

*REPORT OF THE  
ACTIVITIES OF THE  
COMMUNITY HEALTH  
CLUB FOR THE YEAR*

*2017-2018*

# REPORT OF THE EXTENSION ACTIVITIES OF THE “COMMUNITY HEALTH CLUB”

Community health is a major field of study within the medical and clinical sciences which focuses on the maintenance, protection, improvement of the health status of population groups and communities as opposed to the health of individual patients. It is a distinct field of study that may be taught within a separate school of public health or environmental health. The WHO defines community health as: “environmental, social, and economic resources to sustain emotional and physical well-being among people in ways that advance their aspirations and satisfy their needs in their unique environment.”

Community health, unlike public health, tends to focus more on a defined geographical community. The health characteristics of a community are often examined using geographic information system (GIS) software and public health datasets. Some projects, such as InfoShare or GEOPROJ combine GIS with existing datasets, allowing the general public to examine the characteristics of any given community in participating countries.

Medical interventions that occur in communities can be classified as three categories: primary healthcare, secondary healthcare, and tertiary healthcare. In the United States, community health is rooted within primary healthcare achievements. Primary healthcare programs aim to reduce risk factors and increase health promotion and prevention. Secondary healthcare is related to "hospital care" where acute care is administered in a hospital department setting. Tertiary healthcare refers to highly specialized care usually involving disease or disability management.

The success of community health programmes relies upon the transfer of information from health professionals to the general public using one-to-one or one to many communication (mass communication). The latest shift is towards health marketing.

The following staff members were appointed to assist in the functioning of the club activities:

- 1) Mrs. Nisha Thomas P (Dept of Zoology) –CONVENOR
- 2) Dr. Sreelekshmy (Dept of Zoology) – MEMBER
- 3) Mrs. Sigi (Dept of Botany) – MEMBER
- 4) Mr. Fresnal Das (Dept of Psychology)- MEMBER

The activities of the Community Health Club commenced on 17-11-2017 with 32 members from 6 departments. Upon discussions with the students, certain activities were chalked out. They were as follows:

- 1) To ensure the availability of First Aid Boxes in all the departments and the updation of its contents.
- 2) To conduct seminars/ exhibitions/ medical camps/surveys on topics pertaining to Community Health
- 3) To visit a palliative care centre.

**Activities Achieved:**

**1) FIRST AID BOX**

The students were divided into groups and assigned the duty of checking the First Aid Boxes of the departments and displaying it appropriately. A notice was circulated to all the departments to this effect. The students were then asked to verify and report to the convenor who would pass it over to the Principal in order to initiate action. It was reported that all the Departments had displayed their boxes as instructed.

## **2) Setting up of a FIRST AID ROOM for girls**

It was decided to have a separate First Aid Room for the girl students of the college and hence a place was identified inside the quadrangle area of the girls. A room with 3 beds was set up.

## **3) Conduct of a seminar- cum- exhibition on 'Health Awareness and the role of Medicinal Plants'**

The main activities for the academic year commenced in the month of December with a programme entitled “ **HARITHAYUSH**” , whose main intention was to create awareness in 'Health through traditional medicine'. The programme was conducted in two phases : a talk-cum – interactive phase and an exhibition on locally available medicinal plants by the students. The programme , organized by the Community Health Club along with the Health Education club and the Nature Club of the college was conducted on **14-12-2017** at the Jubilee Seminar Hall. Students of the Dept of Zoology and Botany also participated in the event. Mr.Fresnal of the Dept of Psychology helped organize the event.

### Phase I

The first session commenced at 10.30 am. Mrs. Nisha Thomas P., ( Convenor- Community Health),welcomed the gathering and introduced the chief guest ,Mr. Prakash, who is a representative of AYUSH as well as a success trainer. This was followed by the talk on “**HEALTH AWARENESS**”. The session came to an end by 1.00pm.

### Phase II

The second phase i.e. the medicinal plants exhibition-cum –sale was inaugurated

by Mr. Prakash. Under the able guidance of Dr.Sinilal and Mrs.Siji , both of the Dept of Botany, students from different departments participated in the exhibition. The exhibition provided information on the medicinal plants and their role in the treatment of various chronic diseases. The locally available medicinal plants exhibited were *Asparagus officinales*, *Saracaindica*, *Geophilarepens*, *Vitexnegundu*, *Phyllanthusemblica*, *Phyllanthusamaranthus*, *Mimosa pudica*, *Sidaalnifolia*, *Sidaacuta*, *Murrayakoineji*, *Citrus lemon*, *Difoliaternata*, *Indigoferatuniforia*, *Neem* , *Lucous*, etc. The exhibition commenced at 10.00am and came to an end by 4.00pm. These plants were then transferred to the college Botanical garden.

#### **4) Orientation and 2 day survey on Vector borne diseases in collaboration with the District Malaria Office ,Kollam – 9-1-18, 16 & 17-1-18.**

As part of the communicable disease prevention and control campaign of the District health services department and initiative of the State Government- '**JAGRATHA**', the members of the community health club and Dept of Zoology participated in a sensitization as well as Dengue vector surveillance programme on **9-1-2018, 16-1-2018 and 17-1-2018.**

The orientation programme was conducted in the Dept of Zoology at 3.00pm by the **District Malarial Officer Mr. Suresh T.** Through a power point presentation, he spoke about the different mosquitoes prevalent in our region, their larval forms and their identification, how to conduct the survey, how to calculate the various indices necessary to identify high risk areas for dengue, etc. The programme came to an end by 4.00pm.

The 2 day vector surveillance programme was conducted on the 16<sup>th</sup> and 17<sup>th</sup> of January 2018. The officials of the health department transported the community health club members to the respective study areas identified by them. They were accompanied by the Convenor Mrs. Nisha Thomas. The members were split into teams of 6, each team being accompanied by a staff of the Health department. 35 houses were identified by each team in a day. Each house was surveyed for the presence of dengue larva, and where ever possible the house members were told how to get rid of them. The members also helped destroy active sites by pouring kerosene in the infected water bodies.

Certificates of participation were distributed to the all students who participated in the survey by the District Medical Officer, Mrs. Sandhya in another event conducted in the college.

##### **5) A Cancer Awareness Talk**

With the co-operation of the representative of a medical pharmaceutical company, BIOCAD, Mr. Anandharikumar, a talk-cum-interactive session on **“DEFEAT CANCER-I CAN, WE CAN”** was conducted for the Community Health Club members on **28-2-2018**. The session also saw the participation of 200 students comprising of the I PG students of all the Departments, the members of the Science Club and also the Health Education Club. Dr. CherianThampy, Medical Oncologist from KIMS Cancer Centre, Thiruvananthapuram, was the spokesperson.

Dr.Cherian began his talk by asking the audience the definition for disease and mentioned the 2 categories of disease. He then spoke about the life style diseases and then came to his topic 'Cancer'. He undermined the fact that tobacco and alcohol were the 2 main cancer causatives. He summed up his presentation by encouraging the youth to bring about changes in the society. He reiterated the fact that "only the youth can create a tobacco free society". The talk was then followed by a very active interactive session. The programme which commenced at 2.00pm came to an end by 4.00pm.

#### **6) A VISIT TO A PAIN & PALLIATIVE CLINIC ON 29-3-2018**

With the aim of lending a helping hand to cancer patients, members of the community health club visited the Pain & Palliative Clinic on 29-3-18 at 10.30am. Mr. N.M.Pillai, the secretary of the P & P Trust gave an introduction as to how pain and palliative care functions. This was followed by interactive sessions by Retd.Prof. Laila, Dr. Kamalasanan, Dr. Rani and others . The students and teacher Mrs. Nisha Thomas donated clothes and other stationery items needed for the patients. It was decided to form a palliative care voluntary group in the college so as to continue serving these hapless people. We all left the clinic by 1.00pm all the more humbled and with an urge to come again.

Thus the activities of the Community Health Club for the year 2017-18 came to an end on 29-3-18.

## 1. THE FIRST AID ROOM





## 2. HARITHAYUSH on 14-12-2018

The audience



Inauguration of the medicinal plant exhibition-cum -sale by Mr. Prakash



Students and faculty at the exhibition



**3. ORIENTATION PROGRAMME ON DENGUE VECTOR SURVEILLANCE BY Mr. SURESH KUMAR T ON 9-1-2018.**



Members of the Community Health Club during the survey on Aedes larva 16-1-18 & 17-1-18.

At a construction site



At a home



Aedes larva observed in a fish tank



Corrective measures implemented



The members with the officials of the Health Dept.



Distribution of certificates by Dr. Sandhya, DMO, to the participants of the health survey "JAGRATHA" organized by the Health Services Department





**“DEFEAT CANCER – I CAN, WE CAN” on 28-2-2018**



**Date: 28-02-2018; Time: 2 Pm ; Venue: College Auditorium**

**Programme**

Prayer song

Welcome

Presidential Address

Invited talk

Student interaction

Vote of Thanks

Mrs. Nisha Thomas P

Dr. Vincent B Netto

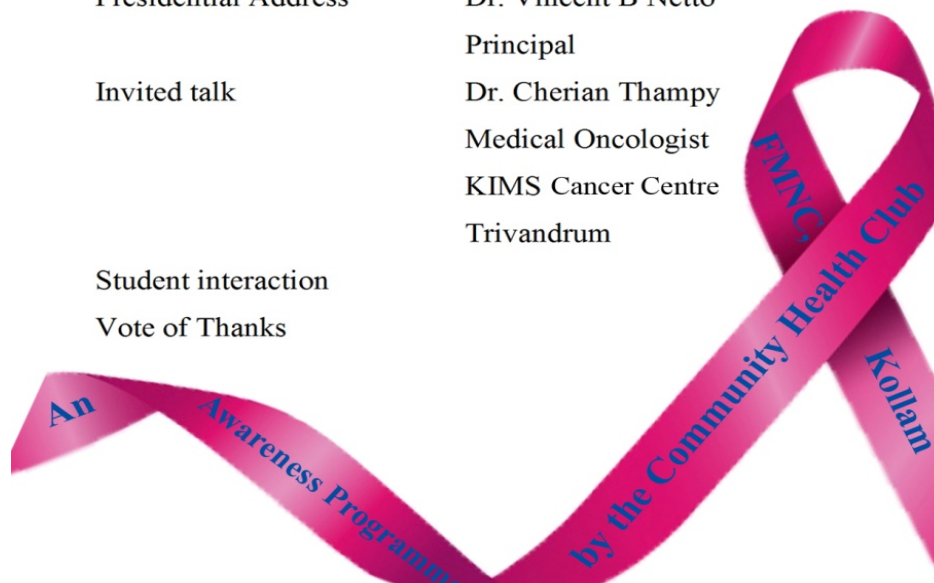
Principal

Dr. Cherian Thampy

Medical Oncologist

KIMS Cancer Centre

Trivandrum



The lighting of the lamp ceremony



Presidential Address by the Principal





The audience



Interaction of staff and students



Presentation of memento to the Chief Guest



Felicitation by the co-ordinator of the College Extension Activities



**VISIT TO A PALLIATIVE CARE CLINIC ON 29-3-2018**

**WITH Mr.N.M.PILLAI**

**WITH Prof. LAILA**



**WITH THE DOCTORS DR. RANI & DR.**

**AT THE CLINIC**



