### LIVER DAY CAMP— APRIL 2025

**Date**: 24/4/2025

**Time:** 10.00 AM - 12:00 PM

### Organised by:

DEPARTMENT OF UG POTHU MARUTHUVAM, GSMC, CHENNAI-106, with the permission of our Principal Professor Dr. K.Kanagavalli.MD (S).

Under the guidance of,

Dr.G.Ujjeevanam MD (S)

Dr. R. Sasirekha MD (S)

Dr. Isabell Rafeeda MD (S).

### Name of the CRRI who conducted the program:

V.Keerthi, M.G.Lekha Rajeswari, K.Mahalakshmi, B.Manjula, L.Muhilvani, J.Priyadharshini, V.Priyadharshini, R.Rajashree, R.Renukadevi, Ritu ,S.Sandanapriya ,M.Saranya ,A.M.Shireen Nusha, V.Nivetha

### Objectives:

- 1.To raise awareness about liver health.
- 2. Raw drugs and Herbal Display
- 3. To promote healthy habits to prevent Liver Disease
- 4. To promote adopting healthy lifestyle choices (physical activity, sleep, Diet)
- 5. To promote awareness about Liver Cirrhosis in Alcohol Users

#### **CAMP DETAILS:**

Camp was conducted at ANNA HOSPITAL CAMPUS, started at 10 Am. Awareness on Liver Disorders, Maintaining Healthy Liver, Importance of Physical activity and Daily Diet, Explaination about Hepatoprotective herbs and Raw Drugs, Distribution Of Detox Juice are done.

#### Conclusion:-

This camp was useful for common public and various students. The attempt was done to emphasize the importance of liver health and prevention of liver diseases. Participants were encouraged to adopt healthy habits, seek medical advice when needed, and prioritize their overall well-being.



# GOVERNMENT SIDDHA MEDICAL COLLEGE CHENNAI-106

DEPT OF UG POTHU MARUTHUVAM

# WORLD LIVER HEALTH DAY

THEME: "FOOD IS MEDICINE"



PROF.DR.K.KANAGAVALLI,MD(S)

PRINCIPAL,GSMC,CH 106

PROF.DR.M.SARAVANADEVI,MD(S)

VICE PRINCIPAL ,GSMC ,CH 106

UNDER THE GUIDANCE OF

PROF. DR. G.UJJEEVANAM MD(S)

HOD OF MARUTHUVAM

DR.R.SASIREKHA MD(S)

READER, DEPT OF MARUTHUVAM

DR.V.ISABELL RAFEEDA MD(S)

LECTURER, DEPT OF MARUTHUVAM

THURSDAY 24.04.2025, 10.00AM
ARIGNAR ANNA HOSPITAL CAMPUS

" THINK BEFORE
YOU TAKE A BITE

WELCOME YOU ALL

## Camp activities











### Camp activities



### Feedback

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