

## JIUHC Monthly Report for JIPMER Website – June 2024

### **Mahila Arogya Samiti**

MAS meeting was conducted in Vaithikuppam on 11.06.2024 in which seven women along with ASHA have actively participated. The importance of the MAS meeting was discussed. Health education about breast and cervical cancer screening was given.



### **World Population Day 2024**

World Population day was celebrated this month. The population growth and importance of adopting contraception have been explained to the eligible couples of the service area during OPD, antenatal clinic and well-baby clinic.



### **Urban Health Nutrition Day**

UHND was conducted in Kurusukkupam and Vazhaikulam anganwadi centres on 15<sup>th</sup> and 26<sup>th</sup> June respectively. Activities including anthropometric assessment for under-five children, IFA tablets were distributed. Health talk on importance of adopting contraception, stop diarrhoea campaign, cervical and breast cancer screening were given. Importance of PMJAY card, services available in centre were explained.



### **International Yoga Day 2024**

International yoga day was observed on 25.06.24. Around 30 people from service area and staffs of JUHC were actively participated in the yoga session. Importance of yoga and health benefits of yoga has been explained.



### **School Health programme**

The health awareness programme was conducted in St. Francis Assisi school on 19<sup>th</sup> June regarding adopting a healthy lifestyle among school children. Health talk on adopting balanced diet, physical activity, sleep and personal hygiene, and substance use prevention were given. Proper handwashing techniques were taught to the students.



### **World Blood Donor Day 2024**

World Blood Donor Day was observed on 14<sup>th</sup> June. JUHC staff took a pledge for voluntary blood donation.



### **World No Tobacco Day 2024**

World No Tobacco Day was observed on 5<sup>th</sup> June in the NCD clinic. Health talk delivered on the harmful effects of tobacco and substance use prevention to the patients.



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### World No Tobacco Day

As part of World No Tobacco Day, an event was held on 07.06.2024 at the Community hall, Pillayarkuppam. The focus of the event was to raise awareness about the ill effects of tobacco usage. Interns performed a skit and the No Tobacco Pledge was made by the JIRHC team. On 24.06.24, we organized an awareness program on Substance abuse and Tobacco usage at Thuthipet glass factory where Dr.R.Suryakumar, State Tobacco Consultant shared his insights regarding the ill effects of tobacco. Workers were screened for blood pressure, RBS, and Hemoglobin status. Female workers were counseled for screening for cervical cancer.



### Village Health Sanitation and Nutrition Day

On 15.6.24, VHSND was conducted at Thuthipet. Health talk was given on importance of Weekly Iron and Folic acid Supplementation and Anemia. Under five children were screened for anemia along with growth monitoring.



### International Yoga Day

As part of International Yoga Day, Yoga training activity was held at Govt. Primary School, Ramanathapuram on 28th June 2024. Around 40 students from 3rd to 5th grade took part in the event.



### **Workshop on research methodology**

Workshop on 'Research methodology' was conducted on 29.06.24 as part of Connaissance. 40 students from various colleges attended the workshop. Dr. Mahalakshmy conducted introduction and session on formulating a research question. Dr. Sonali Sarkar conducted session on various study designs. Dr. Swaroop mediated a session on sampling techniques and randomization. The workshop concluded with a session on data analysis by Dr. Sivapushani and Dr. Karthik. Post-test was done and participants certificates were distributed to the participants



### **Workshop on Research Paper Writing**

Workshop on 'Research Paper Writing' was conducted on 30.06.24 as part of Connaissance. 40 students from various colleges attended the workshop. Dr. Sonali conducted the introductory session on what makes a great research paper. Dr. Mahalakshmy conducted a session on elements of writing style. Dr. Jayalakshmy mediated a session on making of the title and abstract. Dr Venkatachalam conducted a session on tables and figures for scientific writing. The workshop concluded with a session on authors responsibilities by Dr. Ambarish and a session on article submission by Dr. Nandini. Post-test was done and participants certificates were distributed to the participants

