

GOVERNMENT SIDDHA MEDICAL COLLEGE, CHENNAI-106
HEPATITIS AWARENESS AND PROMOTING LIVER HEALTH CAMP

Hepatitis Awareness and Promoting Liver Health Camp was conducted in Arignar Anna Government Hospital of Indian Medicine, Arumbakkam, Chennai on 2nd of August 2024 at 10.00 A.M by UG – Department of Pothu Maruthuvam with the theme “UNNAVE MARUNTHU MARUNTHE UNNAVU”(உணவே மருந்து மருந்தே உணவு).

The camp was inaugurated by Professor Dr.K.Kanagavalli, The Principal, Government Siddha Medical College, Chennai.



And there took place a multitude of activities like

- **Liver strengthening Herbs Distributed** to the public in coconut shells as an idea to promote eco-friendly environment,
- **Hepato-protective Raw Drug and Plants** like Calamus(Vasambu), Keezhanelli, Nayuruvi, Pidangunari etc., were displayed and its action on liver health was also explained to the public.

- **Dietary Supplements** such as fenugreek seeds, mustard seeds, mint, pineapple, papaya, raddish etc. were demonstrated in order to create awareness to the public.
- **A Leisure Activity and Games** was conducted at the end based on the overview of the camp.
- **Refreshments** – Mint Cucumber Juice was given to the public.



So, this camp enlightened the viewers and gave them the awareness about hepatitis and its prevention, and also the knowledge on promoting liver health.