

From,

15.05.2024

HOD of Biochemistry,
Velammal Medical College Hospital and Research Institute,
Anuppanadi,
Madurai – 625009.

To,

THE DEAN,
Velammal Medical College Hospital and Research Institute,
Anuppanadi,
Madurai – 625009.

hm
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.

*Subject: Request for Approval to Conduct Children's Health and Nutrition Workshop at
Velammal Vidhyalaya.*

Respected Sir,

We, in the Department of Biochemistry, are planning to conduct an extension activity titled "Children's Health and Nutrition Workshop: Promoting Balanced Diets and Wellness" at Velammal Vidhyalaya, Velammal Bodhi Campus, Annupanadi, 625009. Kindly permit us to conduct the program after getting permission from The Principal. The details of the program are as follows:

Energy Calculation and Balanced Diet — First MBBS Students.

Students' BMI and WHR Assessment — First MBBS Students and Postgraduates of Biochemistry.

Food Plate Activities for Participants (School Students).

We request your kind permission and approval for the above-mentioned extension activity.

Thanking you,

Yours sincerely,

for
[Signature]
15/05/2024.
1 Dr. P. HARI HARAN.

[Signature]
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.



Velammal Medical College Hospital and Research Institute Anuppanadi, Madurai.

Department of Biochemistry

Extention Activity

Title: Children's Health
and Nutrition
Workshop:
Promoting Balanced
Diets and Wellness



Date

24.05.2024

Time

9.00 AM to 12.00
NOON

Venue

Velammal Bothi
Campus

- **Chairman:**
Shri. M.V. Muthuramalingam
- **Director:**
Mr.M.S. Santhosh Kumar
- **Dean:**
Dr. T.Thirunavukkarasu
- **Medical Superintendent:**
Dr.S.C.Ganesh Prabhu
- **CAO:**
Er.R.Manivannan
- **Director Academics & Student
Affairs:**
Dr.B.G.Mahesh Krichna

Programme Coordinator
Dr. Josephine Latha
Prof & HOD - Biochemistry

Activity Planned:

- Energy Calculation and Balanced Diet — First MBBS Students.
- Students' BMI and WHR Assessment — First MBBS Students and Postgraduates of Biochemistry.
- Food Plate Activities for Participants (School Students).

Prof. T. THIRUNAVUKKARASU, M.D.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Villego"
Madurai-Tuilcorin Road,
Anuppanadi, Madurai-625 026, T.N.

Energy calculation and diet alteration



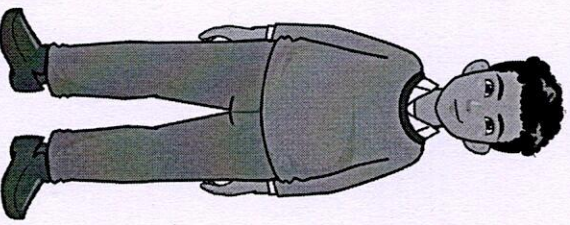
Dr. Hariharan

-Dr.A.Hariharan M.D.,
(BIOCHEMISTRY)

Prof. T. THIRUNAVUKARASU, M.D.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Medical College Road, Pond
Anippanchi, Madhavaram, Chennai, TN.

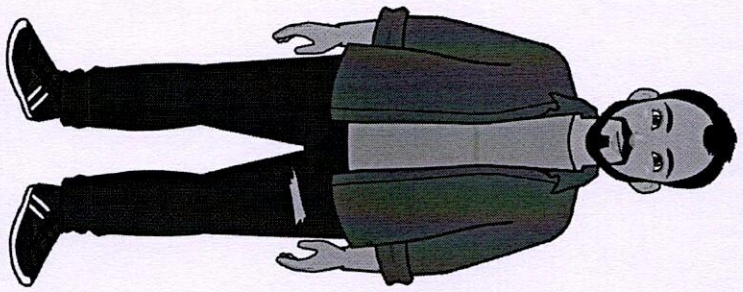


Overview



Master. Ramesh

Age: 14yrs



Mr. Suresh

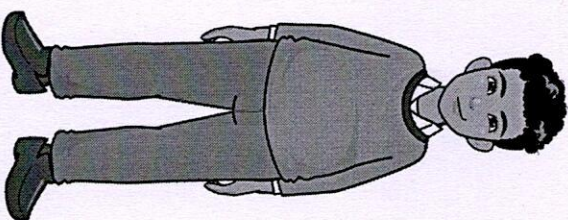
Age: 50yrs

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VELAMMAL MEDICAL COLLEGE
and Research Institute
"Velammal Village"
Madurai, Taluk: Taluk, Tamil Nadu
Anuppanadi, Madurai-626 009, T.N.

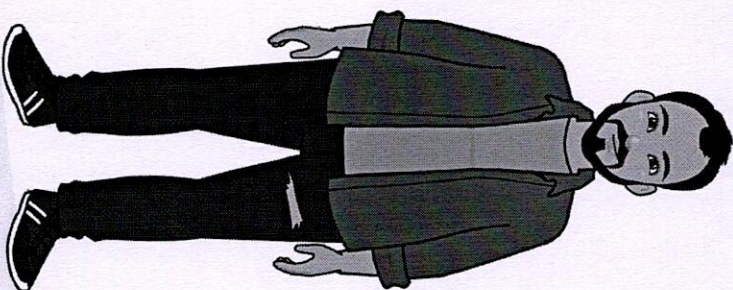
Overview

- BMI and WHR.
- Energy calculation.
- Food alteration (Meal plan).



Master. Ramesh

Age: 14yrs



Mr. Suresh

Age: 50yrs

Dr. S. S. Suresh
Dr. S. S. Suresh, M.D., M.P.H.

Dean

Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai, Tuisorin Ring Road
Anuppanadi, Madurai-625 009, India.

Overview

Name : Master. Ramesh.

Age : 14 yrs.

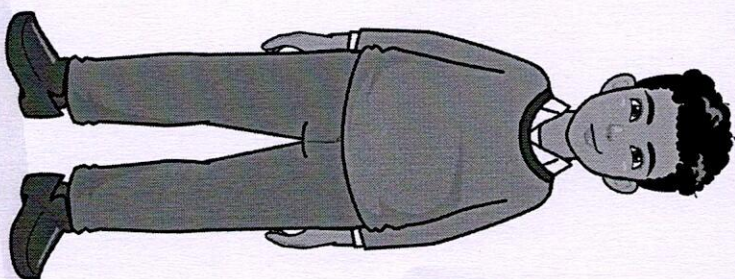
Weight : 65 kg.

Height : 1.64 meters.

Waist circumference: 100 cm.

Hip circumference : 90 cm.

Physical Activity : Sedentary Physical activity.



V. S. Gm
Prof. T. THIRUNAVUKARASU, M.D.,
Dean

Velammal Medical College Ho
and Research Institute
"Velammal College"
Medurai-Tu
Anippanadi, Ma
25 006
K.

Overview

Name : Mr. Suresh.

Age : 50 yrs.

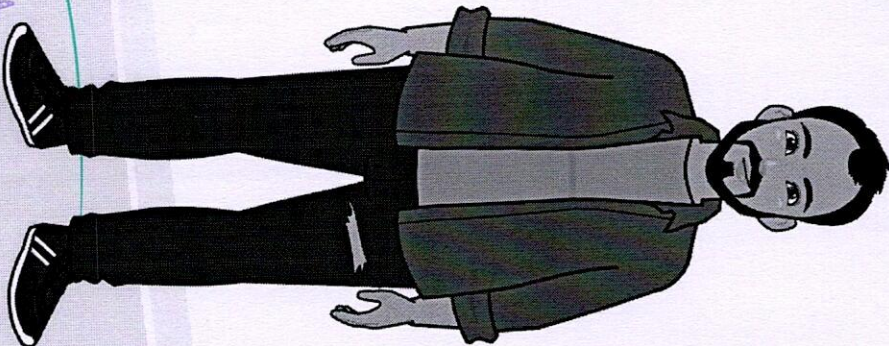
Weight : 100 kg.

Height : 1.84 meters.

Waist circumference: 120 cm.

Hip circumference : 100 cm.

Physical Activity : Sedentary Physical activity.

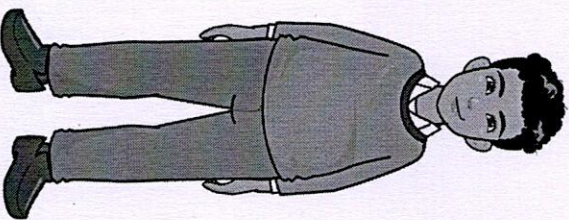


Prof. T. THIRUVAYIKARASU, M.D.,
Dean

Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Medurai-Tutikudi, 605 009, TN
Andippanadi, Madurai

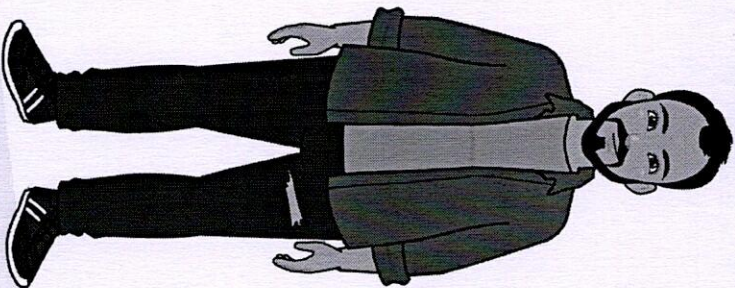
Overview

- BMI and WHR.
- Energy calculation.
- Food alteration (Meal plan).



Master. Ramesh

Age: 14YRS



Mr. Suresh

Age: 50YRS

My 3 Qms

Prof. T. THIRUNAVUKARASU, M.D.M.,

Dean

Velammal Medical College Hospital
and Research Institute
Velammal Village

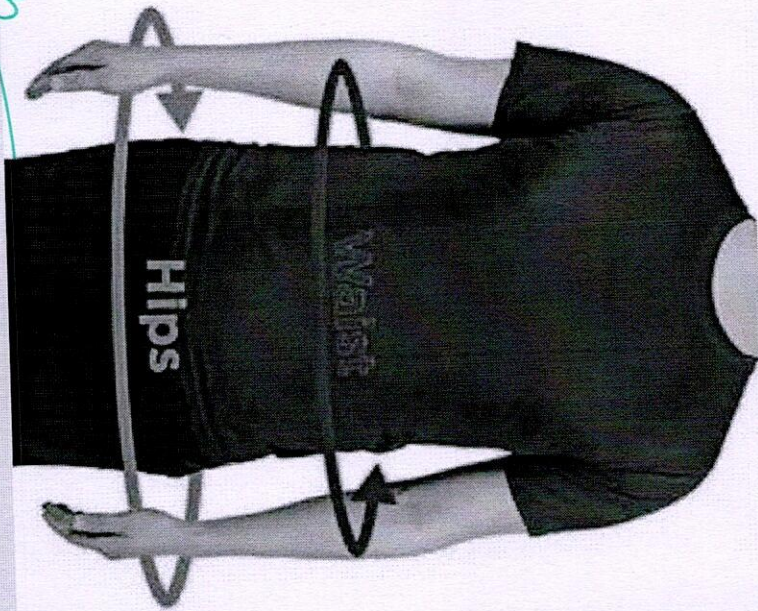
Arakkonam, Madurai-625 011



Body Mass Index & WHR

$$\text{Body Mass Index (BMI)} = \frac{\text{Weight in Kg}}{(\text{Height in meter})^2}$$

Waist Hip ratio → adolescent ≤ 0.5
Adult ≤ 0.9



Prof. T. THIRUAMKARASU, M.D.,
Dean

Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-625 009, Tamil Nadu
Ammapanedi, Madurai-625 009, Tamil Nadu

Body Mass Index Reference value (adults)

$$\text{BMI} = \frac{\text{Weight in Kg}}{(\text{Height in meter})^2}$$

M. S. Sharma
Prof. T. TRINIVASAKRISHNAN, MD, DPM, DCR

Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tullechchi Ring Road
Anuppanadi, Madurai-625 002, T.N.



Body Mass Index Reference value (adults)

$$\text{(Height in meter)}^2 \times \text{BMI} = \text{Weight in Kg}$$

M. S. Gnan

Prof. T. THIRUSAVUKARASU, M.D.,

Dean

Velammal Medical College Hospital
and Research Institute

"Velammal Village"

Madurai, Tulsicottam Road,
Anuppanadi, Madurai-625 001, India.

Body Mass Index Reference value (adults)

$$(1.84)^2 \times 20.7 = \text{Weight in Kg}$$

Prof. T. THIRUNAVUKARASU, M.D.,
Dean

Velammal Medical College Hospital
and Research Institute

"Velammal Village"

Madurai-Tuticorin Highway
Anuppanadi, Madurai-625 000, India.

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Body Mass Index Reference value (adults)

$$70.081 = \text{Weight in Kg}$$

$$\text{Current weight} = 100 \text{ Kg.}$$

$$\text{Weight reduction} = 30 \text{ Kg.}$$

Prof. T. THIRU NAVUKKARASU, M.D., M.A.,

Dean

Vellammal Medical College Hospital

and Research Institute

Vellammal University

Medura, Iluppai, P.O. 605 004

Aruppandi, Madurai-625 004, T.N.

M. S. Srinivasan

Body Mass Index Reference value (adolescent)

Name : Master. Ramesh.

Age : 14 yrs.

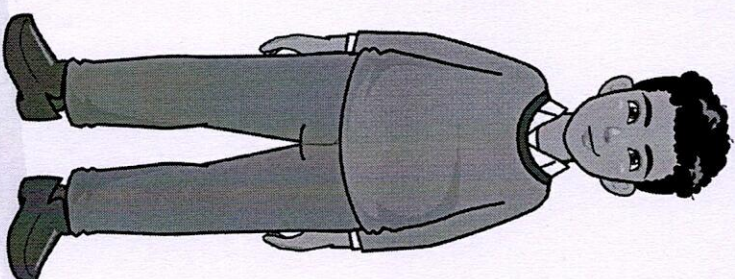
Weight : 65 kg. BMI = 24.167

Height : 1.64 meters.

Waist circumference: 100 cm.

Hip circumference : 90 cm.

Physical Activity : Sedentary Physical activity.



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

Velammal Medical College, Hospital

and Research Institute

"Velammal Village"

Meduraj, Pattinathi Road,

Anupparadi, Madurai-625 001

BMI – Boys (WHO)

Age	Severe Undernutrition	Moderate undernutrition	Normal	Overweight	Obesity
10	< 12.9	12.9 - 13.8	13.9 - 18.8	18.9 - 27.0	> 27.0
11	< 13.3	13.3 - 14.2	14.3 - 19.6	19.7 - 28.9	> 28.9
12	< 13.6	13.6 - 14.6	14.7 - 20.4	20.5 - 30.8	> 30.8
13	< 14.0	14.0 - 15.1	15.2 - 21.3	21.4 - 32.4	> 32.4
14	< 14.5	14.5 - 15.7	15.8 - 22.2	22.3 - 33.6	> 33.6
15	< 14.9	14.9 - 16.2	16.3 - 23.1	23.2 - 34.4	> 34.4
16	< 15.3	15.3 - 16.6	16.7 - 23.9	24.0 - 35.0	> 35.0
17	< 15.6	15.6 - 17.0	17.1 - 24.6	24.7 - 35.3	> 35.3
18	< 15.8	15.8 - 17.3	17.4 - 25.2	25.3 - 35.5	> 35.5

Prof. I. HIRUNAVU, M.D., D.M.

Dean

BMI – Girls (WHO)

Age	Severe Undernutrition	Moderate undernutrition	Normal	Overweight	Obesity
10	< 12.6	12.6 - 13.6	13.7 - 19.4	19.5 - 29.2	> 29.2
11	< 12.9	12.9 - 14.0	14.1 - 20.3	20.4 - 31.0	> 31.0
12	< 13.4	13.4 - 14.6	14.7 - 21.3	21.4 - 32.6	> 32.6
13	< 13.8	13.8 - 15.1	15.2 - 22.3	22.4 - 34.0	> 34.0
14	< 14.2	14.2 - 15.5	15.6 - 23.1	23.2 - 35.1	> 35.1
15	< 14.5	14.5 - 15.9	16.0 - 23.8	23.9 - 35.8	> 35.8
16	< 14.7	14.7 - 16.2	16.3 - 24.3	24.4 - 36.2	> 36.2
17	< 14.7	14.7 - 16.3	16.4 - 24.7	24.8 - 36.3	> 36.3
18	< 14.7	14.7 - 16.4	16.5 - 24.9	25.0 - 36.3	> 36.3



Overview

- BMI and WHR.
- Energy calculation.
- Food alteration.

Prof. T. THIRUVIDYAKARASU, M.D.,

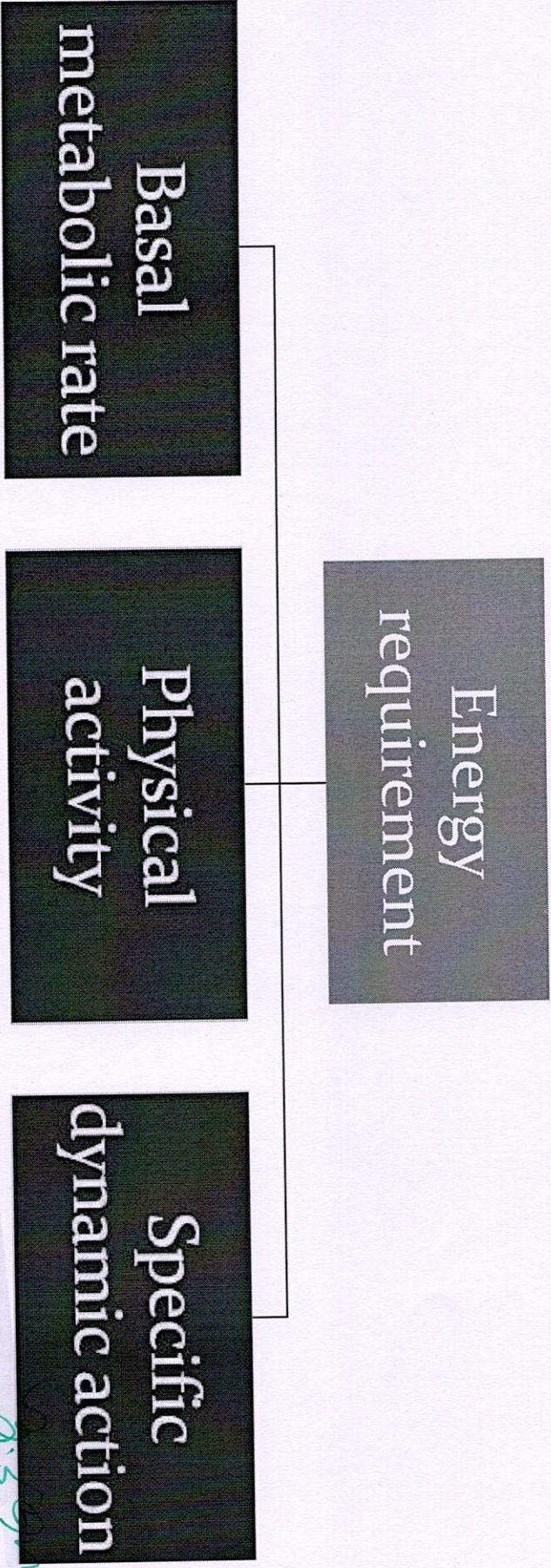
Dept
Velammal Medical College Hospital
and Research Institute

Med
Madurai, Madurai-625 002, TN.

Thiruv



Energy requirement for a normal person adult



9592

Basal metabolic rate

- 1 It is the energy required by an awake individual during physical, emotional and digestive rest.
- 2 It is the minimal amount of energy required to maintain life or sustain vital function.
- 3 BMR : (Weight \times 24 kcal/kg).

Dr. T. THIRUNAVUKARASATHAN

Deputy Director

Velammal Medical College Hospital

and Research Institute

Velammal Nagar

Meduvelilur, Tiruchirappalli District

Ammapettai, Madurai-625 001, T.N.

Basal metabolic rate - Calculation

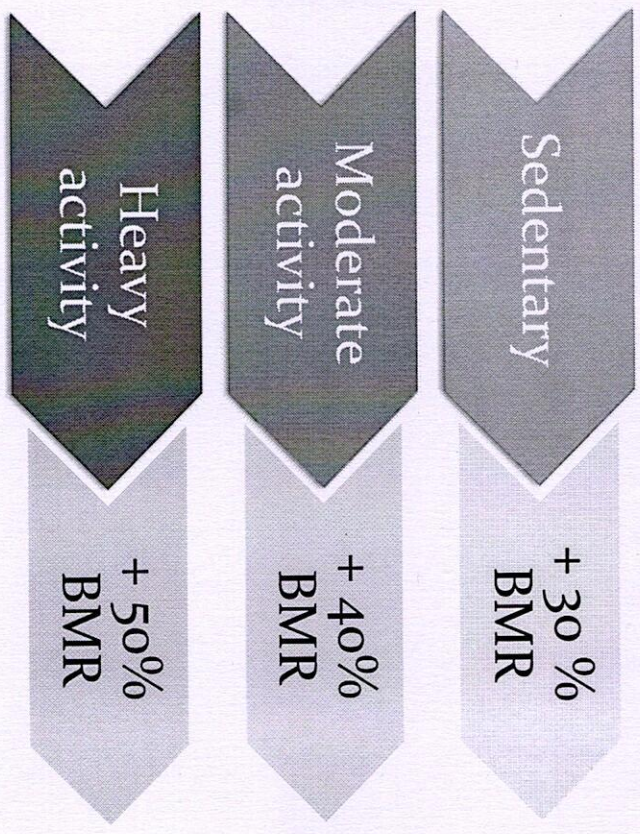
- Calculate BMR for Mr. Suresh . Weight = 100 Kg.
 - $BMR = 100 \times 24 = 2400 \text{ kcal/day.}$

Ch. S. Suresh

Prof. T. THIRUVENKATADASU, M.D.,
Dean,
Velammal Medical College Hospital
and Research Institute
"Velammal Vilas"
Madurai-Tuticorin Road,
Anupparadi, Madurai-625 001, IN.



Physical activity



U.S. Gov

Prof. T. THIRU
Velammal Medical College Hospital
and Research Institute
Velammal Village,
Madurai-Tulicorthy Road,
Anuppanadi, Madurai-625 002, TN.

Physical activity - Calculation

- Calculate the energy requirement for Mr. Suresh.
 - BMR = $100 \times 24 = \underline{2400 \text{ kcal/day}}$.
 - Physical activity (sedentary) = $(2400 \times 30)/100 = 720 \text{ kcal/day}$
 - Sub total = $2400 + 720 = 3120 \text{ kcal/day}$

Dr. T. THIRU...
1997

Vellammal Medical College Hospital
and Research Institute
Vellammal Village

Madurai-Tuticorin Ring Road
Anuppanadi, Madurai-625 004, TN.

Uy. 36mm

Specific dynamic action

Nutrient	SDA value
CHO	5%
Protein	30%
Lipids	15%
Mixed diet	10%

Handwritten note: by 30/07/23

Specific dynamic action

- Calculate the energy requirement for Mr. Suresh.
 - BMR = $100 \times 24 = \underline{2400 \text{ kcal/day}}$.
 - Physical activity (sedentary) = $(2400 \times 30)/100 = 720 \text{ kcal/day}$
 - Sub total = $2400 + 720 = 3120 \text{ kcal/day}$
 - SDA = $(3120 \times 10)/100 = 312$
 - Total energy requirement = $3120 + 312 = 3432 \text{ kcal/day}$

Dr. S. S. Suresh
Prof. T. THIRUAVIKASASI, M.M.,
Dean

Velammal Medical College, Hospital
and Research Institute,
"Velammal Vilasam"

Madurai-Triplichi Road,
Anuppanadi, Madurai-625 002, TN.

Estimated energy requirement for adolescence

For boys

- $EER = 88.5 - 61.9 \times \text{age (yrs)} + PA \times [26.7 \times \text{weight (kg)} + 903 \times \text{Height (m)}] + 25$

For girls

- $EER = 135.3 - 30.8 \times \text{age (yrs)} + PA \times [10 \times \text{weight (kg)} + 934 \times \text{Height (m)}] + 25$

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Prof. V. ...
Dept

Velammal Medical College
and Research Institute

"Velammal Viji" ...
Madurai - 625 007
Anuppanadi, Madurai - 625 007

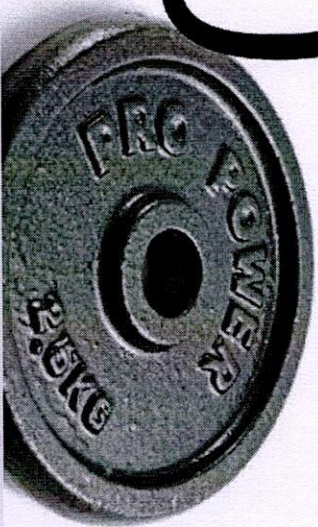


Energy requirement Calculation

- Calculate the energy requirement for Master. Ramesh.

Break for exercise...

00:00



Prof. I. ITHIRUNJAYAKANESHI M.A.,

Dean

Velammal Medical College, Chennai

and Research Institute

Velammal Vengaloor

Madurai-Tuticorin

Anupparadi, Madurai-625 001

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Energy requirement Calculation

- Calculate the energy requirement for Master. Ramesh.

Energy requirement for Master. Ramesh = 3750 kcal/day

Dr. T. TRIPATHI
M.D., M.Sc., D.P.H., M.A.,
Dietitian

Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tulicorin Road
Anupparadi, Madurai-625 002, TN.

Energy requirement Calculation

Master. Ramesh

Current weight = 65 Kg.

Expected weight = 51 Kg.

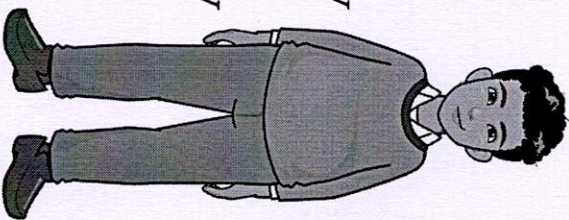
Weight reduction = 14 Kg

Current energy

calculation = 3750 kcal/day

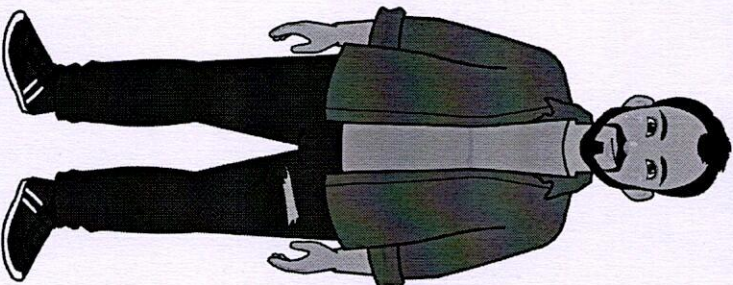
Targeted energy

calculation = 3250 kcal/day



Master. Ramesh

Age: 14Yrs



Mr. Suresh

Age: 50Yrs

Mr.Suresh

Current weight = 100 Kg.

Expected weight = 70 Kg.

Weight reduction = 30 Kg

Current energy

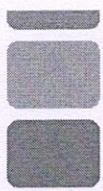
calculation = 3432 kcal/day

Targeted energy

calculation = 2932 kcal/day

Prof. T. THIRUNAVUKARASATHAN, M.D.,

Velammal Medical College Hospital
and Research Institute,
"Velammal Vengal",
Madurai-Taluk,
Anuppanadi, Madurai-625 002.



Overview

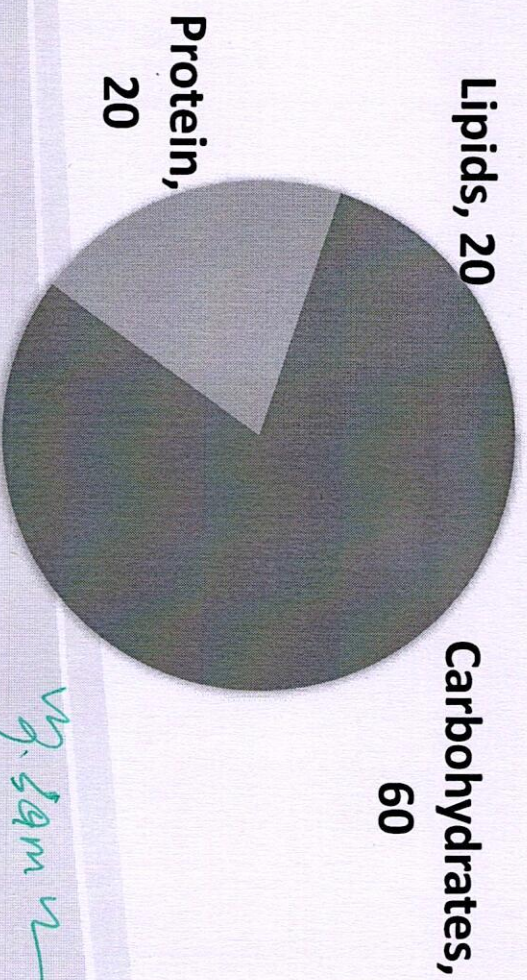
- BMI and WHR.
- Energy calculation.
- Food alteration.

Handwritten signature in green ink: V. S. G. M.

Food alteration (Meal plan)

- Targeted energy calculation = 3250 kcal/day
- Lipid = 650 kcal.
- Protein = 650 kcal.
- Carbohydrate = 1950 kcal.

BALANCE DIET



Prof. T. TRINIDAD, M.D., M.P.H., M.A.,

Velammal Medical College Hospital

and Research Institute

Velammal Village

Madurai-Tuticorin R.

Anuppanadi, Madurai-625 001, India.

Food alteration (Meal plan)

- Targeted energy calculation = 3250 kcal/day
- Lipid = 650 kcal. = $650/9 = 72.22$ g
- Protein = 650 kcal. = $650/4.2 = 154.76$ g
- Carbohydrate = 1950 kcal. = $1950/4 = 487.5$ g

By g. s. m

Prof. T. THIRUVANUKARACHARI M.A.,

Dean

Velammal Medical College

and Research Institute

"Velammal Vilas"

Madurai-Turcothi Road

Amupparadi, Madurai-625 001

Food	Carbohydrate (g)	Protein (g)	Lipid (g)
Dosa (1 medium size)	29	3.9	3.7
Idly (2 in number-100g)	41	6	0
Sambar (1 cup)	26	7.1	0.7
Puri (1 in number - 44g)	12	2.3	9.8
Coconut chutney (2tsp)	4	2	2.5
Pongal (1cup-207g)	54	7.3	8.1
Vadai (1 in number)	25	4	5
Maggi noodle (1 pack - 566g)	52	9.9	15
Parotta (1 in number - 79g)	36	5	10
Chapathi (1 medium - 40g)	18	3.1	3.7
Mutton biryani (2cup-402g)	38	38	37.5

Prof. T. THIRUMALAI

37.5gmm

Velammal Medical College Hospital

and Research Institute

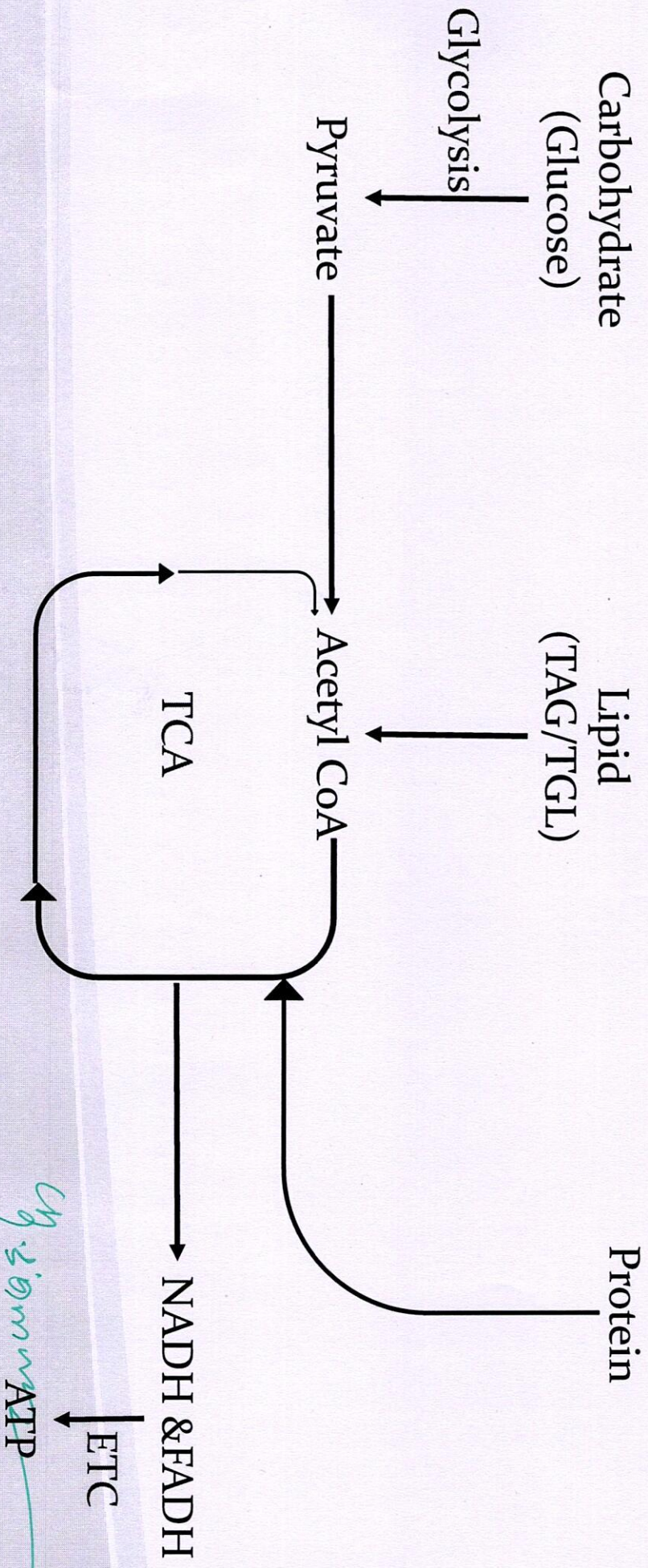
Velammal Village

Madurai-Tirukoilur Ring Road

Anupparadi, Madurai-625 006

Breakfast	
Idly (2 in number-100g)	4
Sambar (1 cup)	2
Coconut chutney (2tsp)	4
Lunch	
Boiled Rice (1cup-186g)	3
Sambar (1 cup)	3
Vegetable curry (1cup-236g)	1
Egg omelette (1 in number-122g)	1
Evening Snacks	
Apple (1 medium size-200g)	1
Milk (100ml)	200ml
Dinner	
Chapathi (1 medium - 40g)	6
Chana dal (100g)	2
Milk (100ml)	200
Boiled egg (1 in number)	1

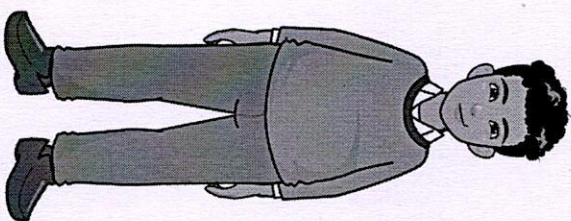
Food alteration



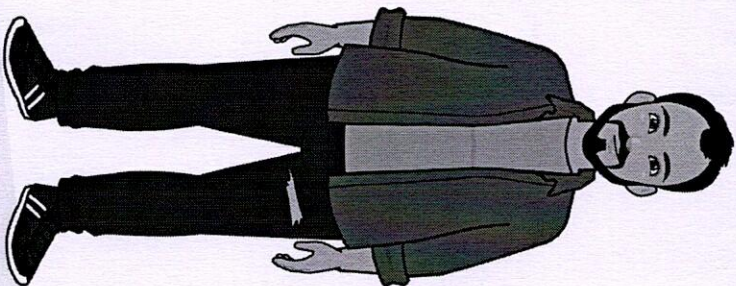
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Summary

- BMI and WHR.
- Energy calculation.
- Food alteration (Meal plan).



Master. Ramesh
Age: 14yrs



Mr. Suresh
Age: 50yrs

Prof. T. J. ...

Thank you

Prof. T. THIRUVARURUKAN, Ph.D.,

Dr.

Velammal Medical College, Chennai

and Research Institute,
"Velammal Vignesh"
Madurai-Tuticorin Road,
Aruppamadi, Madurai-625 001.

9.3.20m

VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE

VELAMMAL VILLAGE, ANUPPANADI, MADURAI

DEPARTMENT OF BIOCHEMISTRY

Extension activity

LIST OF FOOD WITH COMPOSITION OF CARBOHYDRATE, LIPID AND PROTEIN IN GRAMS

Food	Carbohydrate (g)	Protein (g)	Lipid (g)
Dosa (1 medium size)	29	3.9	3.7
Idly (2 in number-100g)	41	6	0
Sambar (1 cup)	26	7.1	0.7
Puri (1 in number – 44g)	12	2.3	9.8
Coconut chutney (2tsp)	4	2	2.5
Pongal (1cup-207g)	54	7.3	8.1
Vadai (1 in number)	25	4	5
Maggi noodle (1 pack – 566g)	52	9.9	15
Parotta (1 in number – 79g)	36	5	10
Chapathi (1 medium – 40g)	18	3.1	3.7
Panner butter masala (1cup- 198g)	6.9	8.2	16
Mushroom masala (1cup-238g)	8.4	5.1	7.7
Upma (1cup-155g)	21	3.5	4
Sambar rice (1 cup-207g)	39	6.5	4.5
Curd rice (1cup-225g)	38	6.1	3.2
Chicken biryani (1 cup-205g)	31	20	9.4
Mutton biryani (2cup-402g)	38	38	37
Fried potato (117g)	48	4	17
Potato curry (1cup-238g)	21	2.9	13
Vegetable curry (1cup-236g)	24	5.6	8.8
Mutton gravy (1cup-233g)	24	5.6	8.8
Chicken gravy (1cup-228g)	12	1.6	6
Boiled egg (1 in number)	0.6	6.3	5.3
Egg omelette (1 in number-122g)	0.9	14	17
Apple (1 medium size-200g)	27.6	0.5	0.3
Banana (1 medium size – 118g)	27	1.3	0.4
Grapes (1cup-92g)	16	0.6	0.3
Guava (1 in number-100g)	14.32	2.55	0.95
Papaya (1cup-145g)	16	0.7	0.4
Mango (1cup-165g)	24.7	1.4	0.6
Watermelon (154g)	12	0.9	0.2
Muskmelon (100g)	8.6	0.8	0.2
Milk (100ml)	5.1	3.4	3.3
Chana dal (100g)	42	13	4

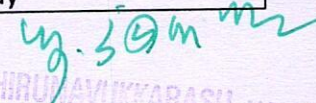
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean

Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tulloorin Road
Anuppanadi, Madurai-625 009, T.N.

RDA FOR MINERALS AND VITAMINS

Boiled Rice (1cup-186g)	52.3	4.43	0.39
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Vitamins / Minerals		RDA
Calcium	Adults	500 mg/day
	Children	1200 mg/day
	Pregnancy and lactation	1500 mg/day
Phosphorus	All age group	500 mg/day
Iron	Adults	20 mg/day
	Children	20-30 mg/day
	Pregnancy	40 mg/day
Vitamin A	Children	400-600 µg/day
	Men	750-1000 µg/day
	Women	750 µg/day
	Pregnancy	1000 µg/day
Vitamin D	Children	10 µg/day
	Adults	5 µg/day
	Pregnancy and lactation	10 µg/day
	Above the age of 60 yrs	600 µg/day
Vitamin E	Male	10 mg/day
	Female	8 mg/day
	Pregnancy	10 mg/day
	Lactation	12 mg/day
Vitamin K	All age group	1 µg/kg
Vitamin C	All age group	75 mg/day
	Pregnancy and lactation	100 mg/day
Vitamin B1 (Thiamine)	All age group	0.5mg/1000 calories
Vitamin B2 (Riboflavin)	Adults	1.5 mg/day
	Pregnancy and lactation	1.7-1.9 mg/day
Vitamin B3 (Niacin)	All age group	20 mg/day
	During lactation	25 mg/day
Vitamin B5 (Pantothenic acid)	All age group	1-2 mg/day
	During pregnancy	2.5 mg/day
Vitamin B6 (Pyridoxin)	All age group	10 mg/day
Vitamin B7 (Biotin)	All age group	200-300 mg/day
Vitamin B9 (Folic acid)	All age group	200 µg/day
	Pregnancy	400 µg/day
	Lactation	300 µg/day
Vitamin B12 (Cobalamin)	Adults	2 µg/day
	Children	0.7-1.4 µg/day
	Pregnancy and lactation	2.2-2.6 µg/day


 Prof. T. THIRUMAVUKKARASU, M.D., D.A.
 Dean
 Velammal Medical College Hospital
 and Research Institute
 "Velammal Village"
 Medurai-Tulleorin Ring Road
 Anuppanadi, Madurai-625 003, T.N.



Velammal Medical College Hospital and Research Institute

Department of Biochemistry

Report on Extension Activity

Topic: Children's Health and Nutrition Workshop: Promoting Balanced Diets and Wellness

Date: 24.05.2024

Time: 9.00 AM to 12.00 NOON

Venue: Velammal Vidhyalaya, Velammal Bodhi Campus, Anuppanadi.

Target audience: 7th, 8th and 9th School students.

Organizing team: Faculties of Biochemistry, Post graduate students of Biochemistry, First year M.B.B.S., students (2023-2024 batch).

Number of participants: 74 school students (boys: 40 and girls: 34).

Event Report: The event began with the introduction of the National Nutrition Week Programme by Professor Dr. Josephin Latha in the presence of schoolteachers and Principal Mr. Bala Murugan. Following that, Dr. A. Hariharan conducted an interactive session on nutrition and the calculation of energy requirements for school children. He explained how to calculate BMI and WHR, using age and gender-specific reference values. Then, students were shown how to convert the calculated calorie intake into a daily food plan to create a meal plan. The weight, height, and WHR of all the participating students were measured with the help of first-year M.B.B.S. students. A food plate group activity was then conducted with the participating students for energy calculation, facilitated by Biochemistry faculty, postgraduates of Biochemistry, and first-year M.B.B.S. students. The session concluded with feedback from the participating students and a vote of thanks by a first-year M.B.B.S. student.

Photographs:



AVUKKARASU
AVUKKARASU, M.D., D.A.,
Dean

Velammal Medical College Hospital
and Research Institute
"Velammal Vilago"
Madurai-Tuticorin Ring Road
Anuppanadi, Madurai-625 006, T.N.



**VELAMMAL
VIDYALAYA**

15.07.2024

From,
The Senior Principal,
Velammal Vidyalaya
Bodhi Campus,
Anuppanadi,
Madurai – 625009.

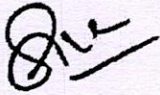
To,
The Dean
Velammal Medical College Hospital and Research Institute,
Anuppanadi, Madurai – 625009.

Respected Madam,

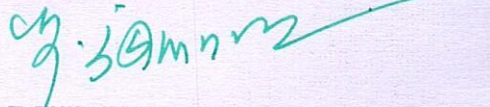
We appreciate the Department of Biochemistry, VMCH & RI for conducting Extension activity on title "Children's Health and Nutrition Workshop: Promoting Balanced Diets and Wellness" on 24.05.2024 at VELAMMAL BODHI CAMPUS. We congratulate the organizing team of faculties graduates and first year MBBS students. Also, we look forward for further Health Awareness Activity in future for our school students.

Thanking you,

Yours in Education



SENIOR PRINCIPAL
PRINCIPAL
VELAMMAL VIDYALAYA
ANUPPANADI
MADURAI - 625 009



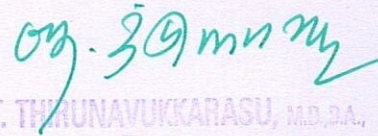
Prof. T. THIRUNAVUKKARASU, M.B.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Ring Road
Anuppanadi, Madurai-625 009, T.N.

VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE
Anuppanadi, Madurai – 625009
AFFILIATED TO THE TAMIL NADU DR. M.G.R MEDICAL UNIVERSITY,
CHENNAI.

DEPARTMENT OF BIOCHEMISTRY

List of MBBS 2023-24 batch students participated in Extension activity

S.No.	Student Roll Number	Name of the Student
1	25	Bertina Feruze Vimal
2	28	Deepakumar S
3	29	Devamitra R S
4	31	Dhara K
5	34	S. M. DHEETCHANYA
6	36	Eben Eliab Desikan
7	37	Gayathiri Alias Anusha S S B K
8	42	S.Hari hara sudhan
9	58	Kaveeshwara .K
10	62	S. Keerthana
11	70	Madhunisha M
12	72	Mahizhan Chenniappan V
13	100	Rahul SD
14	104	Riyas Ahamed A
15	113	Saran G
16	128	M S Sujidha
17	129	N Sushmitha
18	138	Varjithaa J
19	139	P. Varsha
20	150	Yashwanth S


Prof. T. THIRUNAVUKKARASU, M.D.,D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tulicorin Ring Road
Anuppanadi, Madurai-625 000, T.N.

From

The Professor & HOD
Department of Micobiology
Velammal Medical College Hospital & Research Institute
Madurai – 625009

To

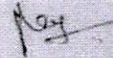
The Dean
Velammal Medical College Hospital & Research Institute
Madurai – 625009

Subject: Regarding approval for conducting extension activity.

Respected sir,

The department of Microbiology is planning to conduct an extension activity on **Prevention of diarrhea in children and what is the first aid given in Anganwadi centre, Villapuram, Madurai on 04/05/2024** along with second year MBBS students. Hereby requesting permission to conduct an extension activity. Kindly do the needful.

Thanking You



Professor and Head

Department of Micobiology

62 3-50 mn 12
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tulicottai Bypass Road
Anuppanadi, Madurai-625 009, N.



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

TO WHOM SO EVER IT MAY CONCERN

The Department of microbiology has been permitted to conduct an Extension activity on **Prevention of diarrhea in children and what is the first aid given** in Anganwadi centre, Villapuram, Madurai on 04/05/2024 along with second year MBBS students. It is requested to submit the extension activity report to dean office.

Dr. Thirunavukkarasu

Dr .Thirunavukkarasu
Dean
VMCH & RI

Dr. Thirunavukkarasu

Prof. T. THIRUNAVUKKARASU, M.D.,D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tirunelveli Highway (Opp
Anuppanadi), Madurai-625 009, T.N.



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

From

The Professor & HOD
Department of Microbiology
Velammal Medical College Hospital & Research Institute
Madurai - 625009

To

The Transport Manager
Velammal Medical College Hospital & Research Institute
Madurai - 625009

Subject: Requesting bus for conduction extension activity

Respected sir,

The Department of Microbiology is planning to conduct an extension activity on **Prevention of diarrhea in children and what is the first aid given** in Anganwadi centre, Villapuram, Madurai on 04/05/2024 along with second year MBBS students. Hereby I request you to provide a bus for transportation of students. Kindly do the needful.

Thanking You

Professor and Head

U. S. G. M. M.
Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai, Tamil Nadu
Aruppukudi, Madurai - 625 009, T.N.

Extension activity report

Date: 04.05.2024

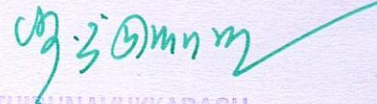
Time: 10am -12pm

Location: Villapuram

Participants: II year MBBS students

Organising team: Dept.of Microbiology

The department of Microbiology conducted an extension activity on **Prevention of diarrhea in children and what is the first aid given”** in Anganwadi centre, Villapuram, on 04.05.2024. Prior to the visit, basic instructions were given to the students regarding the treatment of diarrhoea and ORS preparation and dose and usage. Then people in that locality and anganwadi teacher were gathered around, to whom the students gave health education about Sanitation, Personal Hygiene, ORS Preparation and usage & danger signs of diarrhoea.

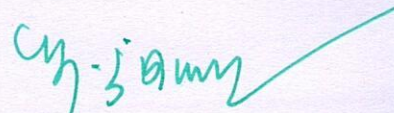


Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean

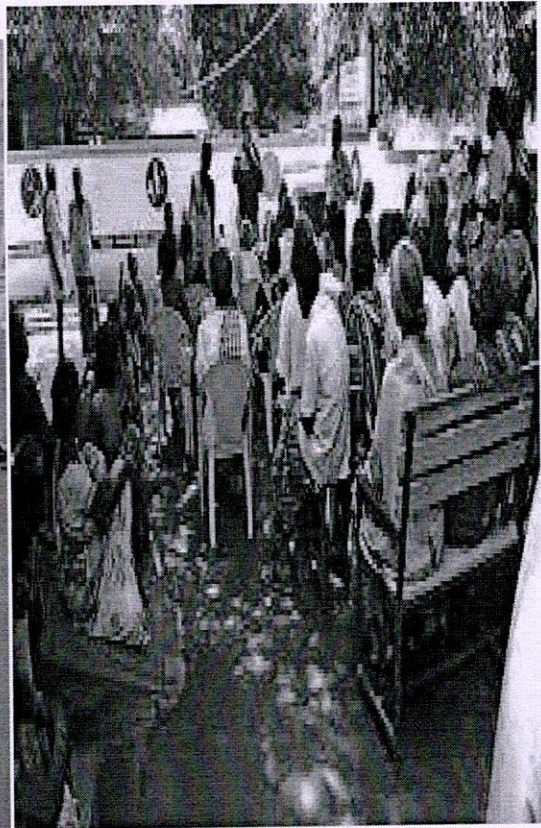
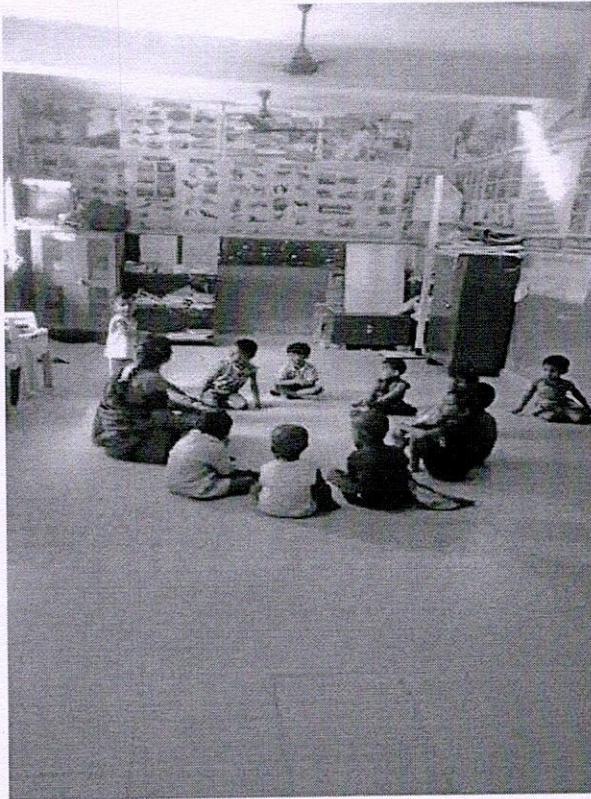
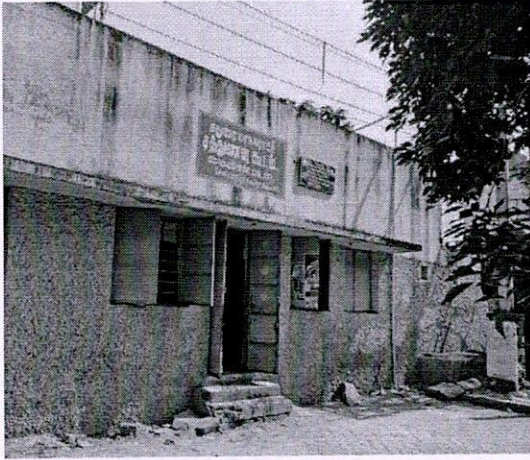
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Bypass Road
Anuppanadi, Madurai-625 003, T.N.

LIST OF STUDENTS PARTICIPATED ON 04.05.24

S. No	Name of student	Roll no
1.	Tamilselvan V	131
2.	Tania ivan	132
3.	Teju swini c	133
4.	Tamil ranjini T	134
5.	Trisha	135
6.	Umesh M	136
7.	Manisha J	137
8.	Varshini G L	138
9.	Varshika K	139
10.	Vasudev omesha BRK	140
11.	Vedhavarshini U	141
12.	Venkatesh V	142
13.	Vennila J	143
14.	Vijay vignesh G	144
15.	Vijayalakshmi K	145


Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Highway
Anupponadi, Madurai-625 001, T.N.

Extension activity report



T. Thirunavukkarasu

Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Villego"
Madurai-Tuticorin Ring Road
Anuppanadi, Madurai-625 000, T.N.

வயிற்றுப்போக்கை நிறுத்திவிட முடியும்!

வயிற்றுப்போக்கு ஏற்படும்போது
Zinc உட்கொள்வதால் ஏற்படும்
நன்மைகள்

- வினையில் குணமடைய செய்யும்
- வயிற்றுப்போக்கினால் ஏற்படும் பவனிவத்திலிருந்து பாதுகாக்கும்
- வயிற்றுப்போக்கின் போது இழக்கப்படும் Zinc-ஐ சமன் செய்கிறது

Zinc-ஐ 14 நாட்களுக்கு
கொடுப்பதால் ஏற்படும்
நன்மைகள்

- அடிக்கடி வயிற்றுப்போக்கு ஏற்படுவதை தடுக்கும்
- நிமோனியா ஏற்படுவதை தடுக்கிறது
- பசியை தூண்டுவதோடு எடையையும் கூட்டுகிறது

Zinc-ஐ உட்கொள்ளும் முறைகள்

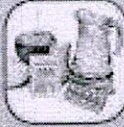
வயது: 2 மாதம் முதல் 6 மாதம் வரை

வார மாத்நீர் (10 மில்லி கிராம்) தாய்ப்பாலில் கரைத்துக் கொடுக்கவும்.

வயது: 6 மாதத்திற்கு மேல்

ஒரு மாத்நீர் (20 மில்லி கிராம்) தண்ணீரோ அல்லது தாய்ப்பாலிலோ கரைத்துக் கொடுக்கவும்.

வயிற்றுப்போக்கு ஏற்படும் போது கடைப்பிடிக்க வேண்டியவை



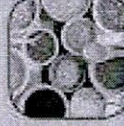
வயிற்றுப்போக்கு ஏற்பட்டால்
WHO - ORS மற்றும் Zinc
மாத்திரையை
கொடுக்க வேண்டும்.



6 மாதங்கள் வரை குழந்தைக்கு தாய்ப்பால் மட்டுமே கொடுக்க வேண்டும்.
வயிற்றுப்போக்கு ஏற்பட்டாலும் தொடர்ந்து
தாய்ப்பால் கொடுக்க வேண்டும்.



கைகளை எப்பொழுதும்
வாய்ப்போட்டு கத்தலாக
சுழுவ வேண்டும்.



தரிக் கஞ்சி அல்லது எப்பொழுதும்
உண்ணும் உணவு அரிசி தண்ணீர்
அல்லது மற்ற அதிகமாகவோ
கொடுக்க வேண்டும்.

சூப்பகம் இருக்கட்டும்! வயிற்றுப் போக்கு ஏற்படும் போது ORS கொடுக்க வேண்டும்.
வயிற்றுப் போக்கு முழுவதும் நின்றுவிட்டால் ORS உட்கொள்வதை நிறுத்தலாம். வயிற்றுப்போக்கு
ஏற்பட்ட நாளிலிருந்து தொடர்ந்து 14 நாட்கள் வரை Zinc மாத்திரைகளை கொடுக்கவேண்டும்.

Prof. T. Thirunavukkarasu

Prof. T. THIRUNAVUKKARASU, M.D.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai Tuticorin Ring Road,
Anuppanadi, Madurai-625 008, T.N.

15.04.2024,
Madurai.

From
Dr.S.Anu
Professor and Head,
Physiology department,
VMCHRI.

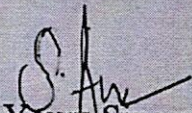
To
Rtn.Mr.C.R.V.Venkatesh,
The club president,
Rotary club of Madurai – Metro Heritage
Madurai.

Respected Sir,

We, department of Physiology, Velammal Meical College Hospital and Research Institute, Madurai are planning to conduct an extension activity about 'Mindful eating' for the employees of the software company 'Dot Com Infoway' located at KK nagar, Madurai on 18.04.2023 between 11 AM to 1 PM in association with the of Rotary Club of Madurai – Metro Heritage.

We request you to kindly join with us in organizing this event and make it a great success

Thanking you


Yours Sincerely,
PROFESSOR & HEAD
Department of Physiology
Velammal Medical College Hospital
and Research Institute
Madurai-625 009

Prof. T. R. S. S. S.

Venue

15.04.2024,
Madurai.

From
Dr.S.Anu
Professor and Head,
Physiology department,
VMCHRI.

To
The Manager,
Dot Com Infoway,
Madurai.


Respected Sir,

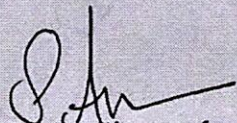
Sub : Requesting permission for conducting an extension activity for the IT employees- reg

We, the department of Physiology from Velammal Medical College Hospital and Research Institute are planning to conduct an extension activity about 'Mindful eating' for the employees of your software company 'Dot Com Infoway' located at KK nagar, Madurai on **18.04.2023** between **11 AM to 1 PM**. Kindly grant us permission to conduct it, sir.

Thanking you

Can proceed
Edmalala




Yours Sincerely,
PROFESSOR & HEAD,
Department of Physiology
Velammal Medical College Hospital
and Research Institute
Madurai-625 009

7-301mm


Prof. T. THIRUNAVUKARASU
Dear
Velammal Medical College Hospital
and Research Institute
Madurai-625 009
Anuppanthi

**Report on
Extension activity
Awareness on "Mindful eating" at
Dot Com Infoway, Anna Nagar, Madurai, on 18th April 2024**

An awareness program on "Mindful eating" was organized by the Department of Physiology, Velammal Medical College Hospital and Research Institute, Madurai, in association with Dot com Infoway and Rotary club- Metro Heritage , Madurai, Tamil Nadu on 18.04.23.

Following students accompanied the faculty of the department

S.no	Name	Roll no
1	Alamelu C	11
2	Devamitra R S	29
3	Devaprasad M S	30
4	Dhayanithi Velan K	33
5	Dinesh Kumar N B	35
6	Eben Eliab Desikan	36
7	Gobinath V	38
8	Indhu M	47
9	BABY SHALINI M	24
10	HALDEN MANNIE A	41
11	IRFAN MOHAMMED A	48
12	ADARSH S	6

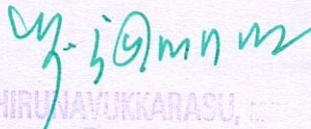

Prof. T. THIRUNAVUKKARASU, M.D., D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuberculosis Research Centre
Anuppanadi, Madurai-625 002, T.N.

13	ABHILASH A	3
14	AISHWARYA T	9
15	HARIHARASUDHAN N	43
16	AMITA SELVI G	13
17	ATSAY V	22
18	BERTINA FERUZE VIMAL	25
19	BHAAVINI A	26
20	GUHAN K	39

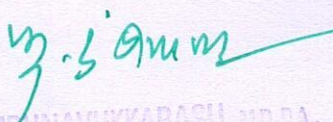
The target audience were the IT professionals working at Dot com Infoway, Madurai, Tamilnadu.

Prior to the start of the program, the First year MBBS students distributed the questionnaire for assessing the participant's take on mindful eating.

The program began with the welcome address by Miss.Hemalatha, Manager, Dot Com Infoway. Around 76 IT professionals participated in the program. It was followed by a acknowledgement talk on the topic "Myths and facts about Mindful eating" by Dr.J.T.Ajit Kumar, Assistant Professor, Department of Physiology, Velammal Medical College, Madurai. The IT Professionals were benefited and found the speech very useful and cleared their doubts on the topic after the speech. This was followed by a talk on "Mindful eating – topic proper" by Dr.Noel Naveen Johnson, Senior Resident, Physiology department, Velammal Medical College, Madurai. After such impressive talks, First MBBS students of 2022-2023 batch collected the questionnaire forms from the IT professionals Following this, the audience came with questions and the doubts were immediately and appropriately cleared by the resource persons.


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

The program concluded by the Vote of thanks delivered by Dr.M.A.Hariviknesh, First Year Postgraduate, Department of Physiology, Velammal Medical College, Madurai. The program was a timely awakener and eye-opener for the audience. The same was appreciated by the Rtn.C.R.Venkatesh President, Managing Director, Dot Com Infoway, Madurai.


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



Velammal Medical College Hospital and Research Institute,
Madurai



Department of Physiology in Association with Rotary Club Metro Heritage
Extension Activity - 'MINDFUL EATING'

Date: 18.04.2024(Thursday)

Venue : Dot Com Infoway, Madurai

Time: 11.00 AM - 01.00 PM

ATTENDANCE FORM

S.no	Name	Signature
1	R. Vallappan	R. Vall
2	M. Deva	M. Deva
3	V. Abirani	Abirani
4	H. Lakshmi Priya	H. Lakshmi Priya
5	B. Abinaya	B. Abinaya
6	K.C. Arun Kumar	K.C. Arun Kumar
7	Thirumalai. P.	Thirumalai. P.
8	Maheswari. M	M. Maheswari
9	Thirupathi. M	M. Thirupathi
10	Rajesh	Rajesh
11	Rajeshwaran. V	V. Rajeshwaran
12	P. Praveenkumar	P. Praveenkumar
13	S. Mazhuvanthan	S. Mazhuvanthan
14	A. Anand Kishore	A. Anand Kishore
15	M. Kishore Nishaanth	M. Kishore Nishaanth
16	P. SURESH	P. Suresh
17	S. Sivakandan	S. Sivakandan
18	M. Sathishkumar	M. Sathishkumar
19	M. VIGNESH	M. Vignesh
20	T. ATHIYAMAN	T. Athiyaman
21	S. Angelina Rebecca	S. Angelina Rebecca
22	D. Parvathi	D. Parvathi
23	Anandhu	Anandhu

Prof. I. Thiruvalluvar, M.D., D.A.,

Velammal Medical College Hospital

Anuppanadi, Madurai



Velammal Medical College Hospital and Research Institute,
Madurai



Department of Physiology in Association with Rotary Club Metro Heritage
Extension Activity - 'MINDFUL EATING'

S.no	Name	Signature
24	CHIARUMATHI P	P. C.
25	Jegantam. M	Jegantam
26	Priyadharshini. F	Priyadharshini
27	Logeshwaran	Logeshwaran
28	Harshan. B	Harshan
29	K. Stalin Sivakumar	K. Stalin
30	V. Santhosh Kumar.	V. Santhosh
31	M. Keerthana	M. Keerthana
32	S. Sruvada	S. Sruvada
33	G. K. Raghini	G. K. Raghini
34	Meenakshi. M	Meenakshi
35	P. V. Induja	P. V. Induja
36	K. Anusha	K. Anusha
37	K. Kishore Kumar	K. Kishore
38	M. Navaneetha Kumar	M. Navaneetha
39	G. GURUMUWISELVAM	G. Gurumuwiselvam
40	Adhank S	Adhank S
41	Inigan F	F. Inigan
42		
43		
44		
45		
46		
47		
48		
49		

By: [Signature]

Velammal Medical College Hospital and Research Institute,
Madurai



Velammal Medical College Hospital and Research Institute,
Madurai



Department of Physiology in Association with Rotary Club Metro Heritage
Extension Activity - 'MINDFUL EATING'

S.no	Name	Signature
50	S.MOHAN GANESH PANDIYAN	S.M. P.
51	M. Suresh	M. Suresh
52	Pk. Falekudan	Falekudan
53	Amun Krishna S. S	Amun Krishna S. S
54	K. S. Aswinbabu	K. S. Aswinbabu
55	N. Lijya	N. Lijya
56	Shakti	Shakti
57	Sneha	Sneha
58	Rishwana Murtaj	Rishwana Murtaj
59	P. Narendhar.	P. Narendhar.
60	C. R. Satish	C. R. Satish
61	P. Rivasan	P. Rivasan
62	A. Jetti. Shakti	A. Jetti. Shakti
63	S. Shalini	S. Shalini
64	V. Rohini	V. Rohini
65	M. Shenbaga Priya	M. Shenbaga Priya
66	S. Sethupooja	S. Sethupooja
67	M. Muthumari Komandan	M. Muthumari Komandan
68	S. Aravindh	S. Aravindh
69	S. Harini	S. Harini
70	J. Jennifer monica	J. Jennifer monica
71	M. Anandh	M. Anandh
72	M. Anto Subin	M. Anto Subin
73	LALITH SUDHAKAR	L. S.
74	Prasanna Kumar. G	Prasanna Kumar. G
75	B. Manoj Keerthi	B. Manoj Keerthi



Madurai, TN, India

Lake View Road, Sattamanglam Housing Board
Colony, Madurai, 625020, TN, India*

Lat 9.918409, Long 78.148659

04/18/2024 11:58 am GMT+05:30

Note : Captured by GPS Map Camera

T. Thirunavukkarasu

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

Velammal Medical College Hospital
and Research Institute

"Velammal Village"

Madurai-Tuticorin Ring Road

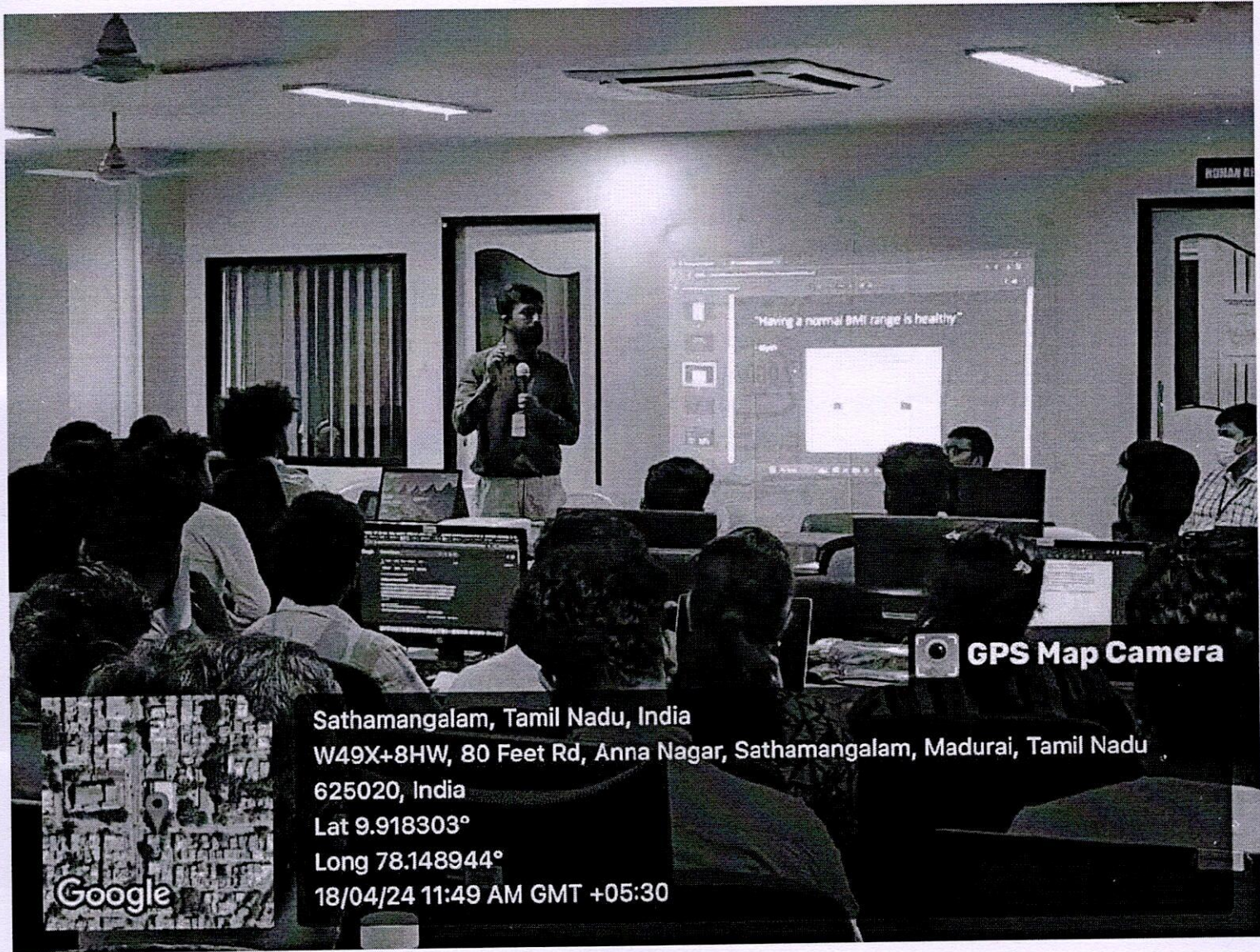
Anuppanadi, Madurai-625 009, T.N.



GPS Map Camera

Madurai, TN, India
Lake View Road, Sattamanglam Housing Board
Colony, Madurai, 625020, TN, India
Lat 9.918099, Long 78.148741
04/18/2024 11:46 am GMT+05:30
Note : Captured by GPS Map Camera

T. Thirunavukkarasu
Prof. T. THIRUNAVUKKARASU, M.D., M.B.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuffoorin Ring Road
Anuppanadi, Madurai-625 000, T.N.



Sathamangalam, Tamil Nadu, India
W49X+8HW, 80 Feet Rd, Anna Nagar, Sathamangalam, Madurai, Tamil Nadu
625020, India
Lat 9.918303°
Long 78.148944°
18/04/24 11:49 AM GMT +05:30

T. Thirunavukkarasu

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



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE

From

Dr C.P.Rabindranath,
HOD & Professor,
Department of psychiatry,
Velammal medical college hospital and research institute

To

The Dean,
Velammal medical college hospital and research institute.

Subject :Regarding world mental health day celebration-10/10/2023

Respected sir,

The WORLD MENTAL HEALTH DAY falls on 10/10/2023. In view of it, we intend to celebrate it in our department. We have proposal to conduct Rangoli & Drawing competition with poster presentation for nursing and medical students on 7th October 2023 morning, for which I would request you to allot the space near the canteen in second floor for about 20 students and their team. We also propose to conduct drawing competition in the premises of the department and issue certificates and prizes to the winners. Please treat the participation of the students as OD (on duty) from their classes for which we shall provide the list. I request you to sanction and afford us to use the places as mentioned above.

Thank you in anticipation

Yours sincerely,

Dr C.P.Rabindranath
Dr C.P.Rabindranath,
HOD & Professor,
Department of psychiatry,

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

Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Ring Road
Anuppanadi, Madurai-625 039, T.N.

From

Dr. C P Rabindranath,

HOD & Professor,

Department of psychiatry,

Velammal medical college hospital and research institute.

To

The CAO,

Velammal medical college hospital and research institute.

Subject: Regarding world mental health day celebration-10/10/2023

Respected sir,

The WORLD MENTAL HEALTH DAY falls on 10/10/2023. In view of it, we intend to celebrate it in our department. We have proposal to conduct Rangoli & Drawing competition with poster presentation for nursing and medical students on 7th October 2023 morning, for which I would request you to allow the space near the canteen in second floor for about 20 students and their team. We also propose to conduct drawing competition in the premises of the department and issue certificates and prizes to the winners. Please permit us to purchase 50 T-Shirts with name of the theme of world mental health and college logo to be embossed on it. I request you to sanction and afford us to use the places as mentioned above.

Thank you in anticipation

Yours sincerely,

[Handwritten signature]
o/c Dr. C P Rabindranath, 15/9/23

HOD & Professor,

Department of psychiatry.

[Handwritten signature]

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

Velammal Medical College Hospital
and Research Institute

"Velammal Village"

Madurai-Tuticorin Road

Anuppanadi, Madurai-625 002, T.N.

From

Dr. C. P. Rabindranath,

HOD & Professor,

Department of psychiatry,

Velammal medical college hospital and research institute

To

The Vice principal,

Velammal medical college hospital and research institute.

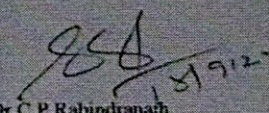
Subject :Regarding world mental health day celebration-10/10/2023

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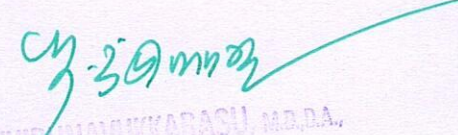
Thank you in anticipation

Yours sincerely,


Dr. C. P. Rabindranath,

HOD & Professor,

Department of psychiatry,


Dr. 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.

From

Dr. C. P. Rabindranath,
HOD & Professor,
Department of psychiatry,
Velammal medical college hospital and research institute.

To

The Medical Superintendent,
Velammal medical college hospital and research institute.

Subject :Regarding world mental health day celebration-10/10/2023

Respected sir,

The WORLD MENTAL HEALTH DAY falls on 10/10/2023, In view of it ,we intend to celebrate it in our department. We have proposal to conduct Rangoli & Drawing competition with poster presentation for nursing and medical students on 7th October 2023 morning, for which I would request you to allot the space near the canteen in second floor for about 20 students and their team. We also propose to conduct drawing competition in the premises of the department and issue certificates and prizes to the winners. Please permit us to purchase 50 T-Shirts with name of the theme of world mental health and college logo to be embossed on it. I request you to sanction and afford us to use the places as mentioned above.

Thank you in anticipation

Yours sincerely,

D/C

Dr. C. P. Rabindranath,

HOD & Professor,

Department of psychiatry,

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

Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Road
Anuppanadi, Madurai-625 002, T.N.

WORLD MENTAL HEALTH DAY

Date: 10.10.2023 Time: 9am- 11.30am Place: psychiatry OPD

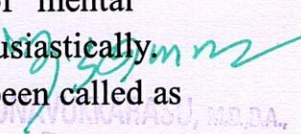
Participants: nursing students, CRRIs, PGs, patients and caregivers

Faculties: Dr.Rabindranath, DR.Rena Rosalind, Dr. Ganesan, Dr.Gokila Rani

Programme Agenda

9:00AM	Assemble for the function
9:15-9:45AM	Skit by Nursing college students
9:45-10:00AM	Questionnaire for Patients and Caregivers
10:00-10:30AM	Speech by Patients and Caregivers
10:30-11:00AM	Awareness speech by Postgraduates
11:00-11:15AM	Prize distribution
11:15AM	End of programme and Refreshment

World mental health day is being celebrated on 10th October every year to increase the awareness among mental illness, breaking the taboos regarding treatment of mental illness and destigmatization. Our department of psychiatry in Velammal Medical College has been decided to celebrate mental health day for which we have arranged rangoli and drawing competitions for nursing students and poster competition for MBBS students on the theme of "mental health is a universal human right". Students have participated enthusiastically. The professor and HOD of department of physiology Dr. Anu has been called as


Dr. T. Thiruvengadam, M.D., D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Ring Road
Anuppanadi, Madurai-625 003, T.N.

the judge for rangoli competition and one of our patients Mr.Karuna served as judge for drawing competition. On the day of 10th October, we have gathered our old patients with various mental illness in our OPD in 1st floor. The nursing students performed a beautiful skit promoting awareness. Following that few of the patients and caregivers shared their experiences and thoughts. Finally prizes have been distributed to winners of competitions and role play participants. The participants have been given a return gift and refreshments.

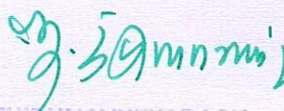
List of participants:

Patients and caregivers:

- 1.Mr.Manikandan
 - 2.Ms.Sharumathi
 - 3.Mrs.Rajeshwari
 - 4.Ms.Gowsalya
 - 5.Mrs.Kanimozhi
 - 6.Mr.Vijay
 - 7.Mr.Satheesh kumar
 - 8.Mr. Prabhu
 - 9.Mrs.Deepalakshmi
 - 10.Mrs.Latha
 - 11.Mrs.Jeya
 - 12.Mr.Nachiyappan
 - 13.Mr.Darjan
 - 14.Mr.Thavamani
 - 15.Mrs.Priyadharshini
 - 16.Mr. Raja
- And their caregivers

Nursing students:

- 1.Vishnu


Prof. T. THIRUNAVUKARASU M.B.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Medurai-Tulicorin Ring Road
Anuppanadi, Madurai-625 009, T.N.

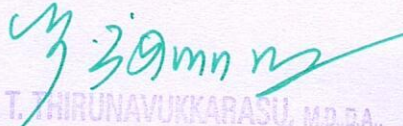
- 2.Kavipriya
- 3.Kavitha
- 4.kannan
- 5.Joseph
- 6.Keerthipriya
- 7.Muthu Karuppan
- 8.Sangeetha
- 9.Sudha
- 10.Chellapandi

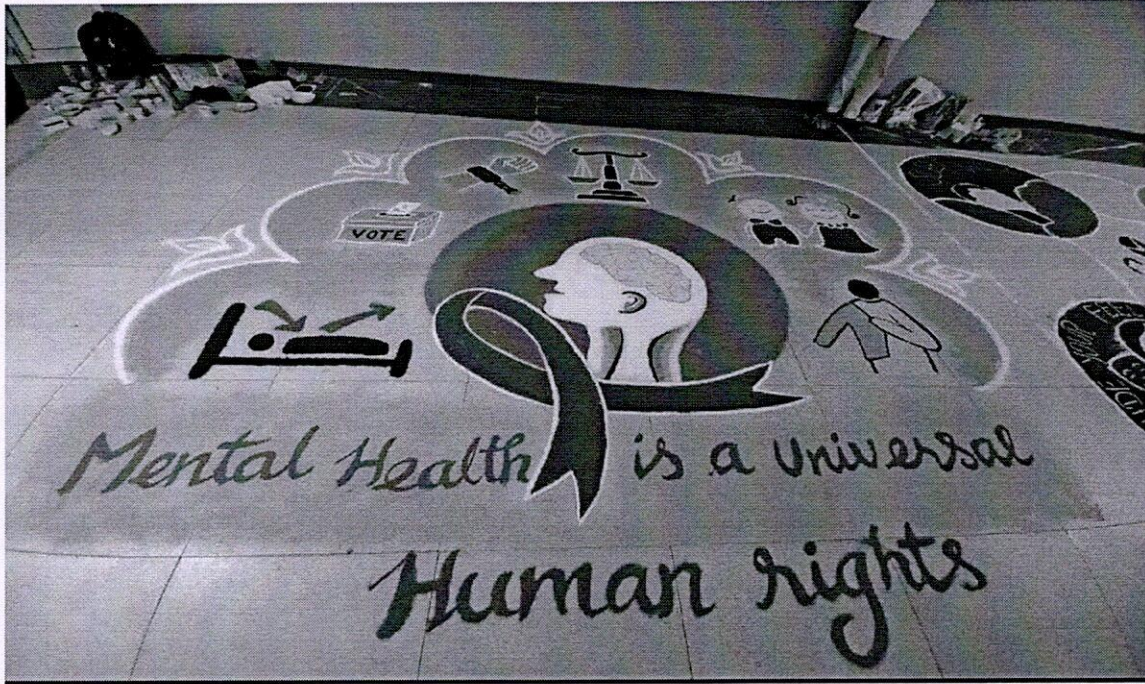
CRRIs:

- 1.Dr.Sinthiya kani
- 2.Dr.Sreevarshini
- 3.Dr.Sanjay kumar
- 4.Dr.Rooban
- 5.Dr.Sri Abirami
- 6.Dr.Sandra Maria James

PGs:

- 1.Dr.Yogeshwar
- 2.Dr.Sarvaishwarya
- 3.Dr.Sivakumar
- 4.Dr.Antony
- 5.Dr.Hema
- 6.Dr.Venkatesan


Prof. T. THIRUNAVUKKARASU, M.D.,D.A.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Villego"
Madurai, Tuticorin Ring Road
Anuppanadi, Madurai-625 004, T.N.



T. Thirunavukkarasu

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

Velammal Medical College Hospital
and Research Institute
"Velammal Village"

Madurai, Nilacirin Ring Road
Anuppanadi, Madurai-625 009, T.N.



GPS Map Camera

Chinthamani, Tamil Nadu, India

V5P2+V2H, Madurai - Thoothukudi Hwy, Chinthamani, Tamil Nadu 625009, India

Lat 9.88714°

Long 78.150032°

07/10/23 10:49 AM GMT +05:30

Google

Dr. Thirunavukkarasu

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

Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai Bullock Ring Road
Anuppanadi, Madurai-625 050, T.N.



Chinthamani, Tamil Nadu, India
Velammal Medical College Hospital and Research Institute
Lat 9.888234°
Long 78.151989°
10/10/23 10:58 AM GMT +05:30

Dr. T. Thirunavukarasu
Prof. T. THIRUNAVUKARASU
Deen
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tulicorin Ring Road
Anuppanadi, Madurai-625 009, T.N.



**VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE**

DEPARTMENT OF COMMUNITY MEDICINE

COMMUNITY HEALTH CAMP

Organizer: Department of Community Medicine in collaboration with NSS (National Service Scheme)

Objective: To conduct a free medical camp

Place: Eluvani, Madurai

Date: 22/04/24

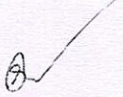
Faculty: Dr Santha, Assistant Professor

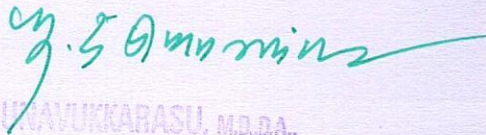
Dr Pavitra & Dr Asifa, First Year post graduate students.

On 22/04/24, Department of Community Medicine organized a free medical camp and health awareness program in Eluvani, Madurai. The program was carried out under the guidance of Dr. Santha, Assistant Professor, Department of Community Medicine along with interns. Placard, charts and banners were prepared about green initiatives, healthy environment, global warming, to create awareness in view of World Earth Day celebration and was utilized to provide health education & awareness.

The program started with a brief introduction to the gathering about the importance of keeping the environment clean and hygienic which can be attained only by the community involvement by the post graduate students. They briefed about the required changes to make in the personal level, at community level to achieve the motto.

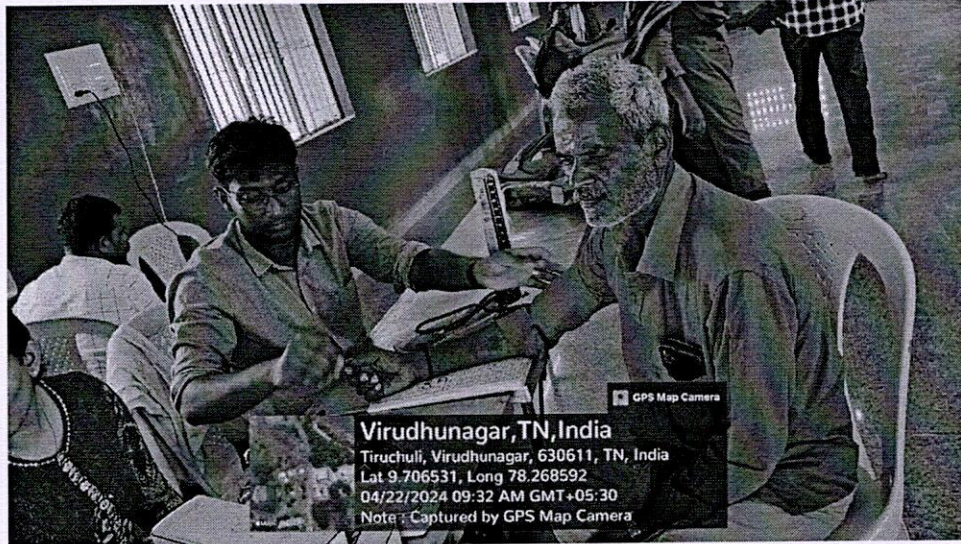
Followed by a free medical camp was conducted for the general population residing in that locality. Minor ailments and all medical conditions were treated. All the patient's vitals were checked initially and were guided to the concerned specialty for consultation. Essential medications were provided free of cost by the pharmacy staff. Total of 103 beneficiaries and 11 referrals to Velammal Medical College Hospital.


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


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



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE

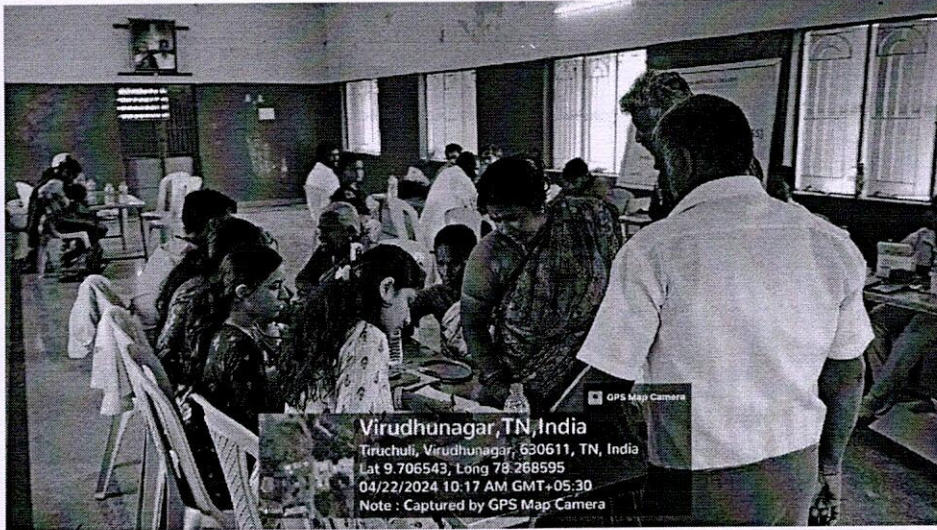


Dr. S. Aravindan

Prof. T. THIRUVAVUKKARACHARI, M.D.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Ring Road
Anuppanadi, Madurai-625 006, T.N.



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE



T. Thirunavukarasu

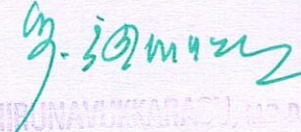
Prof. T. THIRUNAVUKARASU, M.D.,
Dean

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



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE

S. No	Name of student	Roll no
1.	Harshan K	39
2.	Harshav Vardhan	40
3.	Harshika Swamy	41
4.	Haseena Mohammed	42
5.	Iswariya anuraag	43
6.	Jaiprakase	45
7.	Jaisri	46
8.	Janaprethika	47
9.	Janani Harshithaa	48
10.	Janani	49
11.	Janani Sakthi	50
12.	Jayashree	52
13.	Jeffery Patrick	53
14.	John Daniel	54
15.	Kalaivani B V	55
16.	Kalaivani R	56


Prof. T. THIRUNAVUKKARASU, M.D. (A),
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tuticorin Ring Road
Anuppendi, Madurai-625 000, T.N.



**VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE**

**DEPARTMENT OF COMMUNITY MEDICINE
COMMUNITY HEALTH CAMP**

Organizer: Department of Community Medicine in collaboration with NSS (National Service Scheme)

Objective: To conduct a free medical camp

Place: Mayalpuram, Madurai

Date: 29/04/24

Faculty: Dr Sriandaal, Assistant Professor

Dr Asifa, First Year post graduate student

On 29/04/24, Department of Community Medicine organized a free medical camp and health awareness program in Mayalpuram, Alenganallur, Madurai. The program was carried out under the guidance of Dr. Sriandaal, Assistant Professor, Department of Community Medicine along with interns. Placard, charts and banners were prepared about leprosy, social stigma, treatment and prevention to create awareness in view of Leprosy screening campaign and was utilized to provide health education & awareness.

The program started with a brief introduction to the gathering about leprosy in detail, about the transmission, presenting features, signs to look for, available screening and treatment options by the post graduate students. They insisted that the disease leprosy is a completely curable disease.

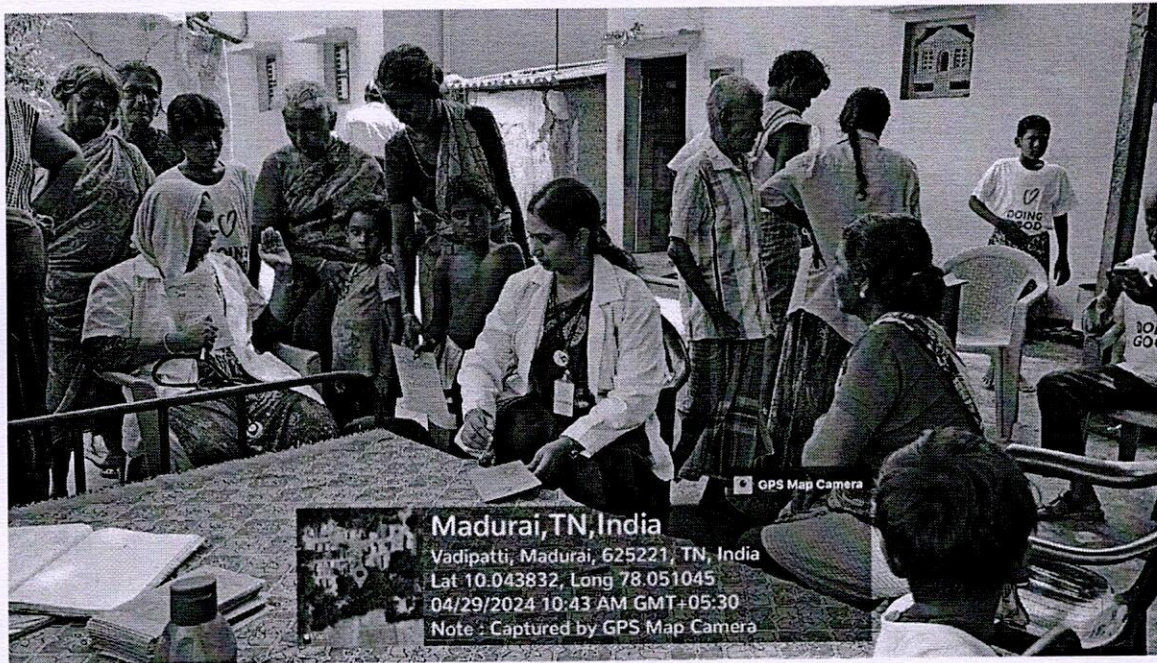
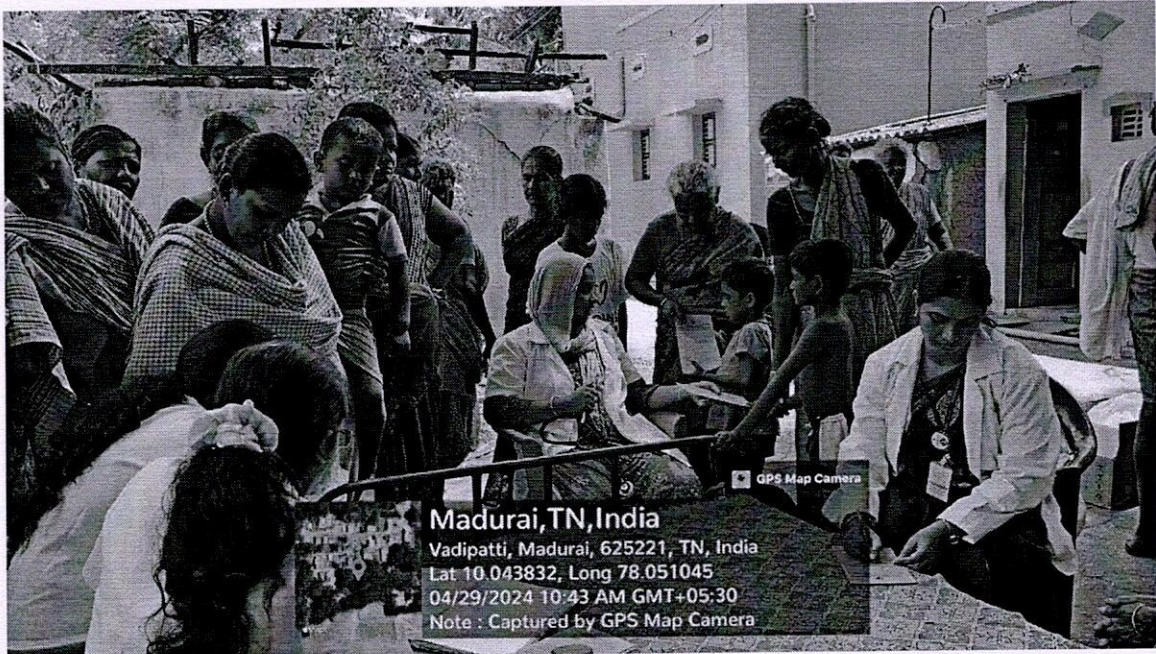
Followed by a free medical camp was conducted for the general population residing in that locality. All medical conditions and minor ailments were treated. All the patient's vitals were checked initially and were guided to the concerned specialty for consultation. Essential medications were provided free of cost by the pharmacy staff. Total of 54 beneficiaries and 4 referrals to Velammal Medical College Hospital.

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

Prof. T. THIRUNAVUKKARASU, M.B.B.S.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai, Tamil Nadu
Anuppanadi, Madurai-625 009, T.N.



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE



M. T. Thiruvavukkarasu

M. T. THIRUVAVUKKARASU, M.D.,
Dean
Velammal Medical College Hospital
and Research Institute
"Velammal Village"
Madurai-Tulicorin Ring Road
Anuppanadi, Madurai-625 001, T.N.



VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE



Handwritten signature in green ink.

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.



VELAMMAL MEDICAL COLLEGE
HOSPITAL AND RESEARCH INSTITUTE

S. No	Name of student	Roll no
1.	Harshan K	39
2.	Harshav Vardhan	40
3.	Harshika Swamy	41
4.	Haseena Mohammed	42
5.	Jagadeesan	44
6.	Jaiprakase	45
7.	Jaisri	46
8.	Janaprethika	47
9.	Janani	49
10.	Janani Sakthi	50
11.	Janarthani	51
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VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE

DEPARTMENT OF COMMUNITY MEDICINE

Tuticorin Flood Relief Activities 2023

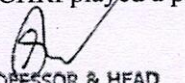
In the wake of the recent devastating floods in Tuticorin, Velammal Medical College Hospital & Research Institute (VMCHRI) stepped forward yet again, demonstrating its unwavering commitment to serving the community during times of crisis. From December 24th to 27th, 2023, VMCHRI organised a much-needed medical relief in the form of mobile camps, providing vital medical care and essential supplies to those affected by the disaster.

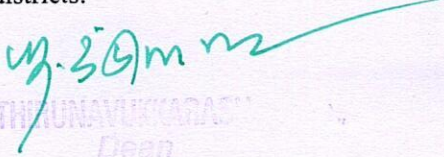
The floods in Tuticorin wreaked havoc, displacing families and jeopardising their health and well-being. Recognising the urgency of the situation, VMCHRI assembled a dedicated team of medical professionals, comprising faculty, postgraduate, CRRIs and paramedical staff. Led by Dr. Balakumaran (Senior Resident, Department of Community Medicine), the team arrived in Tuticorin with a resolute spirit, determined to alleviate the suffering of the flood-affected population.

For four days, our VMCHRI camp tirelessly served the people of Tuticorin, ensuring easy access for those in need. Floodwaters often isolate the most vulnerable. Recognizing this, we didn't limit our reach. We deployed mobile medical units to navigate tough-to-reach locations and extended our services to the most flood-affected regions like Korampallam, Eral, Kayalpattinam, Srivaikundam, Alwarthirunagari, and Campellabath. Our dedication extended even beyond the district borders, with a special camp set up near Thirunelveli Junction to cater to the flood-affected population there. Just like in our previous relief endeavours, we efficiently utilized available resources to create functional medical facilities at each location, ensuring no community was left behind.

The medical team at the camp served over 1500 patients spread across all camp locations. They provided comprehensive medical care, attending to a variety of ailments and injuries caused by the floods. The breakdown of beneficiaries reveals the impact of the camp: 603 males, 619 females, and a significant number of children (281) received medical attention.

The Tuticorin Flood Relief Camp exemplifies VMCHRI's unwavering commitment to social responsibility. It is a testament to the institute's dedication to serving the community, especially during times of crisis. This camp echoes the legacy established during the Gaja cyclone, where VMCHRI played a pivotal role in providing relief to the affected districts.


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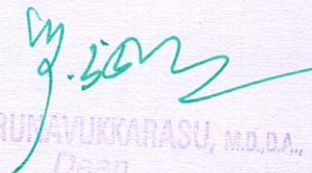

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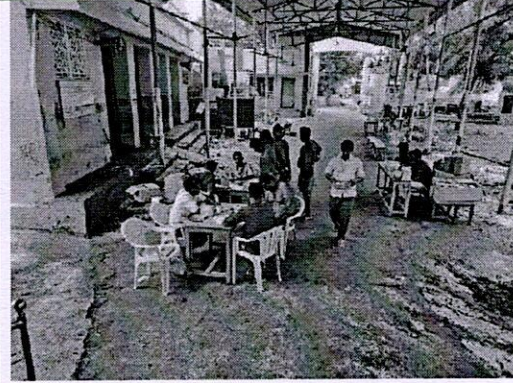
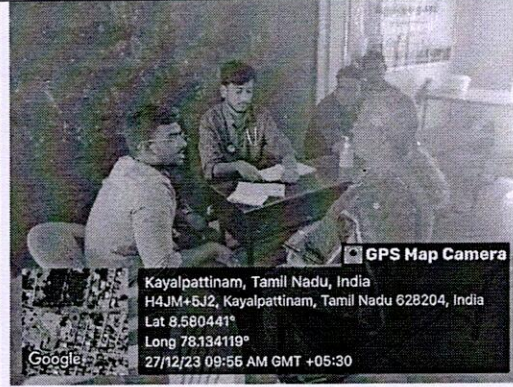
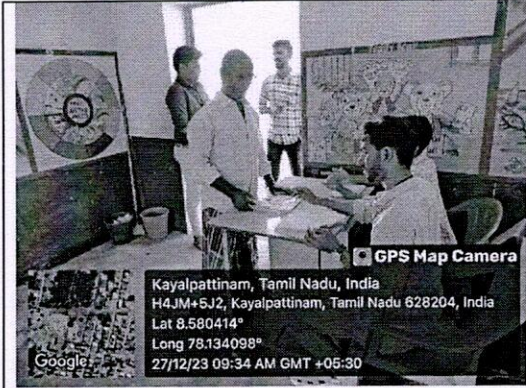
The team comprised of Dr. Balakumaran (Senior Resident, Department of Community Medicine), Dr. Then Murugan (Senior Resident, Department of Community Medicine), Dr. Naren Karthick (Senior Resident, Department of General Surgery), Dr. Ajay (Senior Resident, Department of General Surgery), Dr. Mukundan (Medical Officer, Department of General Medicine), Dr. Gavin Francis J (Postgraduate, Department of Community Medicine), Dr. Bharath Rajh (Postgraduate, Department of Community Medicine), Dr. Santhosh (Postgraduate, Department of General Medicine), Dr. Palanivel (Postgraduate, Department of Emergency Medicine), Dr. Premkumar (Postgraduate, Department of Emergency Medicine), Dr. Shiva Prasad (Postgraduate, Department of General Surgery), Dr. Mebin (Postgraduate, Department of General Surgery) and the CRRIs namely Dr. Tharun, Dr. Dinesh Karthi, Dr. Van Mugilan, Dr. Nandhakumar, Dr. Shanmughasundaram, Dr. Karthick, Dr. Kabhilesh. The paramedical staffs were Mr. Naveen (Pharmacy), Mr. Hakkim (Pharmacy), Mr. Praveen (Lab Technician), Mr. Dhayalakumar (Nursing), Mr. Akash (Nursing) and Mr. Fazil (Nursing).


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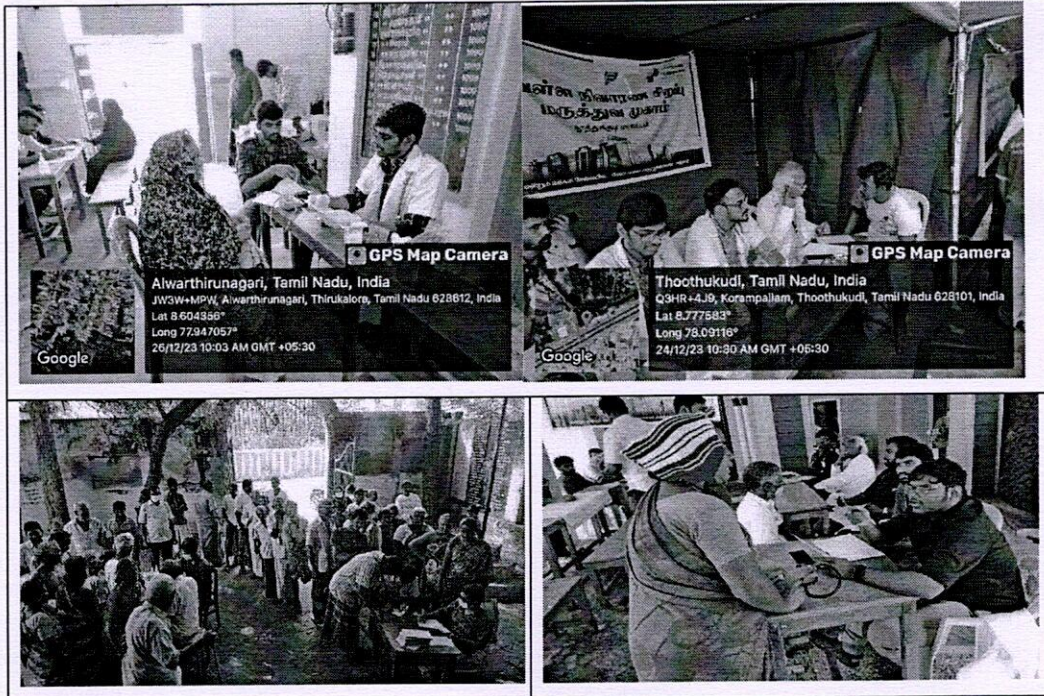


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