital

and Research Institute

Madurai - 625009, Tamilnadu

Cordially invites you for the extension activity on

Adolescent Female Health

on Thursday, 16.09.2021

11 am - 12.15 noon

Venue

Dhanapaul Higher Secondary School Bibikulam, Mullai nagar Madurai 2

Agenda



Student Coordination
Dr.S.P.Kauiskan
Physiology Postgraduate, VMCHRI

Associate Professor VMCHRI, Madurai

12.10 PM



Department of Physiology

Velammal Medical College Hospital and Research Institute
Madurai-09

In association with

Dhanapaul Hr. Sec. School, Bibikulam, Madurai and Junior Red Cross

Program

Extension Activity

Topic

Female Adolescent Health

Date

16.09.2021



Report on

Extension activity

Female Adolescent health

at Dhanapaul Hr. Sec. School, Bibikulam, Madurai -2 on 16th September 2021

An awareness program on **Female Adolescent Health** was organized by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, Tamilnadu in association with Dhanapaul Higher Secondary School, Bibikulam, Madurai, Tamilnadu on 16.09.21.

The target audience were the 9,10,11 and 12th standard students of Dhanapaul Higher Secondary School, Bibikulam, Madurai, Tamilnadu.

The program began with the welcome address by Mr.A. Thanapaul Jeyaraj

Head Master, Dhanapaul Hr. Sec. School Madurai. It was followed by a sensitizing talk on the topic Menstrual health by Dr.K.Rekha, Associate Professor, Department of Physiology, Velammal Medical College, Madurai. Students of the school found the speech very useful and cleared their doubts on the topic after the speech. This was followed by a talk on Adolescent Mental Health by Dr.M.Saravanan, Associate Professor, Department of Physiology, Velammal Medical College, Madurai. After such impressive talks, Ms.A.R.Akhshara First MBBS student spoke on Diet for Adolescent females which was very helpful for the students. Mr.M.Sivachidambaram, Physical Director gave a lively talk and demo on physical fitness activities and projected video of energizing workouts with the help of the students.

Following this, the audience came with questions and the doubts were immediately and appropriately cleared by the resource persons. The program concluded by the Vote of thanks delivered by Dr.K.Rekha, Associate Professor, Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai. The program was a timely awakener and eye-opener for the audience and of immense help in this pandemic period. The same was appreciated by the Mr. A.Thanapaul Jeyaraj, Head Master, Dhanapaul Hr. Sec. School Madurai. The event was live telecasted to students of first MBBS 2020-21 batch at Velammal Medical College Hospital and Research Institute via Zoom platform and Dr.S.P.Kausikan, Postgraduate, Department of Physiology coordinated the Zoom telecasting to the students.

welamikal Redical College Hospita and Research Institute "Velammal Village" Madural-Tutlcorin Ring Road Anuppanadi, Madural-625 009, T.N.

Female Adolescent Health at Dhanapaul Hr. Sec. School, Bibikulam, Madurai and Junior Red Cross



















EXTENSION ACTIVITY

Dhanapaul Hr. Sec. School

BIBIKULAM - MADURAI

16/9/21

Letter Of Appreciation

This Letter is issued in appreciation of the awareness team activity on Adolescent Female Health Performed By the Department Of Physiology, Velammal Medical College Hospital and Research Institute, Madurai on 16th September 2021. The Program was a timely awakener and eye-opener for our students & staff and of immense help in this pandemic period. Congratulations to the entire team for the activity.



16.08.21

Madurai-Tuticorin Ring Road

From

Dr.S.Anu

· Professor and Head

Department of Physiology

Velammal Medical College Hospital and Research Institute Anuppanadi, Madurai, T.N.-625 00

Madurai

To

The Head Mistress

Government High School

Kurandi

Through proper channel

Madam,

From the Department of Physiology, Velammal Medical College and Hospital, Maduraiwe are planning to organise an extension activity program on "Tips for identifying and correcting central obesity in school children" for your staff on 18/8/21 between 2 to 3 pm. We seek your permission regarding the same.

Thank you,

Professor and Head

Department of Physiology PROFESSOR & HEAD Department of Physiology Velammal Medical College Hospital and Research Institute Madural-625 009



August 2021

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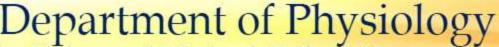
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Wednesday, Aug 18th 2021



Velammal Medical College Hospital and Research Institute Madurai - 625009, Tamilnadu

Cordially invites you for the extension activity on

Tips for identifying and correcting central obesity in school children



Government High School Kurandi - 626115 Kariapatti block, Virudhunagar district Tamilnadu







2.00pm Welcome address

Dr.K.Rekha, Associate Professor, Dept. of Physiology

2.05pm Tips for identifying & correcting central obesity in school children
Introduction of the topic

Dr.S.P.Kausikan, Post graduate, Dept. of Physiology

Demo on central obesity measurement

by First year MBBS students

Ms. Meenatchi and Ms. Gokilavani

Complications of childhood obesity

Dr.S.P.Kausikan, Post graduate, Dept. of Physiology

Mr.Sundaresan, First year MBBS

Prevention of Central obesity

Mr.Shrinath, First year MBBS

Management of Central Obesity

Dr.S.P.Kausikan, Post graduate, Dept. of Physiology

2.55pm Vote of thanks

Dr.S.Anu, Prof. and Head, Dept. of Physiology



Department of Physiology

Velammal Medical College Hospital and Research Institute

Madurai-09

In association with

Government High School, Kurandi - 626115

Program

Extension Activity

Topic

Tips for identifying and correcting central obesity in school children

Date

18.08.2021



Report on Extension activity

Tips for identifying and correcting central obesity in school children at Government High School, Kurandi - 626115 on 18th August 2021

An awareness program on **Tips for identifying and correcting central obesity in school children** was organized by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, Tamilnadu in association with Government High School, Kurandi, Kariapatti block, Tamilnadu on 18.08.21.

The target audience were the faculty (teaching/non-teaching) from Government High School, Kurandi, Kariapatti block, Tamilnadu.

The program began with the welcome address by Dr.K.Rekha, Associate Professor, Department of Physiology, Velammal Medical College, Madurai. It was followed by a sensitizing talk on topic introduction - Tips for identifying and correcting central obesity in school children by Dr.S.P.Kausikan, Department of Physiology, Velammal Medical College, Madurai. After such an impressive talk, the students of first MBBS students (2020-21 batch) of Velammal Medical College, Madurai demonstrated the obesity measurement to the audience under the guidance of Dr.K.Rekha and Dr.S.P.Kausikan. Complications of childhood obesity was explained by Dr.S.P.Kausikan along with the first year MBBS student's involvement. Prevention of central obesity and Management of central obesity was also emphasized by the resource persons.

Following this, the audience came with questions and the doubts were immediately and appropriately cleared by the resource persons. The program concluded by the Vote of thanks delivered by Dr.S.Anu, Professor and Head, Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai. The program was a timely awakener and eye-opener for the audience and of immense help in this pandemic period. The same was appreciated by the Government High School staff, Kurandi, Kariapatti block, Tamilnadu.

Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madural-Tuttcorin Ring Itend

Anupperedi, Madural-625 000, TM

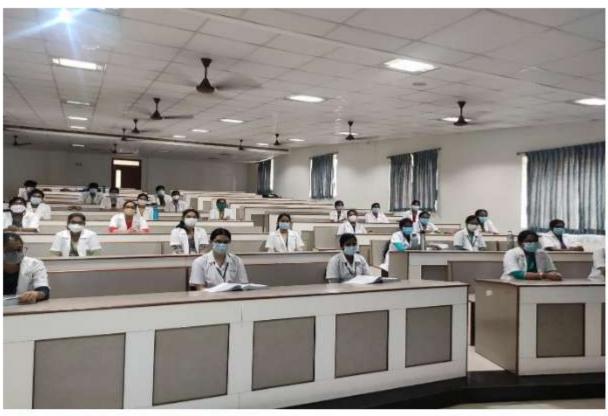
Awareness program - Tips for Identifying and Correcting Central Obesity in School Children at Government High School, Kurandi













Letter of Appreciation

This letter is issued in appreciation of the team activity on Tips for identifying and correcting central obesity in school children performed by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai on 18th August 2021. The program was a timely awakener and eye-opener for our staff and of immense help in this pandemic period. Congratulations to the entire team for the activity.

தலைமையாசிரியர் அரசு உயர்நிலைப்பள்ளி குரண்டி-626 115. விருதநகர் மாவப்பர். EXTENSION ACTIVITY

GOVERNMENT HIGH SCHOOL

KURANDI 18/08/21

10.08.21

and Research Inst

Madural-Tuberin Ring Posts 209
Anuppanadi, Madural, T.N.-625 209

From

Dr.S.Anu

Professor and Head

Velammal Medical College Hospital and Research Institute THIRUNAVUKKARASU, MD.DA.

Madurai Volammal Medical College Maspital

To

The Principal

Velammal Engineering College

Viraganoor

Madurai

Through proper channel

Sir,

From the Department of Physiology, Velammal Medical College and Hospital, Madurai along with Rotary club of Madurai- Metro Heritage is planning to organise an extension activity program on awareness of breathing exercise in lung health for your staff on 17/8/21 between 12 to 1 pm. We seek your permission regarding the same.

Thank you,

Professor and Head

Department of Physiology

PROFESSOR & HEAD Department of Physiology Velammal Medical College Hospital and Research Institute Madural-625.009

Technology



Department of Physiology

Velammal Medical College Hospital and Research Institute Madurai, Tamilnadu

Cordially invites you for the Extension activity on

Awareness of Breathing exercise in Lung health

Date: 17.8.2021

Venue

Velammal Engineering College Viraganur 625009 Tamilnadu

Agenda

12.00noon Welcome address

Dr.M.Saravanan

Associate Professor Dept. of Physiology

12.10pm Awareness of breathing exercise

in lung health

Dr.S.P.Kausikan

Postgraduate

Dept. of Physiology

12.40pm Demonstration of

breathing exercises

First year MBBS students

2020-21 batch

12.57pm Vote of thanks

Dr.S.Anu

Professor and Head Dept. of Physiology

Department of Physiology
Velammal Medical College Hospital
and Research Institute
Madurai – 625009
Tamilnadu



Department of Physiology

Velammal Medical College Hospital and Research Institute
Madurai-09

In association with

Velammal Engineering College, Viraganur, Madurai and Rotary club of Madurai – Metro Heritage

Program

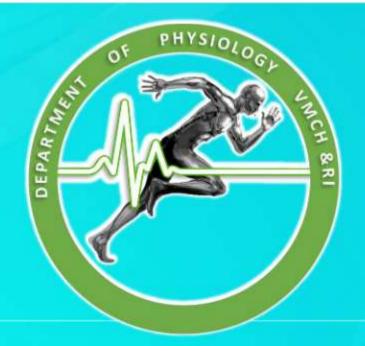
Topic

Date

Extension Activity

Awareness of Breathing exercise in Lung health

17.08.2021



Report on

Extension activity

Awareness of Breathing exercise in Lung health at Velammal Engineering college, Viraganur 625009 on 17th August 2021

An awareness program on importance of Breathing exercise in Lung health was organized by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, Tamilnadu in association with Velammal Engineering College, Viraganur, Madurai, Tamilnadu and Rotary club of Madurai – Metro Heritage on 17.08.21.

The target audience were the faculty (teaching/non-teaching) from Velammal Engineering College, Viraganur, Madurai. 39 employees of Velammal Medical College of various cadre participated in the event.

The program began with the welcome address by Dr.M.Saravanan, Associate Professor, Department of Physiology, Velammal Medical College, Madurai. It was followed by a sensitizing talk on Awareness of Breathing exercise in Lung health by Dr.S.P.Kausikan, Department of Physiology, Velammal Medical College, Madurai. After such an impressive talk, the students of first MBBS students (2020-21 batch) of Velammal Medical College, Madurai demonstrated the breathing exercise to the audience under the guidance of faculties.

Following this, the audience came with questions and the doubts were immediately and appropriately cleared by the resource persons. Vote of thanks was delivered by Dr.S.Anu, Professor and Head, Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai. The program was a timely awakener and eye-opener for the audience and of immense help in this pandemic period. The same was appreciated by the Velammal Engineering College, Viraganur, Madurai. The entire session was live-telecasted via Zoom platform to the students of 2020-21 batch who were at Velammal Medical College Hospital and Research Institute, Madurai and Dr.John Rajpathy, Professor, Department of Physiology coordinated the students for Zoom platform.

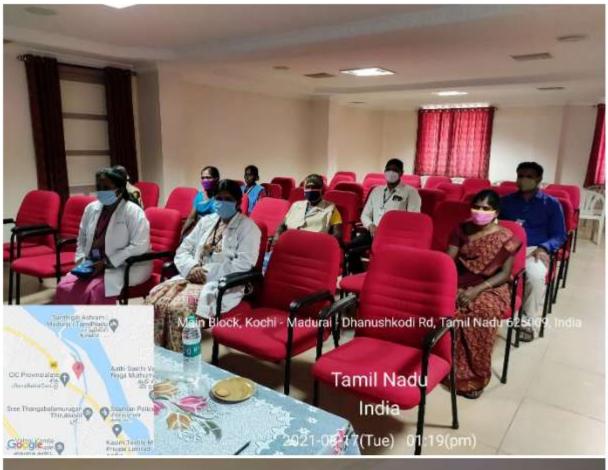
Awareness of Breathing Exercise in Lung Health at Velammal Engineering College, Viraganur, Madurai and Rotary club of Madurai Metro













	Extension Activity
5	Venue: Velammal Engineering Gilege Madurain Date: 17.08.21
	Time: 12.00 pm - 1 pm



VELAMMAL COLLEGE OF ENGINEERING & TECHNOLOGY

(Accredited by NAAC with 'A' Grade and by NBA for 5 UG Programmes)

(Approved by AICTE and affiliated to Anna University, Chennai)

Velammal Nagar, Madurai - Rameswaram High Road, Viraganoor, Madurai - 625 009, Tamilnadu.

Dr. N. Suresh Kumar, M.E., Ph.D.

Principal

Phone: 0452 - 2465285 / 2465849, Tele Fax: 0452 - 2465289

Web: www.vcet.ac.in E-ma

E-mail: principal@vcet.ac.in

17.08.2021

Letter of Appreciation

This letter is issued in appreciation of the team activity on "Awareness of breathing exercise in lung health" performed by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai on 17th August 2021. The program was a timely awakener and eye-opener for our staff and of immense help in this pandemic period. Congratulations to the entire team for the activity.





HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Environmental Hazards for Construction Workers at AK Builders, Bypass Road, Madurai and Rotary club - Metro Heritage

30.08.22

From

Dr.S.Anu

Professor and Head

Department of Physiology

Velammal Medical College Hospital and Research Institute

Madurai

To

The Managing Director,

AK builders,

Bypass road

Madurai

Through proper channel

Respected Sir,

From the Department of Physiology, Velammal Medical College and Hospital, Madurai we are planning to organise an extension activity program on awareness on "Environmental hazards for construction workers" on 30/8/22 between 11am to 1 pm. We seek your permission regarding the same.

Thank you,

2. 1 Sh lathi For AK Traders

Proprietor

Professor and Head

Department of Physiology

PROFESSOR & HEAD
Department of Physiology
Velammal Medical College Hospital
and Research Institute
Madural-625 009



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

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Rethe	23/3/22
Diffe of Day	23/8/22

From

Dr.S.Anu

Professor of Head,

Department of physiology

VMCH & RI

Madurai

To

The Dean

VMCH & RI

Madurai.

Through proper channel

Respected sir,

Sub: Regarding permission to provide transport for

Extension Activity

We department of physiology along with Rotary club madural, Metro Heritage is planning to organize an extension activity program on awareness on environmential Hazards to the construction workers on 30.8.2022 between 11 am to 12 pm. kindly provide transport facility for 20 first year MBBS students and 3 staffs for the above program.

Thanking you

Hed to Dean VMCHRT

or approved

| We 22 | 08 | 22

Your sincerely
PROFESSOR & HEAD
Department of Physiology
Velammal Medical College Hospital
and Research Institute
Madural-625 009

22.8.2022

MEDICAL COLLEGE OFFICE

Date of Receipt

Date of Despetch

Rel No.

Ref No.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

30.08.22

From

Dr.S.Anu

Professor and Head

Department of Physiology

Velammal Medical College Hospital and Research Institute

Madurai

To

Rtn Mr. Venkatsh CR

The club president

Rotary club of Madurai- Metro Heritage

Madurai

Through proper channel

Respected Sir,

From the Department of Physiology, Velammal Medical College and Hospital, Madurai is planning to organise an extension activity program on awareness on "Environmental hazards for construction workers" on 30/8/22 between 11am to 1 pm with the association of rotary club of madurai- Metro Heritage.

We request you to kindly join with us in organizing this event and it a great success

Thank you,

Dr.S.Anu

Professor and Head

Department of Physiology
PROFESSOR & HEAD
Department of Physiology
Velammal Medical College Hospital
and Research Institute
Madural-625 009

\$

VELAMMAL MEDICAL COLLEGE

HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

From

Dr.S.Anu Professor of Head, Department of physiology VMCH & RI Madurai

To

The vice principal VMCH & RI Madurai.

Through proper channel

Respected sir,

Sub: Regarding permission to allow students for Extension

Activity.

We department of physiology along with Rotary club madural, Metro Heritage is planning to organize an extension activity awareness program on "Environmential Hazards to the construction workers" on 30.8.2022 between 11 am to 1 pm. kindly give us permission for the above program and allow 22 first year MBBS students to participate in the program. Here with we have attached the name list of students for this event. Kindly do the needful.

Thanking you

Dr.S.Anu

PROFESSOR & HEAD
Department of Physiology
Velammal Medical College Hospital
and Research Institute

Madural-625 009

- Students - 22 nos belong to the braket having prochical class in Physiology

- HOD will be accompanying the stindents

- Permitted for the extension activity



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

30.08.22

From

Dr.S.Anu

Professor and Head

Department of Physiology

Velammal Medical College Hospital and Research Institute

Madurai

To

Rtn Mr. Venkatsh CR

The club president

Rotary club of Madurai- Metro Heritage

Madurai

Through proper channel

Respected Sir,

Rocceed

From the Department of Physiology, Velammal Medical College and Hospital, Madurai is planning to organise an extension activity program on awareness on "Environmental hazards for construction workers" on 30/8/22 between 11am to 1 pm with the association of rotary club of madurai- Metro Heritage.

We request you to kindly join with us in organizing this event and it a great success

Thank you,

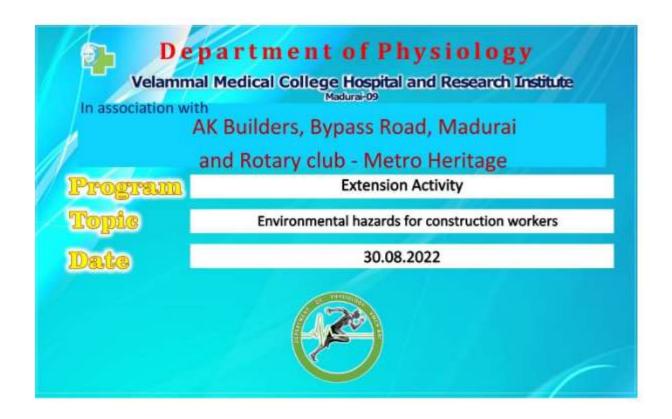
Professor and Head

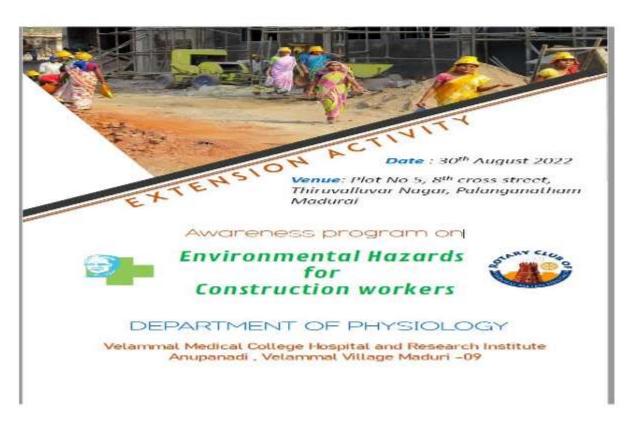
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Department of Physiology
PROFESSOR & HEAD
Department of Physiology
Velammal Medical College Hospital
and Research Institute
Madural-625 009



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009







HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



AGENDA

Time	Program	Faculty
11.00 am	Welcome Address	Dr. M. Renu Meena
11.05 am	Air Pollution- hazards and protective measures	Dr. S.P. Kausikan
	Chemical Hazards and Protective measures	Mr . Kavin .5 (First MBBS)
	Heat Stress Hazards and Protective measures	Mr. J. Jayasakthi aja (First MBBS)
	Noise Hazards and Control Measures	Miss . Narpavi. K. (First MBBS)
11. 55 am	Vote of thanks	Rtn. Venkatesh CR President of Rotary Club Metro-Heritage Madural



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Awareness on Environmental Hazards for the construction Workers at Plot no 5, 8th Cross street, Thiruvalluvar Nagar, Palanganatham

Madurai -625003, on 30th August 2022

An awareness program on "Environmental Hazards for the construction Workers" was organized by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, Tamilnadu in association with AK builders and Rotary club- Metro Heritage, Madurai, Tamilnadu on 30.08.22. The target audience were the construction workers of AK builders Madurai, Tamilnadu.

The program began with the welcome address by Dr.M.Renu Meena, Senior resident, Department of Physiology, Velammal Medical College, Madurai. It was followed by a acknowledgement talk on the topic air pollution - hazards and protective measures by Dr.S.P.Kausikan, Postgraduate, Department of Physiology, Velammal Medical College, Madurai. The Construction workers were benefited and found the speech very useful and cleared their doubts on the topic after the speech. This was followed by a talk on chemical hazards and protective measures by Mr.S.Kavin, First year MBBS student. After such impressive talks, Mr. J. Jeyasakthi aja, First MBBS student spoke on Heat stress hazards and protective measures which was very helpful for the construction workers. Miss K. Narpavi, First MBBS student spoke about noise hazards and control measures. Later, the Blood pressure measurements was taken for 10 construction workers and blood glucose level was checked for the construction workers by the resource persons.

Following this, the audience came with questions and the doubts were immediately and appropriately cleared by the resource persons. The program concluded by the Vote of thanks delivered by Mr. Rtn. Venkatesh CR, president of rotary club, Metro heritage- Madurai. The program was a timely awakener and eye-opener for the audience. The same was appreciated by the Mr.V.Anandhakarthi, Managing Director, AK Builders, Madurai.

Prot. T. THIRUNAYUKKARASU, M.B.D.A.

Velammal Medical College Hospital and Research Institute "Velammal Village" Madurui-Tuttoorin Ring Road

Anuppenadi, Madurai-825 000, T.M.



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009







HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009







HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





Madurai, TN, India 8th Cross Street, Pykara, Madurai, 625003, TN, India 08/30/2022 12:47 PM





HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009







HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



101, Sathyamoorthy nagar, Bypassroad, Palanganatham, Madurai 625003.

Ph.: 0452 4052076.

e-mail: anandkarthi64@gmail.com

Date: 30/08/2022

Letter of Appreciation

This letter is issued in appreciation of the awareness team activity on "Environmental hazards for construction workers" performed by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai on 30th August 2022. The program was a timely awakener and eye-opener for our construction workers. Congratulations to the entire team for the activity.

For AK Traders

Proprietor





HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Cancer awareness programme at VMC Rural. centre, Thirupuvanam

VELAMMAL
Medical College Hospital
& Research Institute

Date:11.8.2021

From
Prof.Dr.S.R.Dhamotharan, MS, FIAGES.,
Head, Department of General Surgery,
Velammal Medical College Hospital and Research Institute,
Madurai

To The Dean, Velammal Medical College Hospital and Research Institute, Velammal Village, Madurai.

Respected Sir,

Kindly grant permission to Extension activity "Cancer awareness Program" On 1≥8.2021 in VMC Rurall center, Thirupuvanam.

Thanking you

Prof.Dr.S.R.Dhamotharan, MS, FIAGES., Head, Department of General Surgery,

"Velammal Village", Medurai - Tuticotin Ring Road, Anuppenedi, Medurai - 625 009, Tamil Nadu, India. Tel : +91 452 2510000, 7113333 Fax: +91 452 2510010, Toll Free No. 1800 425 00108 E-mail : info@velammalmedicalcollege.edu.in: Web : www.velammalmedicalcollege.edu.in

An Initiative of Velammal Educational Trust



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

YOU HAVE DIABETES? AVOID FOOT COMPLICATIONS

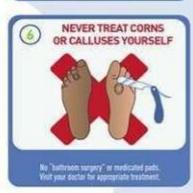








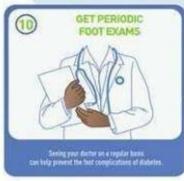
















HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Foot Care for People with Diabetes



People with diabetes have to take special care of their feet. You should have a comprehensive foot exam every year. This page shows some more things you can do to keep your feet healthy.



Wash your feet in warm water every day.



Ask your diabetes care team how you should care for your toenails.



Wear clean, soft socks that fit you.



Dry your feet well, especially between the toes.



Keep your feet warm and dry. Always wear shoes that fit well.



Keep the skin soft with a moisturizing lotion, but do not apply it between the toes.



Never walk barefoot indoors or outdoors.



Inspect your feet every day for cuts, bruises, blisters, or swelling. Tell your doctor right away if you find something wrong.



Examine your shoes every day for cracks, pebbles, nails, or anything that could hurt your feet.

Take good care of your feet - and use them. A brisk walk every day is good for you.

For more information, call the Novo Nordisk Diabetes Tip Line at 1-800-260-3730, or visit us online at **ChangingDiabetes-us.com**.

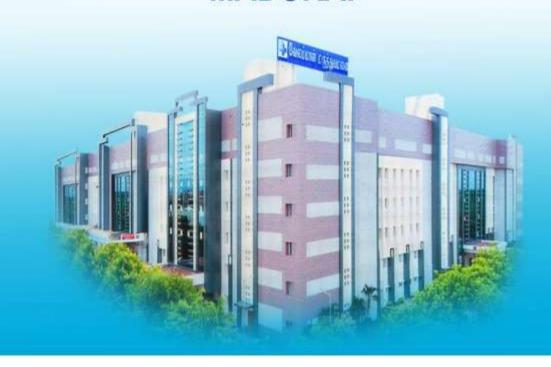


HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



DEPARTMENT OF GENERAL SURGERY

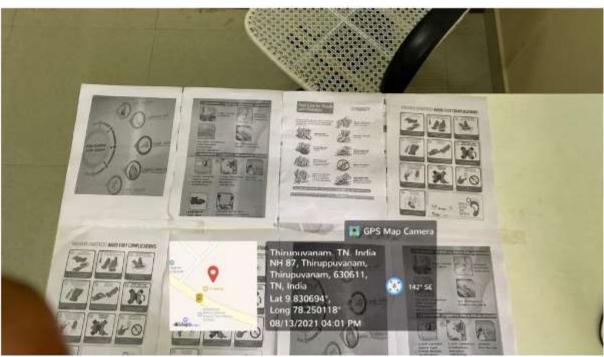
VELAMMAL MEDICAL COLLEGE &
RESEARCH INSTITUTE
MADURAI





HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009







HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009







HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Foot Care Awareness Programme for Diabetic Patient at VMC Rural. Centre,
Thirupuvanam



Date:11.8.2021

From
Prof.Dr.S.R.Dhamotharan, MS, FIAGES.,
Head, Department of General Surgery,
Velammal Medical College Hospital and Research Institute,
Madurai

To
The Dean,
Velammal Medical College Hospital and Research Institute,
Velammal Village, Madurai.

Respected Sir,
Kindly grant permission to Extension activity "Foot care awareness Program for Diabetic patient" On 13.8.2021 in VMC Rural center, Thirupuvanam.

Thanking you

Prof.Dr.S.R.Dhamotharan, MS, FIAGES., Head, Department of General Surgery,

"Velammat Villege", Madural - Tuticorin Ring Road, Anappanadi, Madural - 625 009, Tamil Nadu, India. Tel : +91 452 2510000, 7113333 Fax : +91 452 2510010. Toli Free No. 1800 425 00108 E-mail : info@velammatmedicalcollege edu in . Web : www.velammatmedicalcollege.edu.in

An Initiative of Valammal Educational Trust

The Department of General Surgery, Velammal Medical College, Madurai conducted a program on Foot care and Diabetic foot awareness on 12.08.21 as a part of public awareness in Thirupavanam. Around 150 patients were seen by the participants. The patients were educated about importance of glycemic control and implications of uncontrolled diabetes. Charts and images were used to demonstrate different conditions affecting the foot in diabetes. Components of foot care was explained and demonstrated. The importance of regular scrutiny of feet and avoidance of walking bare foot was stressed upon. Patients with existing diabetic foot ulcer were examined and appropriate advice was provided.

No. of students participated: 14

Faculty participated: Dr.S.R.Dhamotharan



VELAMMAL MEDICAL COLLEGE

HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





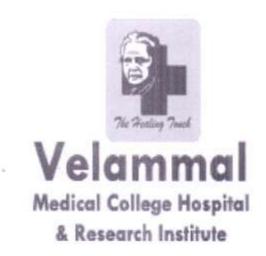


VELAMMAL MEDICAL COLLEGE

HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009







CIRCULAR

17/8/21

THIS IS TO INFORM THAT EXTENSION ACTIVITY PROGRAM
REGARDING KIDNEY TRANSPLANTATION WILL BE CONDUCTED BY
OUR NEPHROLOGY DEPARTMENT ON 18/8/21 BETWEEN 12NOON
TO 1 PM IN GOWSRI KIDNEY CENTER LOCATED IN PALANGANATHAM.

DEAN 18121



INVITATION FORM

PROGRAM: EXTENSION ACTIVITY

TOPIC: KIDNEY TRANSPLANTATION

ORGANISED BY: DEPARTMENT OF NEPHROLOGY

SPEAKER: DR D.SRIRAMULU

VENUE: GOWSRI KIDNEY CENTER

69 B , TPK MAIN ROAD , PALANGANATHAM , MADURAI -3

DATE -18TH AUGUST 2021

TIME: 12.00 NOON TO 1.00 PM









Dr.H.GOWRISHANTHI

DGO., M.S (GENERAL) CONSULTANT

CONSULTANT GYNAECOLOGIST OBSTETRICIAN &GENERAL SURGEON

CHIEF EXECUTIVE OFFICER

E-mail: gowrisriram@hotmail.com

17/8/21

PERMISSION LETTER

HEREWITH WE ARE INVITING DR SRIRAMULU
CONSULTANT NEPHROLOGIST OF VELAMMAL
HOSPITAL & RESEARCH INSTITUTE TO OUR GOWSRI
KIDNEY CENTER TO CONDUCT AWARENESS
PROGRAM REGARDING KIDNEY TRANSPLANTATION
ON 18/8/21

Dr.H.GOWRISHANTHI

DGO., M.S (GENERAL) CONSULTANT

CONSULTANT GYNAECOLOGIST OBSTETRICIAN &GENERAL SURGEON

CHIEF EXECUTIVE OFFICER



GOWSI' KIDNEY CENTRE 69B, TPK Main Road, PALANGANATHAM, MADURAI - 3 Cell: 94861 41868 | 80989 10699 | 0452 2373100, 101





Dr.H.GOWRISHANTHI

. DGO., M.S (GENERAL) CONSULTANT

CONSULTANT GYNAECOLOGIST OBSTETRICIAN & GENERAL SURGEON

CHIEF EXECUTIVE OFFICER

E-mail: gowrisriram@hotmail.com

18/8/21

LETTER OF APPRECIATION

HEREWITH WE ARE APPRECIATING DR SRIRAMULU CONSULTANT
NEPHROLOGIST OF VELAMMAL HOSPITAL & RESEARCH INSTITUTE
REGARDING AWARENESS KIDNEY TRANSPLANTATION PROGRAM
CONDUCTED ON 18/8/21 BETWEEN 12 NOON TO 1 PM.
IT WAS VERY INFORMATIVE AND USEFUL TO THE PARTICIPANTS.

Dr.H.GOWRISHANTHI

Hanshelli

DGO., M.S (GENERAL) CONSULTANT

CONSULTANT GYNAECOLOGIST OBSTETRICIAN & GENERAL SURGEON

CHIEF EXECUTIVE OFFICER



CIRCULAR

17/8/21

THIS IS TO INFORM THAT EXTENSION ACTIVITY PROGRAM
REGARDING KIDNEY DISEASE MYTH WILL BE CONDUCTED BY OUR
NEPHROLOGY DEPARTMENT ON 18/8/21 IN GOWRI NURSING HOME
LOCATED IN JEEVA NAGAR, JAIHINDPURAM, MADURAI.

DEAN 812



INVITATION FORM

PROGRAM: EXTENSION ACTIVITY

TOPIC: KIDNEY DISEASE MYTH

ORGANISED BY: DEPARTMENT OF NEPHROLOGY

SPEAKER: DR D.SRIRAMULU

VENUE: GOWRI NURSING HOME

39/11/3A ,JEEVA NAGAR 1ST STREET , JAIHINDPURAM ,MADURAI -11

DATE -18TH AUGUST 2021

TIME: 3.30 PM TO 4.30 PM

2675354



GOWRI NURSING HOMIE

Laproscopic Surgical Clinic

39/11/3A, Jeevanagar 1st Street, Madurai - 11. E-mail: gowri_nursinghome@rediffmail.com

Ref:

Date: 17 08/21

PERMISSION LETTER

HEREWITH WE ARE INVITING DR SRIRAMULU
CONSULTANT NEPHROLOGIST OF VELAMMAL
HOSPITAL & RESEARCH INSTITUTE TO OUR GOWRI
NURSING HOME TO CONDUCT AWARENESS
PROGRAM REGARDING KIDNEY DSIEASE MYTH ON
18/8/21.

Dr.G.NAVANEETHAN,M.S., Regd.No.28936, Laparoscopic Surgeon GOWRI NURSING HOME 39/11/3A, Jeeva Nagar, 1st Street MADURAI - 625 011. Ph: 0452 - 2675311

☎ 0452-2675311 2675354



GOWRI NURSING HOMIE

Laproscopic Surgical Clinic

39/11/3A, Jeevanagar 1st Street, Madurai - 11. E-mail: gown_nursinghome@rediffmail.com

Ref:

Date: (8/08/24)

LETTER OF APPRECIATION

HEREWITH WE ARE APPRECIATING DR SRIRAMULU CONSULTANT NEPHROLOGIST OF VELAMMAL HOSPITAL & RESEARCH INSTITUTE REGARDING AWARENESS KIDNEY DISEASE MYTH PROGRAM CONDUCTED IN OUR NURSING HOME ON 18/8/21 BETWEEN 3.30 PMTO 4.30 PM.

IT WAS VERY INFORMATIVE AND USEFUL TO THE PARTICIPANTS.

Dr.G.NAVANEETHAN, M.S., Regd.No.28936, Laparoscopic Surgeon

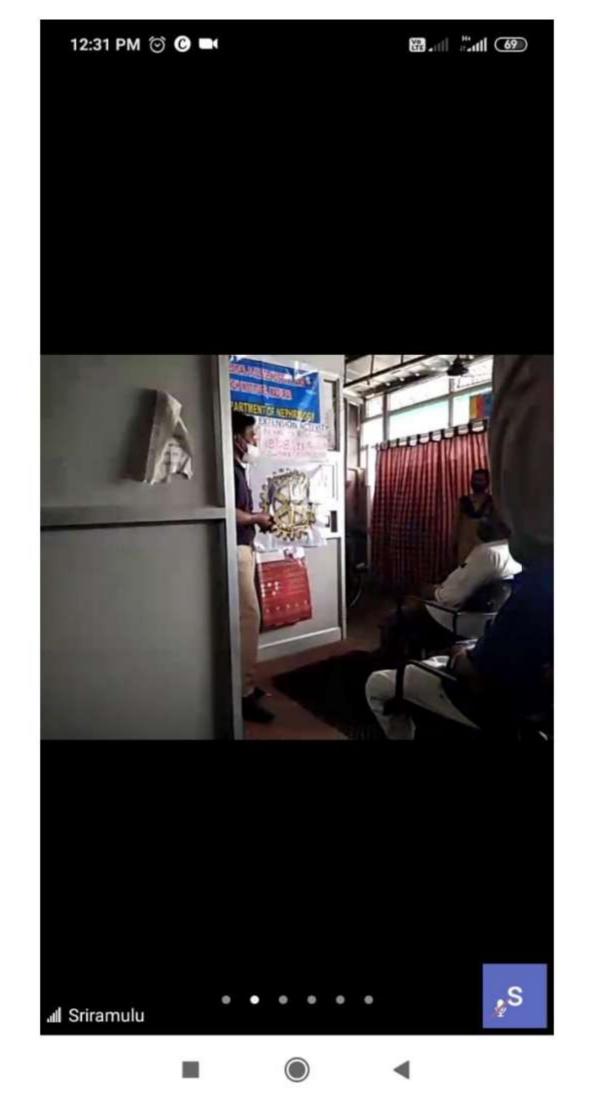
Laparoscopic Surgeon GOWRI NURSING HOME 39/11/3A, Jeeva Nagar, 1st Street MADURAI - 625 011.

Ph: 0452 - 2675311







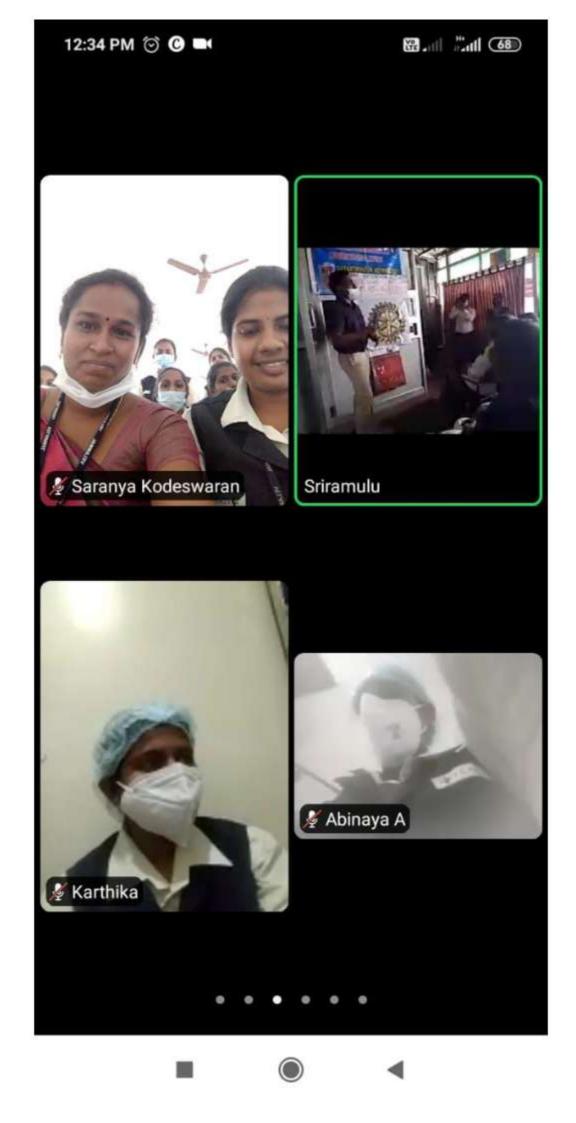
























































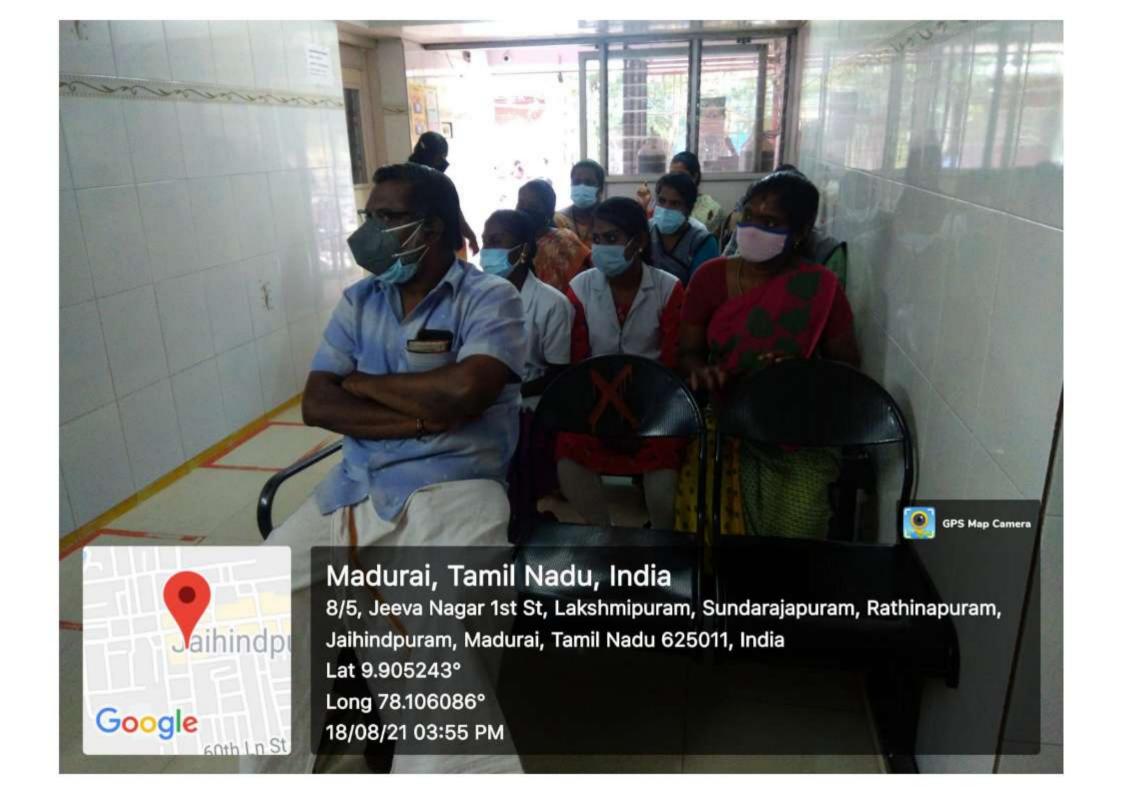
























HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Anemia Screening and Awareness Camp at Virudhunagar

Date: June 1 2020 to August 31 2021

Venue: Virudhunagar

Organized by: General Medicine

No. of students participated: 2

Faculty participated: Dr. Vijayabasker Mithun

Prof. TATRIBUNAVUKKARASU, M.B.B.A., Dean

2 28 m, 20

Velammet Medical College Hospital and Research Institute "Velammet Village" Madural-Tutlcorin Ring Road

Anuppenadi, Madurel-625 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Anemia Screening and Awareness Camp









HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Cataract Screening Camp at Vellaripatti



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE DEPARTMENT CIRCULAR DEPARTMENT OF OPHTHALMOLOGY

Dated:23.07.2021

This is to inform all faculties, Postgratuates, CRRI, staff members of our department that we will be conducting extension activity on "Cataract screening Camp"under DBCS on 1.08.2021 at Vellaripatti from 8-1PM. I request all of you to give full cooperation to make the event a grand success.

Dr. K. ILANGO, D.O.Dip., N.B.,
Prof. of Ophthalmology
Department of Ophthalmology
VMCH & RI
VMCH & RI
Reg. No. 51615



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

From,

Prof.Dr. K. ILANGO., D.O.Dip., N.B.,

Prof & HOD of Department of Ophthalmology,

VMCH & RI,

Madurai.

To,

The Dean Sir,

VMCH & RI.

Madurai.

Through Proper Channel

Respected Sir,

As per the requisition by the DBCS to do eye camps in the camps schedule following staff from Department of Ophthalmology are deputed to above eye camp as follows.

DATE	01.08.2021 08:00 am
Medical Officer	Dr. Shanmathi.S.J
CRRI	
Refractionist	Mrs. Nageshwari
Ophthal Assistant	Mrs. Sangeetha

In addition to lab Technician, Pharmacist, Driver with vehicle(BUS), 2 more ANM's may be deputed for recording BP and maintaining OP register and IP recording and 1 house keeping staff to keep the camp site clean.

Note: All Camp Staffs will be assemble at Ophthalmology OPD since camp time.

Thanking You

Copy to,

CAO Sir

HR

AND/ Matron

PHARMACY

LAB

House keeping

Transport

Yours Sincerely,

Date:26.07.2021

TLANGO, D.O.DIO.N.B.

Path-en of Ophthalmology Department of Ophthalmology

Reg No. 51615



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009







Ophthal Department Anandhi, Anushiya, Dr, Guru, Kalee...







Gud aftn Sir/Mam

DBCS CAMP REPORTS on 01-08-2021 Camp at Vellaripatti Melur (Tk) Madurai district

Total OP- 98
Male- 29 Female- 69
Advice cataract- 16
Admission - 09
Male -02 Female - 07
Not willing - 02
Unfit - 05 (DM) -03 (ECG)-0
(CAD) - 0
(CKD) - 0 (HTN) - 0

Regards by A. Santhanakumar Eye Camp Coordinator VMCH & RI Madurai.

























HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

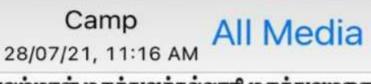
Airtel

@ 11:30 AM











மதுரை வேலம்மாள் மருத்துவக்கல்லூரி மருத்துவமனை

வெள்ளரிப்பட்டி ஊராட்சி மன்றம்

The healing touck மாவட்ட பார்வை இழப்பு தடுப்புச் சங்கம் இணைந்து நடத்தும்

மாபெரும் இலவச கண் மருத்துவ முகாம்

யார்க்கும் நான் : 01.08.2021 - ஞாயிற்றுக்கீழமை நேரம் : காலை 9.00 மணி முதல் 1.00 மணி வரை



இபம் : வெள்ளரிப்பட்டி முருகன் கோவில் அருகில்



இந்த முகாம் முகக்கவசம் அனிந்தும் சமூக இடைவெளியை கடைபிடித்தும் நடத்தப்படுகிறது

கண்புரை நோயால் கண் பார்கை கறைவாக உள்ளவர்களுக்கும் கண் பார்கை இல்லாதவர்களுக்கும் இவைசமாக கண்ணில் விழி லென்ஸ் (IOL) பொருத்தீ மீண்டும் பார்வை வழங்கப்படும்.

- 1. சிறியவர் முதல் பெரியவர் வரை அனைத்து வயதினருக்கும் கண் சமபந்தமான இவைச மகுத்துவ ஆலோசனை வழங்கப்படும்.
- 2. அறுவை சிகிச்கைக்கு தேர்வு செய்யப்படுபவர்கள் முகாம் தினத்தன்றே **மதுரை ்வேலம்மாள் மருந்துவக்கல்லூரி மருந்துவமமைக்கு அழைத்துச்** செல்லப்படுவார்கள்
- 3. அறுவை சிகிச்கைக்கு தேர்வு செய்யப்படுபவர்களுக்கு மருத்துவ ஆலோசனைப்படி அறுவை சிசிச்சை, உள்ளிழிலென்ஸ் (IOL) உணவு, தங்குமிடம், போக்குவரத்து செலவு அனைத்தும் மறுரை கெலம்மாள் மருந்துனக்கல்லூரி மருந்துனமனையால் முற்றிலும் இவைசமாக வழங்கப்படும்.
- 4- கண் அறுவை சிகிச்சை செய்து கொண்டவர்களுக்கு அறிவிக்கப்பட்ட நாளில் முகாம் நடத்த இடத்திலேயே செய்யப்படும் பரிசோதனைக்கு அவசியம் தவறாமல் வரவும்.
- அறுவை சிகிச்சைக்கென முகாமிற்கு வரும் நோயாளிகள் இருதயநோய், **இரத்தக்கொதிப்பு, சர்க்கரை நோய், ஆஸ்த்துமா** உள்ளவர்கள் முன்னரே மருத்துவரிடம் சான்றிதழ் பெற்று அவர்கள் தற்போது சாப்பிடும் மருந்து மாத்திரைகளை கையோடு கொண்டு வரவும்.
- 6, இலவச கண் சிகீச்சை முகாமிற்கு வகும் பயனாளிகள் தங்களுடைய வாக்காளர் **அடையாள அட்டை நகல்** மற்றும் செ**ல்போன்** எண்ணை தவழாமல் கொண்டு வரவும்.

பொதுமக்கள் அனைவரும் கலந்து கொண்டு பயன்பெறுமாறு அன்புடன் கேட்டுக்கொள்ளப்படுகிறார்கள்.

என்றும் மக்கள் சேவையில்.....

_{கிக} **மாவட்ட ஆட்சித் தலைவர்** கூள்கள் மதுரை

தகு. **B.பிரஸ்லோவ்** அவர்கள் வெள்ளரிப்பட்டி ஊராட்சி மன்றத் தலைவர்,

திகு. **R. சுந்தரப்பாண்டியன்** அவர்கள் வெள்ளரிப்பட்டி ஊராட்சி மன்றத் தணைத்தனைய்

yasayai əmldir 🛚 FUE BOLDON saument !!





HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

From.

Prof.Dr. K. ILANGO., D.O.Dip., N.B.,

Prof & HOD of Department of Ophthalmology,

VMCH & RI,

Madurai.

To,

The Dean Sir,

VMCH & RL

Madurai.

Through Proper Channel

Respected Sir,

As per the requisition by the DBCS to do eye camps in the camps schedule following staff from Department of Ophthalmology are deputed to above eye camp as follows.

DATE	01.08.2021
TIME	08:00 am
PLACE	VELLARIPATTI
Medical Officer	Dr. Shanmathi S.J
CRRI	
Refractionist	Mrs. Nageshwari
Ophthal Assistant	Mrs. Sangeetha

In addition to lab Technician, Pharmacist, Driver with vehicle(BUS), 2 more ANM's may be deputed for recording BP and maintaining OP register and IP recording and 1 house keeping staff to keep the camp site clean.

Note: All Camp Staffs will be assemble at Ophthalmology OPD since camp time.

Thanking You

Copy to,

CAO Sir

HR

AND/ Matron

PHARMACY

LAB

House keeping

Transport

Yours Sincerely,

Date:26.07.2021

/LANGO, 0.0.010..N.B.,

Partial of Ophthalmology Partial of Ophthalmology Department of Ophthalmology

700 100 57515



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

J.பீர் முகமது B.A.,

தலைவர்

கருங்காலக்குடி ஊராட்சி மன்றம்

கொடாம்பட்டி ஒன்றியம், மேலூர் வட்டம், மதுரை மாவட்டம் - 625 101.

1608 F.0 H. B. Band

Опривіт:

உயர்திரு. தலைமை மருத்துவ அதிகாரி அவர்கள், வேலம்மாள் மருத்துவ கல்லூரி மருத்துவமனை, மதுரை.

BUIT,

Gamil Liniburio ஊராட்சி ஒன்றியம் கருங்காலக்குடி ஊராட்சியில் உட்கடை கிராமங்களில் உள்ள ஏமை. எளிய பொதுமக்கள் பயன்பெறும் வகையில் இலவச கண் மருத்துவ முகாம் வருகின்ற 08-08-2021 ஞாயிற்றுக்கிழமை கருங்காலக்குடி ஊராட்சி ஒன்றிய துவக்கப்பள்ளியில் (முகாம் நடைபெறுவதற்கு ஊராட்சி நிர்வாகத்தால் ஏற்பாடு செய்யப்பட்டுள்ளது. ஆகவே மேற்கண்ட முகாமை மருத்துவமனையில் 图(5) 市场 மருத்துவக்குமு அனுப்பி முகாம் சிறப்பாக நடைபொ உதவுமாறு அன்புடன் கேட்டுக்கொள்கிறேன்.

Dr. K. ILANGO, D.O.Dip., N.B.,
Prof. of Ophthalmology
Department of Ophthalmology
VMCH & RI

கருங்காலக்கும் ஊராட்ச் வெர்பாம்பட்டி ஒன்றியம்



































HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCHINSTITUTE MADURAI



DBCS - FREE MEDICAL EYE CAMP DEPARTMENT OF OPHTHALMOLOGY

- 1.We cordially invité all the people and benefit themselves.
- All are requested to come by wearing mask and to maintain proper social distancing.

3. This camp will benefit all the people with eye problem by diagnosing and managing the condition appropriately. In addition, We also admit and manage patients with low vision due to cataract by placing an intra-ocular lens.

SCREENING & COUNSELLING FOR DIABETIC RETINOPATHY

venue - Karungalankudi Time - 9am - 1pm



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

From

DR.K.ILANGO, D.O, DNB

Professor and HOD,

Department of Ophthalmology,

Velammal Medical College Hospital and Research Institute

Madurai.

To

The Dean

VMCH & RI

Madurai

Respected Sir,

As we are already planning to conduct extension activity on "Diabetic retinopathy awareness camp" at karungalkudi on 08/08.2021, kindly give us permission for the same.

Thanking You

Yours respectfully

07.08.2021



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE MADURAI



DBCS- FREE MEDICAL EYE CAMP

- 1.We cordially invite all the people to utilise this camp and benefit themselves
 - 2.All are requested to come by wearing masks and maintain proper social

distancing.

3. This camp will benefit all the people with eye problem by diagnosing and

managing the condition appropriately. In addition, We also admit and manage

patients with low vision due to cataract by placing an intra-ocular lens.

4. Free medicines will also be provided for specific eye conditions.

VENUE – NEAR VELLARIPATTI MURUGAN TEMPLE

DATE – 01/08/2021

TIME – 9 AM – 1PM

DEPARTMENT OF OPHTHALMOLOGY





HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009



अकारीयां !

Promo runt, reg. Brothy degume. Broug good,

O) WIRD IBIT!

PAUDIT .

क्षित्रकार प्राचित्रक क्षित्रक विश्व क्षित्रकार प्राचित्रकार क्षित्रकार क्षत

Dr. K. ILANGO, D.O.Dip., N.B.,
Prof. of Ophthalmology
Department of Ophthalmology
VMCH & RI
VMCH & RI
Reg. No. 51615

தலைவர் வெள்ளரிப்பட்டி ஊராட்சி மேலூர் ஊராட்சி ஒன்றியம்

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HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE, MADURAI - 625 009 CAMPSITE OUT PATIENT REGISTER complete will be patro Mandal /Tabak /block: District Village or Neurest P.O Pin code: Camp date Caren Organiser Address Contact No. NY. No. NST, more Book, now month way Buentinmen, Legangob 自归了 avo Mass 9608£ m. Van, Bly & BLORD, now mas, us Bush Arsman, warms Db. Londagano KA. m. 965529840 5/3, 6648004 BA43004, P-3000 60 9360183248 から、はなれないにち、のまればのには、 Dost, Eugen, ugena DE. 88. P. GIBS-81 39 M. 936019324 3/91, 64000 \$ 19, 6400 \$ 1900 Balone & seasing warmy_Dt. 02 m. 809833382 Alsa more new monthsous Even fremmy warmy bb 3060 E816 60 9943333080 VAS ALLABORAS, outmotives 59 38 8 6 6 6 9 2 6 6 9 8 m. 733933864A 3/74 mountain of confine goggoodigues segre by such a segrent of 49 1800 阿列列创 りょうかんのいとり、 Per Margar £18998-8984 4, oummorety Sugnis branen war on 1 ot 60 4489982984 次も「生きのかの、のはあいのういとう Bugan branch upmal Dt. angalogist DA BONG /26, 1913 17 (5) Open mon I very quant do Basa, to & or Ob - 9944333999 Rot man P 3/2 alog nowmon such popon BORREN, WARNING 75 [8] a) 87, nain mall perty no. 50 Aug - 420 ac. The act D. . 1224698 1125



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HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

From,

Prof.Dr. K. ILANGO., D.O.Dip., N.B.,

Prof & HOD of Department of Ophthalmology,

VMCH & RI,

Madurai.

To,

The Dean Sir,

VMCH & RI,

Madurai.

Through Proper Channel

Respected Sir,

As per the request by the DBCS to do eye camp in Karungalakudi following staff members from Department of Ophthalmology are deputed to the above eye camp.

DATE	08.08.2021
TIME	07:15 am
PLACE	KARUNGALAKUDI
Medical Officer	Dr. Sundareswari,T
CRRI	Dr. Shakthi priya Dr. Shakthi vel
Refractionist	Mrs. Anushya Banu
Ophthal Assistant	Mrs. Anandhi

In addition to lab Technician, Pharmacist, Driver with vehicle(BUS), 2 more ANM's may be deputed for recording BP and maintaining OP register and IP recording and 1 house keeping staff to keep the camp site clean.

Note: All Camp Staffs should assemble at Ophthalmology OPD at 07:15 am sharp Thanking You

Copy to,

CAO Sir

HR

AND/ Matron

PHARMACY

LAB

House keeping

Transport

Yours Sincerely,

Date:02.08.2021

Dr. K. ILANGO, D.O.Dip.,N.B., Prof. of Ophthalmology Department of Ophthalmology

VMCH & RI Reg. No. 51615



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



EXTENSION ACTIVITY PROFILE

Name of the Department	OPHTHALMOLOGY
Head of the department (Name, whatsapp no and mail id)	Prof.DR.K.ILANGO 8903689224 ilango.krishnamurthy@gmail.com
Department co ordinator (Name, whatsapp no and mail id)	DR,J.RAMAPRIYADHARSHINI 9865491514 ramapri6@gmail.com

From June 1 2020 to August 31 2021

List out the Extension and outreach activities carried out in collaboration with National and International agencies	1.Cataract screening camp in amociation with DBCS(District Blindness Control Society) at vellaripatti on 01.08.2021 2."Diabetic retinopathy awareness camp" at karungalakudi
List out the number of extension and outreach	



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HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE DEPARTMENT CIRCULAR

DEPARTMENT OF OPHTHALMOLOGY

Dated:02.08.2021

This is to inform all faculties, Postgratuates, CRRI, students of 3rd year MBBS and staff members of our department that we will be conducting extension activity on "Diabetic Retinopathy Awareness Camp" under DBCS on 08.08.2021 at Karungalkudi from 8-1PM. I request all of you to give full cooperation to make the event a grand success.

Dr. K. ILANGO, D.O.DIP., N.8.

Prof. of Ophthalmology

Department of Ophthalmology

MCH & RI

VMCH & RI

Reg. No. 51615



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE DEPARTMENT CIRCULAR DEPARTMENT OF OPHTHALMOLOGY

Dated:23.07.2021

This is to inform all faculties, Postgratuates, CRRI, staff members of our department that we will be conducting extension activity on "Cataract screening Camp" under DBCS on 1.08.2021 at Vellaripatti from 8-1PM...I request all of you to give full cooperation to make the event a grand success.

Dr. K. ILANGO, D.O.Dip.,N.B.,
Prof. of Ophthalmology
Department of Ophthalmology
VMCH & RI
Reg. No. 51615



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

0	VELAMMA	AL ME	DICAL	COLLEGE
No.	HOSPITAL A	ND RE	SEARCH	INSTITUTE

activities that had student participation	
No of events among the above involving NSS/NCC/Red Cross/ YRC/ Institutional clubs	NIL
List out the Awards and recognitions received for	NIL
extension and outreach activities	

Events planned for the forthcoming days (from 1 September 2021)

nsion activitiy-"Cataract			
The state of the s	5.9.21	DBCS(District Blindness Control Society)	Viralimala)
	12.9.21	District Blindness Control Society	Thiruchuli (Virudhunagar)
	ening camp" nsion activitiy-"Cataract ening camp"	nsion activitiy-"Cataract 12.9.21	nsion activitiy-"Cataract 12.9.21 District Blindness Control



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



Extension activity profile for the past 4 years

Name of the Department	OPHTHALMOLOGY
Head of the department (Name, whatsapp no and mail id)	Prof.DR.K.ILANGO 8903689224 ilango.krishnamurthy@gmail.com
Department co ordinator (Name, whatsapp no and mail id) Department co ordinator (Name, whatsapp no and mail id) DR,J.RAMAPRIYADHARSHINI (9865491514	

Any extension activity conducted between 1 June 2017 to 31 May 2020: Yes

if yes:

S.No	Name of the activity	Date	External agency involved	Type of the activity
1	Cataract screening camp	10.3.19	District Blindness Control Society	Extension activitiy at Thuvariman
2	Cataract screening camp	23.2.20	District Blindness Control Society	Extension activitiy at Ellumalai
3	Cataract screening camp	15.3.20	District Blindness Control Society	Extension activitiy at Elayanku

HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

DBCS CAMP REPORTS on 08-08-2021 Camp at Karungalakudi Melur (Tk) Madurai district

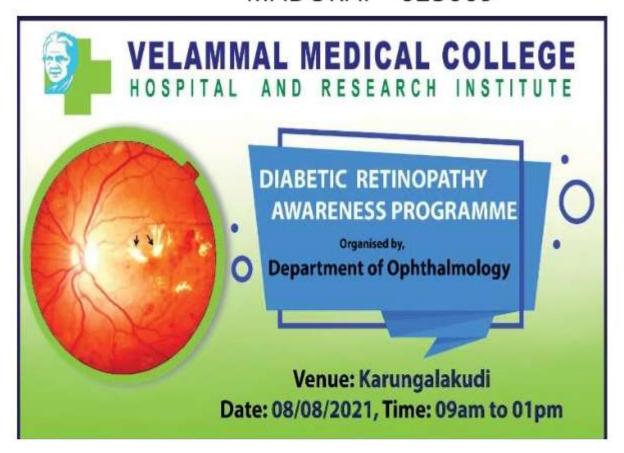
Total OP- 89
Male- 53 Female- 36
Advice cataract- 36
Admission - 23
Male -14 Female - 09
Not willing - 08
Unfit - 0 (DM) -0 (ECG)-0
(CAD) - 0
(CKD) - 01 (HTN) - 0
(DCT) - 0 (ACCO) - 03

Regards by A. Santhanakumar Eye Camp Coordinator VMCH & RI Madurai.

13:58



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



List of students participated

Cataract Screening Camp at Vellaripatti

1.



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

DBCS Camp Report 8.8.21 - Karungalakudi Melur Tk - Madurai District

An ophthalmology camp was conducted on karungalakudi on 8/8/21 the camp was organized by district blindness control programme. The camp was mainly organized for the people with defective vision, under the programme the people with defective vision were found and they had been told regarding all the welfare measures and the facilties available at free of cost. Then the patients were taken to the hospital and the procedure was carried out then dropped back at their respective places. The beneficiesy list has been enclosed here with.

Total Op	89
Male Op	53
Female Op	36
Advised Cataract Surgery	36
Admission For Surgery	23
Male	14
Female	9
Not Willing	8

Prod. THIRUMAVUKKARASU, M.O.D.A., Dogn

Velammal Medicul College Hospital and Research Institute "Velammal Village" Medural-Tuticorin Fung Road Anuppunadi, Medural-525 009, T.M.



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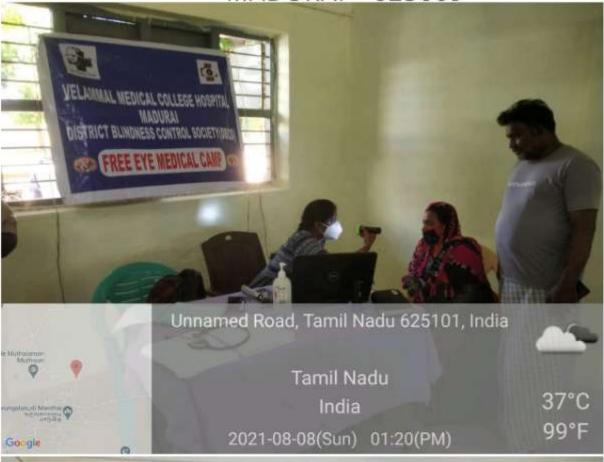
HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009



















HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

From,

Prof.Dr. K. ILANGO.,D.O.Dip.,N.B.,

Prof & HOD of Department of Ophthalmology,

VMCH & RI,

Madurai.

To,

The Dean Sir,

VMCH & RI,

Madurai.

Through Proper Channel

Respected Sir,

As per the request by the DBCS to do eye camp in Karungalakudi following staff members from Department of Ophthalmology are deputed to the above eye camp.

DATE	08.08.2021	
TIME	07:15 am	
PLACE	KARUNGALAKUDI	
Medical Officer	Dr. Sundareswari.T	
CRRI	Dr. Shakthi priya Dr. Shakthi vel	
Refractionist	Mrs. Anushya Banu	
Ophthal Assistant	Mrs. Anandhi	

In addition to lab Technician, Pharmacist, Driver with vehicle(BUS), 2 more ANM's may be deputed for recording BP and maintaining OP register and IP recording and 1 house keeping staff to keep the camp site clean.

Note: All Camp Staffs should assemble at Ophthalmology OPD at 07:15 am sharp
Thanking You

Copy to,

CAO Sir

HR

AND/ Matron

PHARMACY

LAB

House keeping

Transport

Yours Sincerely

Date:02.08.2021

Dr. K. ILANGO, p.o.bip., N.B., Prof. of Ophthalmology

Department of Ophthalmology VMCH & RI

Reg. No. 51615



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

National Nutrition Week Programme - 2022

From,

Date:25.08.2022

THE HOD OF BIOCHEMISTRY.

Velammal Medical College Hospital and Research Institute,

Anuppanadi,

Madurai-625009.

To,

THE DEAN.

Velammal Medical College Hospital and Research Institute,

Anuppanadi,

Madurai-625009.

Respected Sir.

We are planning for an extension activity to be conducted in celebration of NATIONAL NUTRITION WEEK from the Dept of Biochemistry, VMCH&RI on 2nd September 2022 (Friday) at Velammal Vidhyalaya, Velammal Bodhi Campus, Annupanadi, 625009. The intended target audience will be middle level school students.

Nutrition week Theme: Celebrate the world of flavors

Extension Activity:

- 1. Balanced diet across all cultures and cuisines Dr. A. Hariharan Associate Professor, Biochemistry.
- 2. Students BMI and WHR assessment First MBBS Students and Post Graduates of Biochemistry.
- 3. Food plate activities for participants (School Students).

We request your kind permission and approval for the above mentioned extension activity.

Thanking you,

HOD OF BIOCHEMISTRY

Professor and Head
Department of Stochemistry
Volammal Medical College Haspital
and Research Institute
Medical E80 009



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



Velammal Medical College Hospital & Research Institute & Speciality Wing

OFFICE OF DEAN INTER OFFICE NOTE

Ref.No. VMCH/ION/2022/089

Date: 25.08.2022

To

Dr.K.Suganthy Prof&HOD, Biochemistry

Your department is permitted to conduct the below mentioned extension activity for celebrating National Nutrition Week at Velammal Vidhyalaya on 1st September 2022 for school students.

Nutrition week Theme: Celebrate the world of flavors

Extension Activity:

- Balanced diet across all cultures and cuisines Dr.A.Hariharan, Associate Professor of Biochemistry
- Students BMI and WHR assessment First MBBS students and Postgraduates of Biochemistry
- 3. Food plate activities for participants (School students)

Dean

Copy submitted to:

The Hon'ble Chairman

The Director

Copy to:-

Medical Superintendent

Chief Administrative Officer

Advisory Board Members



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



Ref No:076/H/Ext-Act/2022

Date:25.08.2022

The Principal Velammal Vidhyalaya Velammal Bodhi Campus Anuppanadi, Madurai - 625009

Dear Sir.

Sub: Extension activity for School students-- Celebration of National Nutrition Week - by Dept of Biochemistry on 2nd September 2022 - request for permission - reg

With reference to the above subject, we write to inform that Department of Biochemistry, Velammal Medical College had planned to conduct extension activity in celebration of National Nutrition Week on 2nd September 2022 at Velammal Vidhyalaya, Velammal Bodhi Campus. The intended target audience will be the middle level school students.

Nutrition week Theme: Celebrate the world of flavors

Extension Activity:

- 1. Balanced diet across all cultures and cuisines Dr.A.Hariharan, Associate Professor of Biochemistry
- 2. Students BMI and WHR assessment First MBBS students and Postgraduates of
- 3. Food plate activities for participants (School students)

We request you kindly to approve for the aforesaid extension activities.

Thanking you.

Yours faithfully,

PYOL T. THIRUNAVUKKARASU, M.D.D.A.

Velammal Medical College Hospital and Recearch Institute "Velammal Villege" a. Madural-Tuticorin Ring Road Anuppanadi, Madural, T.N.-625 009

"Velammal Village", Madural - Tuscorin Ring Road, Anuppanadi, Madural - 625 009, Tamif Nadu, India. Tel: +91 452 2510000, 7113333 Fax: +91 452 2510010, Toll Free No. 1800 425 00108 E-mail: info@vetammalmedicalcollege.edu.in Web: www.vetammalmedicalcollege.edu.in

An Initiative of Velammal Educational Trust



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



EXTENSION ACTIVITY

NATIONAL NUTRITION WEEK PROGRAMME - 2022

Organised by

DEPARTMENT OF BIOCHEMISTRY

Date: 01.09.2022 Time: 11.00 AM - 1.00 PM

> Venue: Velammal Vidhyalaya, Velammal Bodhi Campus, Anuppanadi.

PATRON Chairman: Mr.M.V.Muthuramalingam

and Research Institute

Director Mr.M.V.Karthick

Advisors:

Dean. Dr. T. Thirunavukkarasu

MS: Dr. S. R. Dhamotharan

VP. Dr. B. G. Mahesh Krishna

DR. K. SUGANTHY
Professor & HOD
Department of Biochemistry
Biochemistry Faculties
Dr. Mamstha T Shency
Dr. A. Harlharan
Dr. A. Sothai Raju
Dr. M. Viveka
Biochemistry Post Graduate
Dr. Geerthana B.
Dr. Aarathy D.
Dr. Ramaprabha S. S.

NATIONAL NUTRITION WEEK PROGRAMME - 2022

Date: 01.09.2022

Time: 11.00 AM - 1.00 PM

Time	Topie	Speaker/Presente
11.00 - 11. 10 AM	Introduction to NATIONAL NUTRITION WEEK PROGRAMME 2022	Dr. K. Suganthy Professor & HOD, Dapartment of Biochemistry, VMCHFI
11.10-11.40 AM	Energy calculation and Balanced diet	Dr. A. Harsharan M.D. Associate Professor, Biochemistry, VMCHRI
11.40 AM- 12.55 PM	Students BMI and WHR calculation, energy calculation and Food plate activities for participants (School Students)	First MBBS students
12.55 PM - 1.00 PM	Vote of thursks	First MBBS students
	Feedback by participants	Velammed Vidhyalaya Students



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Topic: National Nutrition Week Programme - 2022

Date: 02.09.2022 (Thursday)

Time: 11.00 am - 1.00 pm

Venue: Velammal Vidhyalaya, Velammal Bodhi Campus, Anuppanadi.

Target audience: 8th and 9th School students.

Organizing team: Faculties of Biochemistry, Post graduate students of

Biochemistry, First year M.B.B.S., students.

Number of participants: 98 school students (boys: 56 and girls: 42).

Event Report: The event started with the introduction of National Nutrition Week Programme by Professor Dr. K. Suganthy in the presence of schoolteachers and Principal Mr. Bala Murugan. Following that DR. A. Hariharan conducted a interactive session on Nutrition and calculation of the energy requirement for the school children. He explained how to calculate BMI and WHR, age and gender specific reference value. Then students where explained how to convert the calculated calorie to daily food to create a Meal plan. All the participant students weight, height, WHR was measured with the help of first year M.B.B.S., students. Then a food plate group activity was done with the participant students for energy calculation by Biochemistry faculties, postgraduates of Biochemistry and first year M.B.B.S., students as facilitator.

The session ended with feedback by participant students and vote of thanks by first year M.B.B.S., student.

Prof. T. T. RUNAVAIK ARASU, M.E.D.A., Velaminal Medical College Hospital

Velaminal Medical College Hospital and Research Institute "Velaminal Village" Medural-Tuticorin Ring Road Anuppanedi, Medural-825 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Outcome: Nutritional awareness for school students.

	Grams	D	
Food	Carbohydrate (g)	Protein (g)	Lipid (g
Dosa (1 medium size)	29	3.9	3.7
Idly (2 in number-100g)	41	6	0
Sambar (1 cup)	26	7.1	0.7
Puri (1 in number – 44g)	12	2.3	9.8
Coconut chutney (2tsp)	4	2	2.5
Pongal (1cup-207g)	54	7.3	8.1
Vadai (1 in number)	25	4	5
Maggi noodle (1 pack – 566g)	52	9.9	15
Parotta (1 in number – 79g)	36	5	10
Chapathi (1 medium – 40g)	18	3.1	3.7
Panner butter masala (1cup- 198g)	6.9	8.2	16
Mushroom masala (1cup-238g)	8.4	5.1	7.7
Upma (1cup-155g)	21	3.5	4
Sambar rice (1 cup-207g)	39	6.5	4.5
Curd rice (1cup-225g)	38	6.1	3.2
Chicken biryani (1 cup-205g)	31	20	9.4
Mutton biryani (2cup-402g)	38	38	37
Fried potato (117g)	48	4	17
Potato curry (1cup-238g)	21	2.9	13
Vegetable curry (1cup-236g)	24	5.6	8.8
Mutton gravy (1cup-233g)	24	5.6	8.8
Chicken gravy (1cup-228g)	12	1.6	6
Boiled egg (1 in number)	0.6	6.3	5.3
Egg omelette (1 in number- 122g)	0.9	14	17
Apple (1 medium size-200g)	27.6	0.5	0.3
Banana (1 medium size – 118g)	27	1.3	0.4
Grapes (1cup-92g)	16	0.6	0.3

Velgomal Madical College Hospital
"Volamenal Villege"
Madural-Tullcoin Pany Road
Anuppenadi, Madural-625 009, T.N.

UKKARASU, MR.BA.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Guava (1 in number-100g)	14.32	2.55	0.95
Papaya (1cup-145g)	16	0.7	0.4
Mango (1cup-165g)	24.7	1.4	0.6
Watermelon (154g)	12	0.9	0.2
Muskmelon (100g)	8.6	0.8	0.2
Milk (100ml)	5.1	3.4	3.3
Chana dal (100g)	42	13	4
Boiled Rice (1cup-186g)	52.3	4.43	0.39

Vitamins / Minerals		RDA
	Adults	500 mg/day
Calcium	Children	1200 mg/day
	Pregnancy and lactation	1500 mg/day
Phosphorus	All age group	500 mg/day
	Adults	20 mg/day
Iron	Children	20-30 mg/day
	Pregnancy	40 mg/day
	Children	400-600 μg/day
Vitamin A	Men	750-1000 µg/day
Vitamin A	Women	750 μg/day
	Pregnancy	1000 μg/day
	Children	10 μg/day
Vitamin D	Adults	5 μg/day
Vitamin D	Pregnancy and lactation	10 μg/day
	Above the age of 60 yrs	600 μg/day
	Male	10 mg/day
	Female	8 mg/day
Vitamin E	Pregnancy	10 mg/day
	Lactation	12 mg/day
Vitamin K	All age group	1 μg/kg
Vitamin C	All age group	75 mg/day
Vitamin C	Pregnancy and lactation	100 mg/day
Vitamin B1 (Thiamine)	All age group	0.5ng/1000 calories

KARASU, MD.DA. Voland Scannon Institute "Volentinal Volence"
Madural Tullcock Ring Road
Anuppanadi, Madural 629 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Vitamin B2 (Riboflavin)	Adults Pregnancy and lactation	1.5 mg/day 1.7-1.9 mg/day
Vitamin B3 (Niacin)	All age group During lactation	20 mg/day 25 mg/day
Vitamin B5 (Pantothenic acid)	All age group During pregnancy	1-2 mg/day 2.5 mg/day
Vitamin B6 (Pyridoxin)	All age group	10 mg/day
Vitamin B7 (Biotin)	All age group	200-300 mg/day
Vitamin B9 (Folic acid)	All age group Pregnancy Lactation	200 μg/day 400 μg/day 300 μg/day
Vitamin B12 (Cobalamin)	Adults Children Pregnancy and lactation	2 μg/day 0.7-1.4 μg/day 2.2-2.6 μg/day

Prof. T. THIRUNAVUKKARASU, MD.DA. Dean

Volumeal Medical College Hospital end Recearch Institute

"Velemmel Village"

Medural Tutienth Ring Road

Anuppmadi, Madural 625 009, T.N.

































































From,

19.09.2022

The Senior Principal,

Velammal Vidyalaya

Bodhi Campus,

Anuppanadi,

Madurai - 625009

To,

The Dean

Velammal Medical College,

Anuppanadi, Madurai - 625009

Respected sir,

We appreciate the department of BIOCHEMISTRY, VMCH & RI OF VELAMMAL MEDICAL COLLEGE for conducting National Nutrition Week Programme – 2022 at VELAMMAL BODHI CAMPUS. We congratulate the organizing team of faculties graduates and first year MBBS students. Also, we look forward for further Health Awareness Activity in future for our school students.

Thanking you,

Yours in Education

SENIOR PRINCIPAL

PRINCIPAL VELAMMAL VIDYALAYA ANUPPANADI MADURAI - 625 009 AND THE PROPERTY OF THE PARTY O



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

COVID Vaccine Awareness at Aruppakkottao

Extension activity on "COVID-19 vaccine awareness" was conducted on 15.08.2021. It was conducted for the public at Aruppukottai. Thirty people participated in this extension activity. Dr. Rajendran, Associate Professor, Department Microbiology organized the program. Post Graduate Dr. Fayaz Basha was actively involved in the program.

Dr. Fayaz Basha spoke about COVID-19 and its impact on health. Dr. Rajendran addressed the need for vaccination and how vaccines can prevent the severity of COVID19 infections and the different types of vaccines available.

This program helped the general public to know the importance of vaccination against COVID-19.It created an awareness among the public about the usefulness of the vaccine.

PROL T. THIRUNAVUKKARASU, MILEA

Velammal Medical College Hospital
and Research Institute
"Velammal Villege"

Madural-Tullcorin Ring Road Anuppanadi, Madural-625 000, T.N.

HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Ref.No: 76/micro/2021

From

Professor & Head,

Department of Microbiology,

VMCH&RI,

Maducai,

To

The Dean,

VMCH&RI,

Madurai.

Respected Sir;

Sub: Department of Microbiology, VMCH & RI - Permission for Extension activity - Request - Regarding.

Since we have planned to conduct Extension activity on 15.08.2021 on "COVID vaccination awareness" for the public at Aruppukkottao. I request you to give permission to conduct the programme.

Thanking You,

Date: 13.08.2021

Madurai.

Yours sincerely,

Professor & Head Department of Microbiology.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

From

The Professor and Head

Department of Microbiology

Velammal Medical College Hospital & Research Institute

Madurai

To

The President

Puliampatti Administrative Sabha

🎘 , Aruppukottai ,

Respected Sir,

We, the faculty of Department of Microbiology from Velammal Medical

College Hospital & Research Institute would like to conduct an Extension

activity on "COVID-19 VACCINATION AWARENESS" for the public in your area
on 15.08.2021. Kindly give the permission for the same

Thanking You

Date:13.08.2021

)

Yours Sincerely

Place: Madurai

Prof.& HOD, Microbiology

Prof. & HOD

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HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Vielammal Medical college Hospital Research Institute, Maderai-

Extension Advinted to Microbiology Dept.

Date: 15-8.2021 : Time: 4,00 pm

Place: Arappuko Hai.

Attendance of the Participants

Spales Muse

Bring Barons

4. Maysnort

5 - 150pt 8

6. र. प्राकुर्ण क्या अस्

4. তেওঁ৬ প্লুনাট্

8 .. To Open Do John .

T. K. COMOSTERIO

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A@948846805 15.08.2021

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VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

अक्रियमंह हक्त्र क्षिट्र १६.०४ - १६.०४

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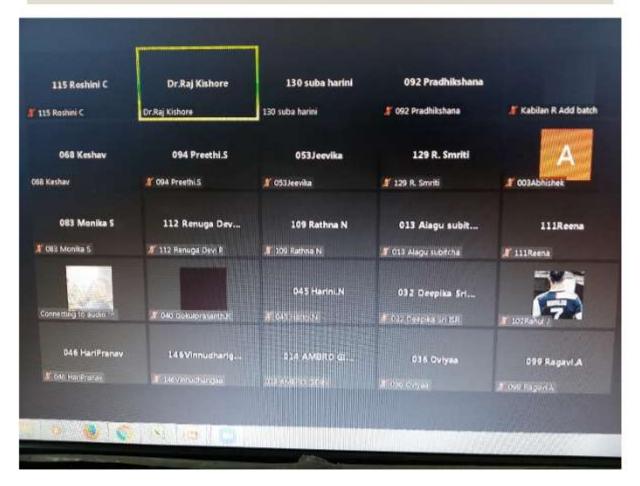


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மதுரை வேலம்மாள் மருத்துவமனையின் நுண்ணுயிரியல்துறையின் சார்பாக அருப்புக்கோட்டை புளியம்பட்டியில் 15.08.2021 அன்று <mark>மாலை 4.00</mark> மணியளவில் நடத்தப்படும் <mark>கோவிட்-19</mark> தடுப்பூசி விழிப்புணர்வு முகாமிற்கு வருகை தந்து பயன்பெறுமாறு அனைவரையும் அழைக்கிறோம்.



இவண் துறைத் தலைவர் நுண்ணுயிரியல்துறை வேலம்மாள் மருத்துவமனை, மதுரை















HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Ref.No: 71/micro/2021

Hand Hygiene Awareness at Old Kuyavarpalayam Road Area

From

Professor & Head,

Department of Microbiology,

VMCH&RI,

Madurai.

To

The Dean,

VMCH&RI,

Madurai.

Respected Sir,

Sub: Department of Microbiology, VMCH & RI - Permission for Extension activity - Request - Regarding.

Since we have planned to conduct Extension activity on 09.08.2021 on "Hand hygiene awareness" for sanitary workers at old kuyavar palayam road. I request you to give permission to conduct the programme.

Thanking You,

Date: 7.08.2021

Madurai.

Yours sincerely,

Professor & Head Q



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

From

The Professor and Head Department of Microbiology Velammal Medical College and Research Institute Madurai-625009

To

The Ward councillor Old kuyavarpalayam Road East veli street Madurai-625001

Subject: Velammal Medical College and Research Institute, Request for extension activity on hand hygiene for sanitary workers

Respected sir,

We, the faculty of Department of microbiology from Velammal Medical College Hospital and Research Institute, Madurai, would like to conduct extension activity on hand hygiene awareness for sanitary workers of old kuyavarpalayam road area. Kindly give permission for the same.

Thanking you,

Date: 7.8.2021 Madurai.

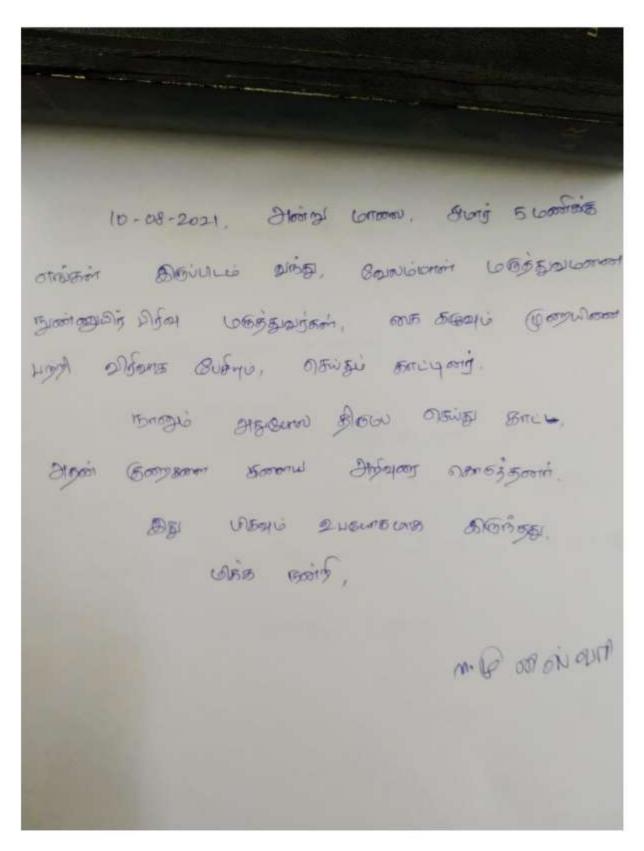
Yours sincerely

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VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009





activities.

VELAMMAL MEDICAL COLLEGE

HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Extension activity on "Hand hygiene awareness" was conducted on 09.08.2021.

It was conducted for sanitary workers at old kuyavar palayam road. Twenty-six sanitary workers from old kuyavar palayam road participated in this extension

activity. Dr.Jhansi Charles , Professor and head of department Microbiology

organized the program. Postgraduates Dr. Fayaz Basha, Dr. Krithika Varshini and

Dr.Shaily were actively involved in the program.

Dr.Krithika Varshini spoke about the usefulness of hand hygiene. Dr. Shaily demonstrated steps of Hand hygiene. All the twenty-six participants of the extension activity performed the steps of hand washing individually. Dr. Jhansi Charles addressed the need to incorporate hand hygiene in their routine

This program helped the sanitary workers to learn what basic hand hygiene was and how to implement it in their day-to-day activities. Since the participants individually performed the steps of hand washing, they were able to clarify their doubts and learn the proper procedure of hand washing.

PINE 2. THIRUNAVUNKARASU, MD.BA.

Velammal Medical College Hospital and Research Institute "Velammal Villago" Medural-Turicorin Ring Road Anappanadi, Madural-625 009, T.N.









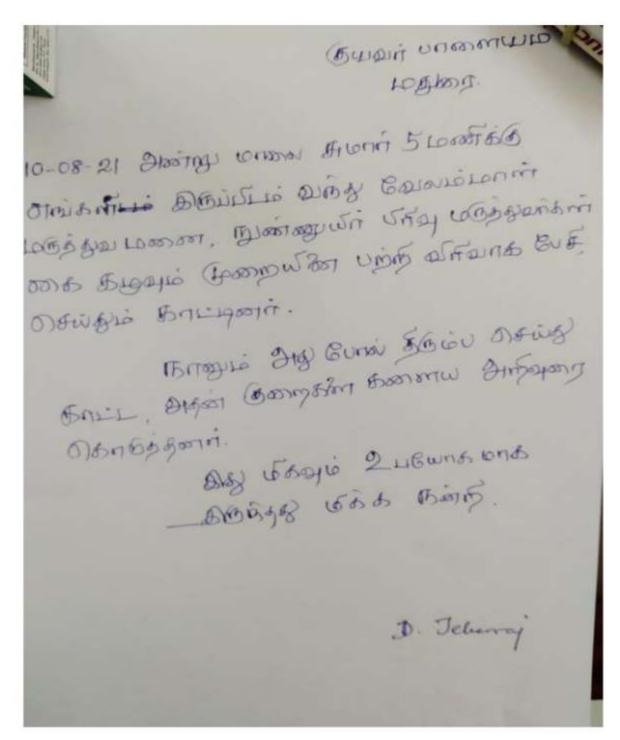
HOSPITAL AND RESEARCH INSTITUTE





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MADURAI - 625009





HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Department of Respiratory Medicine

Overview of Sleep Apnoea for Software professionals

(2022)

Program report

Program report:

Department of Respiratory medicine, Velammal Medical College Hospital, Madurai has conducted a programme on "Overview of sleep apnea" for software professionals from HCL technologies, Madurai. The program was organized in Board room, 3rd floor Velammal medical college hospital block, Madurai on 21st July 2022 from 2pm to 4pm.

Target audience was software professionals from HCL technologies, Madurai. 5 software professionals from HCL technologies, Madurai attended the programme.

Overview Of Sleep Apnoea Report:

Dr. Niranjan P, Assistant professor, department of respiratory medicine, velammal medical college hospital welcomed the participants from HCL technologies, Madurai.

Dr.Prem ananth P,Associate Professor, Dr. Niranjan P, Assistant professor and Dr. Anand R, Senior resident form the department of respiratory medicine, Velammal medical college Hospital and research institute were the resource persons for that programme. Definition, when to suspect sleep apnea, pathology involved and how PAP devices works all were discussed in that meeting.

Finally, vote of thanks was delivered by Dr. Anand R, Senior Resident, Department of Respiratory Medicine, Velammal Medical College Hospital, Madurai

Prof. T. HIRUNAVUKKARASU, M.D., D.A.,

Velammet Medical College Hospital and Research Institute "Velammet Village" Medural-Tudcorin Ring Road

Anuppanadi, Madural-625 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Invitation:



Velammal Medical College Hospital & Research Institute & Speciality Wing

Invitation

Department of Respiratory Medicine Condinally invites you for the Training Programme on "OVERVIEW OF SLEEP APNOEA for Software professionals"

FACULTY.:

Dr. PREMANANTH P. Associate Professor, Dept. Of Respiratory Medicine Dr. NIRANJAN P. Assistant Professor, Dept. Of Respiratory Medicine Dr. ANAND R. Senjor Resident, Dept. Of Respiratory Medicine

DATE: 21" July 2022

Time: 02:00 pm

VENUE:

BOARD ROOM.

3rd floor Velammal Medical college Hospital Block

TARGET AUDIENCE:

Software professionals

Department of Respiratory Medicine
VMCH&RI Madurai









HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Extension activities from the Department of Respiratory Medicine

Lung function screening in Geriatric population

Location: Old Age Home Malligai Nagar, Annaiyur, Madurai:

Faculties:

Dr. Ramesh C, Prof & HOD, Respiratory Medicine

Dr. Niranjan P, Assistant Professor, Respiratory Medicine

Ms. Sudha, Tutor AHS

Students:

Along with respiratory therapy students- Ms. Aarthy, Ms. Asleen, Ms. Suhaina fathima, Ms. Nabisha Banu, Ms. Ananthi

Date:17-08-2021

Report:

On, 17th August 2021, Department of Respiratory Medicine, Velammal Medical college and Research Institute conducted "the lung function function screening assessment in geriatric population" at Old Age Home Malligai Nagar, Annaiyur, Madurai by Dr. Ramesh C, Prof & HOD, Respiratory Medicine, Dr. Niranjan P, Assistant Professor, Respiratory Medicine, Ms. Sudha, Tutor Allied Health Sceinces along with respiratory Therapy Students- Ms. Aarthy, Ms. Asleen, Ms. Suhaina fathima, Ms. Nabisha Banu, Ms. Ananthi.

Pol. T. HIRUNAVUKKARASU, M.D.D.A.,

Dean

Velammal Medical College Hospital
and Rosearch Institute

"Velammal Village"

Madural-Tuttcorin Fung Road Anuppanadi, Madural-825 009, T.N.













Programme on smoking caessation and vaccination awareness

Report:

Location: Subalakshmi Lakshmipathi college of science

Thiruparankunram

Faculties:

Dr. Ramesh C, Prof & HOD, Respiratory Medicine

Dr. Niranjan P, Assistant Professor, Respiratory Medicine

Along with respiratory therapy students:

Ms. Suhaina fathima, Ms. Nabisha Banu, Ms. Ananthi, Ms. Jeeva Rekha, Ms. Thoupikka, Ms. Maria lithi Rashmi, Ms. Sneha Joshi, Ms. Ezhil vizhi and Ms. Vinisha

Date: 18-08-2021

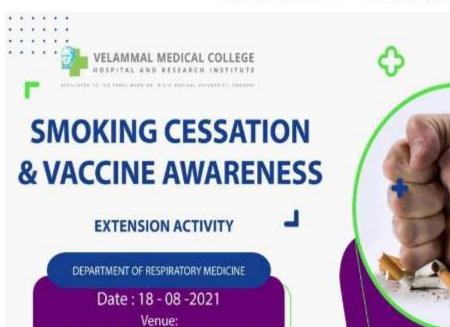
On 18th August, 2021, Dr. Ramesh C, Prof & HOD, Respiratory Medicine and Dr. Niranjan P, Assistant Professor, Respiratory Medicine, along with the respiratory therapy students- Ms. Suhaina fathima, Ms. Nabisha Banu, Ms. Ananthi, Ms. Jeeva Rekha, Ms. Thoupikka, Ms. Maria lithi Rashmi, Ms. Sneha Joshi, Ms. Ezhil vizhi and Ms. Vinisha conducted a programme on "smoking caessation and vaccination awareness" at Subalakshmi Lakshmipathi college of science, Thiruparankunram, Madurai.

Prot. T. THIRUNAVUKKARASU, MD.DA.

Velammel Medical College Hospital and Research Institute "Velammel Village" Madural-Tuttoorin Ring Road Anuppenedi, Madural-625 009, T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



Subbalakshmi Lakshmipathy College of Science

















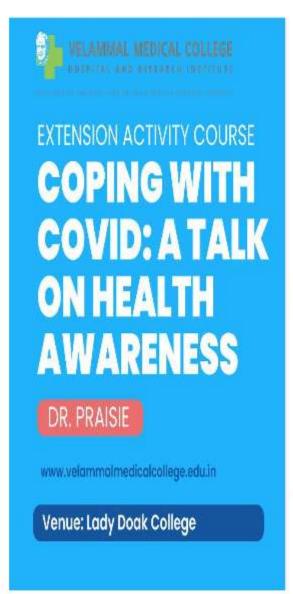






HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

A Talk on Health Awareness among Youth regarding Coping with Covid







VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Activity Name: A Talk on Health Awareness among Youth regarding

Coping with Covid

Date: 17.8.2021

Venue: Lady Doak College

Organised by: _____

No. of Students/Faculty Participated: 148

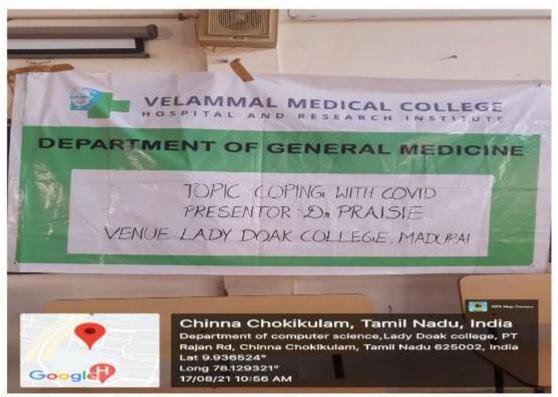
Description: Program was conducted to educate participants about covid and coping with it. Covid is a pandemic that causes significant mortality and morbidity. Strict lock down for preventing spread of covid has also caused significant psychological stress among the public, especially the younger population. Mechanisms for covid with stress was discussed in detail. At the end of the question answer session was held were students all queries have been addressed.

Velammal Medical College Hospital and Research Institute "Valenmal Villaga" Medural-Tullcorin Ring Road

Anuppanadi, Madural-825 009, 7.M.

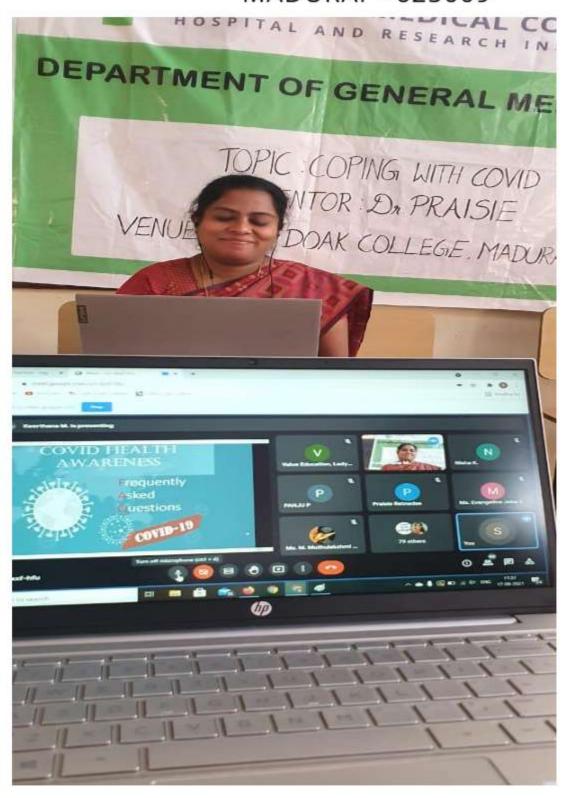






A Talk on Health Awareness among Youth regarding Coping with covid at Lady Doak College







HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Awareness of Heart Attack in Post Covid status at Velammal College of Engineering College Viraganoor in collabaration with Rotary club



DEPARTMENT OF

CARDIAC ANAESTHESIA

CARDIAC SURGERY

VELAMMAL MEDICAL COLLEGE &
RESEARCH INSTITUTE
MADURAL

EXTENSION ACTIVITY ON AWARENESS OF HEART ATTACK IN POST COVID STATUS

DATE: 17.08.2021 at 9.15am- 10.30am

VENUE: Velammal Engineering College:Staffs
Join with: metro heritage rotary club, Madurai.





HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

EXTENSION ACTIVITY - DEPARTMENT OF CARDIATHORACIC

VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE, MADURAL 17-08-2021

The department of Cardiacthoracic of Velammal Medical college hospital and Research institute, Madurai, Tamilnadu is planning to organize an Extension activity to staff of Velammal Engineering College, Viraganoor, Madurai on 17th August 2021 along with the Rotary club Madurai, Metro Heritage. The incidence of myocardial infarction in the covid period in common. This program is organized with the intention of spreading awareness to the puplic on post covid care

After the activity, participants will be having awareness about prevention of post covid cardiac problems

Target audience: teaching staffs

AGENDA:

S.NO	TIME	SESSION AGENDA	SPEAKERS
1	9.15 am to 9.30am	Welcome note	Rtn.Mr.Anand Rotary club Madurai Metro Heritage
2	9.30 am to 10.30 am	Awareness of heart attack in post covid status	Dr.P.Selvakumar Head of the department of cardiac anaesthesia DR.Ramprasad Consultant cardiothoracic surgery
3	10.30 to 10.45am	Vote of Thanks	Dr.Damodharan Medical Superindentant VMCH&RI



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

10.08.21

From

Dr. Selvakumar

Consultant

Cardio Thoracic Department

Prof. T. THIRUNAVUKKARASU, MD.DA. Velammal Medical College Hospital and Research Institute

Madurai

To

The Principal

Velammal Engineering College

Viraganoor

Madurai

Through proper channel

Sir.

From the Cardio Thoracic Department, Velammal Medical College and Hospital, Madurai along with Rotary club of Madurai- Metro Heritage is planning to organise an extension activity program on awareness of heart attack in postcovid status for your staff on 17/8/21 between 11 to 12 noon. We seek your permission regarding the same.

Thank you,

Dean Velemmal Medical Colloge Hospital

and F

search Institute

mont Village Madural-Tutlcorin Fling Road

Anupponadi, Madural, T.N.-625 009

Cardio The

Shall bred

Scanned with CamScanner



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Awareness of Heart Attack in Post Covid status at Velammal College of Engineering College Viraganoor in collaboration with Rotary club



























HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009



VELAMMAL COLLEGE OF ENGINEERING & TECHNOLOGY

(Accredited by NAAC with 'A' Grade and by NBA for 5 UG Programmes)
(Approved by AICTE and affiliated to Anna University, Chennal)
Velammal Nagar, Madurai - Rameswaram High Road, Viraganoor, Madurai - 625 009, Tamiloadu.

Dr. N. Suresh Kumar, M.E. Ph.O. Principal

17.08.2021

Letter of Appreciation

This letter is issued in appreciation of the team activity on "Awareness of heart attack in post-covid status" performed by the Department of Cardiac Anesthesia, Velammal Medical College Hospital and Research Institute, Madurai on 17th August 2021. The program was a timely awakener and eye-opener for our staff and of immense help in this pandemic period. Congratulations to the entire team for the activity.

PRINCIPAL PRINCI



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Suicide Awareness Program at Vani Vidyalaya, Subramniyapuram, Madurai.

Date: 06.08.2022

Time: 9:00 am to 11:00 am

Place: Vani Vidyalaya, Subramniyapuram, Madurai.

Event: Suicide Awareness programme

Target Group: Students and Parents

No of Participants:111

Faculty participated: Dr. Ramanujam

Resource Person : Dr. Sivakumar PG (psy)

Department of Psychiatry VMCH

Mr. B. Ravichandran Counselor

Department of Psychiatry VMCH

Organized by: Neidhal Cadet Service (OPC) Private Limited

Prof. T. THIRUNAVUKKARASU, MO,DUL

Velammal Medical College Hospital and Research Institute "Velammal Voluge"

Madural-Tulicorin Fung Road Anuppanadi, Madural-625 003, TM









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HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





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RECOGINISED UNDER START UP INDIA, MINISTRY OF COMMERCE AND INDUSTRY. DEPARTMENT FOR PROMOTION OF INDUSTRY AND INTERNAL TRADE, FIT INDIA, MINISTRY OF YOUTH AFFAIRS & SPORTS. NATIONAL CAREER SERVICE, MINISTRY OF LABOUR & EMPLOYMENT, GOVT. OF INDIA. STARTUP TN, MINISTRY OF MSME, GOVERNMENT OF TAMIL NADU

Requisition Letter

Date: 01.08.2020

To The Professor & HOD Department of Psychiatry, VMCH RI, Madurai.

Sub: Mental Health Awareness Program reg.

Greetings :- We are planning a workshop on Drones piloting program for school students & parents to a strength of 100 at Sri Vani Vidhyalaya Matric Hr. Sec. School, MK Puram, Madurai.

We are organising a session to create a awareness about suicide prevention as a part of workshop. So I request you to provide a staff from your institution for this workshop to create a better citizen of our country.

Thanking you

Yours truly For NEIDHAL CABET SERVICES (OPC)

Managing Director

PRIVATE LIMITED D. R. G. SENTINE KUMAR WEIGHAL CADET SERVICES (OPC: PUTLO) tte, Gandhi Nagar, New 128 Kidese Onatora, ret. - 625159 Vinothunagor, Tamimadu. - redia



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





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NATIONAL CAREER SERVICE, MINISTRY OF LABOUR & EMPLOYMENT, GOVT. OF INDIA.
STARTUP TN, MINISTRY OF MSME, GOVERNMENT OF TAMIL NADU.

Feed Back Letter

Date: 06.08.2020

To
The Professor & HOD
Department of Psychiatry,
VMCH RI,
Madurai.

Sub: Feed Back on the Mental Health Awareness reg.

Greetings; Today we had a wonderful presentation by your staff Dr. Ravichandran., Emply code:- VH991 Psychologist & Consulting at Sri Vani Vidhyalaya Matric Hr. Sec. School, MK Puram, Madurai. They were very cordial & we are knowledgeable in their area of expertise; we wish to work with you in coming years too; lets have a successful journey together.

Warm Regards

Yours truly

standing Director

Dr. R. G. SENTTILL KUMAR NEIDHAL CADETSERVOES (DPC) PUTLITO 1986, Gandhi Nagar, Noar MR Kidzeo Ohafavai, piram - 628168 Virudeunagor, Tamlinadu, - India



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Department of Psychiatry VMCH Relapse Prevention Program

INDEX

- ✓ Program agenda
- ✓ Program Report
- ✓ Photo gallery
- ✓ News paper flash
- ✓ Award winners list
- ✓ Program budget



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Department of Psychiatry

VMCH

Relapse Prevention Program

agenda

Prayer

:Mr.Logeshwaran(recovered person)

Welcome Addreess

:Dr.V.Ramanujam

Prof and Head

Department of Psychiatry

Honouring of Chief Guest : Director-VMCH

Awareness skit by

:Nursing Students-VMCH

Honouring of recovered

persons

: Director-VMCH and Chief Guest

Feedback session

recovered persons and their family members

Felicitation

:Director-VMCH

special

:Dr.J.Sangumani

Dean

Goverment Medical College and Hospital

Virudhunagar.

Vote of thanks

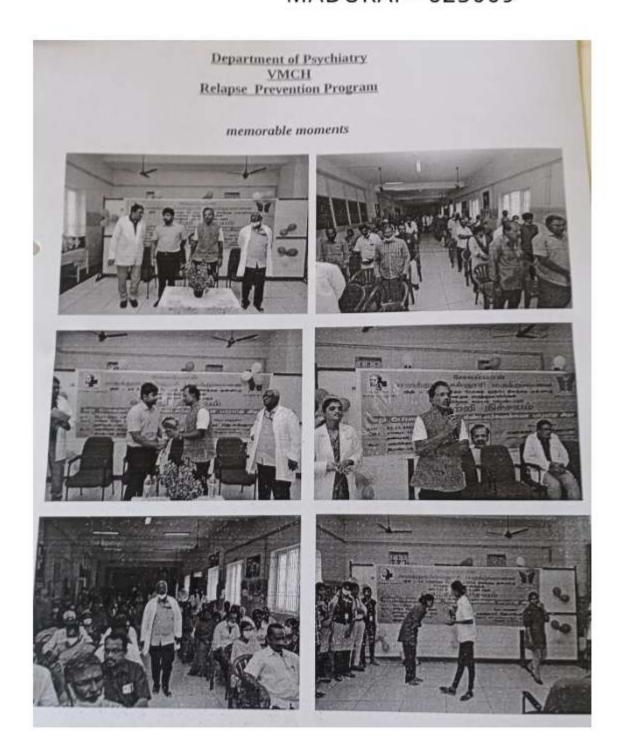
:Dr.S.Vidya

Asst Professor

Deparment of Psychiatry

Lunch for the Gathering







HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Department of Psychiatry VMCH Relapse Prevention Program report

Date

: 23.07.22

Time

: 11am to 12.30pm

Place

: Male Psychiatry ward (206) 2nd floor

Event

: Relapse Prevention Program

Target

:Addiction and De- addiction recovered persons and

their Family members

No of Participants

:110

Chief Guest

:Dr.J.Sangumani

Dean

Government Medical College and Hospital

Virudhunogar.

onsored by

:Sun Pharma Synergy

panized by

:Department of Psychiatry







Department of Psychiatry VMCH Relapse Prevention Program					
S.no	Name				
1.	Mr.Ganasekaran	Phone no			
2.	Mr.Raja mohan	6379455194			
3.	Mr.Muthukrishnan	9585780820			
4.	Mr.Johnpeter	9790296490 7708434638			
5.	Mr.Manivannan	8124091908			
6.	Mr.Marisamy	8390204231			
7.	Mr.Logeshwaran	8883275573			
8.	Mr.Vasudevan	9840435464			
9.	Mr.Samuvelraj	9976390402			
10.	Mr.Sivabalan	8334962022			
11.	Mr.Ramachandran	9597968890			
12.	Mr.Dhatchanamoorthy	6383412806			
13.	Mr.Samuvel	9600972803			
14.	Mr.Kumaravel	8638288234			
15	Mr.Rajkumar	7708400646			
16.	Mr.Alagesan(sister)	9843706156			
17.	Mr.Arjunan	9865408406			
18.	Mr.Veerapathiran(brother)	9790064090			
19.	Mr.Muniyasamy	9994350436			
20.	Mr.Poovailingam	9894996763			
21.	Mr.Jeyachandran(mother)	6380743057			
22.	Mr.Rafeekraja	7871197202			
23.	Mr.Kumar(wife)	8072204583			
24.	Mr.Kandhan	9894102093			
25.	Mr.Thangavelu	9047466100			



HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Dementia screening and Awareness Programme in Old Age Home at Rojavanam Old Age Home, Uthangudi, Madurai

From

Dr.Ramanujam Prof and Head Department of Psychiatry

To

Mr. Ramar, The Incharge Rojavanam old age home, Uthangudi, Madurai.

(Through Proper channel)

Respected Sir,

Sub: Conducting an awareness program in your old age home – regarding.

We, from the Department of Psychiatry, VMCHRI, would like to conduct an awareness program regarding Dementia for your inmates in your old age home on 12.08.2021 at 1.00 pm to 3.00 pm.

Kindly allow our team members whose list has been enclosed, to conduct the program.

List of team members:

- 1.Dr. Vidhya.S, Assistant Professor
- 2.Ms. Thangam, Clinical Psychologist
- 3. Mr. Ravichandran, Counsellor
- 4. CRRIs 4
- 5. Nursing students-10

Thanking you

Date: 04.08.2021 Place: Madurai Yours's sincerely.

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HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009



DEMENTIA SCREENING CAMP

Organised by: Department of Psychiatry



Zoom Meeting ID: 881 2613 2912 Passcode: 470852

Date: 12 - 08 - 2021 Time: 01:30 PM

Venue:

Rojavanam Oldage Home, Uthangudi, Madurai



Faculty: Dr. Vidhya.S - Assistant Professor

Clinical Psychologist: Ms.Thangam

Counsellor: Mr.Ravichandran

No. of students participated: 96

CRRIS: Dr. Sobana, Dr. Soorya, Dr. Sorna, Dr. Sreharsni, Dr. Srilekha, Dr. Supriya, Dr. Kaveyalin

Introduction: As a part of our community psychiatry project, the department of psychiatry has initiated regular mental health liaison activities with the nearby NGOs who care for needy. As part of this initiative, a visit to Rojavanam, a home for the abandoned elderly was undertaken on 12-08-2021.

Rojavanam Old Age Home is in Uthangudi, Madurai. It caters to around 30 geriatric patients who are under residential care. Dr. Vidhya from the department of psychiatry co -ordinated the program. Miss. Thangam, clinical psychologist, Mr. Ravichandran, counsellor, six of CRRI's, 22 of nursing students (accompanied by their supervisor) and 101 nursing & MLT students are connected through zoom link.

Objectives:

- To initiate the psychiatry and psychology professional service in the NGO for a comprehensive mental health care of the geriatric population in the home.
- Screen for general medical conditions and mild mental health issues.
- Screen and treat for Dementia.
- To create awareness about the early intervention of dementia among the people in old age home.
- Assess for need for any tertiary care interventions and refer if needed.
- Plan for future associations and awareness activities in the premises.

Velammal Medical College Hospital and Resourch Institute

"Volumnat Village"

Medural-Tuticorin Ring Road Anuppenadi, Madurai-825 009, T.M.



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Audience:

Third Year MBBS Students
B.Sc. Nursing Students Third and Final Year
DMLT Final Year Students
Online Attendance

Brief Description:

The Department of Psychiatry organized an extension program on 12.8.2021 at 1pm visiting the old age home at Uthangudi for creating awareness about Dementia and screening for the same. There were totally 31 inmates of ages above 55 years. Welcome address was given by our Clinical Psychologist.

The students and the beneficiaries were illuminated about Dementia and its clinical presentation by Dr. Vidhya. Later the students were trained to use screening instruments used for assessment of Dementia and demonstrated. After the introduction session we went for bedside rounds and also interacted with the administrative staff and inmates. All the inmates were screened with basic screening material at first level by the students and verified by Clinical Psychologist.

Dementia Screening Tests has been taken over by the clinical psychologist and identified 6 people are having significant cognitive impairment. The result shows that 4 to 5 people are at high risk for mild dementia. The activity was conducted for about 2 hrs and ended with a vote of thanks by our department Counselor and feedback was given by The In-charge person Mr. Ramar. The Inmates and audience were given tea and snacks following the activity. Their medical needs were discussed and addressed by distributing free medicines to them during this visit. Administrators from Rojavanam old age home felt proud to have an association with our esteemed institution. The staff at the Rojavanam helped in the successful completion of the camp by providing the doctors with the required information about each patient. At the end of the camp the doctor gave them tips to improve their cognitive functions through maintaining good emotional and psychological health.

Prof. T. Pilitui NAVUKKARASU, MD.DA.,

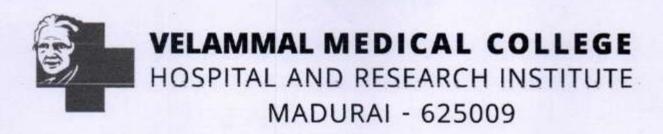
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Velammal Medical College Hospital
and Research Institute

"Volammat Village"

Medural-Tutloprin Ring Road

Anappanadi, Madural-625 009, T.N.



Special Resources Utilized:

- · Laptop with zoom link for students attending online.
- · Active mind screening instrument
- MMSE rating scales
- · Awareness materials and pamphlets

Conclusion: The extension activity organized was appreciated by the beneficiaries and was successfully concluded. It was decided to have a regular screening of residents at a regular interval by visits from our health care team. The possibilities of arranging a free medical camp in liaison with the General Medical doctors, Ophthalmologists, Urologists, Cardiologists, and physiotherapists of Velammal Hospital were explored at the request of the administrator of the home. The activity was concluded with a formal signing of the MOU and a short conclusive thanksgiving speech by the administrators.

Prot. T. THIRUNAVUKKARASU, MO,DA.

Valammal Medical College Hospital and Research Institute "Valammal Village" Medural-Tuticorin Ring Road Anuppanadi, Madural-626 009, T.N.













HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Awareness Program and Check-Up Osteoporosis for Elderly at Anna **Bus Stand**

Madurai

From

Dr. V. Raviraman

Prof & HOD,

Dept. of . Orthopaedics,

VMCH & RI,

Madurai.

To

The Dean,

VMCH & RI,

Madurai.

04.08.2021

Prof. T. THIRUNAVUKKARASU, M.D.B.A.,

Dean Volumeal Medical College Hospital and Research Institute "Vetaminal Village" Madural-Tuticotts Ring Road

Anuppenadi, Madurai, T.N.-625 009

Respected sir:

We from the department of Orthopaedics are planning to conduct a Extension activity- " Osteoporosis " on 06.08.2021 in Anna bus stand. Targeting audience Public. We kindly request you to give permission to conduct the same. Kindly do the needful

Thanking you

Yours sincerely

Head of the Department

Dr. V. Ravifaman





















HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Bone and Joint Day at Velammal Allied Health College

Madurai

27.07.2022

From

Dr. V. Raviraman

Prof & HOD,

Dept. of . Orthopaedics,

VMCH & RI,

Madurai.

To

The Dean,

VMCH & RI,

Madurai.

Respected sir:

We from the department of Orthopaedics are planning to conduct a Extension activity— "Bone and joint day " on 04.08.2022 in Velammal Allied health college, Targeting audience Allied health students. We kindly request you to give permission to conduct the same. Kindly do the needful

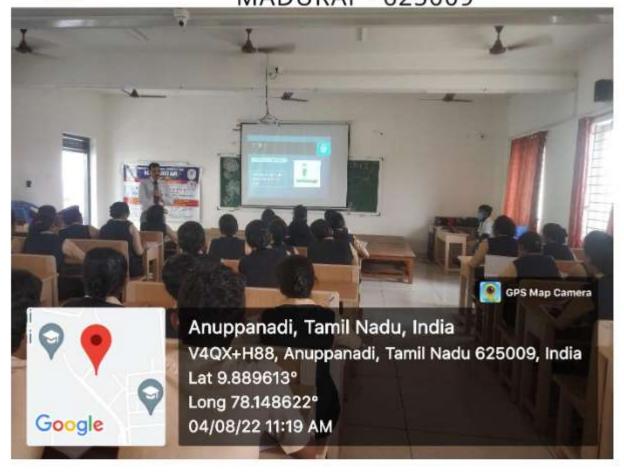
Thanking you

Yours sincerely

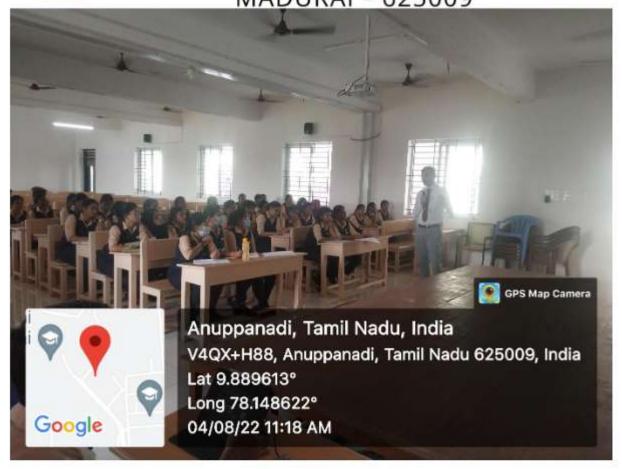
Dr. V. Raviraman

Head of the Department

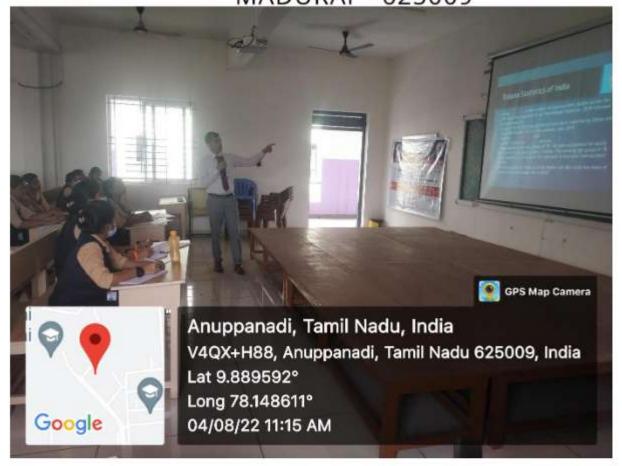




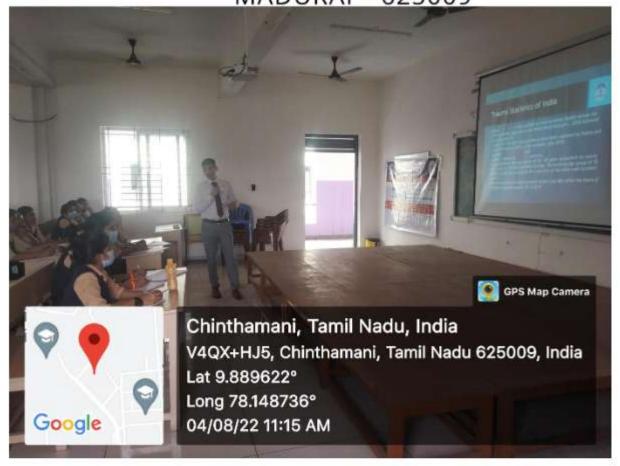








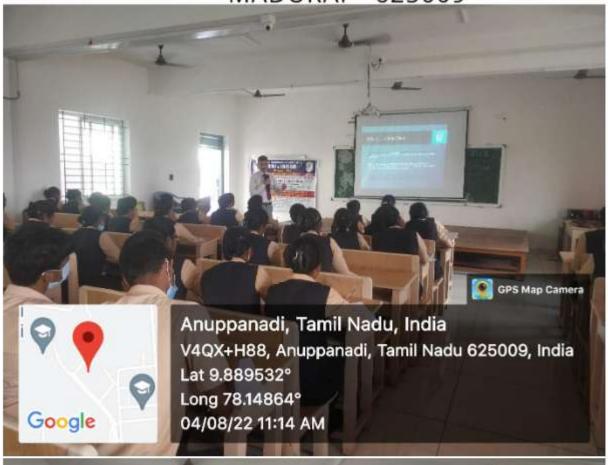


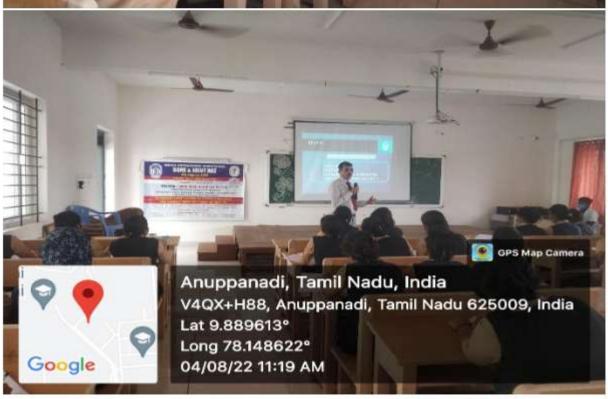
















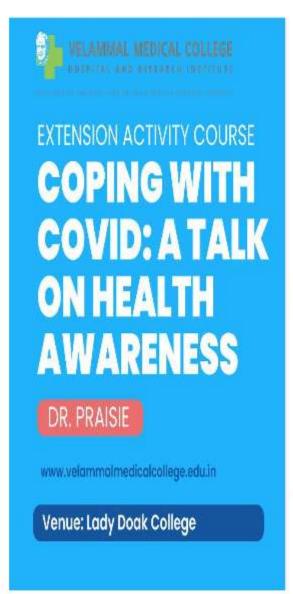






HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

A Talk on Health Awareness among Youth regarding Coping with Covid







HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Activity Name: A Talk on Health Awareness among Youth regarding

Coping with Covid

Date: 17.8.2021

Venue: Lady Doak College

Organised by: 147

No. of Students/Faculty Participated: 148

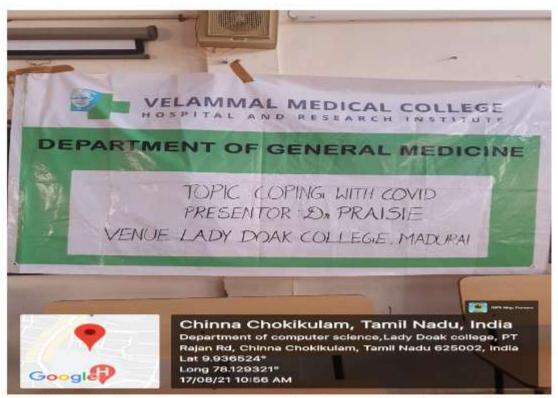
Description: Program was conducted to educate participants about covid and coping with it. Covid is a pandemic that causes significant mortality and morbidity. Strict lock down for preventing spread of covid has also caused significant psychological stress among the public, especially the younger population. Mechanisms for covid with stress was discussed in detail. At the end of the question answer session was held were students all queries have been addressed.

Prof. T. THIRUNAVUKKARASU, M.O.D.A.

Valammal Medical College Hospital and Research Institute "Valammal Village" Medural-Tulfootin Ring Read Anuppenedi, Medural-825 009, T.M.







A Talk on Health Awareness among Youth regarding Coping with covid at Lady Doak College







HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Awareness on Dengue



Date:18.8.2021 '

Department of General Medicine VMC Hospital and Research Institute Madurai

From

The HOD

Dept of General Medicine

VMCH & RI

To

The DEAN

VMC Hospital and Research Institute

Madurai.

Through the proper channel

Respected Sir.

As we are conducting Extension activity on 19.8.2021 in Eachaneri village, Thiruppuvanam taluk & also CRRI'S are participate through zoom link. So kindly permit & provide E Brochure & make them other arrangements.

Thanking you,

With regards, Prof.Dr. M.Virgin joena ,MD Professor and HOD

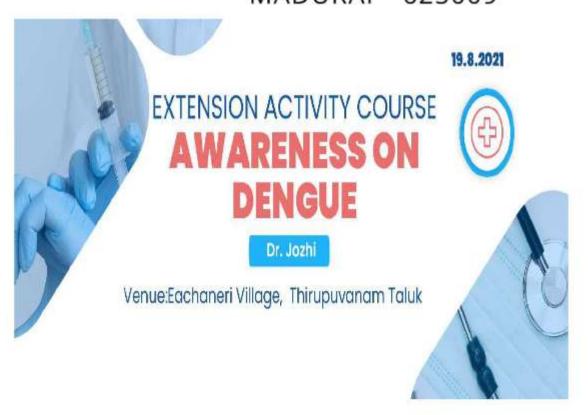
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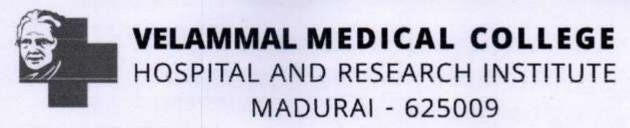
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IT Department

20/







Activity Name: Awareness on Dengue

Date: 19.8.2021

Venue: Eachaneri village, Thiruppuvanam taluk

Organised by: General Medicine

No. of Students/Faculty Participated: 105

Description: Program was conducted to educate participants on dengue.

Dengue is one of mosquito borne diseases. It causes sudden epidemics.

Awareness on method of spread and its complications such as hemorrhagic complications. Methods of preventing the spread of

disease and its complications were discussed.

Prof. T. THIRUNAVUKKARASU, MD, DA.

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Velammal Medical College Hospital and Research Institute "Velemmal Valtage"

Medure-Tullcorin Ring Road Anappanent, Madural-825 009, T.N.







HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

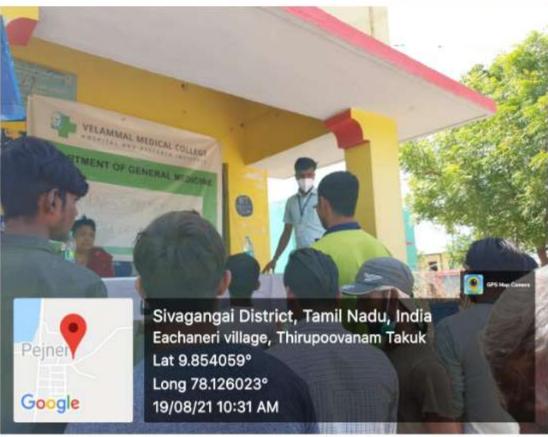
Awareness on Dengue at Eachaneri village, Thiruppuvanam taluk



















HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Awareness and Group Discussion on Anemia



Department of General Medicine VMC Hospital and,Research Institute Madurai

From

The Dean

VMC Hospital and Research Institute

2011

The Village Medical Officer Madipannur

Through the proper channel

Sub: Permission to conduct a Extension activity in Madipannur to public for Awareness an Anemia – Group discussion

Respected Sir,

The Department of General Medicine is planning to conduct a Extension activity in Madipannur to public for Awareness an Anemia – Group discussion 21.09.21. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards



HOSPITAL AND RESEARCH INSTITUTE MADURAL - 625009

Activity Name: Awareness and Group Discussion on Anemia

Date: 21.9.2021

Venue: Madipannur

Organised by: General Medicine, VMCH & RI

No. of students/faculty participated:

Description: Program was conducted to educate participants about anemia. Anemia is most commonly seen in younger and very old people. There are various causes for anemia, nutritional being the most common. Education about different causes of anemia and investigations and treatment was told to the participants. Health checkup conducted and free medicine distributed, individual discussion held with participants.

Prof. T. Philituna Vukkarasu, Ma.na.

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Vetammal Medical College Hospital
and Research Institute

Votammal Visaga*

Medical Tuticosin Ring Road

Anappuncial, Madural-825 pop. T.N.



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Extension Activity





HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Awareness and Group Discussion on Anemia at Madipannur







HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Awareness on Tuberculosis

1



Department of General Medicine VMC Hospital and Research Institute Madurai

From

The Dean

VMC Hospital and Research Institute

Madurai.

To

The Village Medical Officer Thirupuvanam

Through the proper channel

Sub: Permission to conduct a Extension activity in Thirupuvanam to public for Awareness an Tuberculosis

Respected Sir,

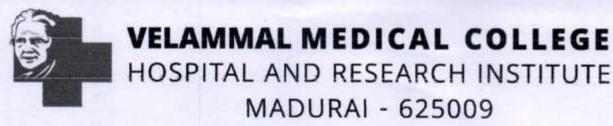
The Department of General Medicine is planning to conduct a

Extension activity in in Thirupuvanam to public for Awareness an Tuberculosis

17.12.2021. We request you to grant us permission to conduct the Extension activity programme.

Thanking you,

With regards,



Activity Name: Awareness on Tuberculosis

Date: 17.12.2021

Venue: Thirupuvanam

Organised by: General Medicine

No. of students/faculty participated: 10

Description: Program was conducted to educate participants about tuberculosis. They were informed about the following,

- Tuberculosis is a disease that can affect any part of the body except hair and nail.
- · It causes significant morbidity when it affects lungs.
- Method of spread of disease, diagnosing and treatment guidelines of tuberculosis.

They have been told to approach a nearby hospital if any such symptoms are observed in any person.

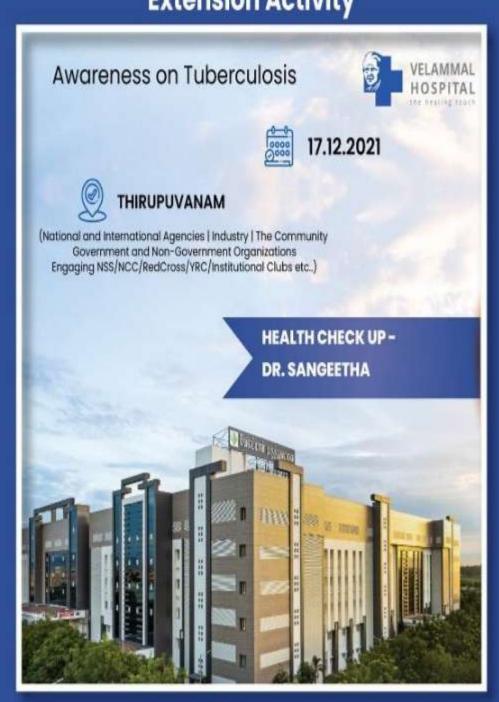
POL T. THIRUNAVUKKARASU, MD.DA

Velammal Medical College Hospital and Research Institute "Velammal Villege" Medural-Tuticotta Ring Road Anuppanadi, Medural-625 000, TM



HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Extension Activity





HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Awareness on Tuberculosis at Thirupuvanam





Date:17.12.2021

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General Medicine Department for the extension activity conducted on Awareness on Tuberculosis for the public on 17.12.2021

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Mariammal

(Thirupuvanam)



DEPARTMENT OF RADIODIAGNOSIS

STROKE AWARENESS PROGRAM

EXTENSION ACTIVITY

<u>VALAYANKULAM</u>

INVITATION



STROKE AWARENESS PROGRAM

EXTENSION ACTIVITY

Program Co-ordinator: Dr. (Major) L. RUPAKUMAR

DEPARTMENT OF RADIODIAGNOSIS

Date: 12 - 08 - 2021

Time: 11.00 AM to 12.00 PM

Course for PG's, B.Sc. Radiology & Imaging



DEAN APPROVAL LETTER

07.08.2021 Madurai

From

Dr. M. Mariappan Professor & Head Of the Department Department of Radiodiagnosis VMCH & RI

To

The Dean VMCH & RI

Respected Sir

Sub: Permission to conduct Extension activity

We are planning to conduct Stroke awareness programme as an Extension activity on 12.08.2021 from 11 am to 12 noon for general public at Valayankulam. We kindly request you to grant permission to conduct this programme.

Thanking you.

Yours Sincerely

Dr. M. Mariappan Professor & HOD

Department of Radiodiagnosis



PERMISSION LETTER FROM PLACE

10.08.2021 Madurai

From

Dr. M. Mariappan
Professor & Head Of the Department
Department of Radiodiagnosis
VMCH & RI, Madurai

To

Managing Director Ammaiyappar Garments,

Respected Sir

Sub: Permission to conduct Extension activity

We are planning to conduct Stroke awareness programme as an Extension activity on 12.08.2021 from 11 am to 12 noon at your premises. Hence we kindly request you to grant permission to conduct this programme.

Thanking you.

Yours truly,

Dr. M. Mariappan
Professor & HOD
Department of Radiodiagnosis
VMCH & RI, Madurai.



BANNER



DEPARTMENT OF RADIODIAGNOSIS

Name of the Event:

STROKE AWARENESS PROGRAM

Event Coordinator:

DR (MAJOR).L. RUPAKUMAR

Date:

12.08.2021

Venue:

VALAYANKULAM



DEPARTMENT OF RADIODIAGNOSIS

Name of the Event:

STROKE AWARENESS PROGRAM

Event Coordinator: DR(MAJOR). L. RUPAKUMAR

Date

12.08.2021

Venue

VALAYANKULAM

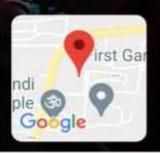
PHOTOS











Madurai, Tamil Nadu, India

Valayankulam, Maravapatty - Villur - Kallikkudi Rd, Tamil Nadu 625022, India Lat 9.827962°

Long 78.095321° 12/08/21 11:54 AM











APPRECIATION LETTER

Appreciation Letter

Date: 12.08.2021

To

Department of Radiodiagnosis,

VMCH & RI

Madural.

Sub: Appreciation letter for extension activity on Stroke Awareness Program

Respected Sir /Madams

Our employees attended the awareness program, Stroke awareness program on 12.08.2021, conducted by Department of Radiodiagnosis VMCH & Ri. It was more useful and enlightening to our employees. They felt very happy and expressed their gratitude to you and your team. We appreciate your efforts in educating us about the timing of presentation to the hospital for early intervention to avoid stroke complications. Thanks for your program and expecting more educational programs like this from you in near future.

Thanking you,



Regards

Managing Director, Ammalyappar Garments Kalayarkovil

THANK