



KMCT AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences

TO WHOM SO EVER IT MAY CONCERN

**This is to certify that the information in the attached documents is verified by
me and is true to the best of my knowledge**



Dr. J. J. J.

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K.M.C.T. AYURVEDA
MEDICAL COLLEGE



INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE





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7.3.1 INSTITUTIONAL DISTINCTIVENESS

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7.3.1 Institutional Distinctiveness

7.3.1 Portray the performance of institution in one area distinctive to it priority and thrust Response ;

Panchayats are the grass root level of indian governance. Health care at this level is very important KMCT Ayurveda Medical College did various community outreach programme at Karassery Grama Panchayat

PROGRAMMES CONDUCTED

The health and well-being of a community depend significantly on the awareness and management of lifestyle disorders and preventive health measures. The initiatives conducted within our community aim to address these concerns through a multifaceted approach that includes awareness programs, disease prevention strategies, and specialized medical camps. This report elaborates on various programs conducted to promote health and wellness, focusing on lifestyle disorders, mosquito control, drug abuse prevention, and medical interventions.

❖ Awareness Programme on Lifestyle Disorders and Balanced Diet

One of the pivotal components of our health initiative was the awareness program about lifestyle disorders and balanced diet. These sessions aimed to educate participants on the impact of diet and lifestyle choices on health. Key topics included:

- **Understanding Lifestyle Disorders:** Participants learned about common lifestyle-related disorders such as diabetes, hypertension, and heart disease. We discussed risk factors, symptoms, and the importance of early detection.
- **Balanced Diet Education:** Nutritionists and health professionals provided insights into the principles of a balanced diet. Emphasis was placed on the importance of incorporating various food groups, understanding portion sizes, and the role of hydration in maintaining health.
- **Preventive Tips:** Attendees were provided with preventive measures for both communicable and non-communicable diseases. This included recommendations for regular physical activity, routine health check-ups, and stress management techniques.

❖ Mosquito Control Programme

The mosquito control program was launched in response to the rising cases of mosquito-borne diseases in the region. This initiative focused on:

- **Removing Water Logging:** A significant effort was made to identify and eliminate sources of stagnant water, which serve as breeding grounds for mosquitoes. Community volunteers were mobilized to clear drainage systems and other areas where water tended to accumulate.
- **Public Awareness:** Educational materials were distributed to inform the public about mosquito-borne diseases, their symptoms, and preventive measures. Workshops highlighted the importance of using mosquito repellents, nets, and proper sanitation.
- **Community Involvement:** Engaging local communities was vital in ensuring the sustainability of the program. Residents were encouraged to report water logging and

Manassery PO, Mukkam, 673602, Kozhikode, Kerala

☎ 0495-229 4664 ✉ ayurveda@kmct.edu.in

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participate in regular cleanup drives.

- We distributed APARAJITHA DHOOMA churna and encouraged its usage ,a classical ayurvedic formulation to prevent mosquito multiplication

❖ Campaign Against Drugs and Other Forms of Addiction

Substance abuse poses a significant threat to community health, prompting our comprehensive campaign against drugs and other forms of addiction. This initiative included several activities aimed at raising awareness and providing support:

- International Day Against Drug Abuse and Illicit Trafficking

On June 26, 2024, we conducted a major event to commemorate the International Day Against Drug Abuse and Illicit Trafficking. The activities included:

1. Awareness Classes: Sessions were held to educate individuals about the dangers of drug abuse, the impact on mental and physical health, and available support systems for recovery.
2. Rally: A community rally was organized to bring attention to the issue of drug abuse. Participants carried banners and distributed informational pamphlets to raise awareness and encourage discussions around addiction.

- Ongoing Awareness Classes

Regular awareness classes were conducted throughout the year, focusing on various aspects of drug abuse. Topics covered included:

- The physiological and psychological effects of drugs
- Signs of addiction and how to intervene
- Resources available for treatment and rehabilitation

These sessions provided a safe space for individuals to share their experiences and seek help.

❖ Medical Camps

To ensure access to healthcare services, a series of medical camps were organized, particularly focusing on Ayurvedic specialties. These camps provided specialized care in areas such as:

- Prasootitantra and streeroga : Women received health screenings, consultations, and education on reproductive health.
- Kaumarabhrithya : Health check-ups for children included vaccinations, nutritional assessments, and growth monitoring.
- Shalyatantra : Patients received evaluations and treatment options for musculoskeletal issues.
- Shalakyatantra : The camp provided consultations for hearing issues, sinus problems, and throat disorders.
- Shalakyatantra (Netraroga): Vision screenings and eye care services were offered, including referrals for those needing further treatment.
- General Medicine (Kayachikitsa) and Swasthavrutta: Comprehensive health assessments were conducted, focusing on overall well-being and preventive care.

During these camps, medicines were distributed, free of charge, ensuring that financial constraints did not hinder access to care.

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not prevent individuals from accessing necessary treatments.

❖ Medical Survey

To monitor community health effectively, a medical survey was conducted every four months. This survey focused on various health parameters, including:

- **Hemoglobin Levels:** Regular screenings were performed to assess anemia prevalence among community members.
- **Nutritional Status:** Evaluating dietary habits and nutritional deficiencies allowed us to tailor our educational programs and interventions accordingly.
- **General Health Metrics:** Information on chronic diseases, lifestyle choices, and mental health was collected to better understand the community's health landscape.

Conclusion

The comprehensive programs conducted within the community reflect a dedicated effort to promote health, prevent disease, and foster a culture of wellness. Through awareness initiatives on lifestyle disorders, targeted mosquito control, drug abuse prevention, and accessible medical camps, we have made significant strides in improving community health outcomes.

Continued engagement and education are essential to sustaining these efforts, and the active participation of community members remains crucial. By fostering awareness and providing resources, we aim to empower individuals to take charge of their health and well-being, creating a healthier future for all.

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AWARENESS AGAINST DRUG USE BIKE RALLY



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