

## **Outreach activities conducted by the Department of Community Medicine in October, 2016**

**Health Education Programme organized by the Department of Community  
Medicine:**

**Venue:** Government School Gaadigadde, Innoli, Harekala

**Date:** 07<sup>th</sup> October, 2016

**Time:** 11:00am

**Target Audience:**

1. Lactating mothers and mothers of the school children.
2. Children of the school aged 6 – 13 years

**Total number of beneficiaries of the camp:** 65 (40 adults and 25 children)

**Faculty in-charge:** Dr Akshaya KM, Associate Professor

**Postgraduates:** Dr Pavithra H, Dr Mubeena

**Medical Social Worker:** Ms Reshma Acharya , Ms Shwetha and Mrs Ranjitha

**Brief Description:**

It was decided by the organizing Department, the Department of Community Medicine to sensitize

1. Lactating mothers and Mothers of school children of Government School, Innoli, Harekala about Breast feeding, complementary foods, Immunization and Family planning
2. School children of age 6 to 13 years about personal hygiene.

Thus, Dr Pavithra, Postgraduate, Department of Community Medicine, delivered a talk on breast feeding. The talk was divided into the following headings:

- Pre-lacteal feeds and its disadvantage
- Early initiation of breastfeeding, importance of colostrums, importance of breastfeeding, attachment of the baby to the breast, burping, exclusive breastfeeding
- Complementary feeding – Types of food and their quantity
- Breast Feeding related issues and problems faced by the mother
- Hazards of bottle feeding and baby formulas

- Immunization and family planning advices

Ms Reshma, Medico-social worker of Department of Community Medicine demonstrated different types of home-made complementary feeds.

Dr Mubeena, Postgraduate, Department of Community Medicine, delivered a talk on personal hygiene. The talk was divided into the following headings:

- Proper technique of hand washing
- Trimming of nails, wearing clean dress, clean habits and
- Oral hygiene

After the talk, the feedback was taken and the queries were addressed.

### **Health education being delivered to the Lactating mothers and mothers of school children**



### **Health education being given to the school children**



**Demonstration of Home made complementary foods to Lactating and mothers of school children**



**Health Education Programme to Mangaluru City Corporation  
Pourkarmikas on “Diabetes and Hypertension” on 23<sup>rd</sup> October 2016**

**Health Education Programme organized by the Mangaluru City Corporation in collaboration with the Department of Community Medicine, Yenepoya Medical College, Mangaluru :**

**Venues:** Town hall, Mangaluru

**Date:** 23/09/2016

**Time:** 2pm

**Target audience:** Pourkarmikas

**Total number of beneficiaries:** 175- 200

**Faculty in-charge:** Dr Abhay S Nirgude, Professor and Head of Department

**Postgraduate:** Dr Nischith K R

**Brief summary:**

It was decided by the Mangaluru City Corporation and Department of Community Medicine, Yenepoya Medical College, Yenepoya University, Mangaluru, to sensitize the Pourkarmikas about Non-Communicable diseases. Thus, Dr. Nischit KR, Postgraduate, Department of Community Medicine, delivered a talk on Diabetes and Hypertension. The talk was divided into the following headings:

1. Risk factors for Non Communicable disease
2. Prevention of Diabetes and Hypertension
3. Health Hazards of Smoking and Substance abuse
4. Healthy diet for productive life

After the talk, feedback was taken and queries were addressed.