

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.Ujjevanam, 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.



