

HEALTH AWARENESS CAMP – DEC 2024

Date :27/12/24

Time:10:30 AM – 02:00 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 student who conducted the program:

Dr.M.N.Malavika,BSMS.,CRRI;

Name the association :

TAMILNADU ASSOCIATION OF THE BLIND

Address:

No.36,Rettaikuzhi street,Tondairpet, Chennai-600081

Type of the association :

Government association

President -

Mr. K. Thiyagarajan, M.A. M.Ed. DTB (USA)

Vice Presidents -

Dr. V. Shanthi, M.A. M.Phil. Ph.D

Mr. M. Sagadevan, M.A. M.Phil. Msc, B.Ed

General Secretary -

V.S. Viswanathan (Social Work-State Awardy)

Joint Secretary -

Mrs. G. Kanagaselvi, M.A. M.A. B.Ed M.Phil

Treasurer -

Mr. C. Vijayakumar(Social Worker)

Objective:

1. Assess the vitals of physically challenged people.
2. To educate physically challenged people on the importance of hygiene and nutrition for overall health.
3. To promote healthy habits and practices among students.
4. To promote adopting healthy lifestyle choices (physical activity, sleep and screen time)
5. About stress management.

CAMP DETAILS:

Camp begins 10:30 a.m. Awareness on Personal hygiene, Menstrual hygiene, Importance of nutrition, breathing exercises to maintain healthy body, and vitals are assessed.

Participants:-

Number of physically challenged people- 40

Demographics:-

Physically challenged peoples

Conclusion :-

This camp marked a significant step towards promoting holistic well-being and health education in our community. Educated 40 physically challenged people on hygiene and nutrition and fostered collaboration between association, healthcare providers and communities. We look forward to continued collaboration and progress.

Estd. 1968
Regn. No. 212



TAMILNADU ASSOCIATION OF THE BLIND

(Registered under the Societies Registration Act)

Approval under section 80-G is valid from 01-10-2012 on wards vide the DIT (Exemptions) order No. DIT (E) No. 2 (1014)/11-12 dated 11-12-2012

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E-mail : tabchennaitn@gmail.com | Website : www.tnaob.org

President

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Rtd. Principal

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Mr. C. Vijayakumar

Social Worker

Date : 27.12.24.....

APPRECIATION LETTER

I express my sincere appreciation to **Malavika Nedunchezhiyan** CRRI (2019- 2025) from government Siddha Medical College , Chennai - 600106 organized a Health Awareness Programme regarding personal Hygiene , Menstrual Hygiene , Diet and Stress Management for visually challenged and hearing impairment community of TAMILNADU ASSOCIATION OF BLIND on 27th Dec 2024 .

The health awareness programme to the physically challenged people was useful and were utilized by everyone. Around 45 people have participated and immensely benefited.

I hereby certify that this camp was very informative and interesting for the community thank you for the meaningful and successful event .

(V.S. Viswanathan)

General Secretary



