



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009

1.3.1

Details of Programs Conducted Relevant To Cross Cutting issues.

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69.20mm.com
Prof. T. THIRUNAVUKKARASU, M.D.,D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Road
Anuppanadi, Madurai-625 006, T.N.



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Pinkathon for breast cancer awareness



STAFF REPORTER

MADURAI, OCTOBER 14, 2019 02:20 IST
UPDATED: OCTOBER 14, 2019 02:21 IST

SHARE ARTICLE



PRINT



Pinkathon being taken out in Madurai on Sunday.

Over 500 women took part in the first edition.

Over 500 women took part in the first edition of Pinkathon 2019, a three km walk during Breast Cancer Awareness Month, to highlight this growing concern.

The event, organised by Velammal Hospital, from K. K. Nagar arch to Sivaganga Road junction, saw participation of women and children. A press note from the hospital said the aim was to encourage fitness and health among women. Several doctors, staff nurses and medical college students also took part in the event.

S. Suganya, a representative of the hospital and an expert on breast and endocrine surgery, said breast cancer was affecting many women above 40 years.

“Earlier, we would rarely hear about breast cancer. Even if we did, it would be among 50-60 year old women. Now there is sedentary lifestyle, and obesity is widespread. These are problem areas,” she said.

Adulterants in food caused an increase in estrogen, causing cancer. “Other reasons could be using hormonal injections and mother not breastfeeding children,” she said. Many women delayed treatment, fearing loss of hair and weight. “If detected early, we can cure it. If we scan late, we can only control it,” she said. Women must regularly examine their breasts for lumps and check if there was any secretion or bleeding from nipples. They must also take a scan once a year, she said.



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MADURAI - 625009



Velammal Medical College Hospital & Research Institute
Anuppanadi - Madurai - 625009.

MS OFFICE
CIRCULAR

Ref.No:098/CIR/MS/2019

10 Oct 2019

To

All Clinical HODs
HOD, Dept of Community Medicine

All Female House Surgeons are instructed to assemble near portico at **6:30 AM** tomorrow, 13.10.19, for the walkathon event "**Pinkathon 2019**" commemorating the World Breast Cancer Awareness Day, between **7 am and 9 am** at KK Nagar, Sivagangai Road, Madurai.

Note: Action will be taken against the absentees.


Medical Superintendent

12 / 10 / 2019


Copy submitted to:
Hon.Chairman

Copy to:
Chief Executive Officer
Dean
Chief Administrative Officer
Deputy Medical Superintendent (VMCHRI & Specialty)



VELAMMAL MEDICAL COLLEGE
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MADURAI - 625009



The Healing Touch

Velammal Medical College Hospital & Research Institute
&
Speciality Wing

DEAN'S OFFICE
CIRCULAR

Ref No: 164/H/Cir/2019

11 Oct 2019

To

Vice Principal
Principal, Allied Science College
Principal, Velammal Nursing College
Assistant Nursing Director

PINKATHON 2019

On commemorating the World Breast Cancer Awareness Day, a walkathon event "**Pinkathon 2019**" is organized on **13.10.19** (Sunday) between **7 am** and **9 am** at KK Nagar, Sivagangai Road, Madurai.

For this you are hereby requested to make the availability of the following participants:

1. Female Nurses - 300
2. Female Medical College Students -150
3. Female CRRI - 50
4. Allied College Students -150
5. Nursing College Students - 150

Your cooperation is highly solicited to make the event a grand success.

All are invited.

Copy Submitted to:-

Hon.Chairman

Copy to:-

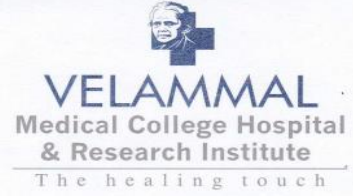
Chief Executive Officer
Medical Superintendent
Vice Principal
Chief Administrative Officer
Deputy Medical Superintendents (VMCHRI & Specialty)
Head-HR, Head- Marketing
All HODs (Clinical & Non Clinical).
All Auxiliary Dept I/Cs.
Notice Boards.

for
Dean
12/10/2019



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009

Breast Cancer Awareness Programme



Date:11.8.2021

From
Prof.Dr.S.R.Dhamotharan,MS,FIAGES.,
Head, Department of General Surgery,
Velammal Medical College Hospital and Research Institute,
Madurai

To
The Dean,
Velammal Medical College Hospital and Research Institute,
Velammal Village, Madurai.

Respected Sir,

Kindly grant permission to Extension activity "Cancer awareness Program" On 12.8.2021 in VMC Rural center, Thirupuvanam.

Thanking you

Prof.Dr.S.R.Dhamotharan,MS,FIAGES.,
Head, Department of General Surgery,



**VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009**

Organizer-

This event was conducted by department of Community Medicine in collaboration with NSS.

Objective-

The main objective of this programme was to give awareness regarding Breast Cancer.

Place: Alli Nagaram, Thiruppuvanam, Madurai

Date- 7/10/2021 (10.30 am – 11.30 am)

This programme was organized to create awareness among students. It was conducted in government school. This programme was attended by 6 CRR I students and 3rd year MBBS students. Also, there were around 238 MBBS students including 2nd year and 3rd year who virtually attended this activity through Zoom Platform.

The programme started with a welcome note by Dr. Sriandaal, Assistant Professor-Community Medicine. 3rd year students performed a skit regarding self-breast examination. CRR I Abinaya summarized about self-breast examination. Dr. Balakumaran, Post Graduate-Community Medicine delivered the vote of thanks and completed the programme with a rally.

89-20m...
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tirucorin Ring Road
Anuppanadi, Madurai-625 009, T.N.



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Breast Cancer Awareness Programme at Alli Nagaram, Thiruppuvanam, Madurai





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MADURAI - 625009

Do's And Don'ts In Menstrual Hygiene



**Velammal Medical College Hospital & Research Institute
& Speciality Wing**

OFFICE OF DEAN
INTER OFFICE NOTE

Ref.No. VMCH/ION/2021/98-2

Date: 28.07.2021

To

Dr.Samir Bele
Prof&HOD, Community Medicine

*Perila
8/12
28/7/21*

Your department is permitted to conduct an extension activity programme at Sakthi Girls home for Faculties, Interns and 2018-19 batch MBBS students on 01.08.2021.

[Signature]
Dean
28/7/21

Copy submitted to:
The Hon'ble Chairman

Copy to:-
Medical Superintendent
Chief Administrative Officer
Advisory Board Members



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**Velammal Medical College Hospital & Research Institute
& Speciality Wing**

The Healing Touch

OFFICE OF DEAN
INTER OFFICE NOTE

Ref.No. VMCH/ION/2021/98-2

Date: 28.07.2021

To

Dr.Samir Bele
Prof&HOD, Community Medicine

P. Anita
28/7/21

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[Signature]
Dean
[Signature]

Copy submitted to:

The Hon'ble Chairman

Copy to:-

Medical Superintendent

Chief Administrative Officer

Advisory Board Members



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Velammal Medical College Hospital & Research Institute,
Madurai



In association with
National Servings Scheme
Conducting an



COMMUNITY AWARENESS PROGRAMME

on

**'DO'S & DON'T
IN
MENSTRUAL HYGIENE'**

@

**Sakthi trust (Children's home) ,
Samayanallur, Madurai**



Date - 01.08.2021





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Organizer-

This event was conducted by the department of Community Medicine in collaboration with NSS.

Objective-

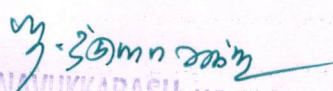
The main objective of this programme was to give awareness regarding the best practices of menstrual hygiene to the female orphanage children.

Place- Sakthi trust children home, Samayanallur, Madurai

Date- 01/08/2021 (10.00 am – 11.30 am)

This programme was organized to create awareness among the 20 female students in the Sakthi trust children home regarding the basic knowledge of menstruation and proper menstrual hygiene. This programme was attended by three CRRI students and three 3rd year MBBS students. Also, there were around 243 students including first year 2nd year and 3rd year MBBS students were virtually attending this activity through Zoom Platform.

The programme started with a welcome note by Dr.Sriandaal, Assistant Professor-Community Medicine. The key note was delivered by Dr.Trupti, Professor-Community Medicine. Dr.Bavadharini, CRRI Student gave a talk regarding 'the physiology of menstruation and regarding its good hygienic practices' Dr.Harini, 3rd year MBBS student gave a talk regarding 'Do's and Don'ts during menstruation'. In addition to the above, an awareness video was shown in Tamil to further improve their knowledge, attitude and practice regarding menstrual hygiene. The programme ended up with a vote of thanks given by Mrs.Latha, Sakthi Trust Incharge.


Prof. T. THIRUNAVUKKARASU, M.D.,D.A.,

Dean

Velammal Medical College Hospital
and Research Institute

"Velammal Village"

Madurai, Tamil Nadu

Anuppanadi, Madurai-625 009, T.N.

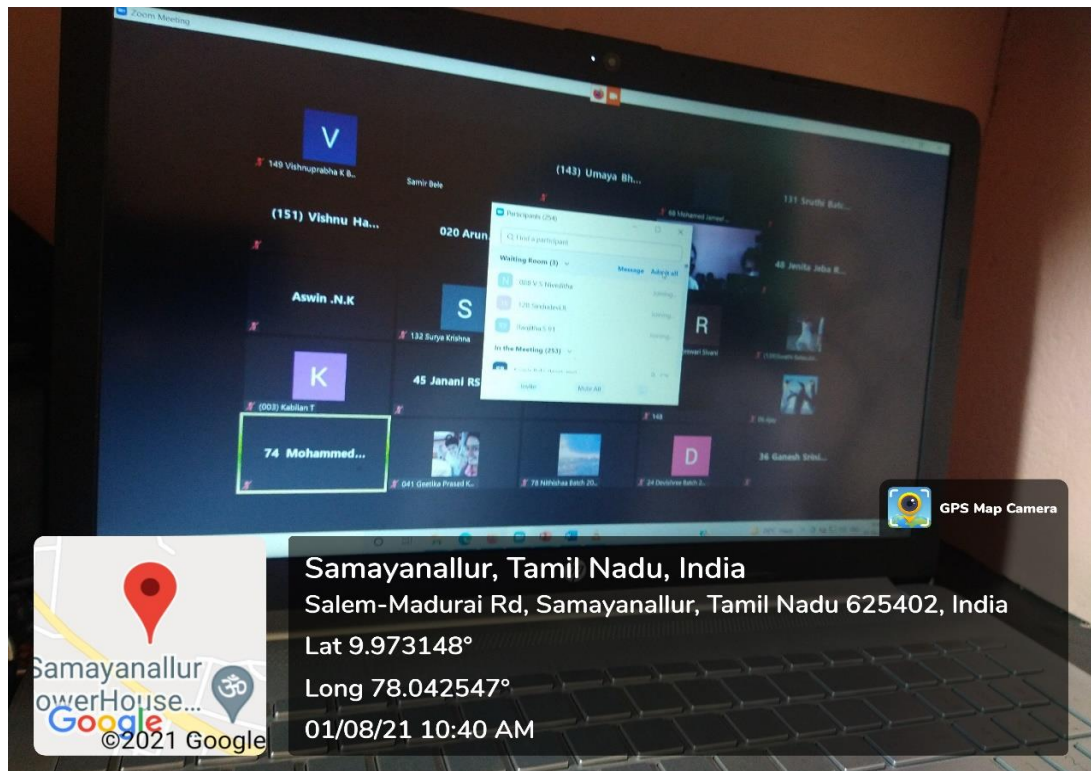
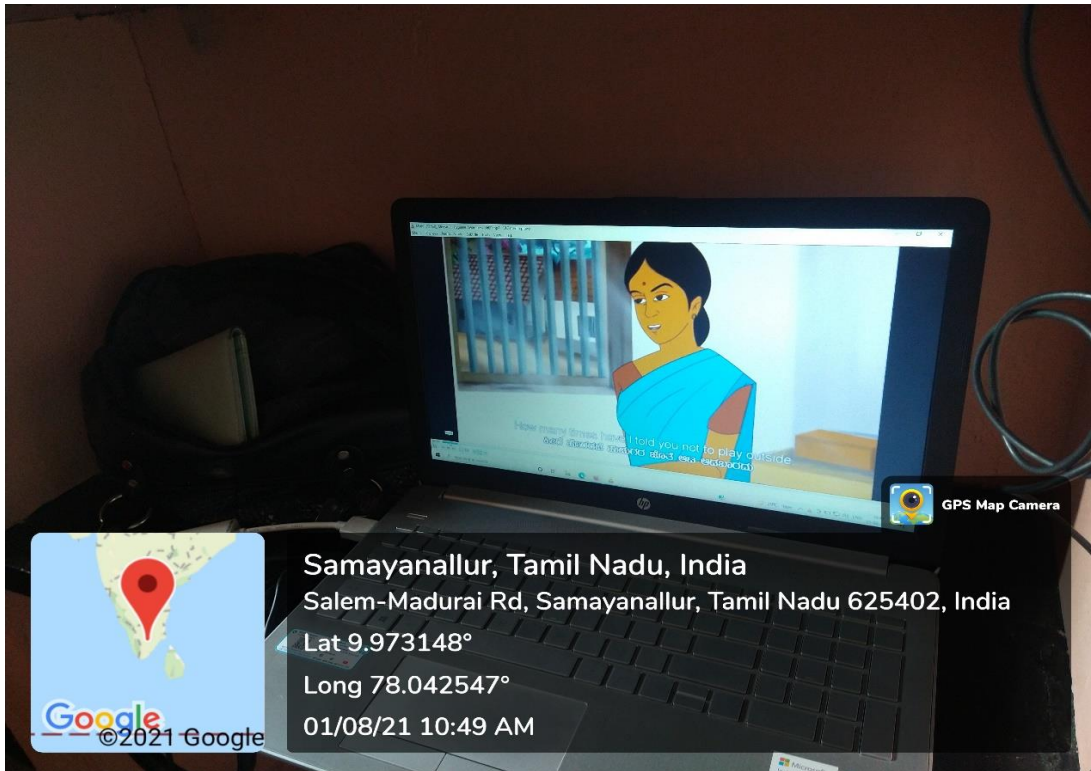


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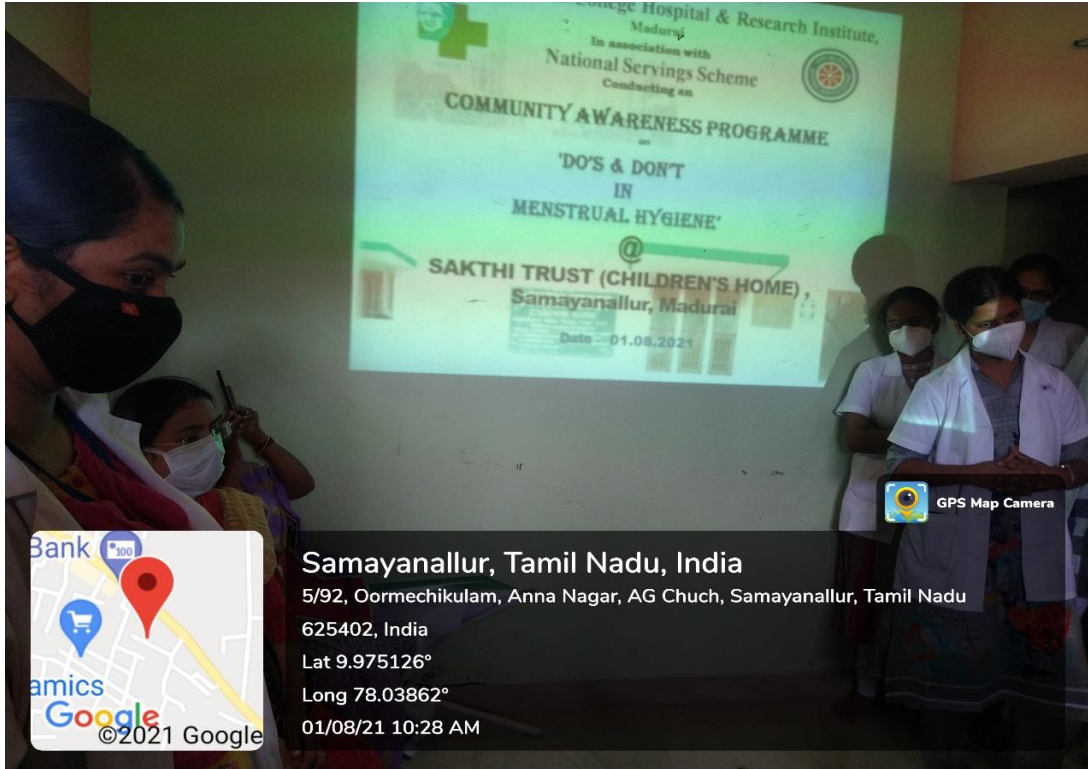


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Samayanallur, Tamil Nadu, India

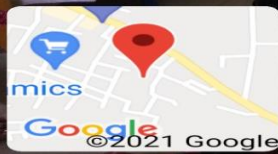
5/92, Ormechikulam, Anna Nagar, AG Chuch, Samayanallur, Tamil Nadu

625402, India

Lat 9.975126°

Long 78.03862°

01/08/21 10:28 AM



Samayanallur, Tamil Nadu, India

Local Rd, Samayanallur, Tamil Nadu 625402, India

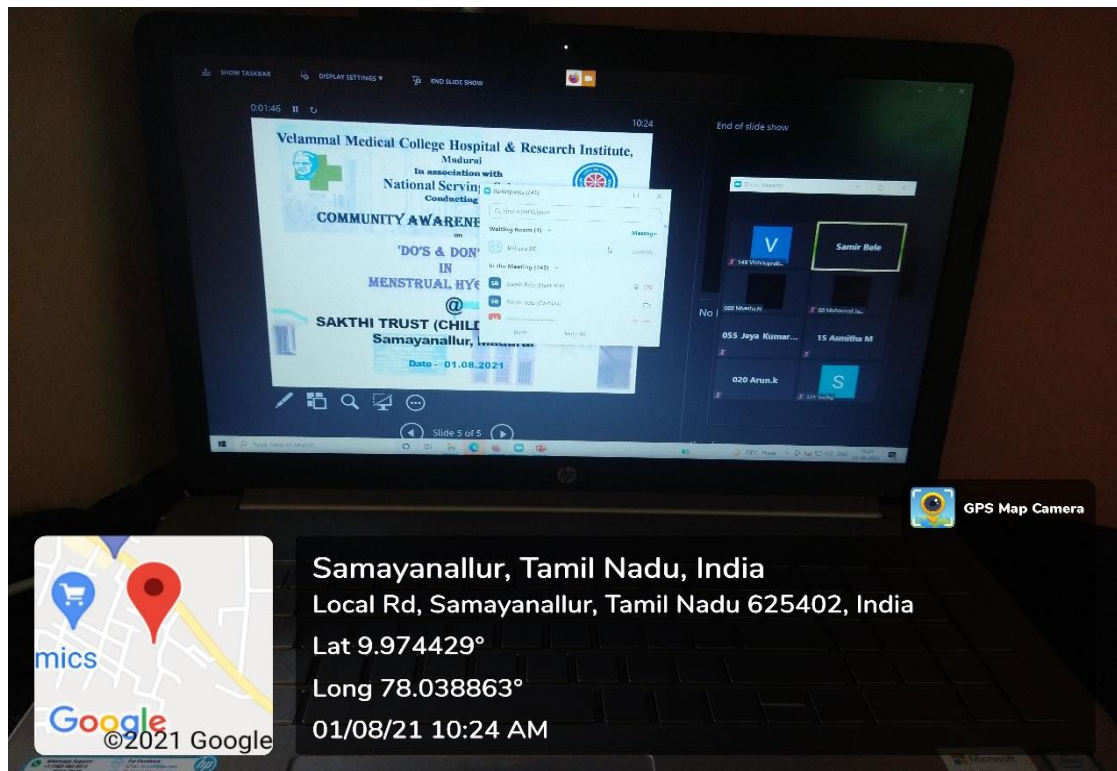
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Long 78.038804°

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VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





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**VELAMMAL MEDICAL COLLEGE
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MADURAI - 625009**

SAKTHI TRUST

30/2, Annanagar West, Samayanallur, Madurai - 625 402

Registered Under Indian Trust Act.

Regn. No.1925 dt.9/12/2002

Cell No : 98650 13702

Date : 1-8-2021..

பெருநர்

உயர்திரு முதல்வர் அவர்கள்,

வேலம்மாள் மருத்துவக் கல்லூரி மற்றும் ஆராய்ச்சி நிறுவனம்

மதுரை

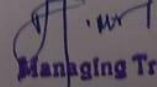
பாராட்டுக் கடிதம்

மதிப்பிற்குரிய ஐயா அவர்களுக்கு,

வணக்கம், வேலம்மாள் மருத்துவக்கல்லூரி மற்றும் ஆராய்ச்சி நிறுவனத்தின் சார்பாக எங்கள் சக்தி ட்ரஸ்டு குழந்தைகள் காப்பகத்தில் தங்கி பயின்று வரும் குழந்தைகளுக்கு மாதவிடாய் கால பராமரிப்பு மற்றும் அது குறித்த விழிப்புணர்வு முகாம் நடத்தினார்கள். இது எங்கள் குழந்தைகளுக்கு மிகவும் பயனுள்ளதாக அமைந்தது. இந்த முகாமை எங்கள் இல்லத்தில் ஒழுங்கமைத்து சிறப்பாக நடத்தியமைக்கு எங்கள் இல்லம் சார்பாக எங்களது நெஞ்சார்ந்த நன்றியினை தெரிவித்துக் கொள்கிறேன்.

நன்றி,

இப்படிக்கு,
தங்கள் உண்மையுள்ள
For SAKTHI TRUST


Managing Trustee



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009

Activity Name: World Environment Day

Date: 5.6.2018

Venue: In and Around VMCH & RI

Audience: out patients and general population

Organised by: Community Medicine Dept., VMCH & RI

Description: World environment day is also known as the Eco Day. It has been one of the great annual events for years which is being celebrated worldwide by the people aiming to protect the unique and life nurturing Nature on every 5th June. Every year celebration is planned according to the particular theme and slogan of the year to bring effectiveness in the campaign all through the world. This year's theme was "Connecting People to Nature".

In view of this theme of World Environment Day, Velammal Medical College Hospital and Research Institute students, who are NSS volunteers, conducted awareness activity for out patients and general population, on basis of following subject matter: "Planting trees, Rain water harvesting, avoiding plastics and polythene and Preserve ground water".

The chairman of Velammal educational trust Mr. M. V. Muthuramalingam started the event in the presence of Dean of VMCH & RI, Dr. R.M.Raja Muthiah, Medical Superintendent Dr. S. Somasundaram, Vice principal Dr. P. K. Mohanty and Chief operating officer Mr. Peter Kennedy. Dr. Dhaval, Associate professor, department of Community Medicine and the NSS Coordinator of VMCH & RI, organised the entire events.

Students gathered in front of main gate of hospital with flex banners and placards demonstrating how to preserve ground water and environment, need to plant more trees and significance of harvesting rain water.

J. S. Srinivasan
Prof. J. THIRUVENKATASU, M.D., D.A.,
Dean


Velammal Medical College Hospital
and Research Institute
Velammal Village
Medakalpet Main Ring Road
Anuppanadi, Madurai-625 009, T.N.



VELAMMAL MEDICAL COLLEGE
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MADURAI - 625009

Students also demonstrated and explained the threats of global warming and the need to completely banning plastics and polythene articles. Further students also explained about importance of obeying traffic rules, adverse effects of emission from vehicles through placards.

The general population who accompanied out patients in their waiting times raised doubts regarding how to preserve the environment, which were clarified by the students.


Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Vilage"
Madurai-Tuticorin Ring Road
Anuppanadi, Madurai-625 009, T.N.



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**VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009**

கைது செய்வதற்கான தடையை திசையன்விளை
நாளை வரை நீட்டித்து உயர் பதிவு செய்துள்ள
நீதிமன்றம் உத்தரவிட்டுள் இந்த வழக்
ளது. கோரி சசிகலா பு
மாநிலங்களவை உறுப்பினர் திலகன், பிரதீப்ரா
சசிகலா புஷ்பா, தனது வீட்டில் உயர் நீதிமன்ற

வேலம்மாள் மருத்துவமனையில் சுற்றுச்சூழல் தினம்

■ மதுரை

உலக சுற்றுச்சூழல் தின நிகழ்ச்சி மதுரை வேலம்மாள் மருத்துவக் கல்லூரில் நேற்று நடந்தது. நாட்டு நலப் பணி திட்ட மாணவர்கள், சுற்றுச்சூழலை பாதுகாப்பதன் அவசியம் குறித்து பொதுமக்கள், நோயாளிகளிடம் விழிப்புணர்வை ஏற்படுத்தினர்.

புவி வெப்பமயமாவதன் ஆபத்து, பிளாஸ்டிக் மற்றும் பாலிதீன் பொருட்களின் பயன்பாட்டை அறவே தடுத்து நிறுத்துவதன் அவசியம், சாலை விதிகளை மதித்து நடத்தல், வாகனங்களில் இருந்து வெளியேறும் புகையினால் ஏற்படும் மாசு ஆகியவை குறித்த பதாகைகளை கைகளில் ஏந்தி நின்றனர்.

வேலம்மாள் கல்வி அறக்கட்டளைத் தலைவர் எம்.வி. முத்திராமலிங்கம் தொடங்கி வைத்த இந்த விழிப்புணர்வு முகாமில் வேலம்மாள் மருத்துவக் கல்லூரி மருத்துவமனை டீன் ராஜாமுத்தையா, மருத்துவக் கண்காணிப்பாளர் சோமசுந்தரம், தலைமை செயல் அதிகாரி பீட்டர் கென்னடி உட்பட பலர் பங்கேற்றனர்.



Newspaper Cutting World environment Activities Conducted by
VMCHRI on 5th June.



Department of General Medicine
VMC Hospital and Research Institute
Madurai

Date:8.7.2017

From
The Dean
VMC Hospital and Research Institute
Madurai.

To
The Regional medical officer
Keelakarai

Through the proper channel

Sub: Permission to conduct a Extension activity in Keelakarai to public for Diabetes & complications

Respected Sir,

The Department of General Medicine is planning to conduct a Extension activity in Keelakarai to public for Diabetes & complications on 8.7.2017 . We request you to grant us permission to conduct the Extension activity programme .

Thanking you,

With regards,

Dr. S. G. M. V.



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MADURAI - 625009

Activity Name: Awareness program on Diabetes and its complications

Date: 8.7.2017

Venue: Keelakarai

Audience: Villagers of Keelakarai

Organised by: General Medicine Dept., VMCH & RI

No. of students/faculty participated: 20/1

Description: The program is to educate participants about diabetes. Diabetes is a chronic disease that causes damage to multiple organs of the body. Diagnosing diabetes and its complication was discussed. Special reference to management of complications. Villagers were informed to approach VMCH & RI, if any person is suffering from diabetes and need of treatment



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Extension Activity

Diabetes and complications



8.7.2017



KEELAKARAI

(National and International Agencies | Industry | The Community
Government and Non-Government Organizations
Engaging NSS/NCC/RedCross/YRC/Institutional Clubs etc..)

MEGA CAMP - DR. JANSI BANU



**CHRONIC COMPLICATONS
OF
DIABETES MELLITUS**

Chronic complications

Microvascular

Macrovascular

Retinopathy

Nephropathy

Neuropathy

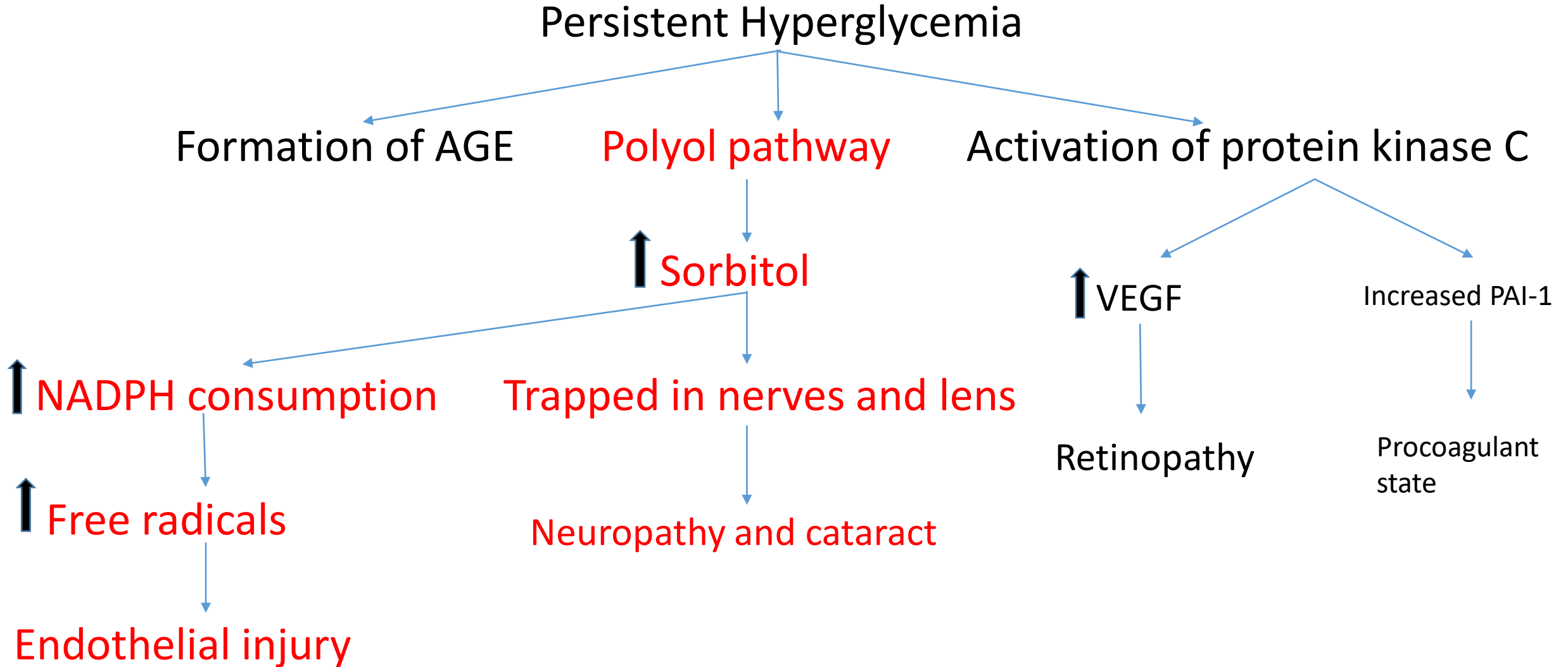
Diabetic foot disease

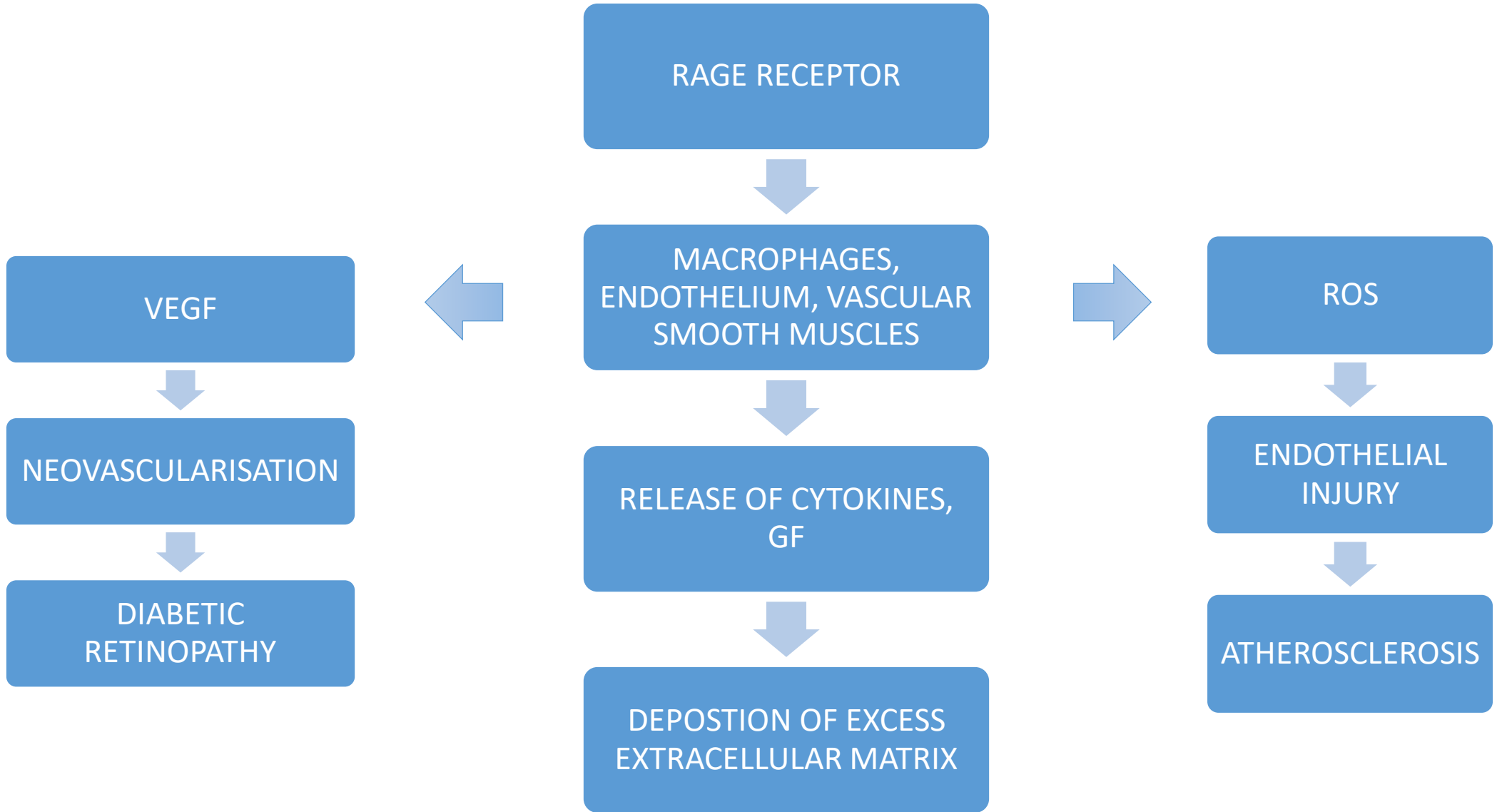
Myocardial ischemia

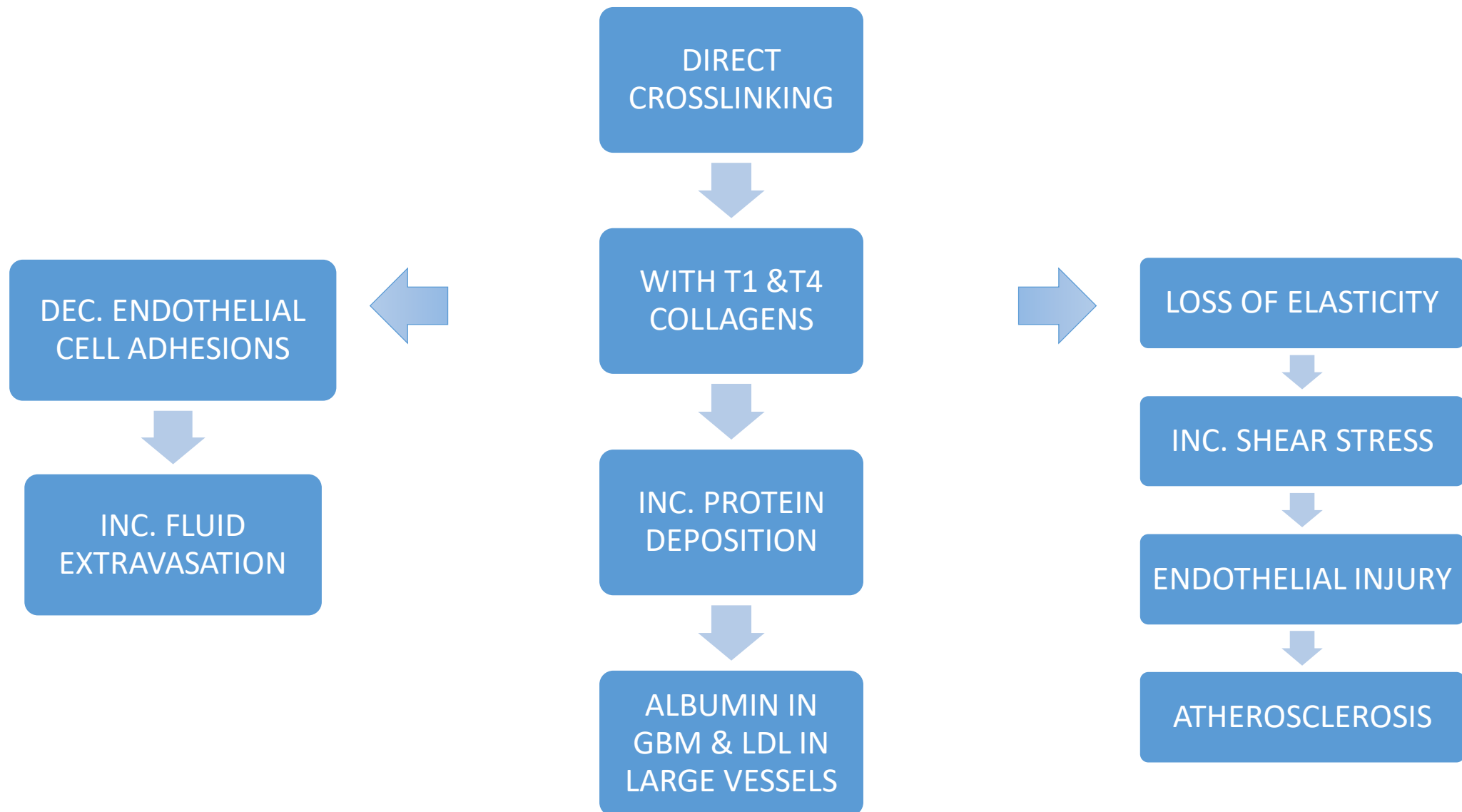
Stroke

Peripheral limb ischemia

PATHOGENESIS







DIABETIC NEPHROPATHY

Afferent arteriolar dilation



Hyperfiltration



Intraglomerular hypertension



Albumin leaks into urine



Albuminuria (Earliest sign)

CLINICAL FEATURES

- Presentation is similar to that of nephrotic syndrome.
- Edema
- Frothy urine
- Proteinuria
- Microalbuminuria
- Systemic hypertension
- Hypoalbuminemia

STAGES OF NEPHROPATHY

- STAGE 1: Hyperfiltration
- STAGE 2: Systemic hypertension – absence of nocturnal dip in BP
early glomerular lesions

- STAGE 3: Incipient diabetic nephropathy

CLINICAL FINDINGS : microalbuminuria

PATHOLOGICAL FINDING : GBM thickening
mesangial expansion
arteriolar hyalinosis

- STAGE 4: Overt diabetic nephropathy (clinical nephropathy)

CLINICAL FINDINGS : proteinuria
increased serum creatinine

PATHOLOGICAL FINDING : Diffuse glomerular sclerosis
Nodular sclerosis –KW NODULES

- STAGE 5: End stage renal disease (IF-TA -GS)

INVESTIGATIONS :

- URINE ALBUMIN

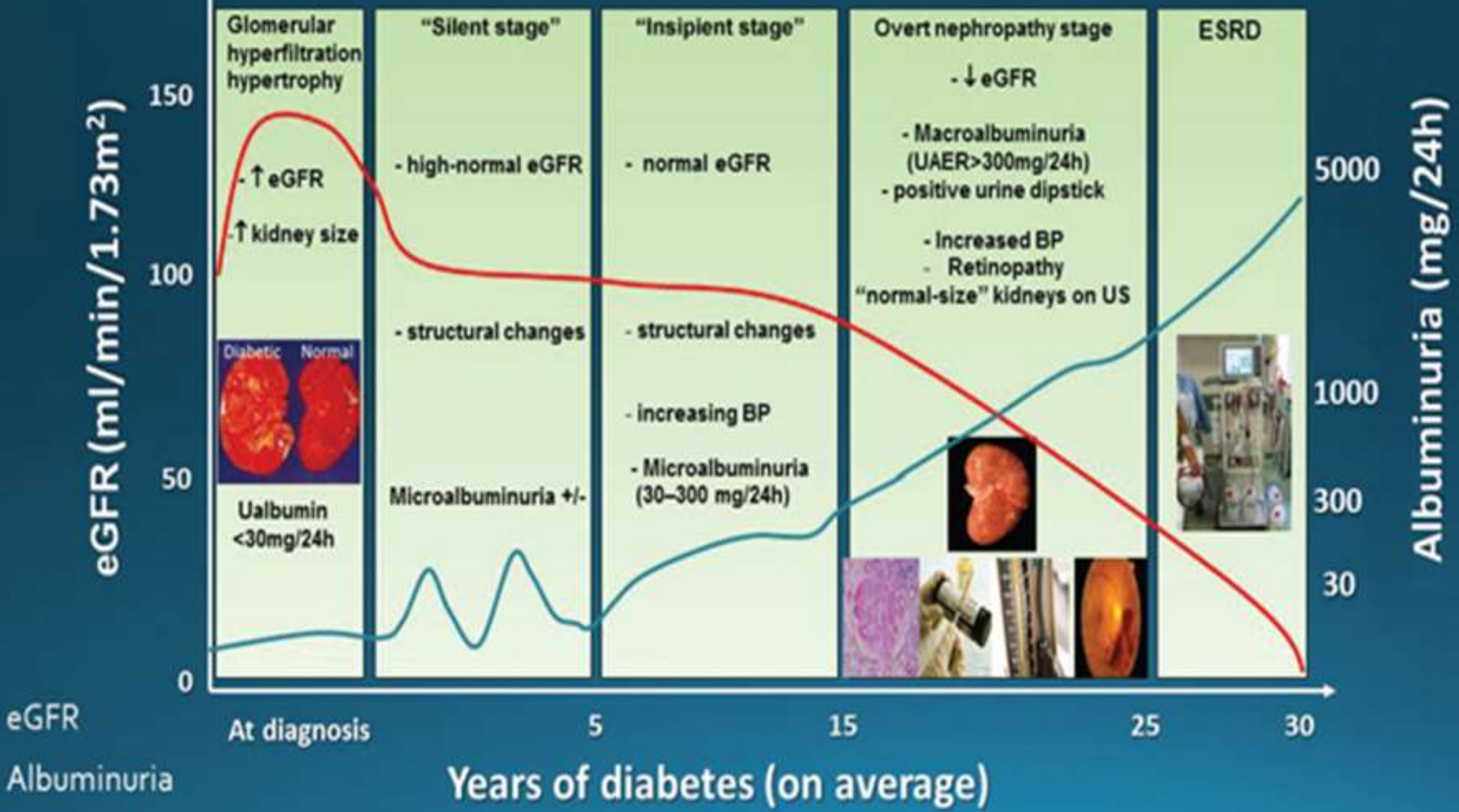
30 -300 mg/day – microalbuminuria (stage 2&3)

>300mg/day – macroalbuminuria (stage 4)

- URINE ALBUMIN CREATININE RATIO

>30mg/mmol – indicates stage 4

- RENAL FUNCTION TEST



eGFR
Albuminuria

Years of diabetes (on average)

MANAGEMENT

- Reduction of blood pressure and adequate glycemic control
- ACE inhibitors – 50% reduction in progression to ESRD
- CCBs – verapamil ,diltiazem (in case of C.I. to ACE inhibitors)
- Oral hypoglycemic
 - Metformin (C.I. if $<40\text{ml/min}$)
 - GLP 1 agonist – liraglutide (safe in renal failure)
 - SGLT2 inhibitors
 - Sulfonylureas – Gliclazide, Glipizide
- Decrease in dose of insulin – in case of renal failure
- Dialysis
- Renal transplantation

DIABETIC NEUROPATHY

CLINICAL CLASSIFICATION

- B/L symmetrical polyneuropathy – Small fiber & large fiber
- Mononeuropathy – Peripheral & cranial nerves
- Proximal motor neuropathy – symmetrical /asymmetrical
- Diabetic radiculopathy
- Autonomic neuropathy

POLYNEUROPATHY

SMALL FIBER NEUROPATHY	LARGE FIBER NEUROPATHY
C fibers – Pain and temperature	Delta fibers – vibration and position sense, fine touch
C/F: burning type ,tingling ,numbness , pins and needles type of pain	Deep seated gnawing pain , small muscle wasting of hands & foot Waddling gait (sensory ataxia)
Feet more than hands	Glove and stocking
Motor power and deep reflexes intact	lost
Risk of foot ulceration and gangrene	Deformities like pes equinus and clawing of toes
Sensory more than motor	Motor more than sensory

MOTOR NEUROPATHY

- Severe and progressive weakness and wasting of the proximal muscles – m/c quadriceps muscles
- Dull aching pain mainly in anterior aspect of leg
- Asymmetrical
- Diabetic amyotrophy
- Recovery occurs within 12 months but some deficits are permanent

MONONEUROPATHY

- Single peripheral nerve or cranial nerve involved
- Motor or sensory function affected
- Severe and rapid onset
- Cranial nerve involved – III & VI cranial nerves
- Peripheral nerves – femoral and sciatic nerves
- Nerve Compression syndromes – carpal tunnel , foot drop

TREATMENT

- Aldose reductase inhibitors – Epalrestat
- Relief of nerve entrapment – NSAIDs, surgical decompression
- Painful neuropathy – TCAs , Gabapentin , Carbamazepine , Duloxetine
- Topical – capsaicin , clonidine
- Supportive measures – foot care , foot and leg braces, elastic stocking

AUTONOMIC NEUROPATHY

System	Manifestation	Treatment
Pupillary	Reduced light reflex resulting in decreased night vision	Behavioral modification, avoid night driving
Gastrointestinal	Gastroparesis, constipation, diarrhea, incontinence	Small and frequent meals, low-fat diet, pancreatic enzyme supplement, metoclopramide, domperidone (not available in the United States)
Cardiovascular	Orthostatic lightheadedness or hypotension, syncope, labile hypertension, tachycardia	Hydration, extra salt intake, compression stockings, midodrine, fludrocortisone
Genitourinary	Impotence, female sexual dysfunction, urinary retention, incontinence	Phosphodiesterase type 5 inhibitors, estrogen cream, bladder exercise, intermittent self-catheterization, bethanechol
Sudomotor	Peripheral hypohidrosis, compensatory central hyperhidrosis	For hyperhidrosis: propantheline, scopolamine, glycopyrrolate, botulinum toxin

TREATMENT

Pain and paraesthesiae from peripheral somatic neuropathies

- Intensive insulin therapy (strict glycaemic control)
- Anticonvulsants (gabapentin, pregabalin, carbamazepine, phenytoin)
- Tricyclic antidepressants (amitriptyline, imipramine)
- Other antidepressants (duloxetine)
- Substance P depletor (capsaicin – topical)
- Opiates (tramadol, oxycodone)
- Membrane stabilisers (mexiletine, IV lidocaine)
- Antioxidant (α -lipoic acid)

Postural hypotension

- Support stockings
- Fludrocortisone
- NSAIDs
- α -adrenoceptor agonist (midodrine)

Gastroparesis

- Dopamine antagonists (metoclopramide, domperidone)
- Erythromycin
- Botulinum toxin
- Gastric pacemaker; percutaneous enteral (jejunal) feeding (see Fig. 19.10, p. 708)

Diarrhoea (p. 783)

- Loperamide
- Broad-spectrum antibiotics
- Clonidine
- Octreotide

Constipation

- Stimulant laxatives (senna)

Atonic bladder

- Intermittent self-catheterisation (p. 1093)

Excessive sweating

- Anticholinergic drugs (propranolol, poldine, oxybutinin)
- Clonidine
- Topical antimuscarinic agent (glycopyrrolate cream)

Erectile dysfunction (p. 440)

- Phosphodiesterase type 5 inhibitors (sildenafil, vardenafil, tadalafil) – oral
- Dopamine agonist (apomorphine) – sublingual
- Prostaglandin E₁ (alprostadil) – injected into corpus cavernosum or intra-urethral administration of pellets
- Vacuum tumescence devices
- Implanted penile prosthesis
- Psychological counselling; psychosexual therapy

DIABETIC EYE DISEASE

- Diabetic Retinopathy
- Diabetic macular edema
- Central retinal artery occlusion
- Diabetic cataract
- Non arteritic ischemic optic neuropathy

FUNDUS EXAMINATION

Non Proliferative DR

- Microaneurysm
- Dot blot hemorrhage
- Hard exudates
- Cotton wool spots

Proliferative DR

- neovascularisation
- vitreous hemorrhage
- retinal detachment

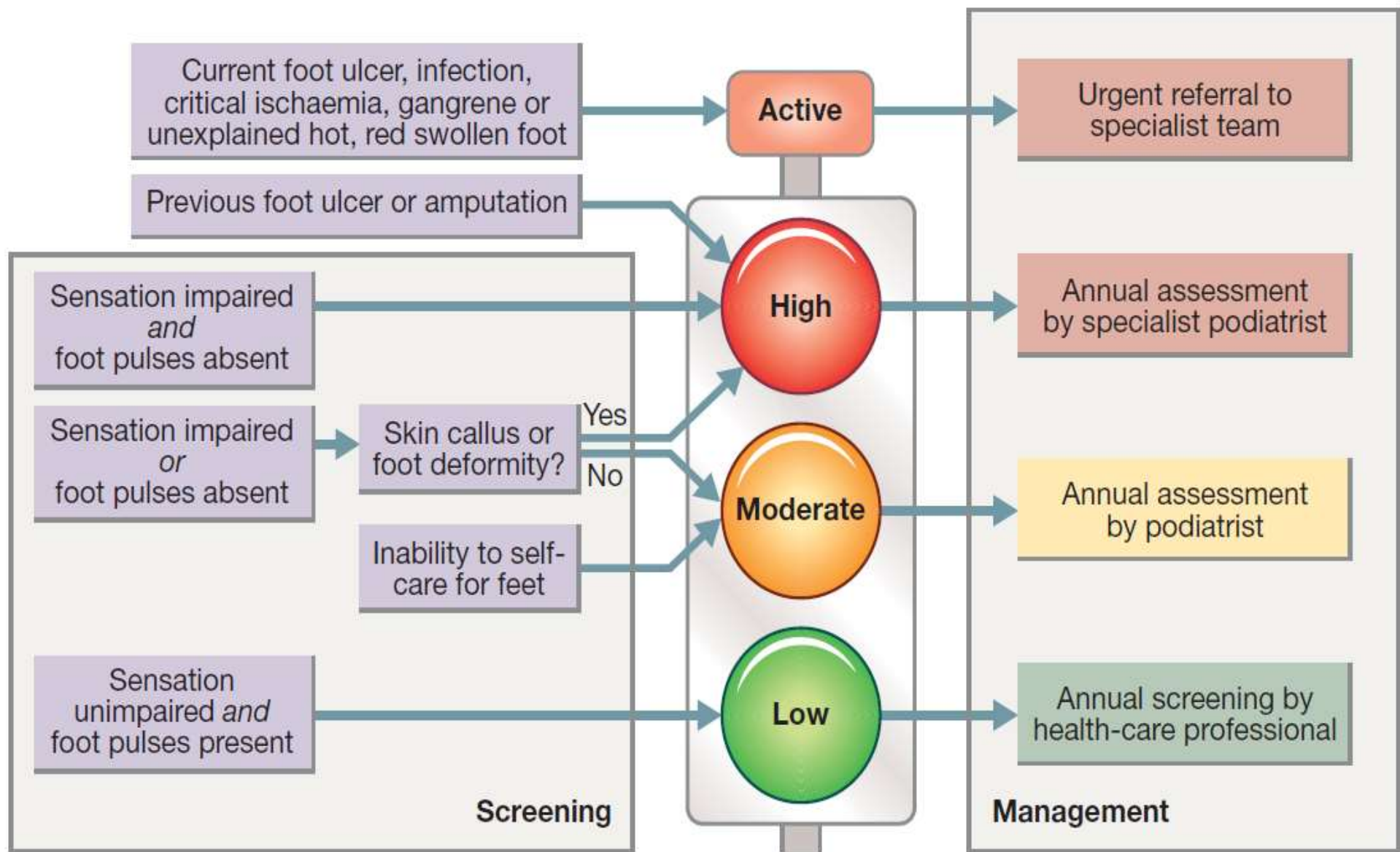
MANAGEMENT

- Intravitreal Anti VEGF – Bevacizumab
- Intravitreal Triamcinolone
- Pan retinal laser therapy

DIABETIC FOOT DISEASE

• **CHARCOT NEUROARTHROPATHY**


- Progressive condition affecting bones and joint
- Early inflammation , joint dislocation , subluxation followed by pathological fractures
- C/F; hot ,red ,swollen foot , severe pain , mostly associated with foot ulcers .
- TREATMENT : immobilization of foot , heals by consolidation and remodeling



Date:8.7.2017

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General
Medicine Department for the extension activity conducted on
DIABETES & COMPLICATIONS for the public on 8.7.2017



R. RAJA

(Keelakarai)



Department of General Medicine
VMC Hospital and Research Institute
Madurai

From
The Dean
VMC Hospital and Research Institute
Madurai.

To
The Regional medical officer
Thirumangalam

Through the proper channel

Sub: Permission to conduct a Extension activity in Thirumangalam to public for Obesity & complication – Camp (Group discussion)

Respected Sir,

The Department of General Medicine is planning to conduct a Extension activity in Thirumangalam to public for Obesity & complication – Camp (Group discussion) 10.6.2017 . We request you to grant us permission to conduct the Extension activity programme .

Thanking you,


With regards,



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009

Activity Name: Group discussion and awareness Obesity and complication

Date: 10.6.2017

Venue: Thirumangalam

Audience: Villagers of Thirumangalam

Organised by: General Medicine Dept., VMCH & RI

No. of students/faculty participated: 20/1

Description: The program is to educate participants about obesity. Classifying obesity based on BMI and further investigations to evaluate for complications of obesity. Causes for obesity and diet advice and caloric requirement was discussed in detail. Special reference to morbid obesity and exercise protocol to be followed is explained and health check up of attended participants conducted.



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Extension Activity

Obesity and complication



10.6.2017



THIRUMANGALAM

(National and International Agencies | Industry | The Community
Government and Non-Government Organizations
Engaging NSS/NCC/RedCross/YRC/Institutional Clubs etc..)

GROUP DISCUSSION -
DR. ANURATHA



OBJECTIVES

- Define obesity
- Describe health consequences of obesity
- ---

Explain strategies to reduce obesity
- Explain how to reduce consequences of obesity
- Explain strategies to promote health

OBESITY

- Definition: excessive weight that may impair health
- How do we measure If someone is obese?
 - Body Mass Index (BMI)
- BMI Categories:
 - Normal weight = 18.5-24.9
 - Overweight = 25-29.9
 - Obesity = BMI of 30 or greater

JUST THE FACTS!

- ~~According to WHO:~~

As of 2005
 - 1.6 billion adults (over 15 years old) are overweight
 - 400 million are obese
 - Projects by 2015, 2.3 billion will be overweight and 700 million obese

CAUSE OF OBESITY

- Simple equation...when you eat more than you use..it is stored in your body as “fat”.
 - Causes
 - Global shift in how we eat
 - Western diet of processed food
 - Higher sugar, fat and calories in what we eat
 - Less nutrients
 - Reduced intake of vitamins and minerals

LOW AND MIDDLE INCOME COUNTRIES

- Double Burden of Disease
 - According to WHO there is a “double burden” of disease
 - Countries that are developing are still having issues of infectious disease and under-nutrition
 - There is also an increase of chronic disease related to obesity...especially in urban settings
 - Causes inadequate prenatal care, lack of infant and child nutrition and eating high fat and high sugar foods

WHAT DOES OBESITY DO TO OUR BODIES?

- With more people gaining too much weight..there are health issues to consider

 - Cardiovascular disease
 - Diabetes type 2
 - Musculoskeletal disorders
 - Cancers-endometrial, cervical and colon
 - Infertility
 - Gallstones
 - Premature death and disability

HEART DISEASE AND DIABETES

- Heart Disease

 - The world's number #1 cause of death
 - Kills 17 million each year around the world
 - Heart attack
 - Stroke
- Diabetes type 2
 - Becoming global epidemic
 - WHO projects diabetes will increase by 50% across the world

DIABETES TYPE 2

- Increasing at alarming rates in all age groups
- Mostly caused by being overweight and obese
- According to WHO
 - Diabetes affects more than 200 million people in the world
 - Diabetes effects mostly low and middle income countries
 - Over half of the deaths were women...55%
 - Can be prevented

DIABETES TYPE 2

- Symptoms

- Blurred vision
- Erectile dysfunction
- Fatigue
- Frequent or slow-healing infections
- Increased appetite
- Increased thirst
- Increased urination

COMPLICATIONS OF DIABETES

- Heart disease and stroke
- Glaucoma
- Neuropathy...especially the feet
- Skin complications...wounds do not heal well
- Diabetic retinopathy (eye disease)
- Kidney disease and kidney failure
- Damage to blood vessels that supply the legs and feet (peripheral vascular disease)

WHAT ABOUT CHILDREN?

- When children are overweight, they are more likely to be overweight and obese as adults.
- How can children avoid being obese?
 - This starts as soon as we are born....

HEALTHY STARTS

- Before we are born
 - Mothers who:
 - Normal BMI during pregnancy
 - Eat healthy and exercise moderately
 - Gain 11.5-16 kg
 - Prenatal care
- When we are babies
 - Study shows babies weaned before 4 months gained more weight than recommended
 - According to WHO: Breastfeed for at least 6 months exclusively and beyond if possible

CHILDHOOD OBESITY

- Rates of childhood obesity are alarming

- Problem is worldwide
- Estimated in 2010 42 million children under age 5 are considered overweight
- Tripled in past 30 years
 - Age 6-11 6.5% to 19.6%
 - Age 12-19 5.0% to 18.1%

CHILDHOOD OBESITY

- Genetic Link
 - Multifactorial condition related to sedentary lifestyle, too much good intake and choice of foods actually alter genetic make-up, creating higher risk of obesity
- Behavioral
 - Children will more likely choose healthier foods if they are offered to them at young ages and in the home
- Environment
 - In homes where healthy food is not available, or the food choices are not healthy. Obesity can occur

CHILDHOOD OBESITY

- Why does this matter?
 - Premature death
 - Developing heart disease at younger ages
 - Developing diabetes type 2 at younger ages
- What can be done?
 - Childhood obesity is preventable
 - Role of the schools
 - Role of health care professionals

NUTRITION

- Nutrition counts!
 - Nutrition is everything! Healthy foods, fruits, vegetables, legumes...a colorful diet is best!
 - Low sugar, low fat
 - Play an hour a day!

WHAT CAN SCHOOLS DO TO HELP?

- Create “healthy” eating policy during school hours.
Meaning...no junk food
- Provide healthy snacks for children to have or purchase...local fruits and vegetables that children like to eat
- Have an exercise activity every day during school hours of at least 20 minutes
- Use activities as a “reward” rather than food

REDUCING CHILDHOOD OBESITY

- Takes collaborative effort from everyone
- From Nursing:
 - Advocate for healthy eating
 - Advocate obtaining nutritious food
 - Advocate for exercise...one hour a day to play
 - Advocate for health promoting exercise
 - Educate the public

WHO STRATEGY

- WHO Strategy for preventing overweight and obesity
 - ~~Adopted by World Health Assembly in 2004 and WHO Global Strategy on Diet, Physical Activity and Health~~
 - Four objectives
 - Reduce risk factors of chronic disease
 - Increase awareness and understanding
 - Implement global, regional, national policies actions plans
 - Monitor science and promote research

LET'S TALK ABOUT EACH ONE...

- Reduce risk factors for chronic disease
 - To reduce, there needs to be more exercise and better eating habits
- Increase awareness and understanding
 - To understand the influence of diet and why physical activity makes a difference

AND THE LAST TWO...

- To develop and implement global, regional, national policies and action plans
 - Work to improve diets and definition of physical activity
- Monitor Science and promote research
 - On how diet affects the body, how to influences
 - How much physical activity is best for most

EVIDENCE

- Where is the evidence?
- The Global Strategy on Diet, Physical Activity and Health have determined:
 - When threats to health are addressed, people can remain health into their 80's and 90's
 - Risk reduction...even modest has sustainable benefits
 - Healthy living with not smoking is considered effective in reducing threats of noncommunicable disease

EVIDENCE

- Something as simple as eating fruits and vegetables can save millions of lives; according to WHO, 2002:
 - Low fruit and vegetable intake
 - 2.7 million lives could be saved with enough fruits and vegetables

FRUITS AND VEGETABLES

- WHO states:

 - Fruits and vegetables need to be part of the daily diet to prevent disease such as obesity and noncommunicable disease
 - The statistics are startling
 - Lack of enough fruits and vegetables cause
 - 19% of GI deaths
 - 31% of Ischemic heart disease
 - 11% of stroke

HOW MUCH FRUIT IS ENOUGH?

- WHO recommends at least 400 gms of fruit and vegetables each day...
 - This will prevent chronic disease related to overweight and obesity
 - Heart disease
 - Diabetes
 - Cancers

ESSENTIAL UNDERSTANDINGS

- It is well known that obesity is preventable. It is caused by eating more ~~than we need...so how can we prevent obesity?~~
- Each of us can...according to WHO
 - Have a balance of energy and healthy weight
 - Limit how much fat we eat...we need to eat some..but not too much.
 - Increase fruits and vegetables
 - Limit sugars
 - Increase exercise to at least 30-60 minutes per day on most days!

HELPFUL WEBSITES

- World Health Organization
-

<http://www.who.int/topics/obesity/en>

- Calculate your BMI

<http://www.nhlbisupport.com/bmi/bminojs.htm>

- Nutrition Facts

<http://www.nutritiondata.com>

Date:10.6.2017

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General
Medicine Department for the extension activity conducted on OBESITY
& COMPLICATION for the public on 10.6.2017



THANGARAJ

(THIRUMANGALAM, MADURAI)



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Activity Name: Gaja - The sorrow of Delta District

Date: 11/11/2018

Venue: Pudukottai, Thanjavur, and Nagapattinam

Organised by: 34 Villages

Description: GAJA –This word evokes different kind of perceptions and views in the minds of the people of the Pudukottai, Thanjavur, Thiruvarur and Nagapattinam districts (collectively called DELTA districts). Early in the morning of 11th November, 2018, the people of these districts faced GAJA - the worst cyclone of the decade.

The word GAJA literally means the elephant in sanskrit, as per the name indicates the land area which was crossed by this cyclone was found to be the land crossed by the ferocious angry elephant. Everyone had been wondering how they named exactly to the devastating disaster even before its arrival.

The cyclone has massively damaged the sources of living sparing the lives. It has damaged most of the cash crops of this delta districts and damaged the boats and launch boats of so many fishermen and made the land-lord to the needy. thus showed the power of nature over the people

On seeing and hearing this news by means of various social media and by other sources our Chairman Thiru.M.V.Muthuramalingam sir thought of helping these people by donating an amount of rupees One crore to the Chief minister disaster relief fund. Even despite of that his thirst for helping the needy was not quenched. then he thought of organizing the health camp to the needy. His thought came into action by our beloved dean sir and Medical Superintendent sir.

Initially the camp has been planned for couple of days, then on later by that of the feedback obtained from various sources in consideration to the needy people the camp has been extended to 14 long days. The cap comprises of 12 doctors including the CRRI's and 7 paramedical workers.

The camp was planned in such a manner that it should be useful to the needy and the resources should never be wasted in any manner. The



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camp has been conducted in various places irrespective of the available sources. The camp has been held at the available places like the temples, churches, mosques, common gathering sites and even on the roadsides where the people got beneficial services. The camps were conducted not only in the places where the benches were available, even the bonnets of the cars served as the place for the camps.

The camp not only served the medical needs of the people but also in providing them with the basic necessities which includes the rice, biscuits, blankets, candles, mosquito coils/ repellents, sanitary pads, lungies, towels and nighties. The boys in the team were so proud that not even a single towel was given to the already benefitted or over helmed in a single place. That much of ground work was performed by the students before distributing the items.

The camps have been conducted not only during the morning hours but even after the sunset with the help of the candles, headlamps of the cars and by other available sources.

The camp was In the Pudukottai district the camp was conducted at Kandharvakottai, Thiruvengaivasal, Mettupatti and Viralimalai. were covered. Pallathoor, Puthukottaiullor, Thamarai-kottai, Santhankadu, and Palamuthu of Nagapattinam district were the beneficial villages. Thoputhurai, Chinnapallivasal, Arukattuthurai, Pavajikottai, Paravakottai, Pallathalli, Athivetti, Thiruthuraipoondi, Rayanallur, Poosalanudi, Keeranthi, Alathampadi and Thuvaramadai of Thiruvarur district and Salakadai, Thalaikadu, Thulasapuram, Sakkai, Vadamalai manakadu, Piranthiyakarai, Maharajapuram, Nambiyar nagar and Ayamoor of Thanjavur district were covered. Around 5500 people got benefitted as per the records and more than 1000 off the records.

The team comprises of Dr.B.Sudharsan Assistant Professor, Dr.C.Deiveegan Assistant Professor from the department of Community Medicine and the CRRI's namely Dr. Kirubakaran, Dr.Madhan, Dr.Mariya vidhyan, Dr. Ramkumar, Dr.Hari balakrishnan, Dr. Prathap, Dr.Praveen, Dr.Shyaam, Dr.Sridhar, Dr.Abhishek and Dr.Kabilan. The Para medical team comprises of Mr.Kuberan (Marketing manager); Mr.Hariram



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(Marketing Assistant); : Mr.Karthik(Male Nurse); Mr.Ajith (Male Nurse):Mr.Sundaramoorthy (Pharmacist); Mr.Muthu Vijayan (Lab tech); Mr.Ilayaraja (Doctors Driver); Mr.Balasubramanian (Mobile Hospital incharge).

I take this opportunity to say thanks to our beloved Chairman sir, Dean sir, MS sir and our HOD. I also use this opportunity to thank Mr.Elangovan and Mr.Karthikeyan who helped our team in all the aspects in and around Thanjavur. It is my responsible to extend my thanks to Mr.Bharathi of Pattukottai, Mr.Bharathithasan of Thiruthuraipoondi and Mr.Subramanian of Thiruthuraipoondi who helped us in finding the needy areas of the affected areas and helped us in reaching them without any difficulty.



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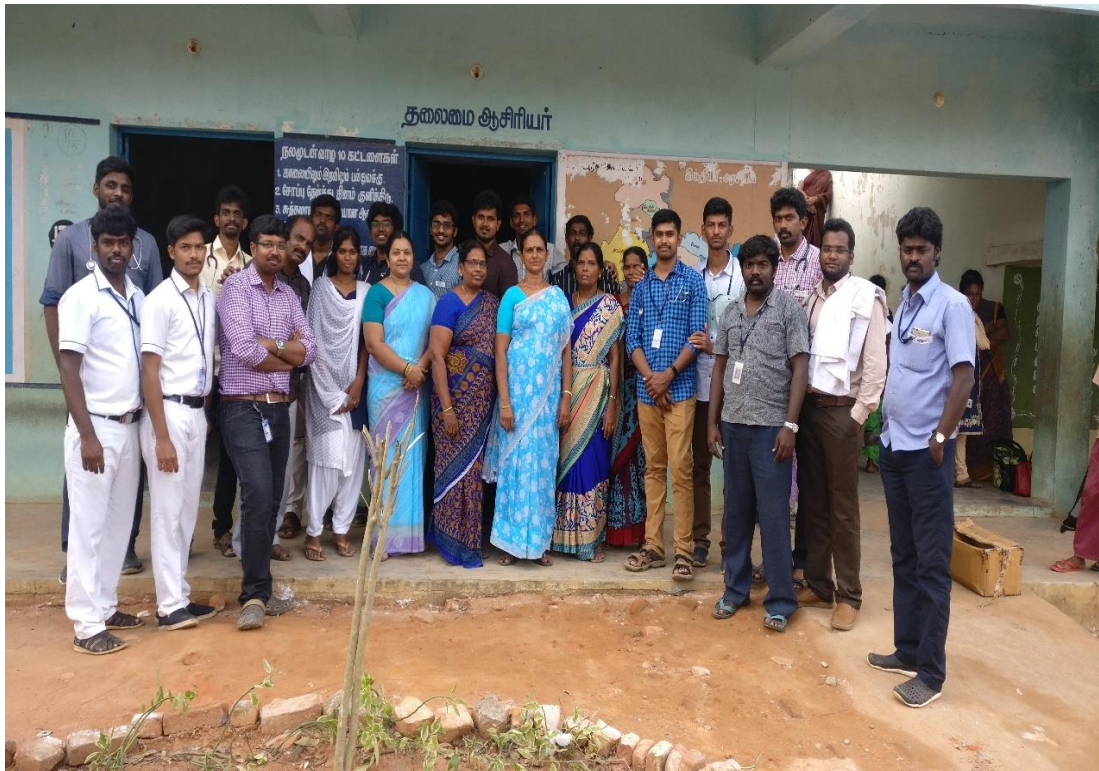


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MADURAI - 625009

Activity Name: Leprosy Case Detection Campaign

Date: 09/07/2019 to 20/07/2019,

Venue: South Masi Street, Nethaji Road, Mela Masi Street, Karimedu, Sellur and Ellis Nagar

Organised by: Community Medicine, VMCH & RI.

Descriptive: The Department of Community Medicine Velammal Medical College Hospital and research Institute along with the public health department (leprosy division) Madurai was involved in the leprosy case detection campaign during 08/07/2019 to 20/07/2019.

Around 25 CRRI's and 7 faculties from the Community Medicine Department have actively participated in the case detection campaign. The campaign was carried out in urban areas including slums of Madurai consisting of the areas like South Masi Street, Nethaji Road, Mela Masi Street, Karimedu, Sellur and Ellis Nagar.

The objectives of the campaign were to detect the cases of the leprosy, improve case management and reduce the stigma associated with leprosy.

The interns conducted a door to door survey with a pre-designed proforma provided by the public health department and searched for the leprosy cases which includes screening the symptoms like hypopigmented /anesthetic patches and other nerve thickenings and other deformities.

The survey went around 12 days, where the interns visited around 3000 houses and got exposed to the people of different socio- economic class and varieties of public issues.

29-30/7/2019
Prof. T. THIRUNAVUKKARASU, MD,DA.
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Ring Road
Anuppanadi, Madurai-625 009, T.N.



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The participants were honoured with a certificate of participation by Dr. Samiyappan, Deputy Director Leprosy, Madurai district. The felicitation program was organized and conducted on 9th September 2019 followed by a guest lecture by Dr. Samiyappan, Deputy Director Leprosy.

62.26/11/2019

Prof. T. THIRUNAVUKKARASU, M.D.,D.A.,
Dean

Velammal Medical College Hospital
and Research Institute
"Velammal Vilage"
Madurai-Tuticorin Hwy, Road
Anuppanadi, Madurai-625 009, T.N.



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MADURAI - 625009



Door to door visit during the campaign and distribution of certificates by the DD of leprosy.



Department of General Medicine
VMC Hospital and Research Institute
Madurai

From
The Dean
VMC Hospital and Research Institute
Madurai.

To
The Village Medical Officer
Madipannur

Through the proper channel

Sub: Permission to conduct a Extension activity in Madipannur to public for Awareness an Anemia – Group discussion

Respected Sir,

The Department of General Medicine is planning to conduct a Extension activity in Madipannur to public for Awareness an Anemia – Group discussion 21.09.21. We request you to grant us permission to conduct the Extension activity programme .

Thanking you,


With regards,



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Activity Name: Awareness and Group Discussion on Anemia

Date: 21.9.2021

Venue: Madipannur

Organised by: General Medicine, VMCH & RI

Description: Program was conducted to educate participants about anemia. Anemia is most commonly seen in younger and very old people. There are various causes for anemia, nutritional being the most common. Education about different causes of anemia and investigations and treatment was told to the participants. Health checkup conducted and free medicine distributed, individual discussion held with participants.



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Extension Activity

Awareness on anemia



21.09.2021



MADIPANNUR

(National and International Agencies | Industry | The Community
Government and Non-Government Organizations
Engaging NSS/NCC/RedCross/YRC/Institutional Clubs etc..)

**GROUP DISCUSSION –
DR. ASAD GOWRI MUKUDHAN**





VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Awareness and Group Discussion on Anemia at Madipannur



ANEMIA

Control Strategies

Objectives of this presentation

- **To bring in the global evidence on anemia & its implications**
- **To understand the current programming on anemia prevention**
- **To bring in the state initiatives to address anemia through a comprehensive approach**

Rationale: Evidence

- **Anemia is multi-factoral in etiology**
- **Iron and folate deficiency are common**
- **Iron deficiency is related to nutritional deficiency and intestinal helminthic deficiency and folate deficiency due to poor intake and chronic hemolytic stage**
- **Besides these, Malaria and other chronic diseases like Tuberculosis, HIV and cancers remain as major contributors to anemia.**

Rationale: Evidence

- **Anaemia in pregnant women reduces women's ability to survive bleeding during and after child birth**
- **Risk of maternal mortality decreases by about 20% for each one g/dl increase in Hb**
- **Reduction in severe anemia is evidenced in pregnant women who receive regular malaria prophylaxis in malaria endemic areas**

Rationale: Evidence

- **34.5% of the preterm deliveries are in low income severely anaemic women in India..**
- **Dietary Iron consumption in India –expected is 26mgs/day but absorption upto 5% only.**
- **During Pregnancy Hb<10g/L at 13-24 wk gestation had 1.18 to 1.75 fold higher relative risk of preterm birth, LBW and preterm mortality.**
- **Early supplementation reduces the iron depletion in the last trimester of pregnancy**

Rationale: Evidence

- **Pregnant women who are in mild –moderate anemia are also at risk of dying.**
- **Severe maternal anemia-<8gm/L increases the risk of death due to rapid cardiac decompression even without the additional stress of true post partum haemorrhage.<500ml blood loss during delivery could be fatal.**
- **20% maternal deaths are attributable due to anemia in India**

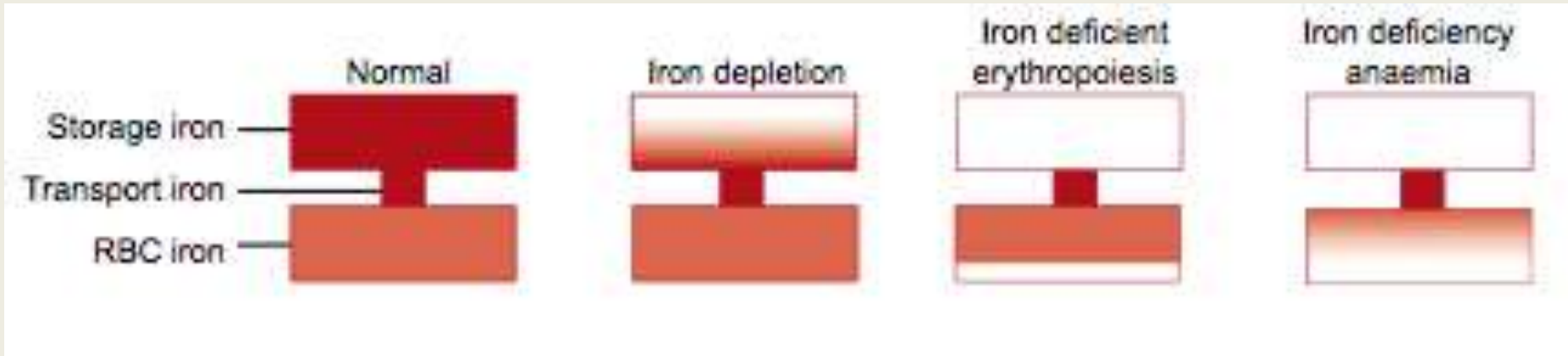


Anemia



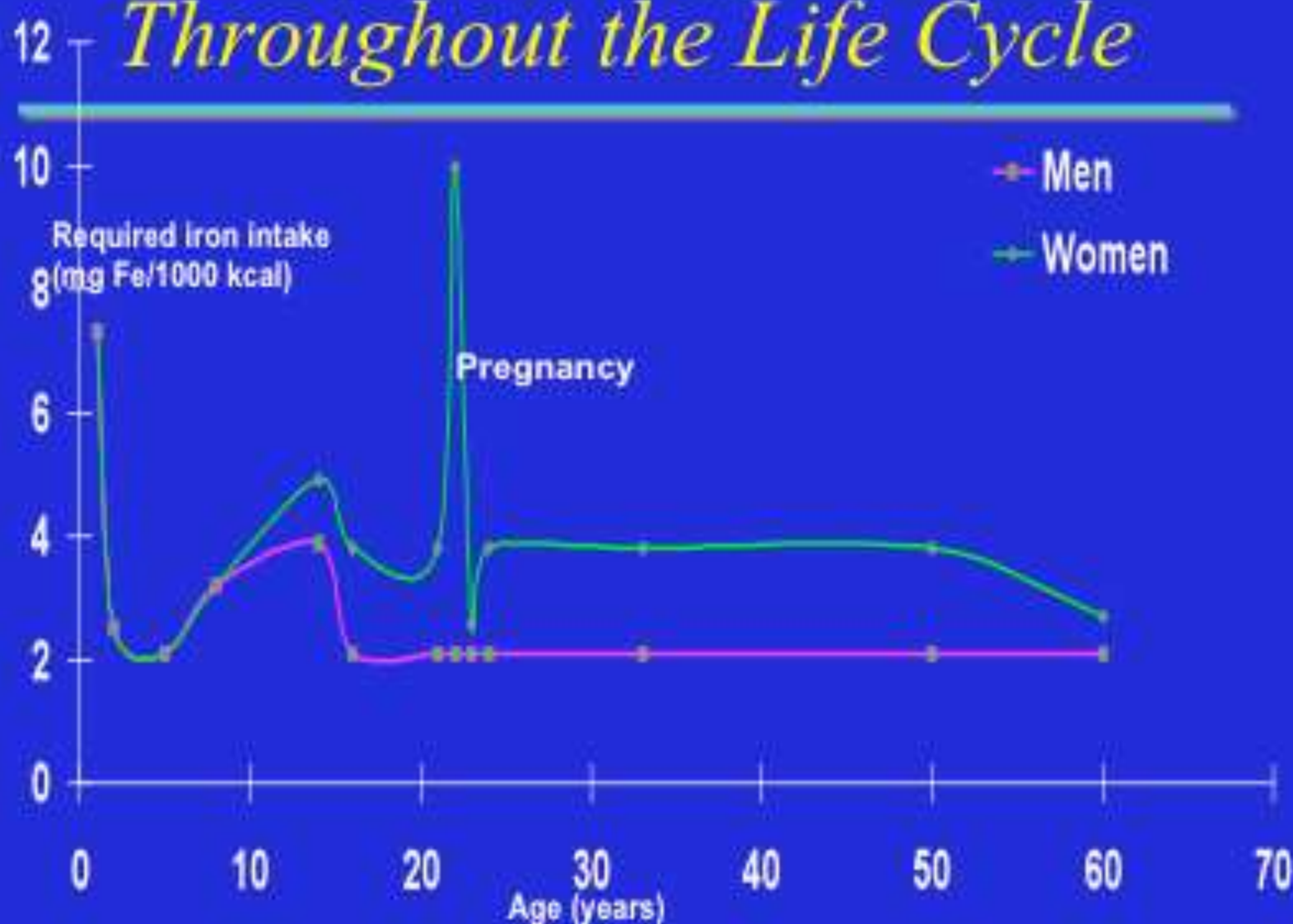
- Anemia is manifestation of under nutrition and poor dietary intake of Iron affecting not only a section but entire population
- It is a condition in which the body does not have enough healthy red blood cells to bring oxygen to body tissues.

Iron Deficiency Anemia



- **By the time a person is diagnosed with anemia, the body stores are nil and the RBC Iron is to the minimal level**

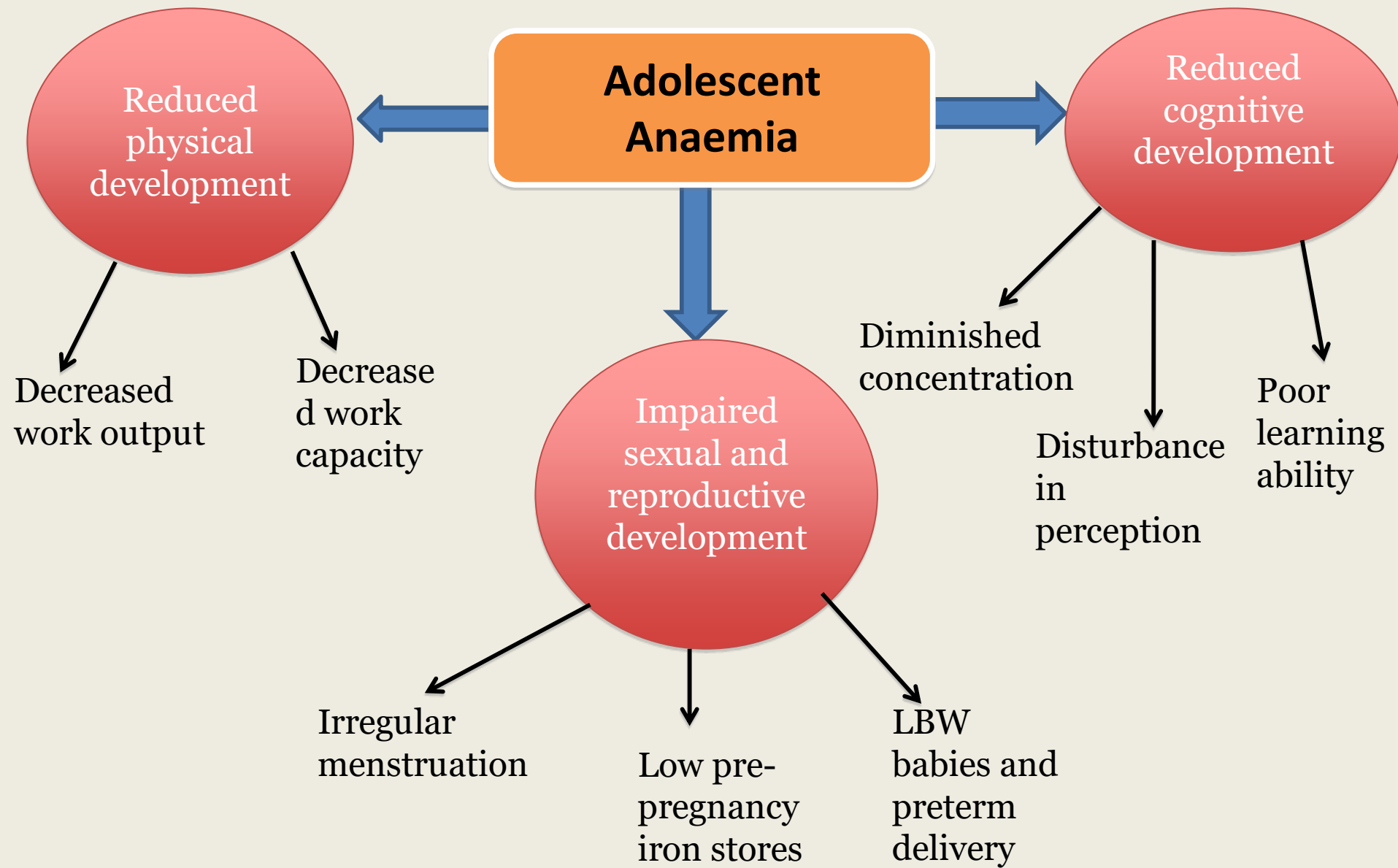
Dietary Iron Requirements Throughout the Life Cycle



Health Economics of Micronutrient deficiencies in children

- Anemia and other key micronutrient deficiencies can directly attribute to
 - Depressed Cognition
 - Inferior school performance
 - Reduced future earnings & productivity
 - Depressed immunity
 - Repeated infections





Health Economics of Anemia... cont

- In an anemic individual, the aerobic capacity, endurance and energy efficiency are compromised 10-50%
- Anemic children score 0.5 to 1.5 SD lower on Intelligence tests where as iron interventions have similar magnitude of positive impact on cognitive scores.
- Anemia hits hard on productivity with an estimate of 5% deficit among all “blue collar” jobs to additional 12% loss for Heavy manual labor such as agriculture and construction
- Global evidences conclude that a 0.25 SD increase in IQ level would lead to 5-10% increase in wages

Maternal Anemia: A Preventable Killer



Causes

- ❖ Low dietary intake of iron
- ❖ Poor absorption of iron
- ❖ Malaria
- ❖ Hookworm
- ❖ High fertility
- ❖ Other micronutrient deficiencies
- ❖ Diarrhoea, HIV/AIDS & other infectious diseases

Iron Deficiency

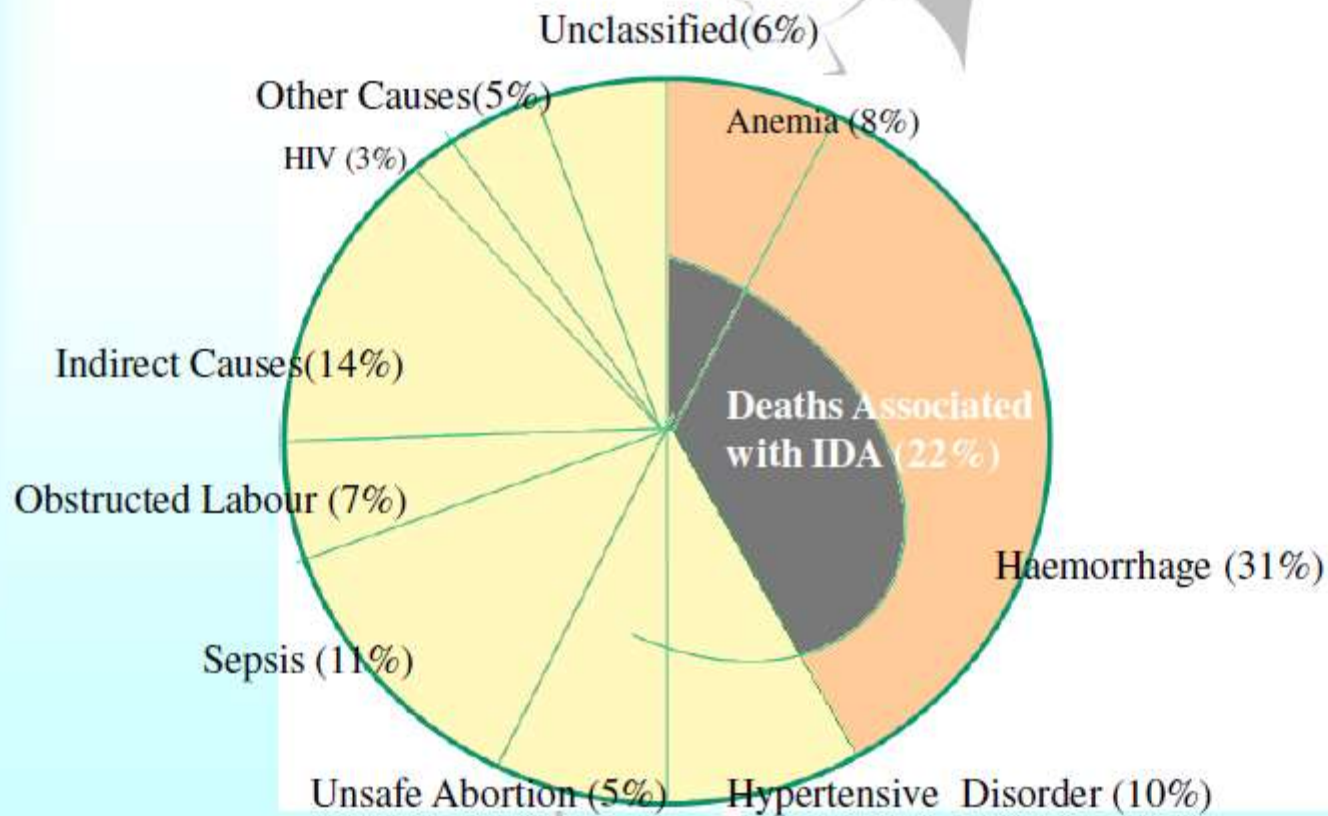
Iron Deficiency
Anemia

Anemia

Consequences

- ❖ Increased maternal & perinatal mortality
- ❖ Increased nos. of preterm birth &/or LBW
- ❖ Impaired cognitive development
- ❖ Reduced work productivity

Causes of Maternal Death & Contribution of Iron Deficiency Anemia

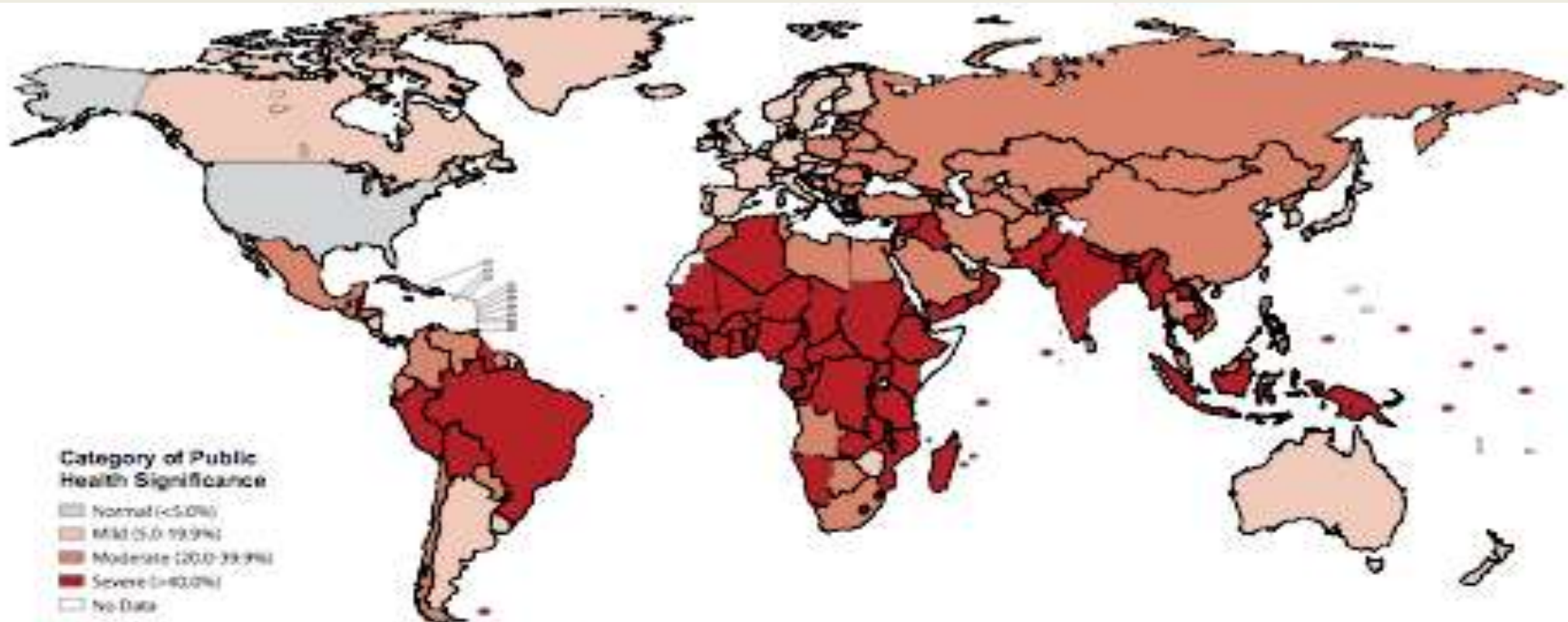


Health Economics of Micronutrient deficiencies during pregnancy

- Micronutrient deficiencies during pregnancy results in spontaneous abortions, Pre term labour, IUGR, LBW babies and maternal deaths.
- The cost implications include:
 - Increased length of hospital stay
 - Expenses related to referral, transport of cases to hospitals with pediatric care facilities
 - Cost of incubators and Intensive care
 - Cost of post maternity care

These all result in burden on State Health Budget

Global picture

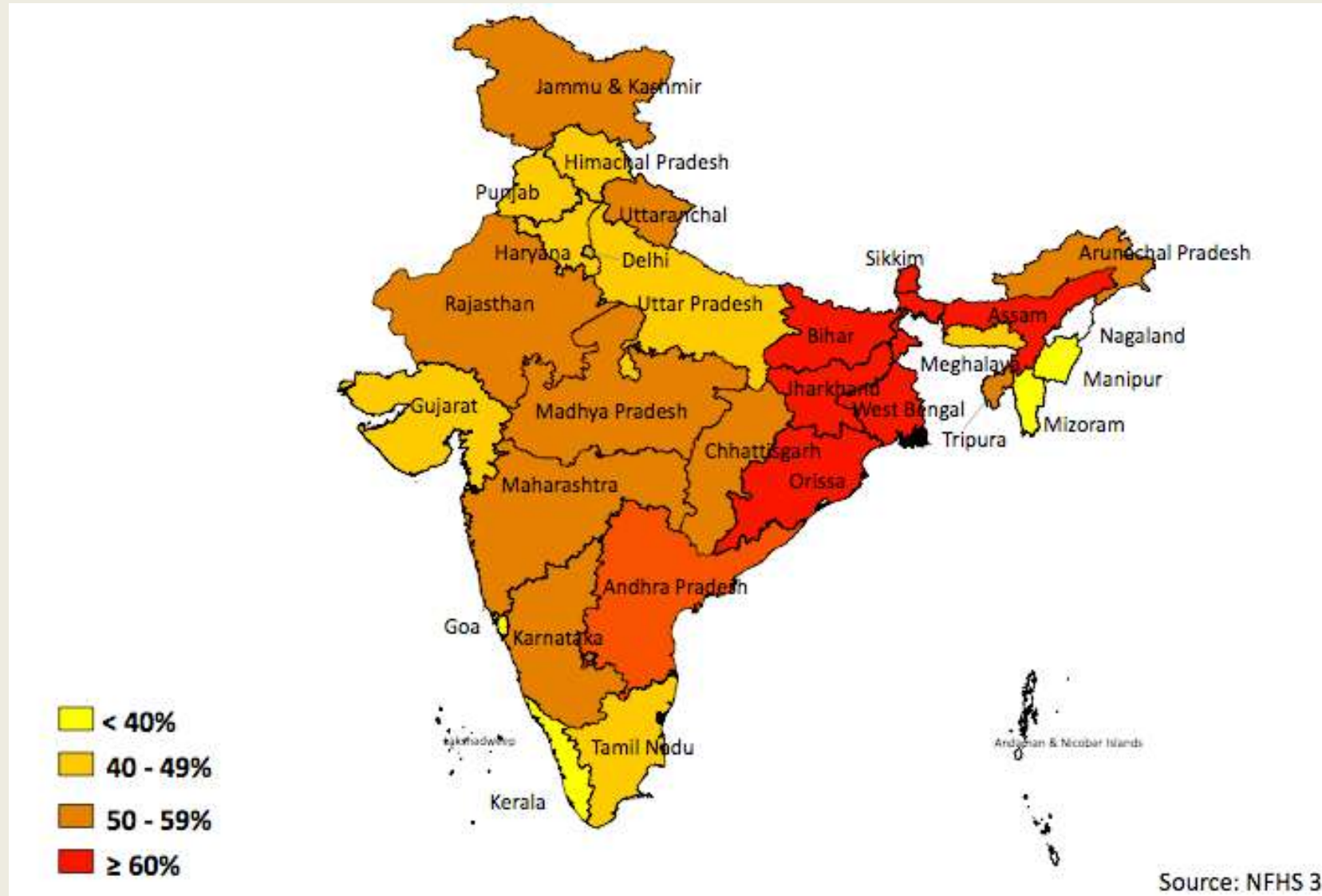


Source: WHO Global Database on Anaemia

Country	Proportion of population with anaemia (Hb <11 g/dl)	Public health problem
Bangladesh	47.0	Severe
Bhutan	60.6	Severe
India	74.3	Severe
Nepal	78.0	Severe
Pakistan	50.9	Severe
Sri Lanka	29.9	Moderate

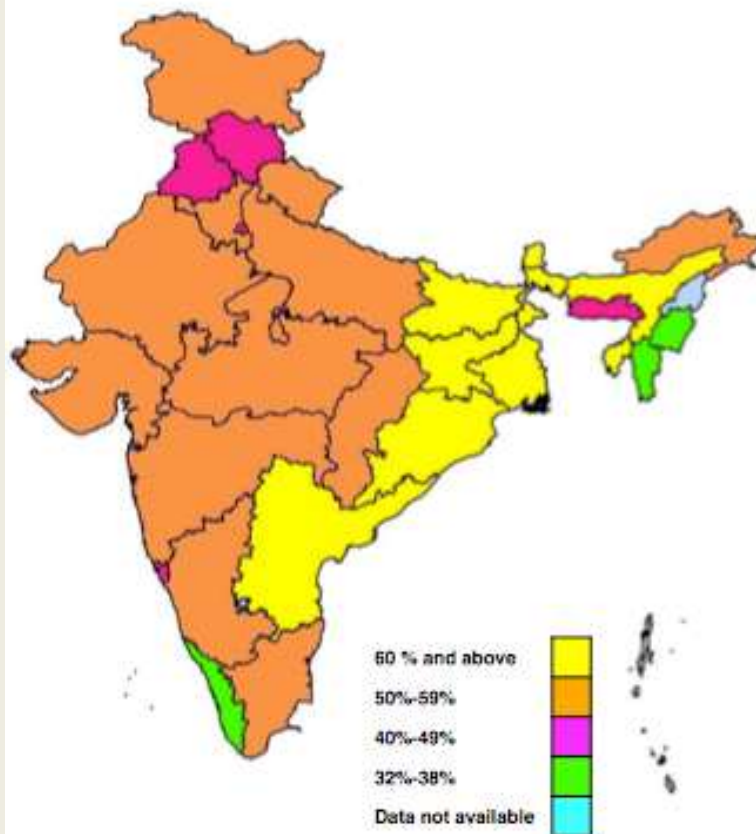
Source: WHO Global Database on Anaemia

Adolescent Anemia: problem scale by States

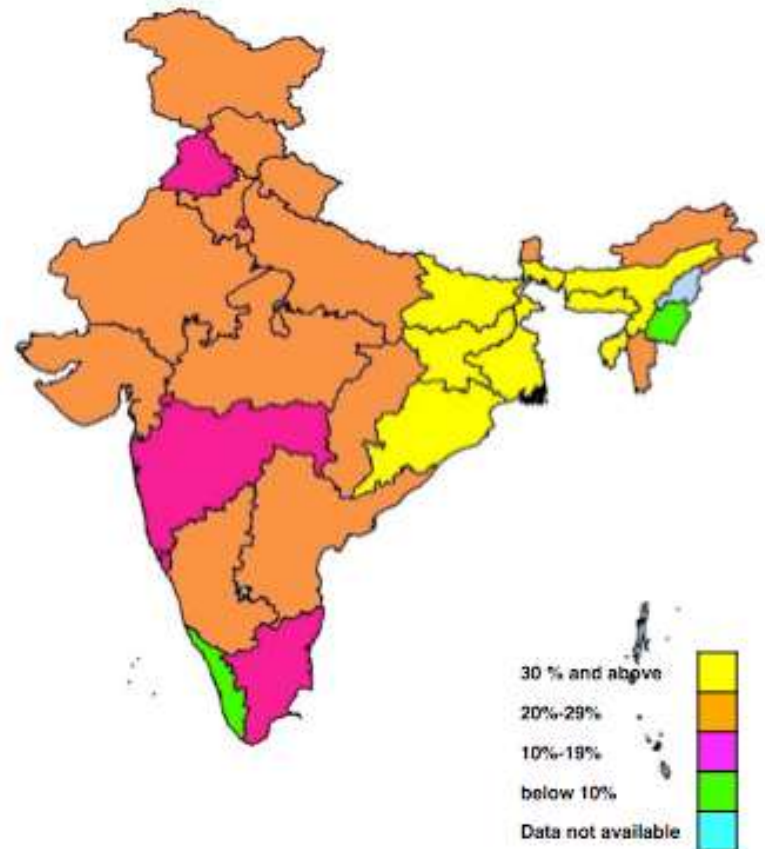


Anemia Magnitude: in Girls & Boys

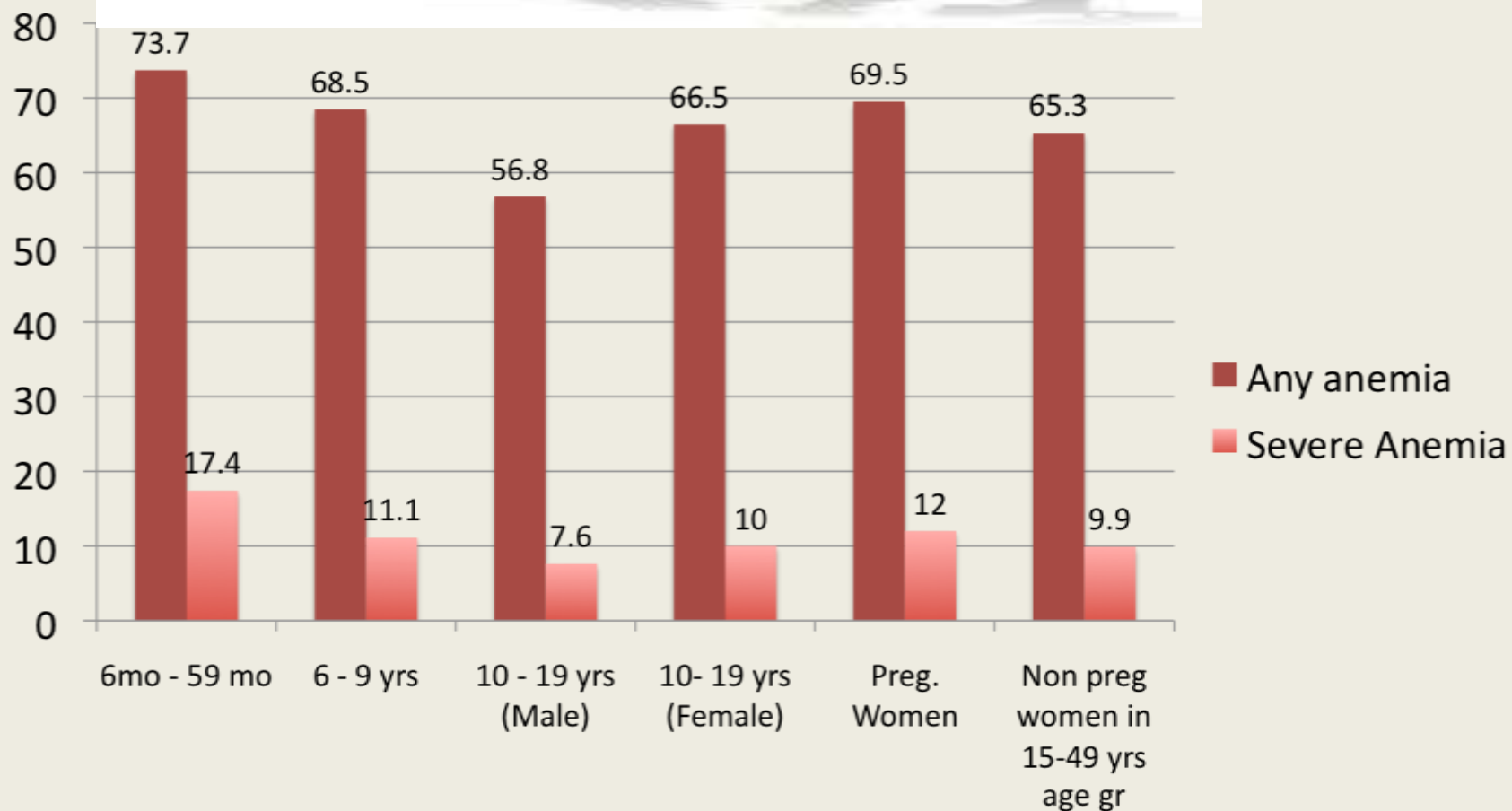
Anemia, Girls 15-24



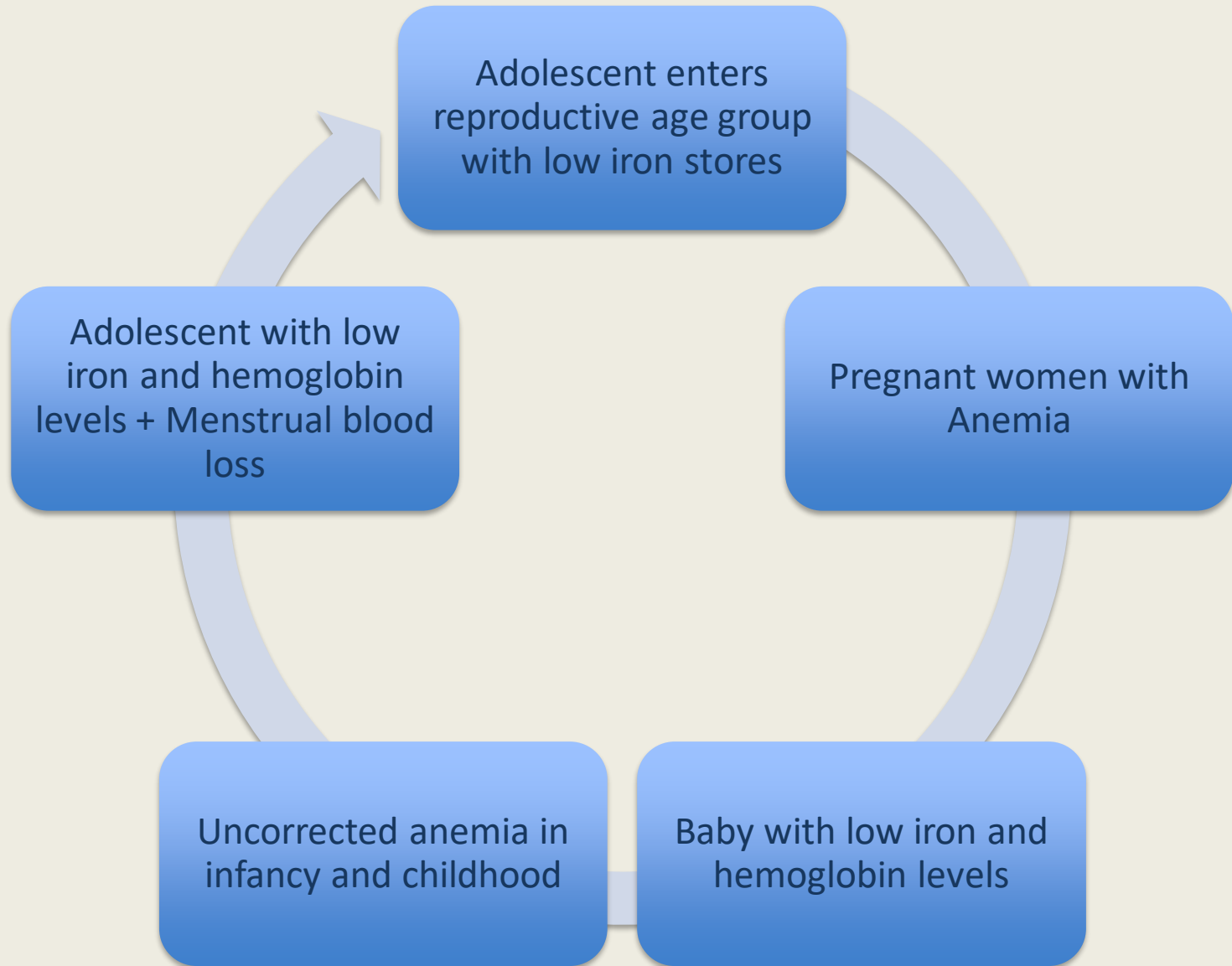
Anemia, Boys 15-24,



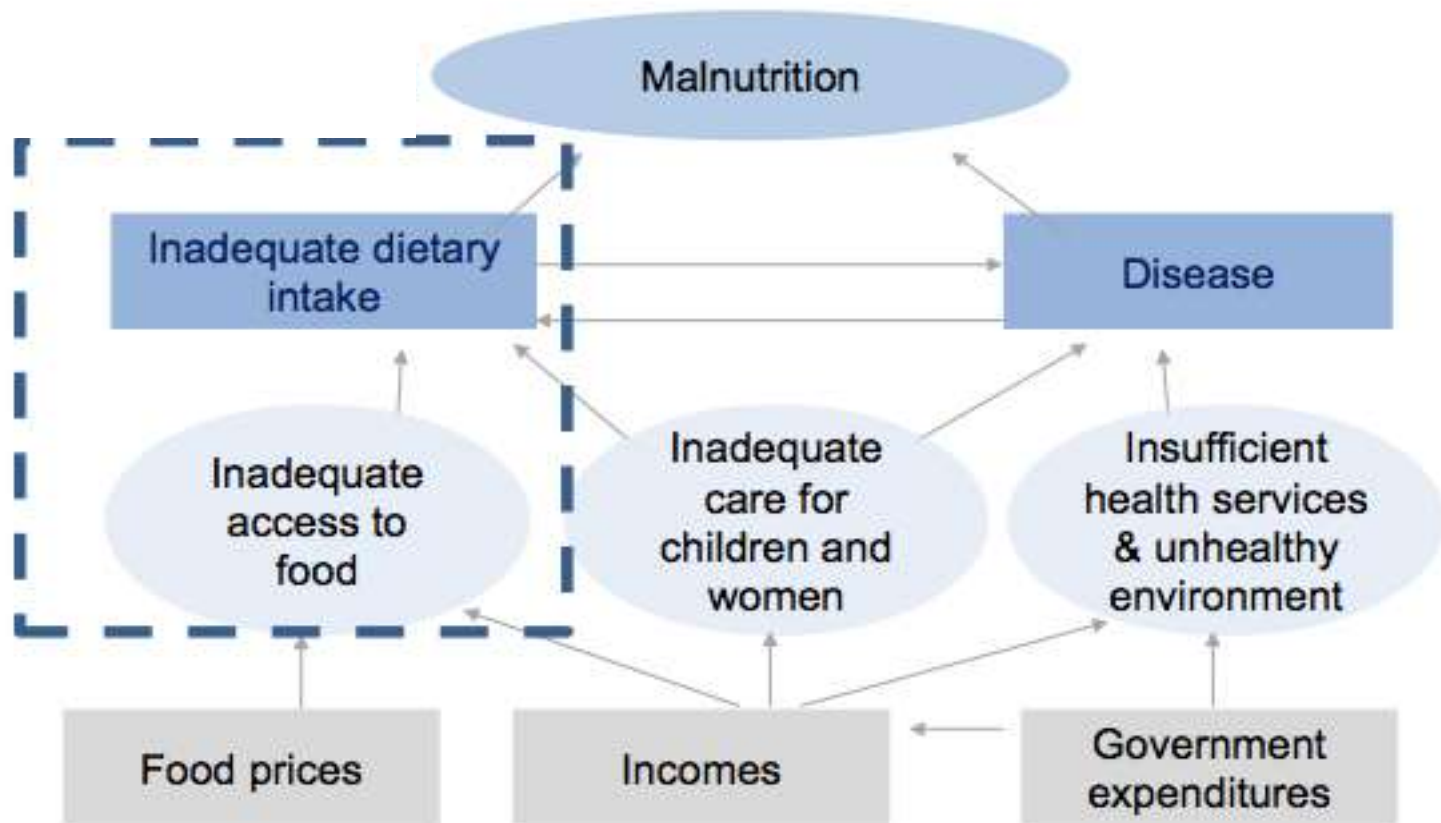
Anemia prevalence In Maharashtra– DLHS 4 (2012-13)



Intergenerational cycle of Anemia



Anemia & Malnutrition have same Actors



Framework brings together several actors addressing complementary issues with defined roles



Provide
Improved Health
Services



Dietary
Diversification



**Strategies for
prevention of
IDA &
Malnutrition**



Food
Fortification



IFA
Supplementation
with Biannual
deworming



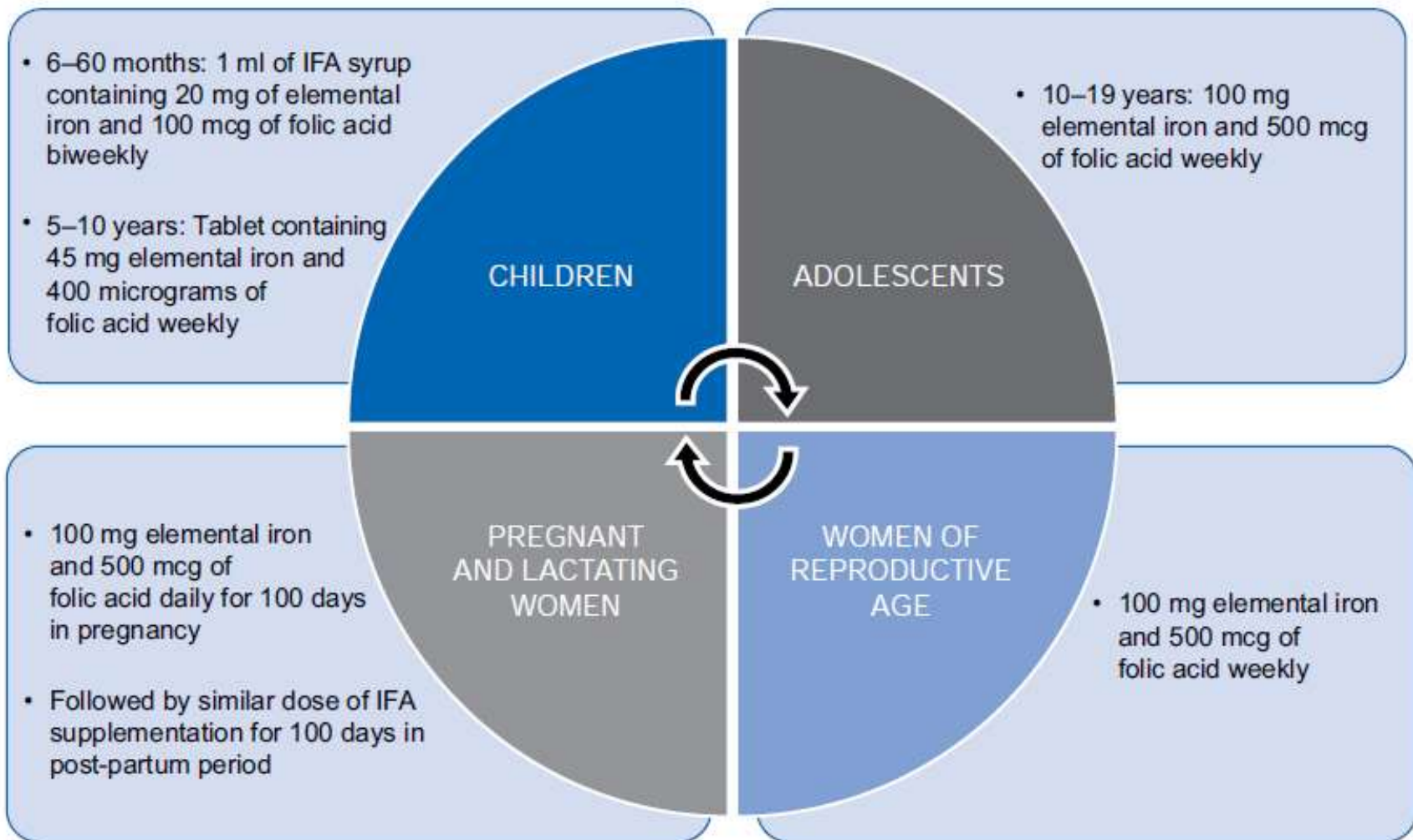
Maharashtra's approach

- Improved Breast feeding practices
- Ensuring Dietary Diversification
- Supplementation of IFA, Vitamin A and other essential micronutrients
- Control of other factors affecting Iron, Vitamin A Deficiency by biannual deworming and Vitamin A supplementation.



National Iron Plus Initiative: A MoHFW Program

Supplementation through the Life Cycle along with Biannual deworming



Initiatives through ICDS

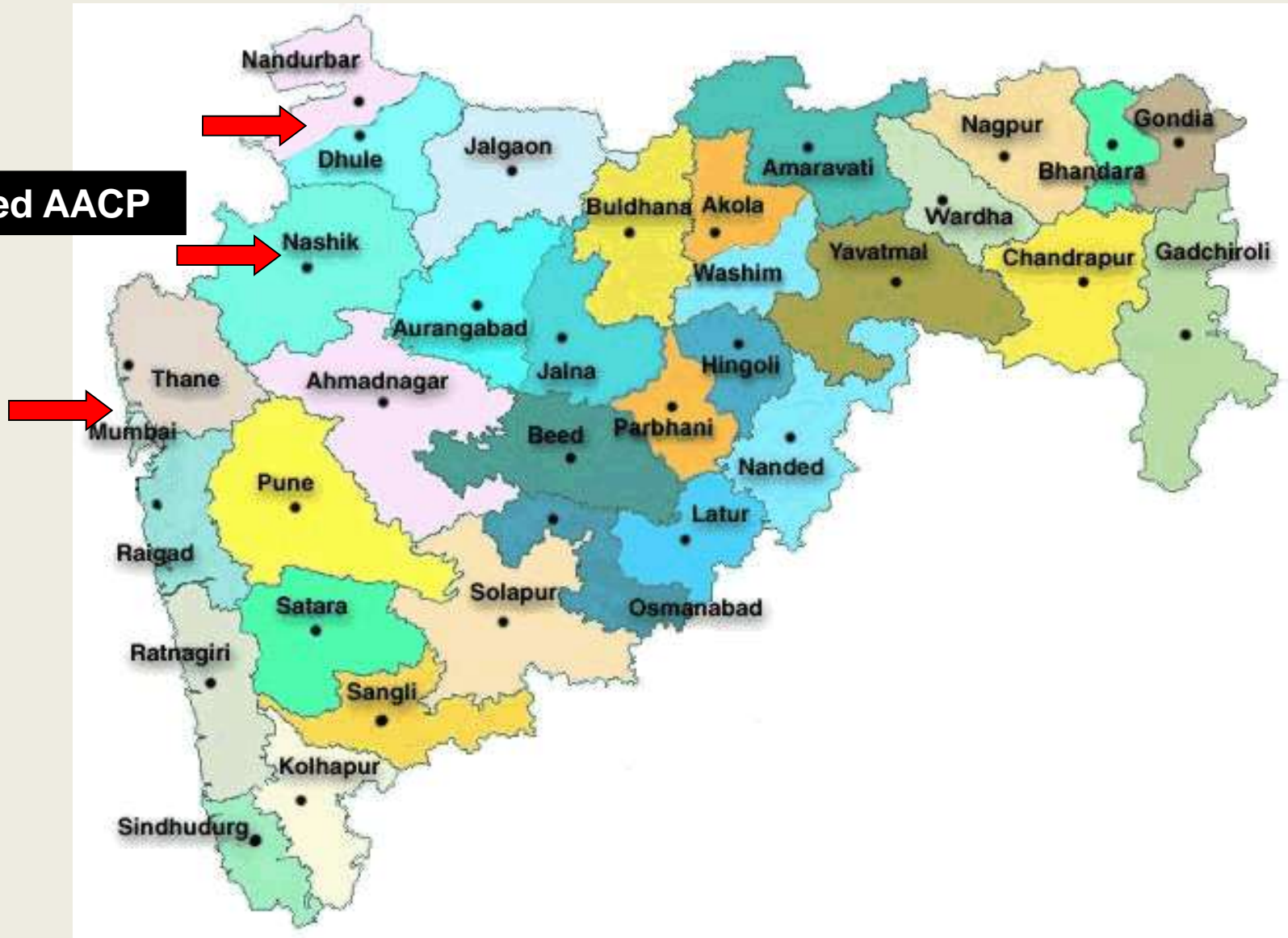
- Supplementary Nutrition Provided under ICDS bridges the gap between the Recommended Dietary Allowance (RDA) and Avg. Daily Intake (ADI)
- THR provided is energy dense & micronutrient fortified which provides 500 calories and 12-15 gms proteins to children between 6 mo – 3yrs and 600 cal and 18-20 gms proteins to Pregnant & Lactating women
- Food supplement with 800 gms of calories and 20-25 gms of proteins is provided to every SUW child per day in form of HCM and fortified THR.
- Besides these ICDS Maharashtra supplies Multi Micronutrient powder for home food fortification to prevent anemia in children

Other Initiatives by GoM

- Partnering with local NGOs to develop kitchen garden and generate awareness among the communities on locally available nutrient rich vegetables and fruits
- Creating Peer groups among adolescent girls through SABLA training to spread knowledge on nutrition.

Initiatives with the Development Partners

Piloted AACP

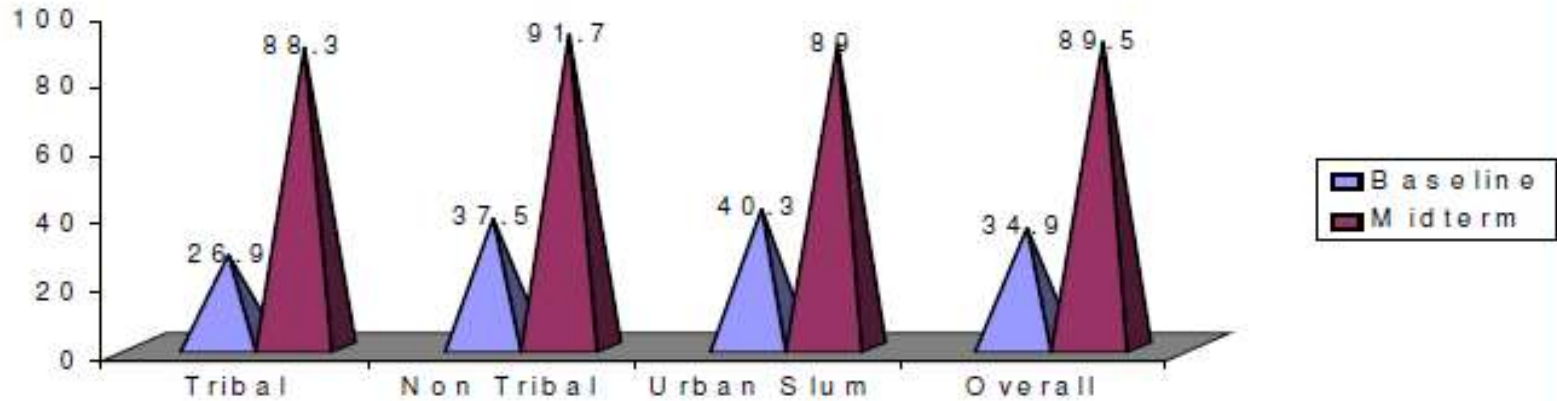


Adolescent Anaemia Control Project (AACCP) : Nasik, Maharashtra

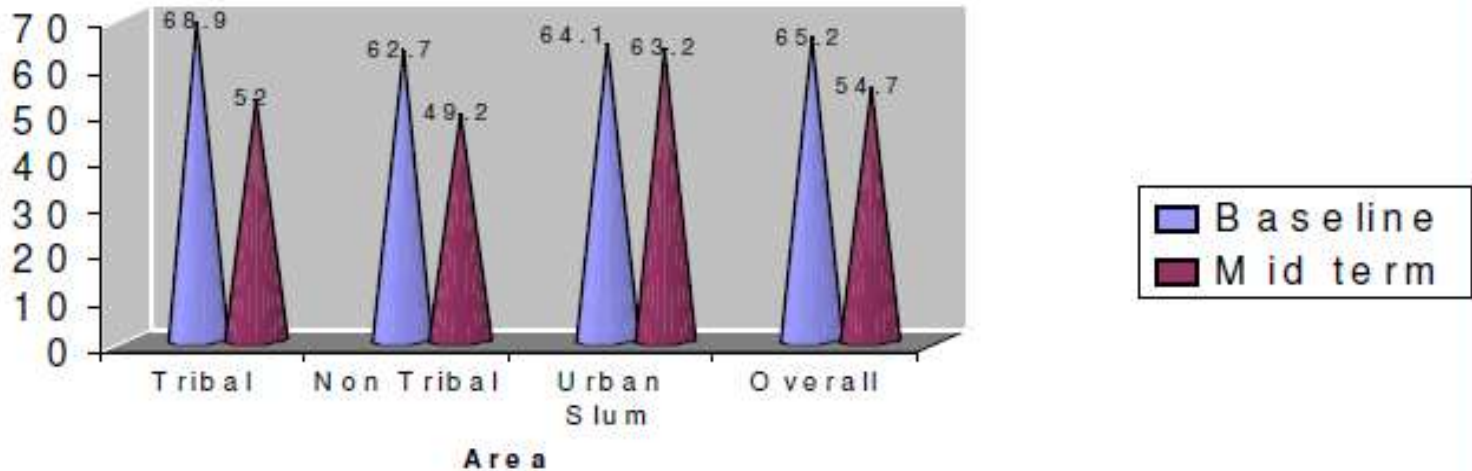
- 1st Pilot in the state
- 1.35 lac girls reached out (SG/NSG -14 to 18 years) (Tribal / Rural / Urban)
- Weekly supplementation of 100 mg of elemental iron & 500 mcg of Folic Acid
- 6 monthly de-worming
- Life skills training
- Self compliance card & IEC
- Investment per girl was Rs. 22/- per year

Results of the AACCP

Knowledge of Anemia

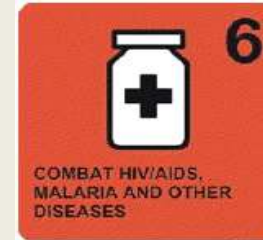


Prevalence of Anemia



Anemia prevention is a lead to achieving the MDG goals

Improving human capacity and productivity



Halt and begin to Reverse the incidence of malaria and other major diseases



Increase school attendance & learning capacity



Elimination of gender disparity in secondary education



Adequate infant iron & Vit A store – improved infant survival and health



Reduce anemia related maternal deaths

Way Forward

- All line departments to come together for Micronutrient policy and guidelines (Roles & Responsibilities, monitoring & reporting)
- Multi micronutrient powders for 6mo to 1yr children to be added to complementary food
- Prepositioning of medicines
- Establishing a reporting system
- Joint monitoring and action planning
- IEC for the program which should be planned as per target group and area (Need separate IEC strategy for Urban, Tribal and Rural areas)



VELAMMAL MEDICAL COLLEGE

HOSPITAL AND RESEARCH INSTITUTE

MADURAI - 625009

Awareness on Diabetes day

Parents Walkathon 2018

Commemorating with world diabetes day, Velammal Medical College Hospital And Research Institute organised a fitness event exclusively for the parents of the children studying in Velammal Group of Institutions in order to create awareness reading healthy lifestyle. Around 7,000 parents had participated in the event. The First prize was Rs.1,00000/- *Second prize Rs. 50000/- *Third Prize Rs.25000/- separately for male and female categories. Several promotional prizes of Rs. 5000 each were given to the parents. A privilege card offering 50% discount on master health check was given to the parents upon request. People from various district were gathered in velammal medical college hospital and research institution .Programme were started early morning around 7am there were separate category and various division for both women and men .Tracts for walkathon was made in velammal campus .First prelims were conducted in each division ,then final round of walkathon were held for those who were selected in prelims .lunch were provided to all of the people who were participated .the winners of walkathon 2019 ;

Mens Winner List

First Prize - V.Krishna Moorthy (Vcet, Madurai)

Second Prize - R.Ramar (Velammal- Thanjavur)

Third Prize - S.Stephen Selvaraj (Velammal- Theni)



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009

Women's Winner List

First Prize - P.S.Sathya (Velammal-Thanjavur)

Second Prize - R.Sangeetha (Velammal-Karur)

Third Prize - D.Kanagarathinam (Ladanenthal)

The prizes were distributed by chairman of Velammal group of institution.



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009

Commemorating the World Diabetes Day

Velammal Hospital
organises

PARENTS WALKATHON 2018

A 3 KM WALK

Saturday
November 17
9 am - For Ladies
10 am - For Gents

Venue: Velammal Hospital Campus, Madurai

First Prize
₹ 1 LAKH

Second Prize **₹ 50 THOUSANDS** Third Prize **₹ 25 THOUSANDS**

The next 25 participants will be rewarded with a consolation prize of **₹ 5 THOUSANDS** each

Eligibility

Parents whose children are studying in Velammal Educational Trust and are above 30 years of age alone will be eligible to participate.

REGISTRATION FREE

Velammal Hospital
'Velammal Village', Madurai-Tuticorin Ring Road,
Anuppanadi, Madurai - 625009

For more information
☎ **0452 7113333**
☎ **1800 425 00 108**



VELAMMAL MEDICAL COLLEGE
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MADURAI - 625009

VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE
PARENTS WALKATHON - 2019
FINALS- 1 *Women.*

S.NO	CHEST.NO	NAME OF THE PARENT	PLACE	MOB.NO
1.	040	P.S. Sathya	VVT	9843228252
2.	006	R. Sangedha	VVK	9003756151
3.	052	T. Ramarathiram	VRL	9965065476
4.	110	Bhaktiya Lakshmi	VMT	9751551381
5.	117	S. Anandya Kannu	VVV	9894892890
6.	034	M. Chitra	VVK	9994345544
7.	060	D. Avundhadhi	VBT	8015316819
8.	005	Muganandhi	VCH	9176244377
9.	033	D. Vimala	VMT	8681051850
10.	113	R. Rajeswari	VMT	9944210034
11.	218	M. Paavani	VCH	9025740809
12.	009	S. Bloomidevi	VVV	9566352305
13.	023	P. Maheswari	VRL	9047842041
14.	111	Karthiga devi	VCH	9943616393
15.	132	S. Gangadevi	VMT	8428754715
16.	129	Jancy Ram	VBA	9087496961
17.	080	M. Rakeswari	VMT	9047255018
18.	148	S. Latha	VBT	9750715101
19.	069	M. Jennifer	VMT	9842895815
20.	064	S. Vijaya	VMV	9865308922
21.	188	M.P. Latha	VEM	8903233660
22.	171	S. Saratha	VBT	9486249653
23.	167	A. Sathya	VMV	9843466714
24.	016	M. Lakshmi	VVV	9095016662
25.	144	M. Geetha	VBT	8489246926
26.	215	S. Ameena Beesii	VCH	9445348250
27.	353	K. Mangayarkkasi	VBA	9655805262
28.	336	R. Roshni Lakshmi	VBA	8190045109
29.				
30.				
31.				
32.				



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009

VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE
PARENTS WALKATHON - 2019
FINALS- 2

S.NO	CHEST .NO	NAME OF THE PARENT	PLACE	MOB.NO
1	140	V. Krishna murthy	VEM	8300007987
2	053	R. Ramaraj	VBT	9401628859
3	027	S. Stephen Selvaraj	VVT	9498104243
4	116	Dr. P. Gananathan	VBT	9787865197
5	411	A. Anandhan	VCH	9894375331
6	268	M.P. Murugan	VMT	8525807939
7	086	K.M.S. Sivalm	VMV	9543535950
8	314	Ilangovan. S	VCH	9841833325
9	215	Gr. Suresh	VBT	8126975256
10	129	C. Pandian	VBT	9498188214
11	067	N. Karuppiah	VCH	9962861953
12	083	T. Manimaran	VBT	7585855927
13	1005	S. Siva Kumar	VBT	08350889674
14	052	D. Kesava Raj	VMT	8608888862
15	040	A. Mathiyalagan	VRL	9600789497
16	215	R. Ranjith Kumar	VTE	9025181162
17	347	P. Gr. Karuppiah	VEM	9942446548
18	137	K. Kannan	VBT	9788811386
19	023	S. Jeya Kumar	VMV	9894535145
20	319	R. P. S. Sathyan	VCH	9787751254
21	044	K. Malaisamy	VCH	9498107554
22	052	C. Prathin	VBT	8667056931
23	073	K. Boomi	VRL	9865535353
24	374	S. Pal Pandey	VVV	8248708463
25	085	P. Murugan	VBT	9456120679
26	322	W. Peter	VCH	9884554397
27	411	K. U. Srinivasan	VEM	7010981708
28	452	D. Baiju	VCH	9092627139
29	046	V. T. Ravindran	VVK	9994380387



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009



VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE

PARENTS WALKATHON 2018 - REGISTRATION FORM

Name of the participant(s):

1. _____

2. _____

Name of your Son / Daughter: _____

Year: _____

PARTICIPANT DETAILS - FATHER	
Affix Your Passport size photo	Educational Qualification _____
	Profession:: _____
	Age in completed years: <input type="text"/>
	T-Shirt Size: <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL

PARTICIPANT DETAILS - MOTHER	
Affix Your Passport size photo	Educational Qualification _____
	Profession:: _____
	Age in completed years: <input type="text"/>
	T-Shirt Size: <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL

DECLARATION

I hereby declare that the details given above are true and correct to my knowledge. I will take part in the PARENTS WALKATHON 2018 event abiding all the rules and regulations framed by the event organizing authority.

Participants Signature

Father: _____

Mother: _____

Dean
VMCH&RI

பெரியார்

24th Nov. 1947

அரசாங்கம்
சென்னை மெட்ராஸ் கல்வி
மன்றம் திரைப்படத் துறை.

மேலா: 9.

பிராட்டிசை

சென்னை நகரம்

சென்னை மெட்ராஸ் கல்வி மன்றம்
திரைப்படத் துறை
சென்னை நகரம் பிராட்டிசை

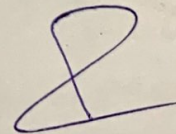
08. 10. 2021 காலை 10.30 மணி

அரசாங்கம் 'பிராட்டிசை திரைப்படத் துறை' சீரமைப்பில்
உதவியளிக்கும் திட்டம் குறித்து.

சென்னை நகரம் பிராட்டிசை துறை
சென்னை நகரம் பிராட்டிசை துறை

சென்னை நகரம் பிராட்டிசை துறை

அன்புடன்



செயலாளர்
அலுவலகம்
சென்னை நகரம்



VELAMMAL MEDICAL COLLEGE
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MADURAI - 625009

Preventing Night Blindness Awareness Programme

Organizer-

This event was conducted by department of Community Medicine in collaboration with NSS.

Objective-

The main objective of this programme was to give awareness regarding preventing night blindness awareness programme.

Place: Alli Nagaram Thiruppuvanam, Madurai

Date- 8/10/2021 (10.30 am – 11.30 am)

This programme was organized to create awareness regarding preventing night blindness awareness programme. This programme was attended by 6 CRRI students and 3rd year MBBS students. Also, there were around 238 MBBS students including 2nd year and 3rd year who virtually attended this activity through Zoom Platform.

The programme started with a welcome note by Dr. Sriandaal, Assistant Professor-Community Medicine. 3rd year students performed skit. CRRI Abul Kalam gave a speech regarding night blindness. Dr. Dinesh Post graduate-Community Medicine delivered the vote of thanks and completed the programme with a rally.



**VELAMMAL MEDICAL COLLEGE
HOSPITAL & RESEARCH INSTITUTE**



**District Blindness
Control Society**

**PREVENTING NIGHT
BLINDNESS- AWARENESS
PROGRAMME**

Place:

**Govt.Hr.Sec.School,
Allinagaram, Sivaganga**

Date:

08.10.2021



Department of General Medicine
VMC Hospital and Research Institute
Madurai

From
The Dean
VMC Hospital and Research Institute
Madurai.

To
The Village Medical Officer
Thirupuvanam

Through the proper channel

Sub: Permission to conduct a Extension activity in Thirupuvanam to public for Awareness an Tuberculosis

Respected Sir,

The Department of General Medicine is planning to conduct a Extension activity in in Thirupuvanam to public for Awareness an Tuberculosis 17.12.2021. We request you to grant us permission to conduct the Extension activity programme .

Thanking you,

With regards,



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Activity Name: Awareness on Tuberculosis

Date: 17.12.2021

Venue: Thirupuvanam

Organised by: General Medicine

Description: Program was conducted to educate participants about tuberculosis. They were informed about the following,

- Tuberculosis is a disease that can affect any part of the body except hair and nail.
- It causes significant morbidity when it affects lungs.
- Method of spread of disease, diagnosing and treatment guidelines of tuberculosis.

They have been told to approach a nearby hospital if any such symptoms are observed in any person.

Extension Activity

Awareness on Tuberculosis

VELAMMAL HOSPITAL
THE HEALING TOUCH

17.12.2021

THIRUPUVANAM

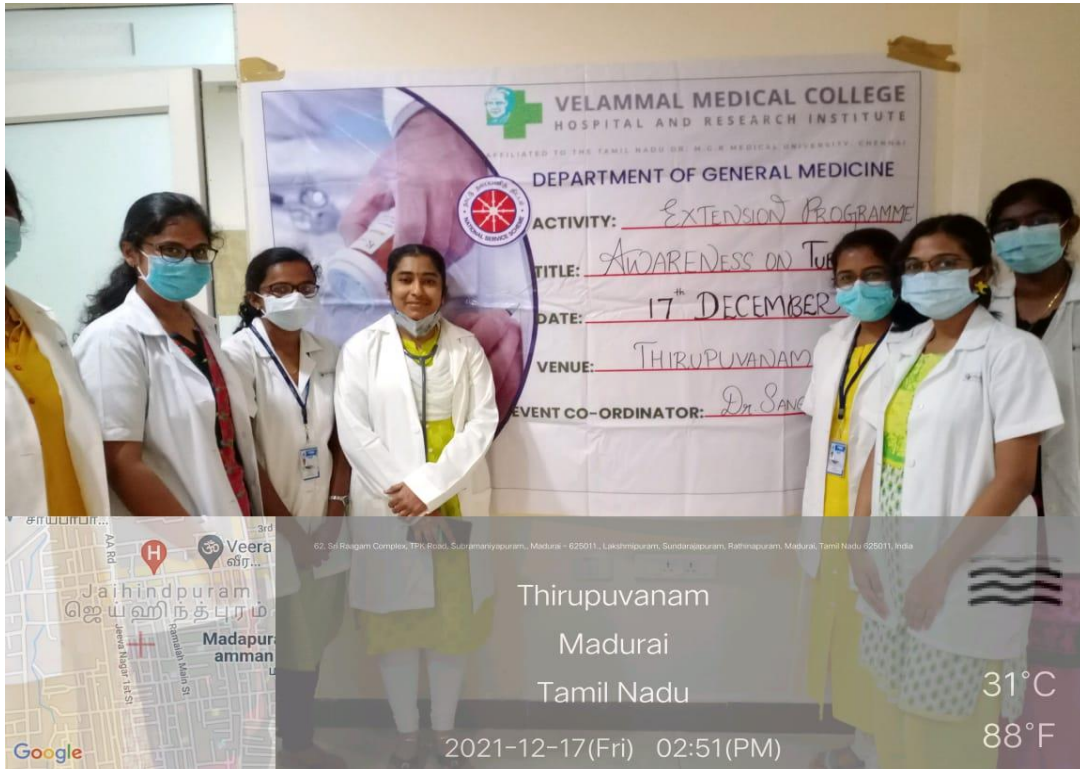
(National and International Agencies | Industry | The Community
Government and Non-Government Organizations
Engaging NSS/NCC/RedCross/YRC/Institutional Clubs etc..)

**HEALTH CHECK UP -
DR. SANGEETHA**



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Awareness on Tuberculosis at Thirupuvanam



Pulmonary, osteoarticular (spine) and genitourinary tuberculosis



[Note hypertrophic osteoarthropathy]

Thai / Swiss Red Cross TB Programme for Cambodian refugees, Khao-I-Dang Holding Centre, Prachinburi, Thailand, 1981-1984, unpublished




A 7-year history of recurring peripheral lymphatic tuberculosis (still active), leaving extensive scarring

Thai / Swiss Red Cross TB Programme for Cambodian refugees, Khao-I-Dang Holding Centre, Prachinburi, Thailand, 1981-1984, unpublished

Examples selected for illustration

- o Tuberculous meningitis
- o Disseminated, miliary-like tuberculosis
- o Osteoarticular tuberculosis
- o Pulmonary tuberculosis

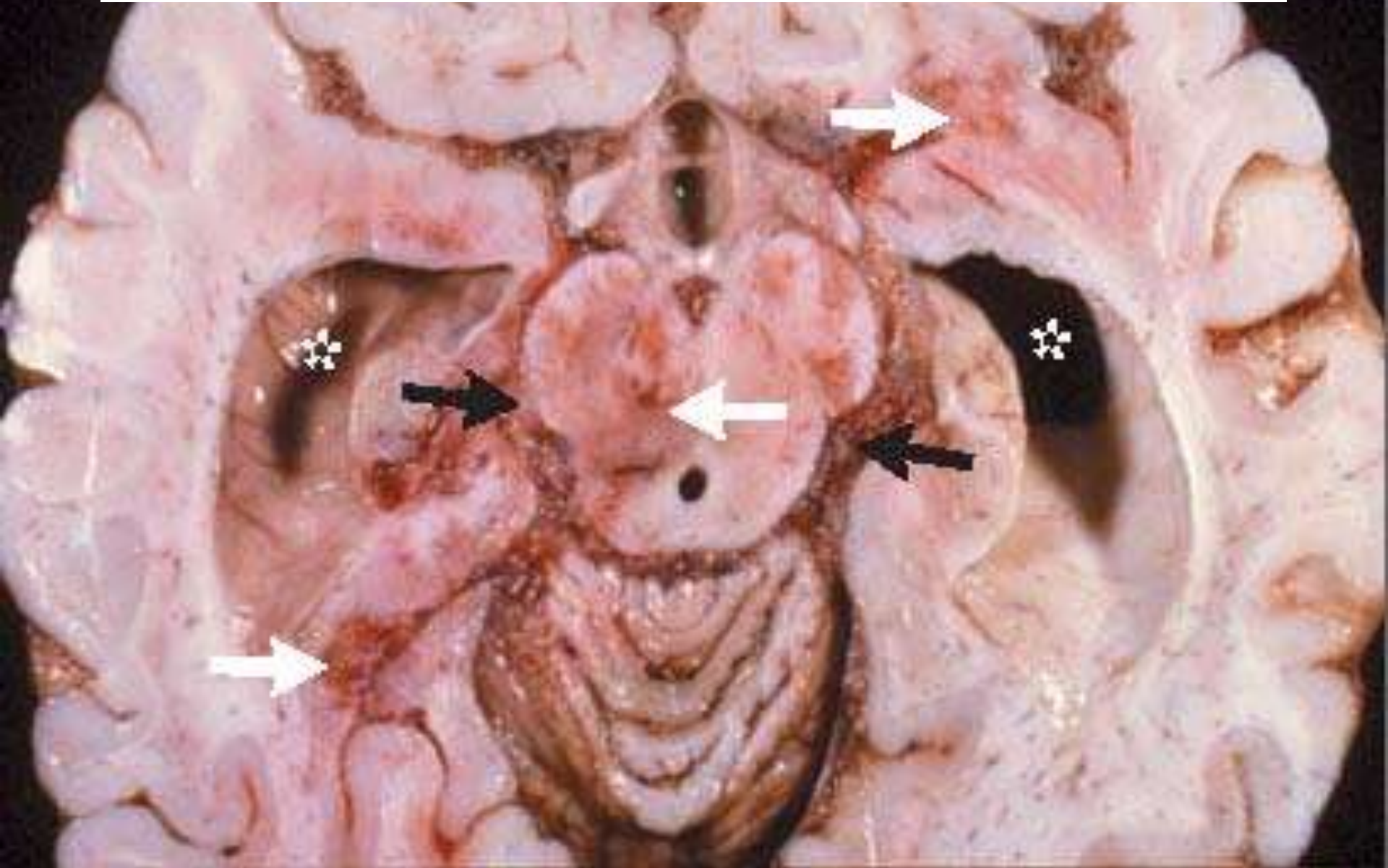
Tuberculous meningitis



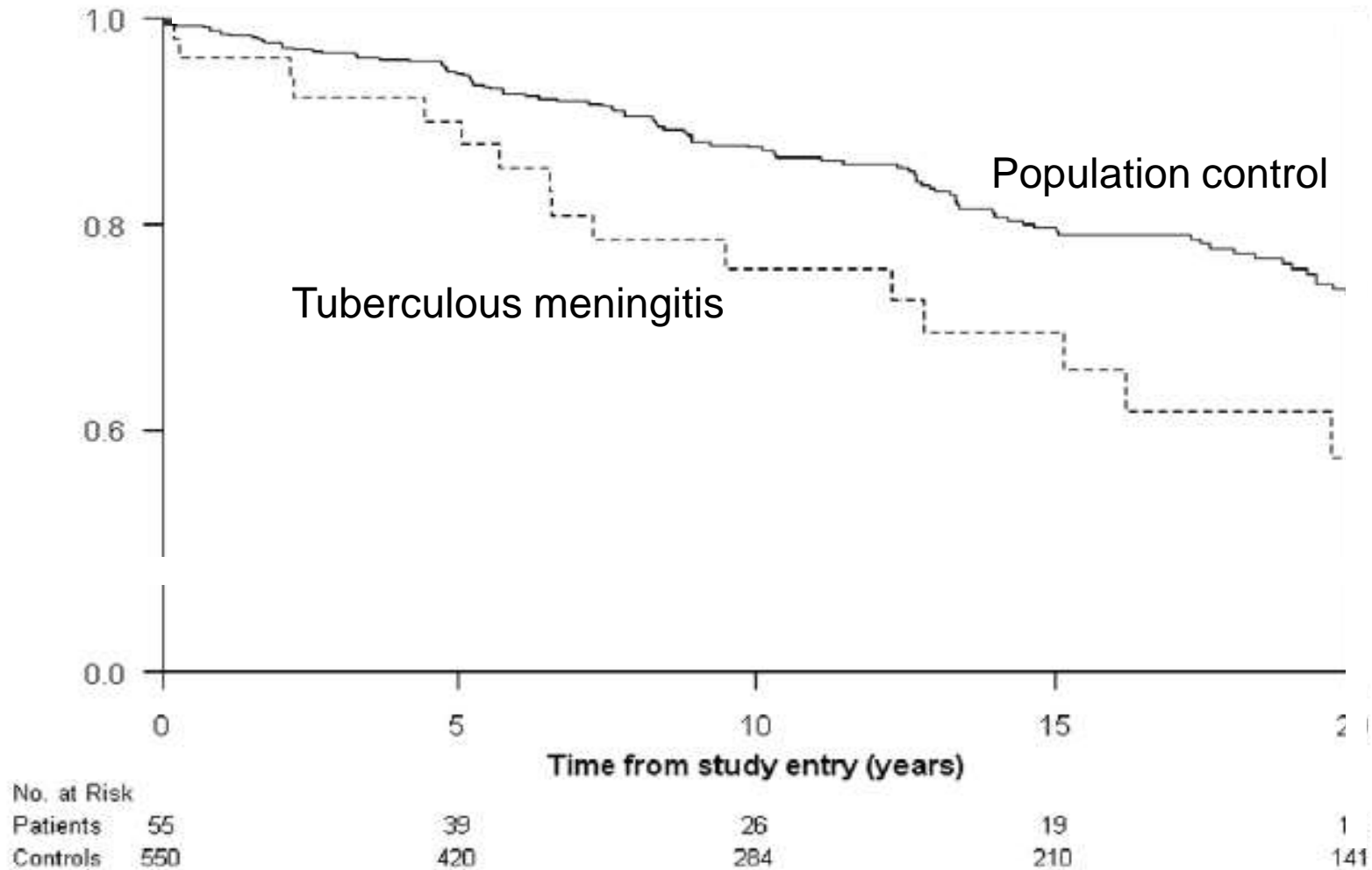
Tuberculous
meningitis with
N abducens
palsy, left

Thai / Swiss Red Cross TB Programme for Cambodian refugees, Khao-I-Dang Holding Centre, Prachinburi, Thailand, 1981-1984, unpublished

Hydrocephalus in tuberculous meningitis



Long-term survival after tuberculous meningitis, Denmark, 1972-2008



Outcome of tuberculous meningitis by stage at diagnosis, South Africa

Motor outcome after 6 months using TCH staging after 1 week ($n = 162$)

	n	Stage 1 %	Stage 2a %	Stage 2b %	Stage 3 %
Normal	72	50.0	27.7	20.8	1.4
Left hemiparesis	32	3.1	53.3	28.1	15.6
Right hemiparesis	27	3.7	51.8	22.2	22.2
Quadriparesis	24	0	12.5	16.6	70.8
Death	7	0	2.8	1.4	57.1

TCH = Tygerberg Children's Hospital.

Developmental outcome after 6 months using TCH staging ($n = 162$)

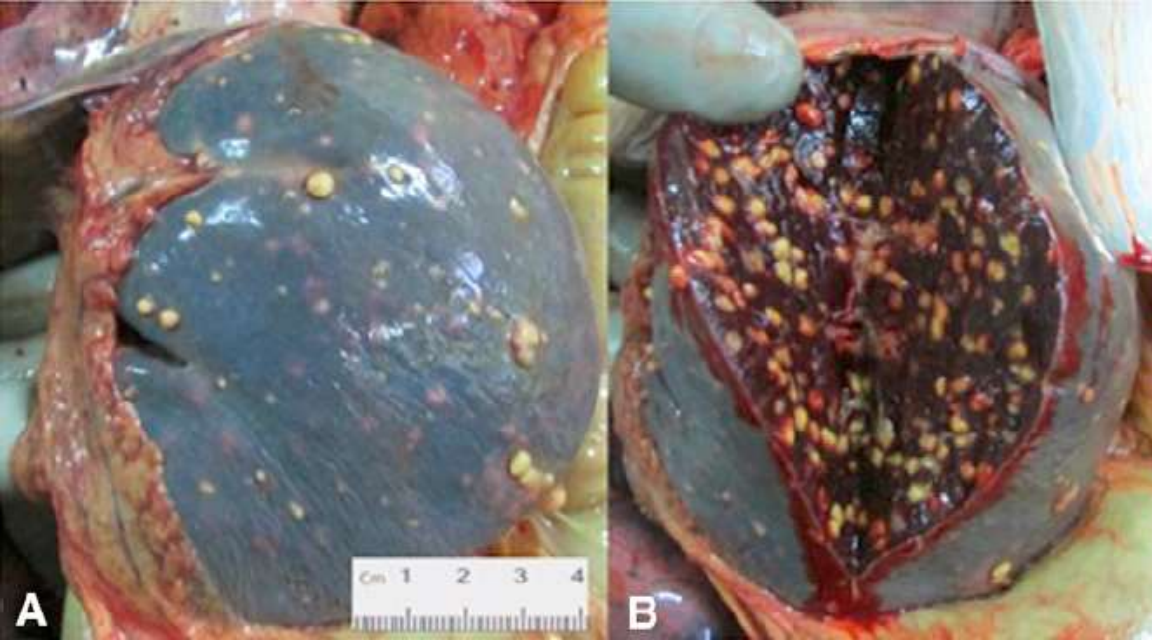
	Mean DQ	95%CI
Stage 1	76.3	71.4–81.6
Stage 2a	64.1	59.1–69.0
Stage 2b	57.7	50.8–64.6
Stage 3	28.1	19.4–36.7

Miliary tuberculosis



Miliary tuberculosis with hilar lymphadenopathy in a child

*Thai / Swiss Red Cross TB Programme for
Cambodian refugees, Khao-I-Dang Holding
Centre, Prachinburi, Thailand, 1981-1984,
unpublished*



'Pomegranate' spleen

*García-Basteiro A L, et al.
Am J Respir Crit Care Med
2015;192:387-8*

Lungs

*Florey H. General Pathology (3rd ed)
Lloyd-Luke Ltd, London 1964;p 1012*





Thai / Swiss Red Cross TB Programme for Cambodian refugees, Khao-I-Dang Holding Centre,

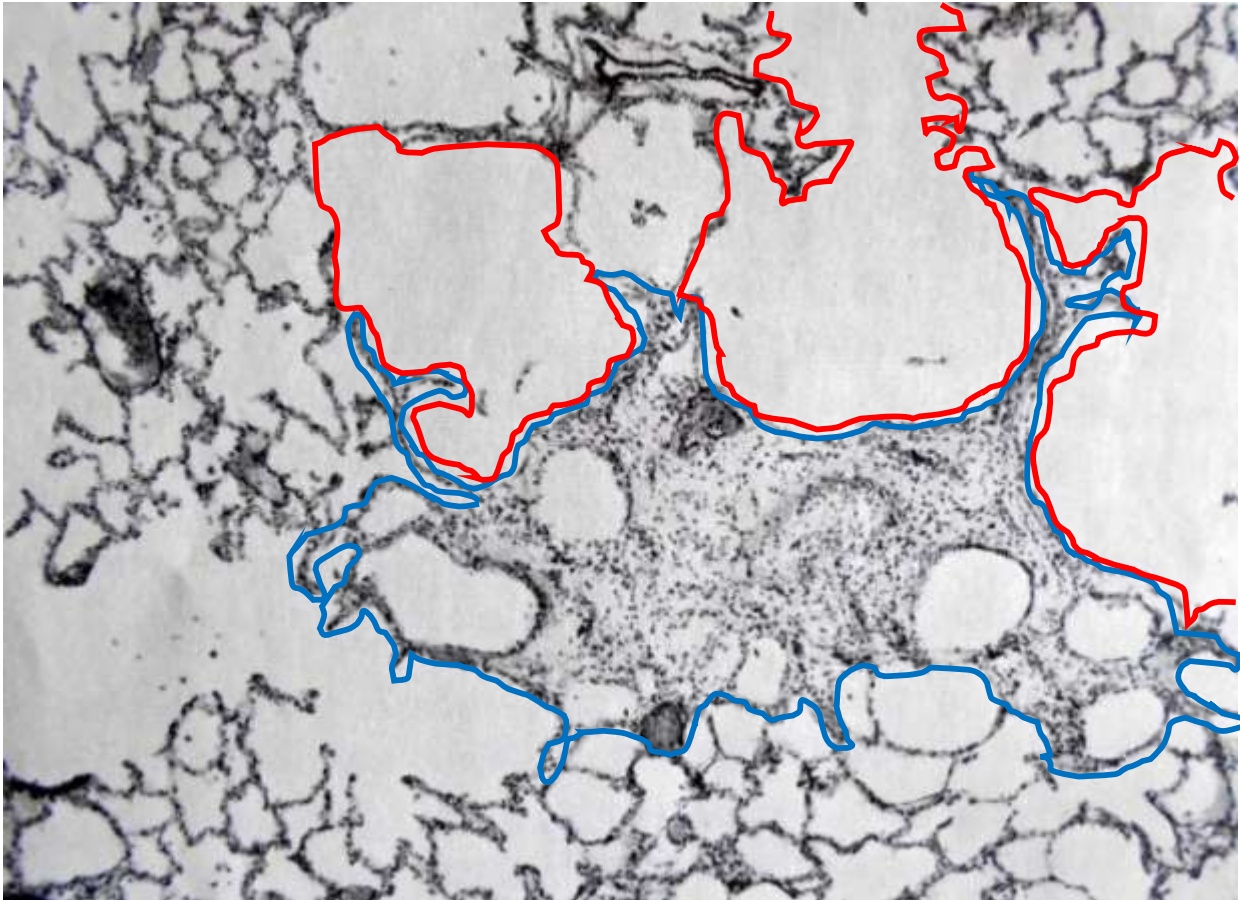
After two months chemotherapy



Prachinburi, Thailand, 1981-1984, unpublished

After six months chemotherapy

End-of-treatment regression of miliary tuberculosis with **star-like scarring** and **perinodular emphysema**



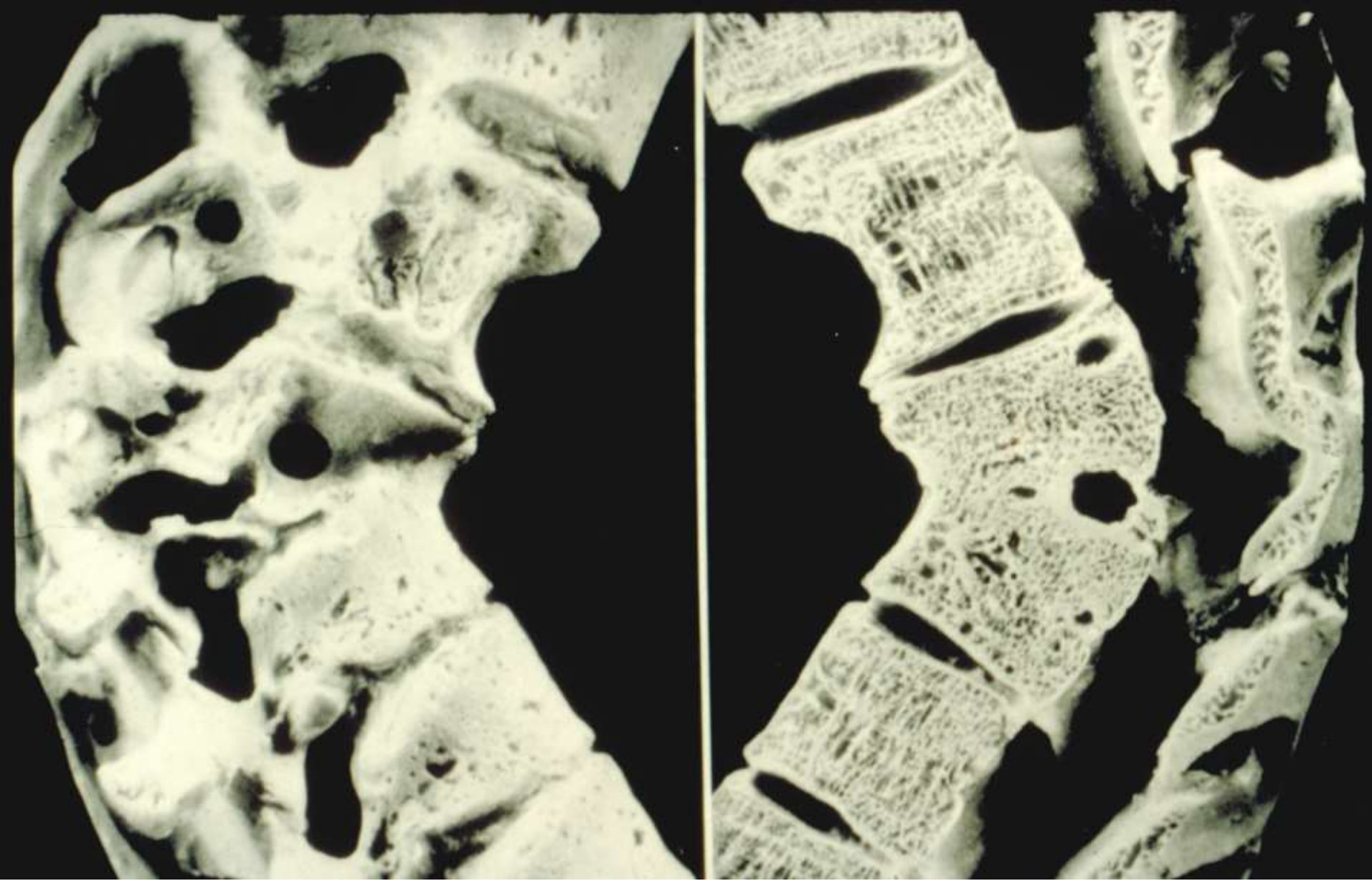
=> Restrictive and obstructive lung disease

Osteoarticular tuberculosis



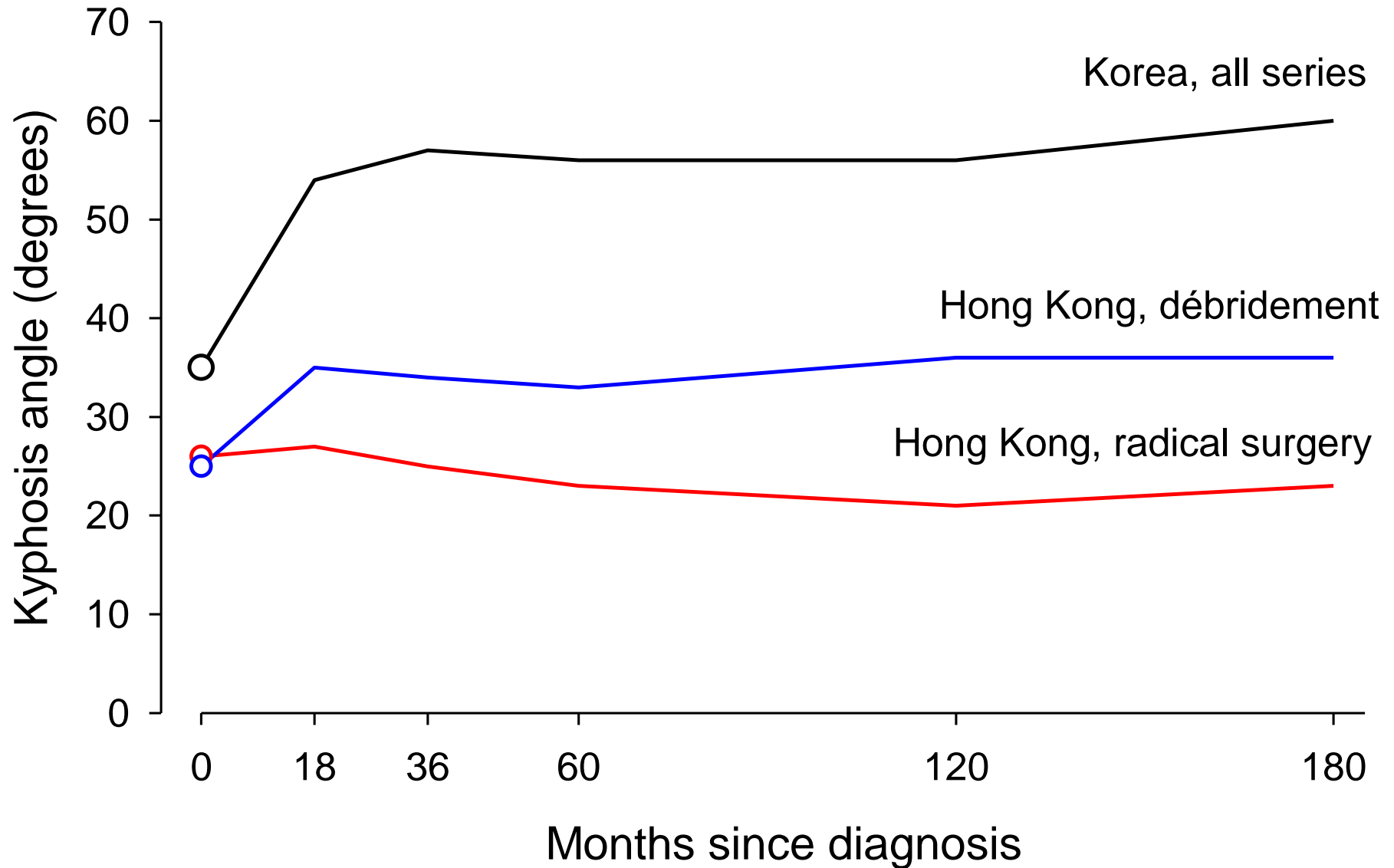
Bacteriologically healed
tuberculosis of the spine
without any residual
myelopathy

*Thai / Swiss Red Cross TB Programme for
Cambodian refugees, Khao-I-Dang
Holding Centre, Prachinburi, Thailand,
1981-1984, unpublished*



Kastert J, Uehlinger E. In: Hein J, Kleinschmidt H, Uehlinger E, eds. Handbuch der Tuberkulose, 1964, Volume IV, p 460

Change in kyphosis angle over 15-year follow-up period in BMRC clinical trials on tuberculosis of the spine



15-year follow-up of BMRC clinical trials on tuberculosis of the spine

15-year outcome	Korea (all series)*	Hong Kong**	
		Radical	Débridement
Favorable	87%	87%	87%
Doubtful	<1%	0%	0%
Unfavorable			
Death (spinal)	2%	0%	0%
Persistent myelopathy	1%	0%	0%
Persistent sinus	<1%	0%	0%
Additional treatment	9%	13%	13%
Death due to TB elsewhere	[4 cases]	[0 cases]	[0 cases]

* 3 groups (ambulatory, 6 months bedrest, plaster-of-Paris jacket); chemotherapy 18 PH, randomly assigned to additional intensive phase streptomycin or not

** Chemotherapy for all 3 SPH / 18 PH



Thai / Swiss Red Cross TB Programme for Cambodian refugees, Khao-I-Dang Holding Centre, Prachinburi, Thailand, 1981-1984, unpublished

Pulmonary tuberculosis

Sequelae might include:

- o Obstructive pulmonary disease

- => Hypoxia / hypercapnia

- => Opportunistic superinfections (bacteria, molds)

- => Asthma

- => Pulmonary arterial hypertension / cor pulmonale

- o Restrictive pulmonary disease

- => Hypoxia

- => Pulmonary arterial hypertension / cor pulmonale

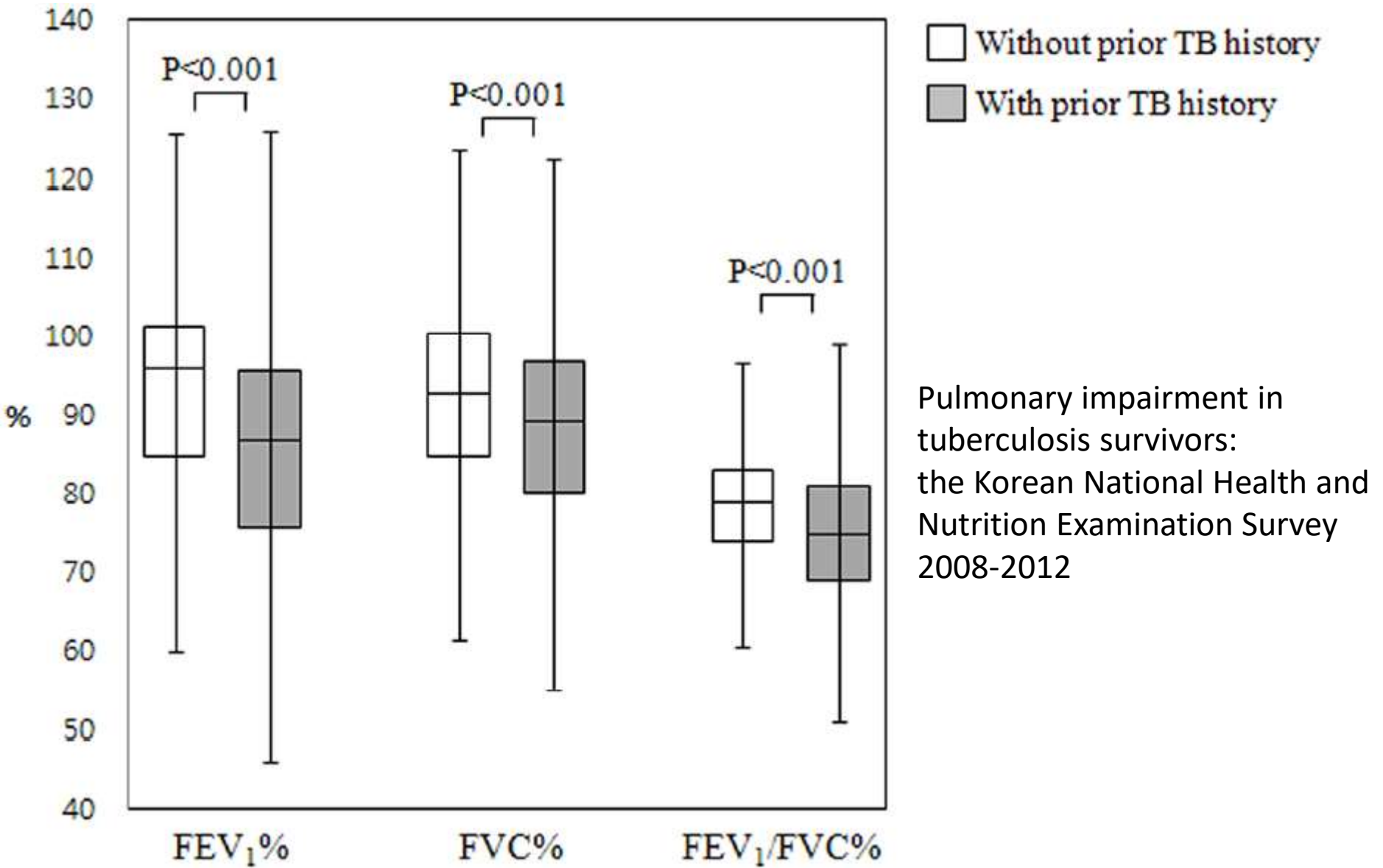
- [o Destroyed lung syndrome]



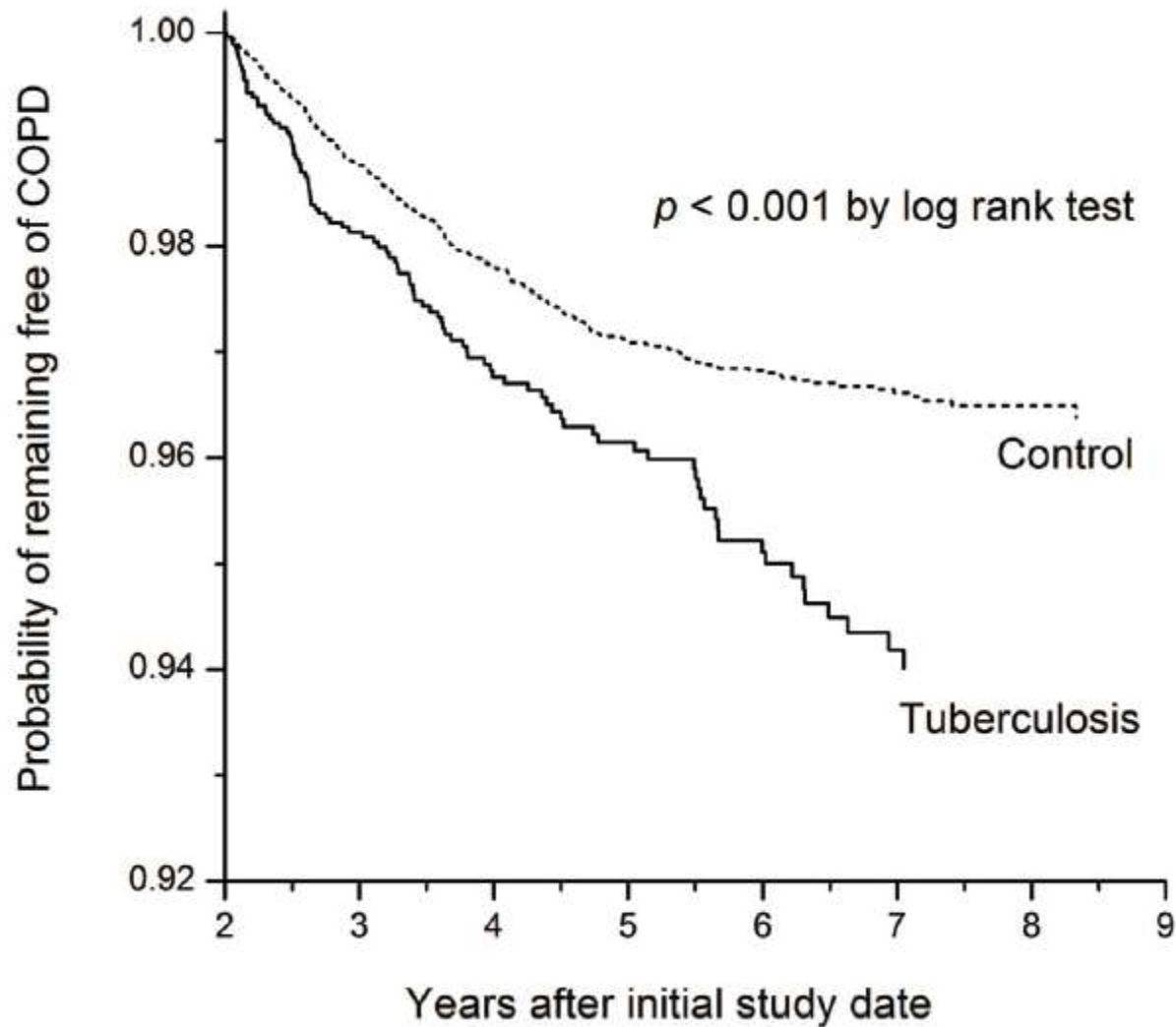
*Thai / Swiss Red Cross TB Programme for
Cambodian refugees, Khao-I-Dang
Holding Centre, Prachinburi, Thailand,
1981-1984, unpublished*



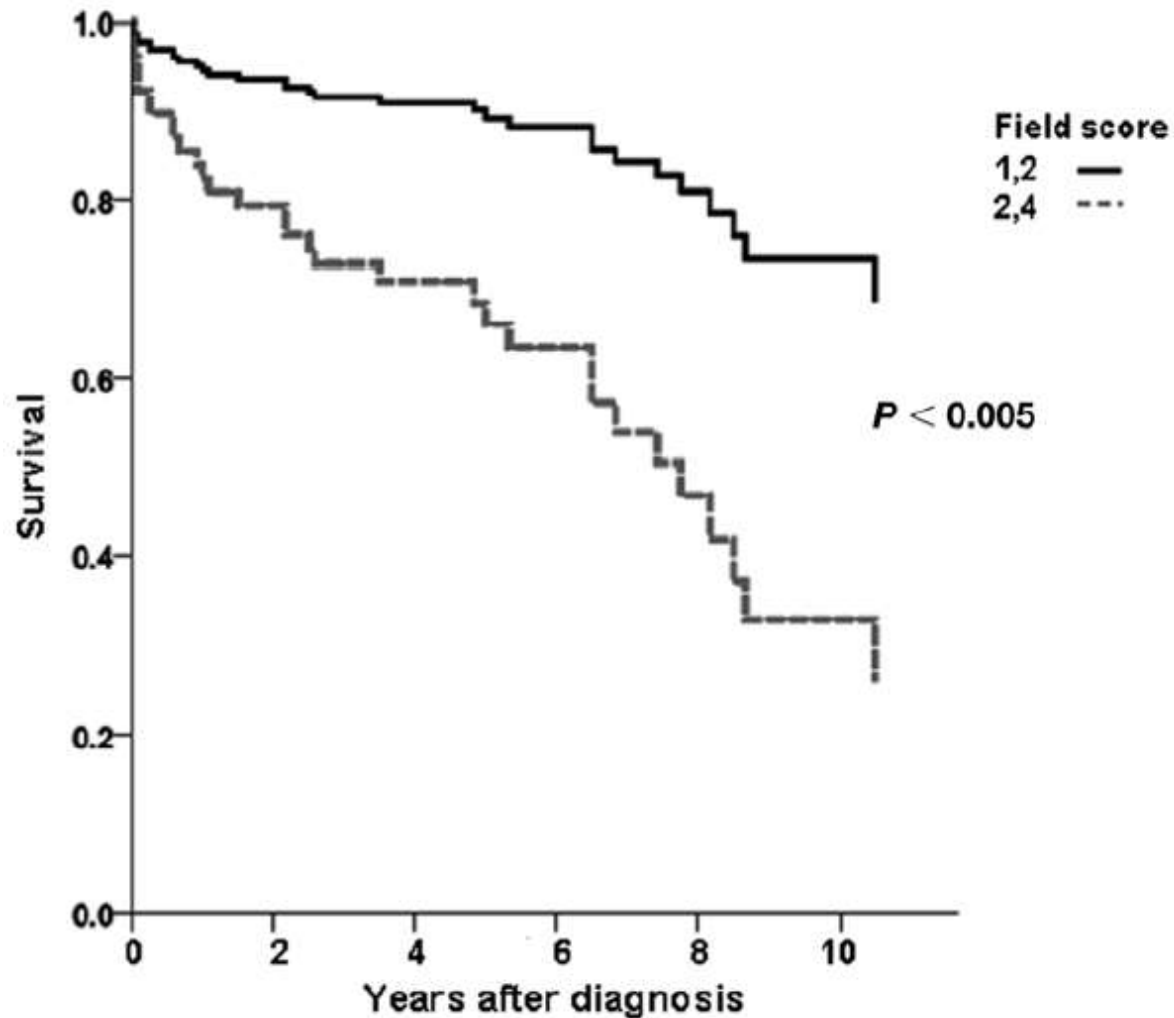
*Thai / Swiss Red Cross TB Programme for
Cambodian refugees, Khao-I-Dang Holding
Centre, Prachinburi, Thailand, 1981-1984,
unpublished*



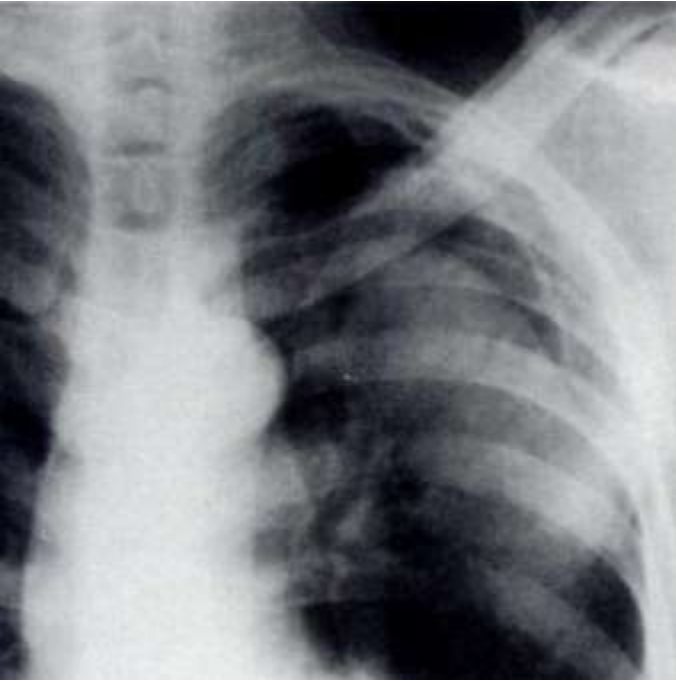
Chronic obstructive pulmonary disease after tuberculosis in Taiwan



Survival probability among tuberculosis patients with destroyed lung in Korea



Examples of common complications



Pulmonary aspergilloma

Smith RL, et al. Chest 1987;92:948-9

Hemoptysis

Corey R, et al. Am J Med Sci 1987;294:301-9

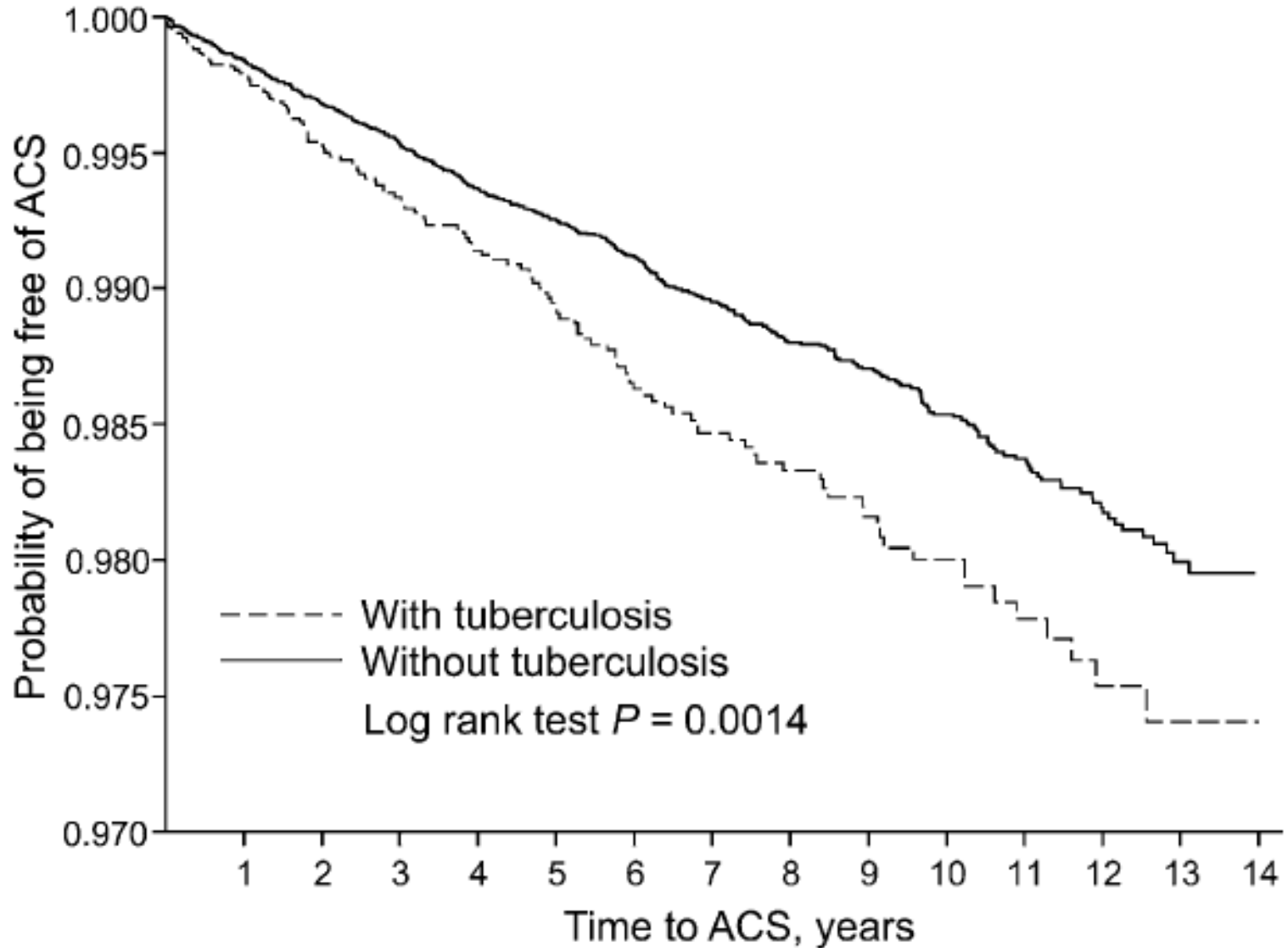
Bronchial strictures

Watanabe YR, et al. Thorac Cardiovasc Surgeon 1988;36:27-32

Bronchial asthma

Rajasekaran S, et al. Indian J Tuberc 2001;48:139-42

Acute Coronary Syndrome among 10,000 tuberculosis patients during follow-up in Taiwan



Summary key points

- o Bacteriological cure \neq full restoration of health
- o Pre-treatment disease presentation co-determines extent of sequelae
- o Remaining damage is both site-specific and systemic
- o Early diagnosis and prompt initiation of adequate chemotherapy reduces fatality, and risk for and extent of sequelae

Date:17.12.2021

TO WHOMSOEVER IT MAY CONCERN

This is to appreciate the General
Medicine Department for the extension activity conducted on
Awareness on Tuberculosis for the public on 17.12.2021

சுருஷா சுவாமி

Mariammal

(Thirupuvanam)



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009

Sensitization on Sanitation and Hygiene awareness at Joe Andrea Illam

Permission Letter

VMCH/CM/03/22

Date: 05/01/2022

From

Dr. Samir Bele

Professor and Head

Department of Community Medicine

Velammal Medical college Hospital and Research Institute

Madurai.

To

The proprietor/ In charge

Joe Andrea Illam,

2/185, Kothanar Street, Narasingam road,

Kadachanendhal,

Madurai

Sub: Permission for conducting extension activity – Sensitization on Sanitation and Hygiene on 07.01.2022

Respected Sir/Madam,

As per the telephonic conversation with you about the extension activity, the department of Community Medicine, Velammal Medical College Hospital and research Institute is organizing an awareness program under the topic 'Sensitization on Sanitation and Hygiene' on 07.01.2022.


at your Joe Andrea Illam at around 10.00 am to 11.00 am. Kindly do the needful for the same.

With Regards

Dr. Samir Bele

Professor and Head

Dept of Community Medicine


Prof. T. THIRUVAVUKKARASU, M.D., D.A.,

Dean

Velammal Medical College Hospital
and Research Institute

"Velammal Vilasam"

Madurai - 625009, T.N.
Anuppanadi, Madurai-625 009, T.N.

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VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009

From
Dr. Samir Bele
Professor & HoD
Dept. of Community Medicine
Velammal Medical College Hospital & Research Institute
Madurai

To
The Dean
Velammal Medical College Hospital & Research Institute
Madurai


Subject: Permission for conducting extension activity – Sensitization on Sanitation and Hygiene on 07.01.2022 for 6th Semester MBBS Students at 10.00 am – 11.00 am

Respected Sir,

We would like to do an extension activity at Joe Andrea Illam on 07.01.2022 from 10.00 am to 11.00 am for the 2018- 2019 MBBS batch students. We request you to grant us permission to conduct the activity on the planned date.

Thanks, and Regards,

(Dr. Samir Bele)


Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Ring Road
Anuppanadi, Madurai-625 009, T.N.

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Hypertension Awareness Program at Dindigal on 26.2.2022





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Leprosy Health Awareness Program on 4th August 2022

Report

Department of Community Medicine, VMCH & RI, Madurai along with Madurai Health and Leprosy Relief Centre Mahelerecen conducted health education program for leprosy patients at Alanganallur church on 4th August 2022. Around 24 medical students who are pursuing their 2nd year MBBS along with Dr. Vasumathi was involved in the program. Leprosy causes life lasting nerve damage & patients (both under treatment & cured) are at risk of damage to their limbs & eyes. Therefore, this program focusing on Self-care practices for Leprosy patients was organised. The program was organised at church at Alanganallur & around 25 patients with active disease attended the program.

The program started with introductory speech on leprosy by Dr Vasumathi, then MBBS student Miss Aksara & Ajay Bharath spoke about eye care in leprosy. They displayed charts and spoke about how leprosy affect eyes & what are the ways to prevent it. They taught simple eye exercises like blinking eyes frequently to prevent dryness and asked the patients to repeat it. Mr Abhisek and Balaji spoke about the hand care in leprosy. They advised patients to use cloth/gloves while picking up a hot pan, inspect their hands regularly for any wounds, soaking & oiling of hands to avoid dry and cracking skin. They taught patients stretching exercises to prevent stiffness & contractures, asked the patients to repeat it.

Then students Miss Blessy & Miss Balavarshiny spoke about foot care in leprosy. They asked the patients to inspect their feet regularly for redness, warmth, swelling or any wounds & taught patients simple stretching exercises. Then Dr Vasumathi spoke about the cause of leprosy, deformities caused by it and treatments available for leprosy. This was followed by question answer session. Patients were encouraged to open up and ask their queries regarding the disease and their questions were sorted out. The program was concluded with vote of thanks by church paster.



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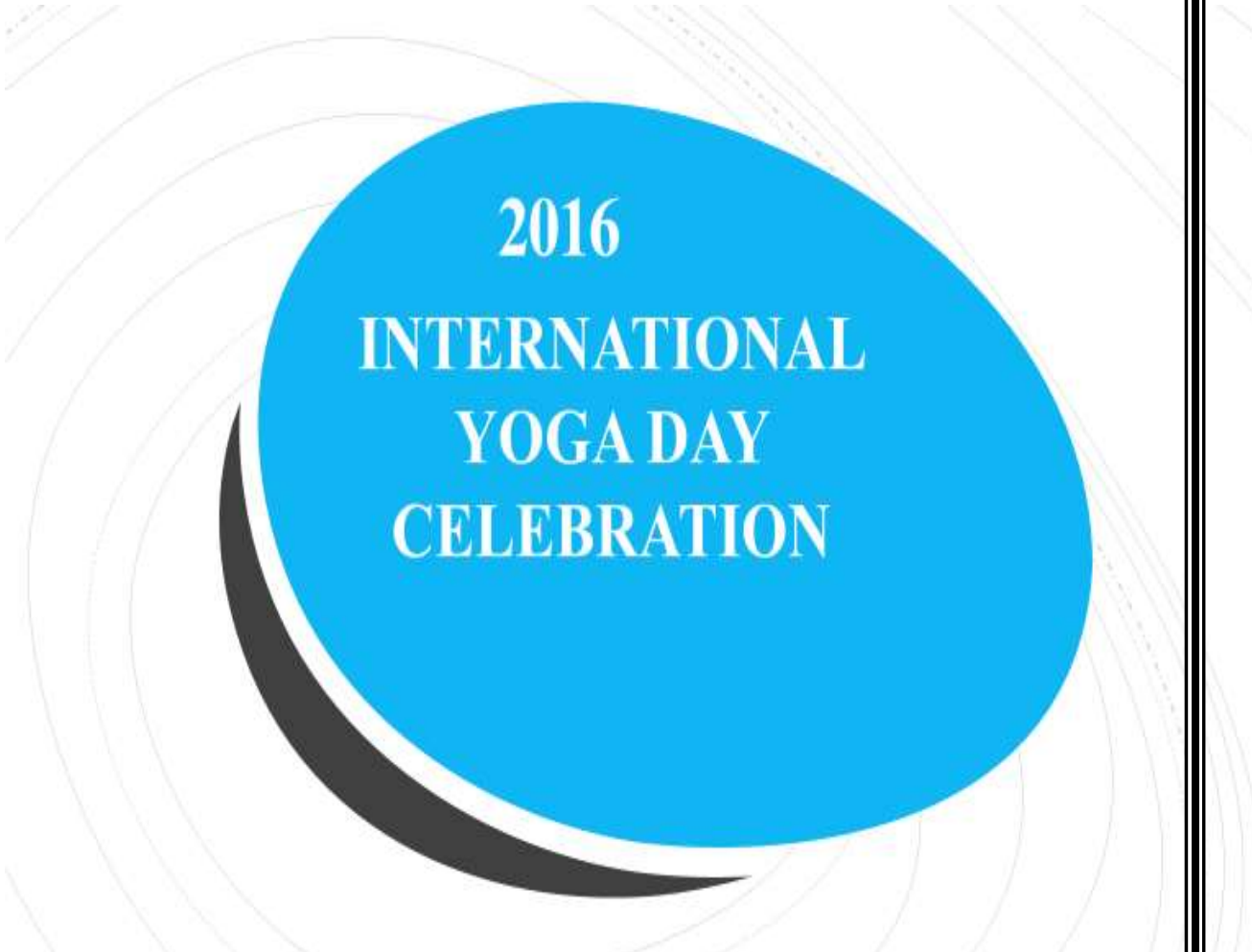
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**VELAMMAL MEDICAL COLLEGE HOSPITAL &
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**2016
INTERNATIONAL
YOGA DAY
CELEBRATION**



**VELAMMAL MEDICAL COLLEGE HOSPITAL &
RESEARCH
INSTITUTE, MADURAI-09**

Department of Pharmacology

Velammal Medical College Hospital & Research Institute, Madurai

YOGA DAY PROGRAMME -REPORT

2016	18/06/2016	<p>On International day of yoga, Velammal Medical College Hospital and Research Institute, Madurai organized a programme based on stress and yoga in two phases. In the 1st phase on 18th June 2016, an essay writing competition involving 2nd and 3rd MBBS students on topic "<i>Stress and Medical Professionalism</i>" was conducted in the lecture hall-3. 25 students participated in this event. Their answer scripts were coded and evaluated by our expert team comprising of Dr T Venkat Ramanaiah, Professor & Head of Forensic Medicine and Dr Samir Bele, Professor & Head of Community Medicine. In the 2nd Phase on 21st June 2016, a lecture session and a demonstration session was organised between 2pm to 4pm in the Hospital Auditorium, 3rd floor, VMC Hospital. The Programme was coordinated by Dr Raj Kishore Mahato, Professor of Pharmacology and his team members. The programme was graced by our respected Vice Chairman, Dean, Director of Medical services, Medical superintendent and Vice principal.</p> <ol style="list-style-type: none">1. After the addressing of the gathering by VC sir, the result of essay writing competition was announced by Dr S Thamilarsi, Professor and Head of Pharmacology. Sowmiyaprabha S of 2nd year (1st place), C Madhan of 3rd year (2nd place), Sowmiya A of 3rd year (3rd place) were declared as winners of the Essay writing competition. VC sir appreciated their effort and distributed the prizes and certificates. Dean Sir distributed the certificate to other participants of the essay writing competition.2. During lecture session Dr Raj Kishore Mahato, Professor of Pharmacology and speaker of the day delivered the lecture on topic "Beating Stress and Greeting Success". He explained the relationship between stress and success, measures to control it, scientific basis of yoga, yoga in health promotion3. During demonstration session Dr M Brahaddeesh, Assistant professor of Pharmacology demonstrated the basic asanas and highlighted their benefits. Sowmiya A of 3rd year also participated in demonstration session.4. During the interactive session, Vice Principal sir shared the idea to have a yoga club for the welfare of students.5. 114 MBBS students and 25 faculty members actively participated in this programme.
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Department of Pharmacology
Velammal Medical College Hospital
and Research Institute
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**VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE,
MADURAI
YOGA CLUB – 2016 batch**

Coordinators of VMC Yoga club:

1. Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.
2. Mrs. L. Vallikannu; Incharge Assistant Physical Trainer.

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PROFESSOR & HEAD
Department of Pharmacology
Velammal Medical College Hospital
and Research Institute
Madurai-625 009



VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE, MADURAI-09

International day of yoga was celebrated with the theme "Beating Stress and Greeting Success" on 21st June 2016 in the Auditorium, 3rd floor, VMC Hospital, Madurai.

- Stress is a normal part of our life
- Stress is like shadow of our body. "No light No shadow ". Similarly "No stress, No progress".
- Perception of stress is more important than the stress itself. If it is taken as a challenge, it is a trigger for success but if it is taken as a threat it is an obstacle for success.
- Yoga is a way of life. Though there are overlapping features in Yoga and gym, they have their own importance. Yoga dominates on balance and relaxation of both body and mind but gym dominates on calorie burn and muscle strength.
- Complex difficult body posture is not the only yoga. Rather, it is a part of it. Benefits of yoga come through making the body active, flexible and synchronizing it with breathing as well as harmonizing the relationship with surrounding.
- During yoga asana in most of the situations there is exhalation while moving the body towards gravity and inhalation while moving the body against the gravity.
- Doctors should induce smile in the face of patients and their family members without losing their own smile.
- Laughing, a part of yoga is the best medicine but laughing without reason needs medicine.

To mark the International day of yoga, Velammal Medical College Hospital and Research Institute, Madurai organized a programme based on stress and yoga in two phases. In the 1st phase on 18th June 2016, an essay writing competition was conducted for 2nd and 3rd MBBS students on the topic "Stress and Medical Professionalism" in the lecture hall-3. A total of 25 students participated in this event. Their answer scripts were coded and evaluated by our expert team comprising of Dr.T.Venkat Ramanaiah, Professor & Head of Community Medicine. In the 2nd phase, on 21st June 2016, a lecture session and a demonstration session were organized between 2pm to 4pm in the hospital auditorium, 3rd floor, VMC Hospital. The programme was coordinated by Dr.Raj Kishore Mahoto, professor of Pharmacology and his team members. The programme was graced by our respected Vice Chairman, Dean and Director of Medical services, Medical Superintendent and Vice principal. After the addressing of the gathering by our respected VC, the result of essay writing competition was announced by Dr.S.Thamizharasi, Professor and Head of Pharmacology. Sowmiyaprabha S. of 2nd year (1st place), C. Madhan of 3rd year (2nd place), Sowmiya A. of 3rd year (3rd place) were declared as winners of the essay writing competition. Our Vice chairman appreciated their effort and distributed the prizes and certificates. Our respected Dean distributed the certificate to other participants of the essay writing competition.


PROFESSOR & HEAD
Department of Pharmacology
Velammal Medical College Hospital




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During the lecture session, Dr.Raj Kishore Mahato, Professor Pharmacology and speaker of the day, elaborated on the topic "Beating Stress and Greeting Success". He explained the relationship between stress and success, measures to control it, scientific basis of yoga and in health promotion.

During demonstration session, Dr.M.Brahadeesh, Assitant Professor of Pharmacology demonstrated the basic asanas the highlighted their benefits. Sowmiya A. of 3rd year also participated in the demonstration session.

114 MBBS students and 25 faculty members actively participated in this programme.


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Dignitaries for the Function



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Dr. Trupti Bodhare, Prof of Community Medicine welcomes the gathering



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Vice Chairman addressing the gathering



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HOD, Pharmacology announcing the result of essay writing competition held on 18 June 2016



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Dr. Raj Kishore Mahato, Prof of Pharmacology and speaker of day explaining various phases of stress



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Dr.M.Brahadeesh, Assistant Prof. of Pharmacology demonstrating yoga asana



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Dr.M.Brahadeesh, Assistant Prof. of Pharmacology Demons



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Sowmiya .A, 3rd year MBBS student performing yoga asana



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Sowmiyaprava S, 2nd year MBBS student received certificate from Vice Chairman



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C.Madan, 3rd year MBBS Student receiving certificate from Vice Chairman



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Dean distributing certificate to participants of essay writing competition held on 18th June 2016



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Participants of the programme held on 21st June 2016



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Vice Principal sharing the idea to have a yoga club for the welfare of students



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Dr.J.Mohan Assoc.Prof. of Pharmacology proposing the vote of thanks.



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Participants of essay writing competition held on 18th June 2016



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Prize winners of essay writing competition held on 18th June 2016



Sowmiyaprabha S
1st place



C Madhan
2nd place



Sowmiya A
3rd place



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**2017
NATIONAL LEVEL
YOGA
CHAMPIONSHIP**



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Department of Pharmacology

Velammal Medical College Hospital & Research Institute, Madurai

YOGA DAY PROGRAMME -REPORT

2017	21/06/2017	<p>On the eve of International day of yoga, Velammal Medical College Hospital and Research Institute, Madurai organised a programme on 21st June 2017, conducted in the lecture hall-3. 25 students participated in this event. During the Yoga day celebrations, a lecture session and a demonstration session was organised between 2pm to 4pm in the Hospital Auditorium, 3rd floor, VMC Hospital. The Programme was coordinated by Dr Raj Kishore Mahato, Professor of Pharmacology and his team members. The programme was graced by our respected Vice Chairman, Dean, Director of Medical services, Medical superintendent and Vice principal.</p> <p>During lecture session Dr Raj Kishore Mahato, Professor of Pharmacology and speaker of the day delivered the lecture on topic "Yoga and health". He explained the relationship between stress and success, measures to control it, scientific basis of yoga, yoga in health promotion.</p> <p>During demonstration session, the basic asanas were demonstrated by Ms. Sowmiya A of Final MBBS.</p> <p>134 MBBS students and 20 faculty members actively participated in this programme.</p>
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PROFESSOR & HEAD
Department of Pharmacology
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**VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE,
MADURAI
YOGA CLUB – 2017 batch**

Coordinators of VMC Yoga club:

1. Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.
2. Mrs. L.Vallikannu; Incharge Assistant Physical Trainer.

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Department of Pharmacology
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Madurai-625 009



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National Level Yoga Championship was conducted by Saveetha University on 23.07.2017. Ms. Yuva Vishalini was the winner of this National Level Yoga Championship. She had the training in the Yoga Centre of Velammal Medical College.



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2018

**INTERNATIONAL YOGA
DAY CELEBRATION**



**VELAMMAL MEDICAL COLLEGE HOSPITAL &
RESEARCH
INSTITUTE, MADURAI-09**

Department of Pharmacology

Velammal Medical College Hospital & Research Institute, Madurai

YOGA DAY PROGRAMME -REPORT

2018	21/06/2018	<p>Velammal Yoga Club, in association with Department of Pharmacology, Velammal Medical College Hospital and Research Institute, Madurai celebrated Yoga Day on 21st June 2018, Thursday, between 2.00 pm to 4.00 pm in the Hospital Auditorium.</p> <p>The function was headed by Dean of VMCHRI, Dr R M Raja Muthaiah, Medical Superintendent Dr Somasundaram, and Vice Principal Dr P K Mohanty. Dr. Raj Kishore Mahato, Professor and Head of Department of Pharmacology, VMCHRI delivered a lecture on Stress and Yoga, and explained the scientific basis for Yoga. This was followed by a demonstration session of Yoga postures, coordinated by Mrs Vallikannu, Department of Physical Education. These students were handed out certificates by Dean and MS. The programme concluded with a meditation session guided by Dr Raj Kishore Mahato.</p> <p>Around 200 participants including faculty and students of Velammal Medical College, Velammal College of Allied Health Sciences, and Velammal College of Nursing attended the function.</p> <p>After the completion of the Yoga Day celebrations, the report of the same, along with relevant photos, was uploaded in the UGC website using Google Forms, as per the circular received previously.</p>
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PROFESSOR & HEAD
Department of Pharmacology
Velammal Medical College Hospital
and Research Institute
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**VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE,
MADURAI**

YOGA CLUB – 2018 batch

Coordinators of VMC Yoga club:

1. Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.
2. Mrs. L. Vallikannu; Incharge Assistant Physical Trainer.

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10	53	Jayakamali Y	jayakamali2000@gmail.com	9944497929
11	74	Mohammed Issaq Ismail	reshaf8@gmail.com	8973362792
12	98	Pratibha Bharathi S	pratibhasvks1999@gmail.com	7904488642
13	104	Riya Joseph	iosephriya22@gmail.com	9820994530
14	105	Riya Varsha J	jairiya23@gmail.com	8072884712
15	113	Sarvesh G S	gssarvesh246@gmail.com	9442040792
16	127	Soundharra Meenakshi K	soundhu.k.2001@gmail.com	8754039550
17	132	Srinandhini K	srinandhiniprintographs@gmail.com	9489743028
18	135	Sudheeksha G	gsudheeksha16@gmail.com	6379859656
19	136	Sukheshni S	drsukeshnishanmugam@gmail.com	9962735833
20	115	Shanmathy P M	pmsanmathy@gmail.com	6381156703
21	145	Vaan Mukilan V S	vaanajith@gmail.com	9865523724
22	153	Vishwak Shena B	vishwak0023@gmail.com	8870279495
23	156	Yuveda T	yuveda1999@gmail.com	7339048712


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**VELAMMAL MEDICAL COLLEGE HOSPITAL &
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Velammal Yoga Club, in association with Department of Pharmacology, Velammal Medical College Hospital and Research Institute, Madurai celebrated Yoga Day on 21st June 2018, Thursday, between 2.00 PM to 4.00 PM in the Hospital Auditorium, as a part of the International Day of Yoga.

The function was headed by Dean of VMCHRI, Dr. R M Raja Muthaiah, Medical Superintendent Dr. Somasundaram, and Vice Principal Dr. P K Mohanty. Dr. Raj Kishore Mahato, Professor and Head of Department of Pharmacology, VMCHRI delivered a lecture on Stress and Yoga, and explained the scientific basis for Yoga. This was followed by a demonstration session of Yoga postures, coordinated by Mrs. Vallikannu, Department of Physical Education. Certificates were distributed to the students by Dean and Medical Superintendent. The programme concluded with a meditation session guided by Dr. Raj Kishore Mahato.

Around 200 participants including faculty and students of Velammal Medical College, Velammal College of Allied Health Sciences, and Velammal College of Nursing attended the function.



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International Yoga Day Celebration 2018



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International Yoga Day Celebration 2018



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International Yoga Day Celebration 2018



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International Yoga Day Celebration 2018



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International Yoga Day Celebration 2018



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International Yoga Day Celebration 2018



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2019

**INTERNATIONAL YOGA
DAY CELEBRATION**



**VELAMMAL MEDICAL COLLEGE HOSPITAL &
RESEARCH
INSTITUTE, MADURAI-09**

Department of Pharmacology

Velammal Medical College Hospital & Research Institute, Madurai

YOGA DAY PROGRAMME -REPORT

2019	21/06/2019	<p>The International Yoga celebration was conducted by the Department of Pharmacology in association with the Velammal yoga club, Department of Physical Education and Academic Council Centre on the theme- "Yoga and Health promotion" in two phases:</p> <p>First Phase: On 20th June 2019, a poster making competition involving students of MBBS, Nursing and Allied Health Sciences on topic "Yoga and Health promotion".</p> <p>Second Phase: On 21st June 2019, a lecture session, demonstration and interactive session were organised between 2pm to 4pm in the Hospital Auditorium, 3rd floor, VMC Hospital. The Programme was coordinated by Dr Raj Kishore Mahato, Professor of Pharmacology and his team members. The programme was graced by our respected Medical superintendent and Vice principal. After lamp lighting and inauguration ceremony, the winners of poster making competition were distributed medals and certificates. The first prize was given to Miss. Anandhi, 2nd year B.Sc. Critical care, Allied Health Sciences and the 2nd place was given to Miss. G Nandhini, 2nd year, B.Sc. nursing, and the third place was shared between two: Miss. K. Subhashini, 2nd year, B.Sc. nursing and Miss.T. Aarthi 2nd year B.Sc. Cardiac care. This was followed by a lecture session on topic "Yoga: A Tonic for Weak and Cure for Sick" by Dr. Raj Kishore Mahato, Professor and Head of the Department of Pharmacology. Then a Demonstration session of various Yogasanas by students of various disciplines (MBBS, Allied Health Sciences and Nursing college) was coordinated by Mrs. Vallikannu, Department of Physical education.</p> <p>About 143 MBBS students, 12 CRRIs, 70 AHS students, 60 nursing college students and 30 faculty members actively participated in this programme. The Yoga day celebrations went on well.</p>
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VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE, MADURAI

YOGA CLUB – 2019 batch

Coordinators of VMC Yoga club:

1. Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.
2. Mrs. L. Vallikannu; Incharge Assistant Physical Trainer.

S NO.	ROLL NUMBER	NAME	PHONE NUMBER	EMAIL ID
1	133	Sushma JBS	9384644886	jbssushma@gmail.com
2	001	Aarhi	9025296081	aarthyrudra@gmail.com
3	081	Mirthanya	9600128688	mirthanyamugilnila@gmail.com
4	109	Rathna	9789111721	rathnanatarajan@gmail.com
5	090	Pooja K.S	8925280346	kspooja28@gmail.com
6	134	Suvesha	9003881889	suvesha.raj19@gmail.com
7	149	Yamini	9150531299	yaminiramasubramanian@gmail.com
8	130	Subaharini	9789184858	harinisuba19@gmail.com
9	106	Rameya	9677324824	rameyarameya11@gmail.com
10	122	Sadhana	7397645111	sathanajenifer04@gmail.com
11	110	Ravina	9655656383	ravinaramalingam0109@gmail.com
12	142	Varshini	8489569829	Kabilann1164@gmail.com
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International Yoga Day Celebration 2019 - Posters



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International Yoga Day Celebration 2019 - Posters



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International Yoga Day Celebration 2019 - Posters



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Yoga Centre





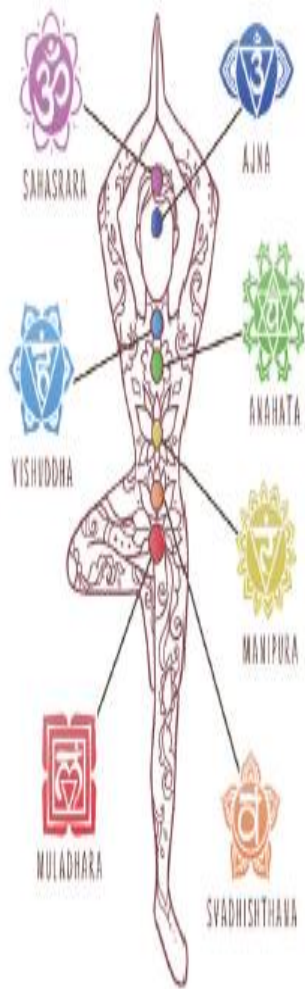
VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE, MADURAI-09

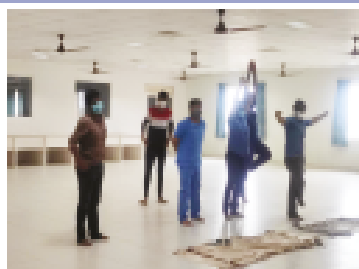


YOGA CENTRE

Yoga Center

INTERNATIONAL YOGA DAY





We have celebrated the International Yoga day on June 21st - 2021 in Velammal Medical College Hospital & Research Institute. Inaugural address was given to all students in the presence of Dr. T. Thirumavukkarasu (Dean), Dr. S.R. Dharmotharan (MS), and Dr. PK.Mohanty (Vice Principal). The session was organized by Biochemistry department in association with Velammal Yoga Club. Theme of this year was 'Yoga for Well-Being'.

We have conducted online session for 1st & 2nd MBBS students. THE TRADITIONAL INDIAN EXERCISE (YOGA / ATHANAM) was originated from "ATTANGAOGAM". Attangaogam introductory session was conducted by Guruji Vishnu Shankar, managing trustee attangaogapeedam, Bogar Oga Meyam, Ambasamudram. Attangaogam was presented by Tamil Siddhars thousands of years ago, as a gift to the world.

Live online videos from PAAR TV, was streamed. The series of ATTANGOGA / ATHANAM - Golden yogasanas and PRANAYAMAM sessions were demonstrated by Yoga acharya Sri Veerabagu sir, aged 86 years, to encourage the future generations.

"Yoga at Home and Yoga with Family" was emphasized and student community (MBBS, Nursing & Allied students) was requested to encourage their parents, relatives and friends also to watch the session and make them to do this simple Yoga for wellbeing. The program was

appreciated by the students and it inspired them immensely. Total of 289 1st & 2nd year MBBS students participated in Zoom platform. More than 500 participants have watched (including VCCN, VSN, VAHS students) the live video streamed in YouTube (more than 1000 views were registered in 1 day in YouTube). The program was live streamed in YouTube, Velammal Hospital web site by the management and IT support.

International Yoga day 2021 (அத்யாசனம் தினம் 2021) Velammal Hospital <https://youtu.be/cfalNyyWtUs>

FEEDBACK FORM -Google form Link - <https://forms.gle/EamUH3ZuQ13Mdi1w17>

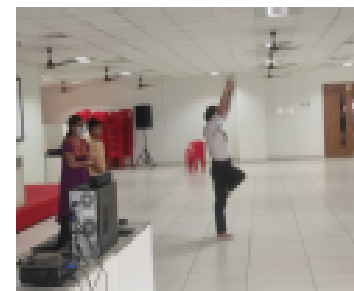
We had a scientific lecture on Yoga - "A tool for life-long Immunity & Global Integrity" presented by Prof. Dr. Raj Kishore Mahato, HOD Pharmacology.

Also highlighted, "Yogasana (Aathanam) and Pranayamam training program" conducted successfully in the Examination Hall, Velammal College Building from 3.06.2021 to 7.06.2021 (89 CRRI & 54 Nursing staff posted in COVID ward were trained first) under the directions and support of Dean, MS, VP & Advisory Board members. Guruji Vishnu Shankar conducted the training session for our CRRI students and Nursing staff with CAB. Dr. Raj Kishore Mahato and Dr. K. Suganthi organized the training program with the Management support.

This was followed by an interactive session, of students with the yoga Guruji who gave them the right directions

to practice yoga. Nobel prize winner (2009), Dr. Elizabeth Blackburn had recommended, "12 minutes of yoga - meditation practice decreases aging by avoiding Telomerase shortening", giving a strong scientific evidence. Yoga Guruji emphasized that it is a divine blessing to practice attangaogam, at least 21 minutes every day (12 min yoga + 9 min Pranayamam). Also students were requested to make a lifelong commitment of these 21minutes/day on this auspicious day, 21.06.21.

Program was completed with vote of thanks to one and all by Dr. K. Suganthi Prof. Biochemistry. The organizers mention a special thanks to honorable Chairman Shri. M. V. Matharamalingam, Velammal Educational Trust for promoting his vision of "Healing Touch, Happy married Disciplined life (vasudeva Kudumbam - Yathum Core Yavaram Kalir)" for future younger student generations, with a deep understanding of 8 limbs of Attangaogam(Astanga yoga (Yamas, Niyamas, Athanam, Pranayamam.....) and Traditional Tamilian Art.





**VELAMMAL MEDICAL COLLEGE HOSPITAL &
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Clinical Society Meetings

Clinical Society Meetings are conducted every month since 2012. The meetings are conducted between 2-3 pm on the third Wednesday of every month. The venue of the meeting is in the Hospital Auditorium. 12 meetings are conducted every year.

Every month two interesting case reports are presented by the faculties who treated the patients. CRRIs (Internship) started presenting the case reports from April 2018 onwards, as the first batch of this Institution joined Internship in April 2018. Postgraduates started presenting the case reports from August 2020, as the first batch of Postgraduates joined this Institution in 2020.

Professors, Associate Professors, Assistant Professors, Senior Residents, Junior Residents from all the clinical, paraclinical and preclinical departments, Consultants from Superspecialty departments, Post graduates and CRRIs attend the meeting.

Every month two cases are presented. Every year atleast twenty four cases are presented.

Case discussions give good opportunities to improve the clinical reasoning skills and analytical skills. When the faculties present the cases, it forms a role modelling for the Interns. When the Interns present cases, it helps them to develop their professional skills.

This meeting is conducted by the Convenor. Dr.M.S.Somasundaram,MS, Professor of Surgery was the Convenor upto March, 2016. Dr.S.Nataraja Rathinam,MD,DCH,DNB, Professor of Paediatrics is the Convenor from April 2016 to till date.

In August, September and October 2020, these meetings are conducted online with Zoom Meeting. This is in order to maintain social distancing during the Covid pandemic.

November 2020 onwards, there will be two Clinical Society Meetings every month. One will be by the Medical and Medical Specialties. The second will be by the Surgery and Surgical Specialties. Professor Dr.L.Jerald Majellah,MD and Professor Dr. S.R.Dhamotharan,MS will be the Coordinators respectively. This will enable four case presentations every month and participation by the postgraduates.

Prof.Dr.S.Nataraja Rathinam,MD,DCH,DNB

Convenor,

Clinical Society Meetings of VMCH&RI

Dr.S.Nataraja Rathinam
MD,DCH,DNB
Professor of Pediatrics,
VELAMMAL Medical College Hospital,
Madurai

World Bioethics Day Celebration - 2019

RESPECT
FOR
CULTURAL DIVERSITY



Velammal Medical College Celebrates "WORLD BIOETHICS DAY - 2019"

Velammal Medical College at Madurai serves as the Nodal center for Bioethics of UNESCO- Haifa. True to its vision for excellence in medical education, Velammal envisioned that its graduates are well grounded in empathy, proactive in the protection of human values and human rights. The Bioethics unit exists for the sole purpose of achieving this end.

Velammal celebrated "WORLD BIOETHICS DAY- 2019". The celebrations began on the 21st of October 2019 and ended on the 24th of October 2019. The UNESCO topic for the year "RESPECT FOR CULTURAL DIVERSITY" vibrated within the very essence of the student community because India is a blend of various cultures belonging to diverse religion, castes where different states and regions follow their own unique tradition and culture. India is rightly termed "*the land of unity in diversity*" as different groups of people co-operate with each other to live in a single society.

The occasion was celebrated in the premises of the medical college hospital with colorful displays during special assembly of students and staff arranged for the purpose. Students from the Medical College, College of Nursing, School of nursing and School of allied health sciences took part in various competitions that depicted "Respect for cultural diversity" such as Street Play, Artistic poster, Essay, and Photography.

Sixteen teams participated in the street play which was conducted on the street. Every team displayed quality and innovation in their approach to portray "Respect for cultural diversity". One of the Medical student's team was declared as the winner in the street play for their innovative approach, performance and excellent direction for using **Transgender gender trends** in

India to portray Respect for cultural Diversity. They were given a standing Ovation, Medals and certificates. The Nursing Students who placed second excellently portrayed through **MIME** how in the **recent floods in Tamil nadu** people from various cultural backgrounds from all over India came to the rescue and aptly depicted the actions in unity that flavor the tricolor. A photograph of a woman with a **conglomerate attire of the three major religions of India** won the prize for the best Photography for conveying the essence of respect for cultural diversity. There were 23 contestants in the Artistic poster competition, 20 contestants in essay competitions. Winners were awarded with Trophies for excellence and certificates of achievement. These events continued for the first two days.

The celebrations concluded on the final day with a special program where senior faculty, professors and dignitaries graced the occasion. Dr. R.M. Rajamuthaiah, Dean of the Medical College welcomed the gathering, encouraged and expressed his support for such student endeavors. He also gave away the trophies, Medals and certificates to the winners along with Mr. Venkat Phanidhar the Chief Executive Officer of the hospital, Dr. Mohanty the Vice Principal and Dr.Thirunavukarasu, the Medical Superintendent. The vote of thanks was proposed by Dr. John Rajpathy, Head of Bioethics unit. This was followed by three scientific sessions, **Introduction to Bioethics** by Dr.Ramanujam, Head of the department of Psychiatry. **The impact of culture on Health** by Mr. Venkat Phanidhar who is the Chief Executive Officer of the hospital and **Culture and ethical practice in Medicine** by Dr. Mohanty who is the Vice Principal of the Medical College. The Sessions concluded with national Anthem followed by Tea and Snacks.

The Bioethics Unit is greatly indebted to our beloved and honorable Chairman who stands as a beacon for all student endeavors, for being generous with funds, for his magnanimity in providing an excellent infrastructure, for allowing us to use the Venue without hesitation, for constantly encouraging the proceedings from the Bioethics Unit which makes it a pleasure to work to bring the Vision of Velammal to fruition.

*Prof., Dr. John Rajpathy
Head- Bioethics Unit, Nodal center
for UNESCO - Haifa
Velammal Medical College
Madurai – 09. Tamil nadu , India*

Photographs



Artistic Poster competitions



Street Play Competition: Culture and Transgender Trends



Street Play –MIME Cultural Unity in calamity



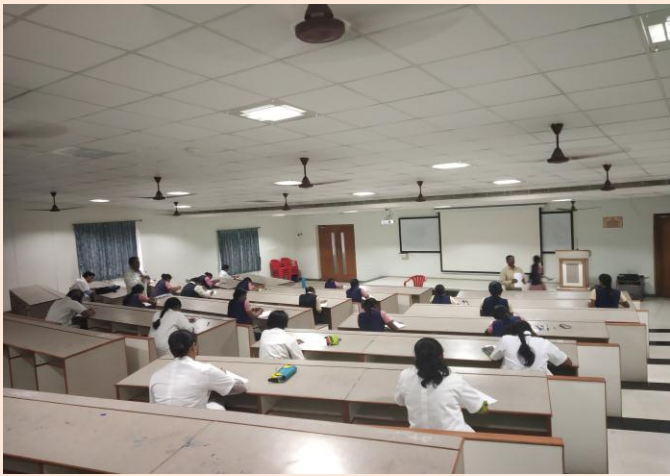
Street Play –Villu Paatu: Folk Art



Street Play –Thappatai : Folk Art



Artistic Poster competition winner



Essay writing Competition in progress.



Inaugural Welcome address the DEAN



Winners Receiving Trophies 1



Winners Receiving Trophies 2



Scientific Session 1: Introduction to Bioethics



Scientific Session 2: The impact of Culture on Health



Scientific Session 3: Culture and Ethical Practice in Medicine



Audience -1



Audience -2



Trophies, Medals and certificates



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009

Extension activities from the Department of Respiratory Medicine

Location: Old Age Home Malligai Nagar, Annaiyur, Madurai

Date: 17-08-2021

Lung function screening in Geriatric population

Dr. Ramesh C, Prof & HOD, Respiratory Medicine

Dr. Niranjana P, Assistant Professor, Respiratory Medicine

Along with respiratory therapy students





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Blood Donation

Activity Name: Blood Donation

Venue: Kaithari Nagar, Tamil Nadu

Organised by: VMCH & RI

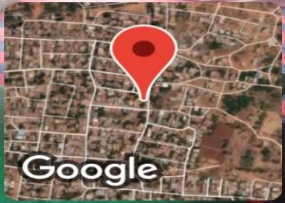




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Kaithari Nagar, Tamil Nadu, India
Unnamed Road, Kaithari Nagar, Tamil Nadu
625005, India
Lat N 9° 51' 44.8308" Long E 78° 3' 47.6352"



Kaithari Nagar, Tamil Nadu, India
Unnamed Road, Kaithari Nagar, Tamil Nadu
625005, India
Lat N 9° 51' 44.8308" Long E 78° 3' 47.6352"



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE MADURAI - 625009





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MADURAI - 625009



Kaithari Nagar, Tamil Nadu, India
19, Bhagath Singh colony, Kaithari Nagar,
Tamil Nadu 625005, India
Lat N 9° 51' 46.3788" Long E 78° 3' 45.2304"



Kaithari Nagar, Tamil Nadu, India
19, Bhagath Singh colony, Kaithari Nagar,
Tamil Nadu 625005, India
Lat N 9° 51' 46.278" Long E 78° 3' 45.2448"



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**VELAMMAL MEDICAL COLLEGE HOSPITAL &
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2016

- **Blood Donors Club**
- **World Breast Feeding Week**
- **Eye Donation Awareness Programme**

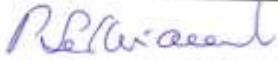


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Students Blood Donors List (2016)	
S.No	Blood Donors Name
1	Venkatesh Karthikeyan - 4 times
2	Mohamed Irshadullah -1
3	Ushanandhni - 2
4	Priyanka Ramamoorthy- 1
5	S.S.Nikil - 3
6	Deepan- 2
7	Sarita Ravindran -4 times
8	Dhikshaya athilakshmi- 1
9	Aravind - 7
10	Premkumar-2
11	Gobinathan - 2
12	Jai Chandrabose-5 times
13	Gopalakrishnan -1
14	Prasanna Kaviyarasu- 15.K.Bawapoorni -1
15	Mohamed Hisbulla - 2
16	Sathishkumar - 2
17	Mohan surya -5
18	Rafi Ahmed - 1
19	P.Fidal Hastro - 3
20	V.Omprakash-4
21	P.Venkatesan - 1
22	Balaji - 2
23	Uma Iswarya - 2
24	R.soundarya -1
25	V.Arun kumar -5
26	Santhosh Narayan-6
27	Arun kesav - 1
28	R.Lakshmanan-4
29	Jeyasureyan - 6
30	Chandrappriyan S - 5


Dr. P. SETHUAMMAL, M.D.,
* Blood Bank Medicine Officer
Velammal Medical College Hospital



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31	Tharun Kumar Ela - 7
32	R.Hari Bhaskar -2
33	Arunnkarthick r - 3
34	Janani Janarthanam- 1
35	Ramya.J - 1
36	Vinodh kumar R - 6
37	K.P.Velu Vidhyasagar - 3
38	M.Karthick yogesh-3
39	L. Sathyanarayanan - 3
40	S.keerthiga-1
41	Kavin.S-8
42	Dharun Maharaj.K.K.- 3
43	N.sankar- 3
44	G.Barath kannan- 3
45	Rohini. P - 3
46	Sethuraman 2
47	B.partheeben bala -2
48	Manikandan.J-3
49	Udhistiran.S -3
50	P. Wesly-5
51	Harshitha R. - 1
52	A.S.Vijaya Sai Kumar-3

Dr. P. Sethuammal

Dr. P. SETHUAMMAL, M.D.,
Blood Bank Medical Officer
Velammal Medical College Hospital
& Research Institute
Madurai-09



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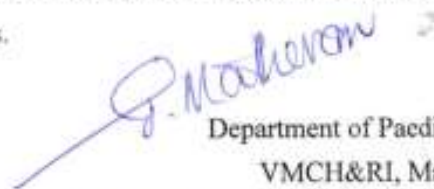
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World Breastfeeding Week 1st August – 7th August 2016

A one week celebration of the World Breastfeeding Week on behalf of the Department of Paediatrics, VMCH began on August 1st, Monday, by conducting a quiz program for the MBBS students regarding Breastfeeding between 11AM to 1 PM in VMCH Auditorium. Students participated with great enthusiasm. The winners and participants of the quiz were given prizes during valedictory function.

On 2nd August 2016, poster competition was arranged for the staff nurses and the Posters reflecting the importance of Breastfeeding were displayed in the Pediatric OPD. On 3rd August 2016, our dietician explained about Breastfeeding and complementary feeding to the nursing mothers with the help of videos in our OPD. On August 04, 2016 as a part of Breastfeeding week celebration, Department of Paediatrics along with the support of Department of Obstetrics and Gynecology organized group counselling for the antenatal mothers regarding the benefits and correct techniques of Breastfeeding. On 5th August 2016, the postnatal mothers of Velammal Medical College Hospital were educated with the help of audiovisual projections regarding Breastfeeding. On 6th August 2016 valedictory function was held in the auditorium. Dr.K.Mathiarasan MD. DCH., Director, Institute of Child Health, Madurai Medical College, Madurai, the chief guest delivered a speech on the topic- **"BREASTFEEDING – A GOLD IN THE GOLDEN THOUSAND"**. The winners and participants of the competitions were awarded prizes. Our honorable chairman,

Thiru.M.V. Muthuramalingam, our Dean and the HOD of Paediatrics addressed the gathering and made the function a grand success.



Department of Paediatrics,
VMCH&RI, Madurai.

Dr. G. MATHEVAN, MD.DCH.,
Professor and HOD
Department of Paediatrics
VMCH & RI
Madurai



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EYE Donation Awareness Programme

31st National Eye Donation Fortnight celebration was observed on 6.9.2016 in Velammal medical college hospital. Sri. M.V.Muthuramalingam, Hon. Chairman of Velammal educational trust presided over the function. In his inaugural address, he insisted on hard work & time management, Continuous academic and research work will bring success which ever may be the cause.

Vice chairman Dr.Asokan gave felicitation address.Dr. R.M.Raja Muthiah, Dean VMCH & RI, Dr.Somasundaram, Medical Superintendent graced the occasion.Dr. Muthuramalingam HOD, Ophthalmology introduced chief guest, Dr.Prajna Academic Director Aravind Eye hospital, Madurai.

In his guest lecture he explained how to motivate public for eye donation by narrating instances from his own experience. He said, Tamil Nadu stands first in eye donation and keratoplasty because of continuous and tireless efforts we have put in.

Students of Velammal Medical College Hospital enacted a drama on eye donation written by Dr. S. Selva kadungo vazhiyathan. The Drama enlightened various aspects of eye donation like, what is the need of eye donation, who can donate eyes, who cannot donate eyes, How to donate eyes, what is keratoplasty and How to protect your eyes? It attracted the audience very much by its messages. All the students took eye donation pledge.

The other participants were doctors of various departments, Medical students, nursing students & other paramedical workers. Dr. Deepa Vinitha Rani delivered vote of thanks.

K. Ilango

Department of Ophthalmology,

Dr. K. ILANGO, D.O.Dip., N.B.,
Prof. of Ophthalmology
Department of Ophthalmology
VMCH & RI
Reg. No. 51615



**VELAMMAL MEDICAL COLLEGE HOSPITAL &
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INSTITUTE, MADURAI-09**

2017

- **Blood Donors Club**
- **World Breast Feeding Week**
- **NSS – Cleanliness Drives Under Swatch
Bharat Abhiyaan**
- **World Environment Day**



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**VELAMMAL MEDICAL COLLEGE HOSPITAL
& RESEARCH INSTITUTE**

Students Blood Donors List (2017)	
S.No	Blood Donors Name
1	Akash Baskaran - 5 times
2	Grace 1 time
3	Pon Sarabaranjan 1 time
4	Krithika 2 times
5	Naveen 2 times
6	Linford 6 times
7	Bailey 1 time
8	Priya singh 1 time
9	Preetha 1 time
10	Aswin NK 2 times
11	Om Prakash 4 times
12	Gowsika A 1 time
13	Vishnu Srinivasan 8 times
14	Jhancy 2 times
15	Pramod 5 times

P. S. Srinivasan

P. S. Srinivasan, M.D.,
Blood Bank Medical Officer
Velammal Medical College Hospital
& Research Institute
Madurai-09



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INSTITUTE, MADURAI-09**

World Breastfeeding Week 1st August – 7th August 2017

“Gold rings, cash awards, compliments for all students and sarees for all the women who had participated in the function” First week of August is being observed as Breastfeeding Week since 1992 all over the world to emphasize the importance of breastfeeding. Breast milk has all the essential nutrients for a growing child during the first six months of life. Many studies have shown that the breast fed infant have lower incidence of allergic symptoms, gastroenteritis and underweight compared to bottle fed babies. Hence it is essential to educate the mother and public about the benefits of breastfeeding and thereby improve the health of baby. This year, the department of Paediatrics in Velammal Medical College Hospital conducted various competitions for staff nurses, medical students, out patients and school children to create awareness about the significance of breastfeeding.

The valedictory function of the breastfeeding week was presided by the honorable Chairman of the Velammal Educational Trust, Shri. M.V. Muthuramalingam. Dr. Jeyabalaji, Professor, Department of Paediatrics welcomed the gathering. Dr. S. Balashankar, Professor of Paediatrics, Madurai Medical College and Rajaji Hospital was the chief guest and he gave a wonderful guest lecture on the importance of breastfeeding. Dean of Velammal Medical College, Dr. R. M. Raja Muthaiah, Head of Department of Paediatrics, Dr. Mathevan, Professor Sundarapandian, Head of the Department of OBG Dr. Raja Rajeswari, Vice Principal of the College Dr. Mohanthy also honored the occasion.

Healthy baby contest for the children under 2 years who were born in Velammal Medical College Hospital and first three winners were awarded with golden rings. Drawing competition for school children (5-12 years) was also conducted on the same day and first 3 winners were awarded with golden rings. The winners of the quiz programme conducted for the public were given cash award. Dr. Nataraja Rathnam, Professor, Department of Paediatrics delivered the vote of thanks. The programme was well attended by the faculties of various departments, medical students and general public.

Department of Paediatrics,
VMCH&RI, Madurai.

Dr. G. MATHEVAN, MD, DCH.,
Professor and HOD
Department of Paediatrics
VMCH & RI
Madurai



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National Service Scheme: Cleanliness Drives Under Swachh Bharat Abhiyaan

The Swachh Bharat Abhiyan is a massive movement that seeks to create a clean India. Government urged all NGOs, schools, colleges, social, cultural and political leaders, corporates, Government officials, collectors and sarpanches, to accelerate Swachhata activities during the September 15 – October 2 period.

Under the same concept our institution also took pledge to arrange a cleanliness drive under National Service Scheme. Our campus always remains to be very clean as our staff's maintained strict cleanliness inside campus. Bins have been provided in our campus at each every section for collection of garbage including residential quarters, hostels as well as on all roads also. For celebration of Swachh Bharat Abhiyan on 27th September 2017, we selected areas near to main entrance of our outpatient department and outside the campus on highway. 35 medical students and 10 housekeeping staff team prepared under NSS coordination along with the help of housekeeping department. Precautions were taken by wearing masks and using hand gloves during cleanliness drive. Cleanliness activities started from in front of outpatient department to generate awareness among common people. Then area near temple and main hospital entry gate covered. Later on students move on highways and done cleaning on road and on bus stand. Various garbage including paper cup, plastic bottle, plastics wrappers, empty coconut shell, news paper etc. collected in green bins. Sweepers from housekeeping department cleaned dust inside campus.


Prof. R.M. RAJA MUTHIAH, M.S., M.Ch.
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Ring Road
Anuppenadi, Madurai (TN)-625 009





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WORLD ENVIRONMENT DAY

World environment day is also known as the Environment Day, Eco Day. It has been one of the great annual events for years which is being celebrated worldwide by the people aiming to protect the unique and life nurturing nature on every 5th June. Every year celebration is planned according to the particular theme and slogan of the year to bring effectiveness in the campaign all through the world. This year's theme was "Connecting People to Nature".

In view of this theme of world environment day, Velammal Medical College Hospital and Research Institute's students, who are NSS volunteers, conducted awareness activity for out patients and general population, on basis of following subject matter: "Planting Trees, Rain Water Harvesting, Avoiding Plastics and Polythene and Preserve Ground Water".

The chairman of Velammal educational trust, Shree. M. V. Muthuramalingam started the event in the presence of Dean of VMCH & RI, Dr. R. M. Raja Muthiah, Medical Superintendent Dr. S. Somasundaram, Vice Principal Dr. P. K. Mohanty and Chief Operating Officer Mr. Peter Kennedy. Dr. Dhaval, Associate professor, department of Community Medicine and the NSS Coordinator of VMCH & RI, organised the entire events.

Students gathered in front of main gate of hospital with flex banners and placards demonstrating how to preserve ground water and environment, need to plant more trees and significance of harvesting rain water. Students also demonstrated and explained the threats of global warming and the need to completely banning plastics and polythene articles. Further students also explained about importance of obeying traffic rules, adverse effects of emission from vehicles through placards. The general population who accompanied out patients in their waiting times raised doubts regarding how to preserve the environment, which were clarified by the students.


Prof. R.M. RAJA MUTHIAH, M.S., M.D.
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Ring Road
Anuppanadi, Madurai (TN)-625 009



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**VELAMMAL MEDICAL COLLEGE HOSPITAL &
RESEARCH
INSTITUTE, MADURAI-09**

2018

- **Blood Donors Club**
- **World Breast Feeding Week**
- **Cancer Support Group**



**VELAMMAL MEDICAL COLLEGE HOSPITAL &
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INSTITUTE, MADURAI-09**



**VELAMMAL MEDICAL COLLEGE HOSPITAL
& RESEARCH INSTITUTE**

Students Blood Donors List (2018)	
S.No	Blood Donors Name
1	Ajay Sreevatsav - 4
2	Aditya Rahul - 2
3	Vignesh subash - 1
4	Kabilan T - 5
5	Dinesh Karthi - 3
6	Sidharth Raheja - 1
7	Viswam Babu - 2
8	Surya P - 1
9	Lingesh - 4
10	Madesh - 1
11	Vishnu harish - 1
12	Santhya priya darshini - 1
13	Shanmathy - 1
14	Issaq - 1
15	Bharath Kumar - 1
16	Hemanth - 2


Dr. P. SETHUAMMAL, M.D.,
Blood Bank Medical Officer
Velammal Medical College Hospital



**VELAMMAL MEDICAL COLLEGE HOSPITAL &
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INSTITUTE, MADURAI-09**



**VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH
INSTITUTE, MADURAI-09**

World Breastfeeding Week 1st August – 7th August 2018

The World breast feeding week is co-ordinated by World alliance for breast feeding action, a global network of individuals and organizations concerned with protection and promotion of Breastfeeding.

Based on WHO/UNICEF global strategy for infant and young child feeding, BFHI sets standards for quality care. This year world health assembly embraced annual celebration by member states as valuable way for breast feeding promotion everywhere.

Velammal Medical College Hospital and Research Institute is a tertiary care teaching hospital in Madurai, South India. We observed World Breast Feeding Week from August 1 to 7, 2018. Several activities based on theme 'Breast feeding Foundation of Life' were carried out both in community and hospital to create awareness on breast feeding.

Department of Paediatrics,
VMCH&RI, Madurai.

Dr. G. MATHEVAN, MD.DCH.,
Professor and HOD
Department of Paediatrics
VMCH & RI
Madurai



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வேலம்மாள் மருத்துவமனையின் புற்றுநோய் உதவிக்குழுமம் : (Cancer Support Group) துவக்கம்

வேலம்மாள் மருத்துவமனை தென்தமிழகத்திற்கு தரமான, நேர்த்தியான மருத்துவத்தை குறைந்த செலவில் அளித்துக் கொண்டிருக்கிறது. தென் மாநில மக்களின் உடல் அசௌகரியங்களை குறைப்பதிலும் ஆரோக்கியமானவர்களுக்கு உடல் நலகுறைபாடு வராமல் தடுப்பதிலும், தன் சமூக கடைமை நன்றாக உணர்ந்துள்ளது . மாறி வரும் நோய்தொற்று முறையும், வளரும் தொழில் நுட்பமம் மருத்துவ துறையில் பற்பல மாற்றங்களை கொண்டு வரும் இவ்வேளையில், இதுவே மாற்றங்களையும் வருங்கால சந்ததியாளர்களின் ஆரோக்கியத்திற்கும் தேவையான ஒன்று என்பதையும் கவனத்தில் கொண்டுள்ளது.

தற்போது வேலம்மாள் மருத்துவமனையில் புற்றுநோய் பற்றிய விழிப்புணர்வுக்கு 'புற்றுநோய் உதவிக்குழுமம்' (Cancer Support Group) தொடங்கப் படவுள்ளது.

இந்த குழுமத்தில் புற்றுநோயாளிகள், புற்றுநோய்க்கான சிகிச்சை பெற்றுக் கொண்டிருப்பவர்கள், சிகிச்சைப் பெற்று முற்றிலும் குணமாக்கப்பட்டவர்கள் மற்றும் புற்றுநோயினை அறிந்து கொள்ள விரும்புவர்களை இணைத்து இந்த உதவிக்குழுமம் அமைக்கப் பெற்றுள்ளது.

புற்று நோய் உதவிக் குழுமத்தின் நோக்கம்;

புற்றுநோய் பாதிக்கப்பட்டு சிகிச்சை பெற வருபவர்களுக்கு மனநல ரீதியாக ஆலோசனைகள் வழங்கி இந்த நோயின் சந்தேகங்களை களைந்து அவர்களுக்கு தக்க மனநல ஆலோசனை வழங்கப்படும்.

புற்றுநோய்களை ஆரம்ப நிலையிலேயே கண்டறிந்து குணப்படுத்த எளிதாக புரியும் வகையில் மருத்துவ ஆலோசனைகள்.

புற்றுநோயினால் பாதிக்கப்பட்டு மேற்சிகிச்சைகள் மூலம் முற்றிலும் குணமடைந்தவர்கள், அவர்கள் கடந்து வந்த சோதனைகள், வெற்றிகரமான அனுபவங்களை பகிர்ந்து கொள்ளுதல்.

புற்றுநோயினால் எப்படி பாதிப்புகள் ஏற்படவாய்ப்புள்ளது, அதிலிருந்து முற்றிலும் குணமடைய தற்போதுள்ள பல்வேறு நவீன சிகிச்சை முறைகள் பற்றி விளக்கமான தெளிவுகள் வழங்குதல்.



VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE, MADURAI-09

இந்த புற்றுநோயினால் பாதிக்கப்பட்டவர்கள் சட்டஉதவி மற்றும் நிதியுதவி உட்பட உதவிகள் வழங்கக்கூடிய சேவைகளை பற்றிய தகவல்கள் வழங்குதல்.

வேலம்மாள் மருத்துவமனையின் புற்றுநோய் உதவிக்குழுமம் (Cancer Support Group) வரும் 27-11-2018 அன்று செவ்வாய்கிழமை காலை 10 மணிக்கு வேலம்மாள் மருத்துவமனை வளாகத்தில் உள்ள ஐடா ஸ்கூலர் ஹாலில் துவக்கப்படவுள்ளது. இதனை இந்திய திரைப்பட நடிகை **கௌதமி தடிமலா** அவர்கள் இயக்கத்தை துவக்கிவைத்து சிறப்புரையாற்ற உள்ளார்கள்.

இந்த கூட்டத்தில் பொதுமக்கள் கலந்து கொண்டு புற்றுநோய்கள் பற்றிய தாக்கம், புற்றுநோயின் வகைகள், சிகிச்சை முறைகள், அதனை எப்படி எதிர்கொண்டு முறையான சிகிச்சை மூலம் குணமடையச் செய்வது, புற்றுநோயின் உணர்வுகளை பற்றிய அச்சங்களை கேள்விகள் மூலம் கேட்டறிதல், இதற்கான தெளிவுகளும் பல்வேறு விளக்கங்களும் பெறலாம்.

புற்றுநோய் மற்ற நோய்களைப் போன்று எவ்வித அச்சமோ, பயமோ வேண்டாம். இந்த நோய் முற்றினும் குணப்படுத்தக்கூடியதே.

இந்த தகவலை வேலம்மாள் மருத்துவக்கல்லூரி தலைவர் திரு. **எம்.வி. முத்துராமலிங்கம்** அவர்கள் தெரிவித்துள்ளார்.

Cancer support group to be started

STAFF REPORTER
MADURAI

A cancer support group to help cancer patients undergoing treatment and cancer survivors will be launched at Velammal Medical College Hospital and Research Institute.

Stating that the hospital provided affordable and quality healthcare to people from the southern districts, M.V. Muthuramalingam, Chairman of the hospital, said the cancer support group would go a long way in ensuring right treatment at the right time for cancer patients.

R. Rajkumar from the Department of Oncology of the hospital, said such support groups were necessary since prevalence of cancer was on the rise. The support group will be launched by actor Gautami Tadimalla on Tuesday morning at the Ida Scudder Hall of the hospital.



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2019

- **Blood Donors Club**
- **World Breast Feeding Week**



**VELAMMAL MEDICAL COLLEGE HOSPITAL &
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INSTITUTE, MADURAI-09**



**VELAMMAL MEDICAL COLLEGE HOSPITAL
& RESEARCH INSTITUTE**

Students Blood Donors-List (2019)	
S.No	Blood Donors Name
1	Rohith-5
2	Guhacharan-6
3	Hariharasudhan-3
4	Logesh-3
5	Hariganesh-3
6	Ravi ragul-1
7	Gokul arasu-3
8	Jeash-4
9	Madhuvandhan-4
10	Praveen-5
11	Santhosh Kumar-2
12	Ramanathan-3
13	Mohammed inamul haq-1
14	Kamalakannan-5
15	Rajamanickam-2
16	Ajay Shankar-5
17	Nishanth-3
18	Amuthan-2
19	Sivanesh-10
20	Akshay ram-1
21	Abul kalam-1
22	Senthil kannan-3
23	Hariharan-5
24	Kesav guptha-10
25	Sankar-4


P. SETHUAMMAL, M.D.,
Blood Bank Medical Officer
Velammal Medical College Hospital
& Research Institute



VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE, MADURAI-09

Letter of Recommendation

From:

Dr Sethuammal P.,
Blood bank Medical Officer,
Velammal Medical College Hospital and Research Institute,
Madurai.

To:

To Whom It May Concern

Respected Sir/Madam,

Dr Venkatesh Karthikeyan is my student at Velammal Medical College Hospital and Research Institute, Madurai. He is well known for his enthusiastic attitude and leadership quality. He has played a pivotal role in the establishment of Velammal Blood Donors Club. His contributions to the Velammal Blood Bank are significant as he played a key role in motivating the students for blood donation. He conducted regular seminars about blood donation and has sensitized more than 900 medical students. Being a regular donor by himself, he has facilitated hundreds of blood donations. His contributions to our Blood bank are highly appreciated. I wish him all success for his future endeavors.

Thanking you,

Madurai,
06.11.2019

Yours faithfully,

Dr Sethuammal P.
Blood Bank Medical Officer,
Velammal Medical College Hospital &
Research Institute, Madurai-625 009



**VELAMMAL MEDICAL COLLEGE HOSPITAL &
RESEARCH
INSTITUTE, MADURAI-09**



**VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH
INSTITUTE, MADURAI-09**

World Breastfeeding Week 1st August – 7th August 2019

The World breast feeding week is co-ordinated by World alliance for breast feeding action, a global network of individuals and organizations concerned with protection and promotion of Breastfeeding.

Based on WHO/UNICEF global strategy for infant and young child feeding, BFHI sets standards for quality care. This year world health assembly embraced annual celebration by member states as valuable way for breast feeding promotion everywhere.

Velammal Medical College Hospital and Research Institute is a tertiary care teaching hospital in Madurai, South India. We observed World Breast Feeding Week from August 1 to 7, 2019. Several activities based on theme "Empower Parents, enable Breast Feeding" were carried out both in community and hospital to create awareness on breast feeding.

Department of Paediatrics,
VMCH&RI, Madurai.



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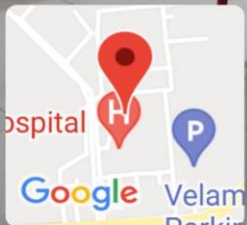
Department of Pediatrics

Velammal Medical College Hospital, Chinthamani, Madurai, Tamil Nadu 625009, India

Lat 9.889453°

Long 78.147714°

02/08/21 11:27 AM



Department of Paediatrics

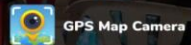
Velammal Medical College Campus, Ring Road, Chinthamani, Madurai, Tamil

Nadu 625009, India

Lat 9.887485°

Long 78.150208°

02/08/21 11:25 AM





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**CAPABILITY ENHANCEMENT
AND
SKILL DEVELOPMENT SCHEMES**

**PERSONALITY & PROFESSIONAL
DEVELOPMENT**



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE
MADURAI - 625009

Activity Name: Alcohol de-addiction campaign

Date: 19.11.2017

Venue: Pappankulam Village, Sivagangai

Audience: Villagers of Pappankulam Village, Sivagangai

Organised by: Community Medicine Dept., VMCH & RI

Description: Alcohol is injurious not just to the health of the individual and his family but to the community as a whole. Realising the ripples of problems that alcohol addiction can create, the honourable chairman of Velammal educational trust, decided to initiate a campaign against alcohol addiction in Pappankulam village in Sivagangai district.

As the first step of this campaign, a Community Health awareness programme was organised by the Department of Community Medicine, Velammal Medical College Hospital and Research Institute, Madurai on 19.11.2017, between 6 PM and 8 PM. The event opened with the enthusiastic parai aatam by Indian Kalai kuzhu followed by the official inauguration of the event by the local leaders of village, Mr. Muthukamatchi and Mr. Muniyandi.

Dr. Samir Bele, Head of Department of Community Medicine, Dr. John Rajpathy, Professor of Physiology at Velammal Medical College were among the dignitaries who graced the occasion.

Dr. Ramanujam, Head of Department of Psychiatry at Velammal Medical College Hospital enlightened the audience about the harmful effects of alcohol addiction.



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He also introduced the audience to the services and facilities available at the Nambikkai de-addiction centre at Velammal Hospital. A beneficiary of the services was present in the audience to share his story of how he successfully came free from the clutches of alcohol addiction with the help of the able team at Nambikkai de-addiction centre.

Undergraduate medical students from Velammal Medical College presented a short film directed and performed by the students themselves, emphasising the fatal effects that alcohol addiction can have. They also performed a skit before the audience to stress upon how de-addiction can positively influence the health and wellbeing of the individual and the community. The event, which was attended by over 500 villagers including women and children, came to a conclusion with the soulful performance of parai aatam. This is the first of the many planned events by Velammal Medical College to target alcohol addiction problem in the community.



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Awareness Rally - Sensitization on Domestic Violence with NSS





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