

***General Health Check-up Camp at Anna Nagar Anganwadi on  
the Eve of Nutritional Week conducted by the department of UG  
Kuzhanthai Maruthuvam.***

***GSMC , Chennai - 106.***



***Date: 26.09.2024.***

***Venue : Anganwadi , Anna nagar , Chennai.***

***Time : 10.30 am - 12.00 pm.***

In celebration of Nutritional Week, a general health check-up camp was conducted at Anna Nagar Anganwadi under the guidance of our Principal, prof. **Dr. K. Kanagavalli, M.D (S)**. The camp was organized by **Dr. N. Manju Hemamalini, M.D (S)**, Head of the Department of UG Kuzhanthai Maruthuvam, with the support of our Department faculty, **Dr. F. R. Shameem MD(s)** and CRRJ students **G.Vaitheshkumar, B.Sneha, M.Sountharya, R.Surendar, N.Tamil Elakiya, P.Thennarasu**. A total of 17 children and their mothers benefited from the camp, which emphasized child health and nutritional education for the mothers.

**OBJECTIVES:**

To conduct health check-ups for the children.

To educate mothers on preparing healthy meals, particularly focusing on " Panchamutti Kanji " and also the preparation of " Nalangu maavu"( A healthy bath powder of ancient Siddha).

To provide healthy snacks as examples of nutritious, easy-to-prepare food.

**ACTIVITIES CONDUCTED:**

1. General Health Check-up: A thorough health assessment was conducted for 17 children by our team. Each child was examined for growth milestones and overall well-being. No major health concerns were identified, and mothers were provided with appropriate guidance based on the assessments.

**GOVERNMENT SIDDHA MEDICAL COLLEGE.**  
**ARUMBAKKAM , CHENNAI.**  
**UG - PEDIATRICS DEPARTMENT.**  
 Venue - குருபகிணைந்த, குழந்தைகள் வளர்ச்சி திட்டம். Project - 5.  
 Brewery road , Anna nagar , Chennai.

**" Nutrition for everyone . "**  
**" 2024 "**

**Fluids - vegetables soup , greens soup , ginger shot .**  
*\*It boosts immunity , digestion.\**

**Salad - fruit mix , multi fruits mix .**  
*\*natural micro nutrients supplements.\**

**Smoothie - soaked dryfruits + milk**  
*\*source of essential nutrients, proteins.\**

**Steamed soluble fibres - ragi , wheat , oats , sorghum , vegetables .**  
*\*relieves constipation.\**

**Spices - Turmeric , ginger , pepper , cumin , clove , garlic , cinnamon .**  
*\* boost immunity , help digestion , regulate digestive enzymes.\**

**Sprouts - green gram , bean , lentil , chickpea .**  
*\*phytates , vitamins , saponin\**

**Prebiotics & probiotics - kanji , curd , onion , banana , garlic fermented food .**  
*\*Improve gutbiota , immune booster , improve digestion , natural antibiotic.\**

2. Nutritional Awareness for Mothers: Pamphlets were distributed to the mothers, offering useful insights on the preparation of nutritious meals, especially "Panchamutti Kanji", a traditional Siddha dish that supports children's health and also the preparation of "Nalangu maavu" has been explained to give a healthy bath for children. The pamphlets also emphasized the benefits of including healthy and balanced meals in their daily diet.

**அரசு சித்த மருத்துவக் கல்லூரி.**  
**அரும்பாக்கம், சென்னை.**  
**பட்டப்படிப்பு - குழந்தை மருத்துவ துறை**

**" அனைவருக்கும் ஊட்டச்சத்து -2024 ."**

**திரவங்கள் - காய்கறிகள் சூப் , கீரைகள் சூப் , இஞ்சி சூப் .**  
**\*நோய் எதிர்ப்பு சக்தி, செரிமானத்தை அதிகரிக்கிறது.\***

**சாலட் - பழ கலவை, பல பழங்கள் கலவை.**

**ஸ்மூத்தி - ஊறவைத்த உலர் பழங்கள் + பால்**  
**\* அத்தியாவசிய ஊட்டச்சத்துக்கள், புரதங்களின் ஆதாரம்.\***

**வேகவைத்த கரையக்கூடிய நார்ச்சத்து - ராகி, கோதுமை, ஓட்ஸ், சோளம், காய்கறிகள்.**

**மஞ்சள், இஞ்சி, மிளகு, சீரகம், கிராம்பு, பூண்டு, இலவங்கப்பட்டை.**  
**\* நோய் எதிர்ப்பு சக்தியை அதிகரிக்கவும், செரிமானத்திற்கு உதவவும், செரிமான நொதிகளை சீராக்கவும்.\***

**முளைகள் - பச்சைப்பயறு, அவரை, பருப்பு, கொண்டைக்கடலை.**  
**\*பைட்டேட்ஸ், வைட்டமின்கள், சபோனின்\***

**நல நண்ணுயிரி - தயிர், வெங்காயம், பூண்டு , நோதிக்கவைத்தவை, வாழைப்பழம்.**  
**\* நோய் எதிர்ப்பு சக்தி, குடல் ஆரோக்கியம்.\***

**NUTRITIOUS RECIPES**

**பழைய சாதம்**

- Left over brown rice-1 cup
- water-1/4 cup
- butter milk-1/4 cup
- small onion- 3
- Green chilly -1
- salt- required

**BENEFITS:**

- 1.Body becomes light and energetic
- 2.Maintains beneficiary bacteria
- 3.Neutralize the body heat
- 4.Contains fibre - Removes constipation
- 5.Removes allergies and other skin related ailments
- 6.Cures all types of ulcers in body
- 7.Rich in vit b12
- 8.weekly thrice should intake this recipes

**“ salads must contains three macronutrients**  
**• Carbohydrates,Protein, Fats”**

**Cucumbar salads-1**

- sliced cucumber
- peanuts
- Seasonings
- packed with rich nutrients

**Salad-2**

- sliced cucumber
- Grated coconut
- lime juice
- peanuts
- Almonds
- salt if required
- packed with rich nutrients such as Iron, Magnesium, Calcium

**Salad-3**

- sliced cucumber
- sprouted greengram
- carrots
- onion
- Tomatoes
- green chilly,
- pepper
- Chaat masala
- coriander leaves

3. Healthy Snacks Distribution: As part of the camp's initiative, healthy snacks were distributed to both the children and their mothers. These snacks served as practical examples of how nutritious meals can be both simple and appealing, encouraging healthier food choices at home.



**OUTCOME:**

All 17 children underwent detailed health check-ups, with no major health issues reported.

The mothers showed great interest in the nutritional information provided, particularly in learning about Panchamutti Kanji and other healthy food options.

The distribution of healthy snacks was well-received, reinforcing the importance of integrating nutritious meals into daily routines.



## **CONCLUSION:**

The health check-up camp, held in honor of Nutritional Week, was successful in meeting its objectives of promoting child health and providing valuable nutritional education to mothers. The

active participation and enthusiasm of both children and mothers underscored the importance of continued initiatives to support community health and well-being.

**ACKNOWLEDGMENTS:**

We extend our sincere thanks to our Principal, Prof. Dr. K. Kanagavalli, M.D (S), for her guidance and leadership, and to Dr. N. Manju Hemamalini, M.D (S), Dr. F. R. Shameem M.D(s) the CRRI students, and all the staff at Anna Nagar Anganwadi for their hard work and dedication in making this event a resounding success.

From

Mrs. Lavanya MSc,  
Child Development Project Manager,  
Project-5,  
Annanagar,  
Chennai-106

To,

Dr. N. Manju Hemamalini M.D(s),  
The Head of the Department,  
Kuzhanthai Maruthuvam (UG Pediatrics),  
Government Siddha Medical College,  
Chennai.

Subject :

Permission to Conduct an Awareness Campaign on Nutritional  
Foods at Anganwadi maiyam, Arumbakkam, Chennai.

Respected Madam,

We are pleased to grant permission to the Department of  
Kuzhanthai Maruthuvam (UG Pediatrics), Government Siddha Medical  
College, Chennai, to conduct an awareness campaign on nutritional foods  
at our Anganwadi Centre located in Arumbakkam on **26/09/2024**.

This initiative to educate parents and caregivers on the importance of  
balanced nutrition for children is highly appreciated. We are confident that  
this campaign will greatly benefit the community and contribute to the  
overall well-being of the children in our care.

We are happy to collaborate with your esteemed department for this cause  
and look forward to your team's involvement.

Thank you for your valuable contribution to our community.

*Yours Truly*

*Lavanya*  
26.9.24

*Dr. Manju Hemamalini*  
26.9.2024.  
குழந்தை வளர்ச்சித் திட்ட அலுவலர்  
திட்டம்-5 சென்னை-8

