HEALTH AWARENESS CAMP - DEC 2024

Date: 2/12/24 Time: 10:00AM - 1.00 PM Organised by: UG - DEPARTMENT OF POTHU

MARUTHUVAM, GSMC, CHENNAI-106, with

the permission of our Principal Professor Dr. K.Kanagavalli.MD (S), Department HOD Professor Dr.G.Ujjeevanam, MD(S) and Department faculties Dr.R. Sasi Rekha, MD(S) and Dr.V.Isabell Rafeeda MD(S).

Name of the students who conducted the program:

Dr.T.Abbirami, BSMS., CRRI

Dr.V.Atchaya, BSMS., CRRI

Name the trust: Kalyani old age home charitable trust.

Address: Kalyani old age home charitable trust Madambakkam ,Chennai 600023,Tamil

Nadu -

Type of the Place: OLD AGE HOME

HEAD:MS.KALAIVANI

Objective:

- 1.To educate senior citizen on the importance of hygiene and nutrition for overall health
- 2.To promote mental health among older people
- 3. Encouraging on the practice of yoga and pranayamam
- 4. About stress management

CAMP DETAILS: Camp begins 10:00am onwards Awareness on Personel hygiene, Importance of nutrition, some yogas and exercises to maintain healthy body, benefits of pranayamam and conducted stress relieving activities. Each senior citizen was given a health checkup and provided medical advices.

Participants: - Number of senior citizens – 30: workers -3.

Demographics:- senior citizens

Conclusion :- This camp marked a significant step towards promoting holistic well-being and health education in our community. Educated 30 senior citizens on geriatric care and We look forward to continued collaboration and progress.















On behalf of Government Sidha Medical college Chennai, UG PodhuMaruthuvam:

The CRRI V.Atchaya and T.Abbirami have conducted a Health Awarness Camp at Kalaivani Old Age Home Charitable Trust, Gnanantha Nagar, Madambakkam, Chennai – 73 on 02-12-2024 10.00 am to 1.00 pm.

The Health awareness camp to the old aged people was useful and were utilized by everyone. Around 30 geriatric people have participated and immensely benefited.

I hereby certify that this Camp on geriatric care was very useful for the people attended.

CHARITABLE TRUET
Wat No. 1A, 1B, Gnensrehe Neuse,
Nootherchery, Chennai-600 128.