



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

Uthra

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K.M.C.T. AYURVEDA
MEDICAL COLLEGE





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7.2.1

BEST PRACTICES



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INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE





7.2.1 BEST PRACTICE 1

Comprehensive approach for controlling lifestyle disorders , mosquito control and drug addiction

Objectives of practice

1. To reduce lifestyle disorders by promoting healthy food and exercise
2. Control measures for preventing mosquito growth
3. Educate people about ill effects of drugs
4. Create awareness about various types of drugs
5. Improve overall health index

The context

Communicable diseases ,ill effects of drug lifestyle disorders are on the rise in recent times. Niramaya aims at controlling and prevention of these disorders by promoting healthy food ,exercise and healthy habits

The practise

Niramaya comprises of ayurvedic doctors ,house surgeons,medical students and social workers

- One of the pivotal components of our health initiative was awareness programme about lifestyle disorders and balanced diet
- Understanding lifestyle disorders
- Preventive tips

Mosquito control programme

- Measures were taken to remove water logging
- Public awareness about mosquito borne disease
- APARAJITHA DHUMA CHURNA was distributed

Campaign against drug and other forms of addiction

- International day against drug abuse and illicit drug trafficking on june26 2024
- Awareness class and bike rally was organized on this occasion

Medical Camps

To ensure access to health care various medical camps in ayurvedic specialities like kayachikitsa(generalmedicine),shalyatantra(orthopaedics),shalakyatantra(ent and ophthalmology),prasuti and streeroga (gynecology) and balaroga(paediatrics). It ensured a quality of health parameters

Evidence of success

- Our programme was well received by the community with good patient turnout and community involvement
- Participants were educated about the importance of balanced diet , good food habits and ill effects of drug

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Problems encountered

various challenges were encountered like non cooperation of some section of people. In proper drainage system and lack of sanitation facilities.

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