

MEDICAL AWARENESS CAMP – JAN 2025

Date :15/01/25

Time:11:45 AM -12:30 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 student who conducted the program: Dr.P.Indhuja,BSMS.,CRRRI

Name the association: Amma Kaapagam-Old age home, J.Thathanur.

Address: SRK complex, Kalvi Nagar,J.Thathanur,Udayarpalayam(Tk),Ariyalur(dt),Pin-621805.

Type of the Association : Private association.

President :Mrs.VIMALA DEVI

Vice Presidents :Mrs.SANGEETHA

General Secretary : Mr.M.Balaji

Joint Secretary : Mr.E. Selvam

Treasurer : Mrs.sangeetha

Objective:

- 1.To educate on the importance of hygiene and Nutrition
- 2.To promote healthy habits and practices among elders
- 3.Food habits
- 4.importance of oil bath
- 5.oral hygiene

CAMP DETAILS: Camp begins 11.45 a.m. Awareness on Personal hygiene, Importance of nutrition, breathing exercises to maintain healthy body,awareness about siddha general wellness

Participants:- Number of adults – 30 ; Teaching staffs – 5; non teaching staff -5

Conclusion :- This camp marked a significant step towards promoting holistic well-being and health education in our community. Educated 30 adults on hygiene and nutrition .



