



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

PROGRAMME REPORT

Name/Title of the programme	Health education - Drug abuse	
Date and Time	02/03/2024	10.00 am
Venue	Government model HSS, Somamangalam	
Target audience/Stakeholder	Students	
Participants	50	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health education programme on drug abuse at Government model HSS, Somamangalam on 2nd March 2024. Health Education regarding drug abuse was given to students. Students participation was enthusiastic.




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LIST OF PARTICIPANTS

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2.	Dr.B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Sree Lekha K
5.	Dr. Sri Ishwarya Raksha M
6.	Dr. Swetha M
7.	Dr. Swetha M
8.	Dr. Sriram
9.	Dr. Sonaliya
10.	Ganapathy, Health Educator
11.	Indrani, Health Educator


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Name/Title of the programme	PAP Smear – cervical cancer screening programme	
Date and Time	02/04/2024	10.00 am
Venue	RHTC	
Target audience/Stakeholder	OP patients	
Participants	15	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC Kelambakkam conducted a PAP Smear – cervical cancer screening programme to op patients. Patients' participation was enthusiastic.




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2.	Dr. B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Suganya
5.	Dr. Suriya Prabu
6.	Dr. Swetha M
7.	Dr. Swetha A
8.	Dr. Thanujha
9.	Dr. Subapriya
10.	Dr. Thanmaya
11.	Ganapathy, Health Educator
12.	Indrani, Health Educator


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PROGRAMME REPORT

Name/Title of the programme	Breast feeding awareness	
Date and Time	02/05/2024	10.00 am
Venue	Elavanthangal ICDS	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Breast feeding awareness programme on 2nd May 2024. Health Education Regarding breast awareness was given to public. Public participation was enthusiastic




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5.	Dr. Vigneshwari
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Name/Title of the programme	Health education drug addiction	
Date and Time	02/02/2024	10.00 am
Venue	Government model HSS, Somangalam	
Target audience/Stakeholder	Students	
Participants	60	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health education on drug addiction at Government model HSS, Somangalam. Health Education Regarding Drug addiction was given to students. Student participation was enthusiastic.




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5.	Dr. Sri Ishwarya Raksha M
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PROGRAMME REPORT

Name/Title of the programme	Pulse polio immunization	
Date and Time	03/03/2024	10.00 am
Venue	Kelambakkam area	
Target audience/Stakeholder	Public	
Participants	40	
Programme/Event Organized by	Department of Community Medicine	


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As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Pulse polio immunization programme on 3rd March 2024 at Kelambakkam Area. 40 kids were vaccinated.




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S. No.	Name
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2.	Dr.Ramya, PG dept of community medicine
3.	Dr. visalini, PG dept of community medicine
4.	Dr. Sree Lekha K
5.	Dr. Sri Ishwarya Raksha M
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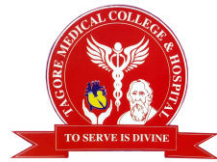


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PROGRAMME REPORT

Name/Title of the programme	Hypertension screening – Field camp	
Date and Time	3/5/2024	10.00 am
Venue	Kelambakkam area	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Hypertension screening Field camp on 3rd May 2024 at Kelambakkam Area . Health Education Regarding was given to public. Public participation was enthusiastic.



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2.	Dr.B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Vasanthan
5.	Dr. Vigneshwari
6.	Dr. Vaishali
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PROGRAMME REPORT

Name/Title of the programme	Health camp	
Date and Time	3/7/2024	10.00 am
Venue	New veraman road	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health camp on 3rd July 2024 at New veramanroad, Kelambakkam Area . Health Education was given to public. Public participation was enthusiastic




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3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. aparna J
5.	Dr. Abinaya S
6.	Dr. Aboo Ferness
7.	Dr. Aiswarya
8.	Dr. Akshadha
9.	Dr. Anupriya
10.	Dr. Anusha
11.	Ganapathy, Health Educator
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PROGRAMME REPORT

Name/Title of the programme	Health camp	
Date and Time	4/3/2024	10.00 am
Venue	SSN university construction site, Kalavakkam	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health camp at SSN UNIVERSITY CONSTRUCTION SITE, KALAVAKKAM on 4th March 2024. Public participation was enthusiastic.




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EVENT REPORT

Name/Title of the program	Sapling Plantation	
Date and Time	5/06/2024	10.00AM
Venue	RHTC	
Target	Public	
Number of Participants	100	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted Sapling Plantation programme.




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S. No.	Name
1.	Dr. Divyaparvathy J M.D , Assistant Prof. Dept of community medicine
2.	Dr. B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr.Gaurav R
5.	Dr. Fathima
6.	Dr. Divyadharshini
7.	Dr. Deepika
8.	Dr. Deepthika
9.	Dr. Dipshika
10.	Nagarajan, Health Inspector
11.	Vignesh, Health MSW


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EVENT REPORT

Name/Title of the program	Sapling Plantation	
Date and Time	5/06/2024	10.00AM
Venue	RHTC	
Target	Public	
Number of Participants	100	
Program/Event Organized by	Department of Community Medicine	

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As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted Sapling Plantation programme.





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PROGRAMME REPORT

Name/Title of the programme	Health education - Cancer	
Date and Time	06/02/2024	10.00 am
Venue	Sri Jaganath Vidyalaya school Thandalam	
Target audience/Stakeholder	Students	
Participants	60	
Programme/Event Organized by	Department of Community Medicine	


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PROGRAMME REPORT

Name/Title of the programme	Health education - Cancer	
Date and Time	06/02/2024	10.00 am
Venue	Skill development Institute, Chrompet	
Target audience/Stakeholder	Public	
Participants	50	
Programme/Event Organized by	Department of Community Medicine	


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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted Health education on cancer at Skill development Institute, Chrompet on 6th February 2024. Health Education Regarding cancer was given to public. Public participation was enthusiastic.



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LIST OF PARTICIPANTS

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2.	Dr. Ramya , PG dept of community medicine
3.	Dr. visalini, PG dept of community medicine
4.	Dr. Sriram
5.	Dr. Sonaliya
6.	Dr. Sowndarya
7.	Dr.Someshwaran
8.	Nagarajan, Health Educator
9.	Vignesh, Health Educator


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PROGRAMME REPORT

Name/Title of the programme	Interns training program	
Date and Time	6/6/2024	10.00 am
Venue	TMCH	
Target audience/Stakeholder	Interns	
Participants	38	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the department of community medicine conducted Interns training program. Interns participation was enthusiastic




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5.	Dr. Fathima
6.	Dr. Divyadharshini
7.	Dr. Deepika
8.	Dr. Deepthika
9.	Dr. Dipshika
10.	Nagarajan, Health Inspector
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EVENT REPORT

Name/Title of the program	Health camp	
Date and Time	6/07/2024	10.00AM
Venue	Madha Koil street,Kelambakkam	
Target	Public	
Number of Participants	100	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted Health camp at Madha koil street Kelambakkam. Total number of beneficiaries 183.




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7.	Dr. Aiswarya
8.	Dr. Akshadha
9.	Dr. Anupriya
10.	Dr. Anusha
11.	Ganapathy, Health Educator
12.	Indrani, Health Educator
13.	Padmavathy, Health Educator



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PROGRAMME REPORT

Name/Title of the programme	Health education	
Date and Time	07/03/2024	10.00 am
Venue	RHTC good life nursing college	
Target audience/Stakeholder	Students	
Participants	40	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health education programme on 7th March 2024 at Good life nursing school. Health Education was given to Students. Student participation was enthusiastic



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9.	Indrani, Health Educator
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PROGRAMME REPORT

Name/Title of the programme	Survey – Food safety day	
Date and Time	7/6/2024	10.00 am
Venue	Kelambakkam	
Target audience/Stakeholder	Patients	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of RHTC, Kelambakkam conducted a survey on food safety day at kelambakkam on 7th June 2024. Health Education was given to public. Public participation was enthusiastic.



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

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Name/Title of the programme	Health Camp - NCD	
Date and Time	17/02/2024	10.00 am
Venue	Gowthamar Street, RK puram	
Target audience/Stakeholder	Public	
Participants	60	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health Camp – NCD at Gowthanar Street, RK puram. Public participation was enthusiastic.




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4.	Dr. Thiruvulluvan
5.	Dr. Subapriya S
6.	Dr. Swetha M
7.	Dr. Swetha S
8.	Dr. Thanujha
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12.	Indrani, Health Educator
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Name/Title of the programme	Health Education	
Date and Time	08/05/2024	10.00 am
Venue	Old age home, kumarakundram	
Target audience/Stakeholder	Residents'	
Participants	25	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted health education at old age home, kumarakundram. Staff & residents' participation was enthusiastic.




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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Vasanthan
5.	Dr. Vaishali
6.	Dr. Veeneth
7.	Dr. Vigneshwari
8.	Nagarajan, Health Educator
9.	Vignesh, Health Educator


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EVENT REPORT

Name/Title of the program	Health Camp	
Date and Time	11/06/2024	10.00AM
Venue	Ganapathi Nagar,Kovilampakkam	
Target	Public	
Number of Participants	120	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted Health Camp at Ganapathi Nagar Kovilampakkam for Public..Total number of beneficiaries 120.




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PROGRAMME REPORT

Name/Title of the programme	Rally	
Date and Time	11/7/2024	10.00 am
Venue	Rathinamangalam	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the department of community medicine conducted a rally on 11th July 2024 at Rathinamangalam. Public participation was enthusiastic




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CHENNAI-600 127.



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PROGRAMME REPORT

Name/Title of the programme	Health Camp	
Date and Time	12/02/2024	10.00 am
Venue	Goodwin industrial Pvt limited, Kalavakkam	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a health camp at Goodwin industrial pvt limited, Kalavakkam on 12th February 2024. Public participation was enthusiastic.



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Name/Title of the programme	Health Camp	
Date and Time	12/04/2024	10.00 am
Venue	Kumarakundram temple, Chrompet	
Target audience/Stakeholder	Public	
Participants	50	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health Camp at Kumarakundram temple, Chrompet. Public participation was enthusiastic.




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PROGRAMME REPORT

Name/Title of the programme	Health education - World Health day	
Date and Time	12/4/2024	10.00 am
Venue	Goodwin industrial pvt limited Kalavakkam	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health education programme on World health day on 12th April 2024 at Goodwin industrial pvt limited Kalavakkam. Health Education was given to public . Public participation was enthusiastic.



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2.	Dr. B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Suganya
5.	Dr. Suriya Prabu
6.	Dr. Swetha M
7.	Dr. Swetha A
8.	Dr. Thanujha
9.	Dr. Subapriya
10.	Dr. Thanmaya
11.	Ganapathy, Health Educator
12.	Indrani, Health Educator


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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.


Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health camp	
Date and Time	12/06/2024	10.00 am
Venue	Chinnamanagar, Thayyur	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health camp on 12th June 2024 at Kelambakkam Area . Health Education was given to public. Public participation was enthusiastic




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TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.


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LIST OF PARTICIPANTS

S. No.	Name
1.	Dr. Divyaparvathy J M.D , Assistant Prof. Dept of community medicine
2.	Dr. B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr.Gaurav R
5.	Dr. Fathima
6.	Dr. Divyadharshini
7.	Dr. Deepika
8.	Dr. Deepthika
9.	Dr. Dipshika
10.	Nagarajan, Health Inspector
11.	Vignesh, Health MSW


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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.


Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health education – world population day	
Date and Time	12/7/2024	10.00 am
Venue	Government higher secondary school, Somamangalam	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health education program for world population day on 12th July 2024 at Government higher secondary school, Somamangalam. Health Education was given to public. Public participation was enthusiastic



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RATHINAMANGALAM, MELAKKOTTAIYUR POST,
CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

LIST OF PARTICIPANTS

S. No.	Name
1.	Dr. Divyaparvathy J M.D , Assistant Prof. Dept of community medicine
2.	Dr. Ramya , PG dept of community medicine
3.	Dr. visalini, PG dept of community medicine
4.	Dr.Gaurav R
5.	Dr. Fathima
6.	Dr. Divyadharshini
7.	Dr. Deepika
8.	Dr. Deepthika
9.	Dr. Dipshika
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TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health awareness program	
Date and Time	14/02/2024	10.00 am
Venue	Ayyanam Sr. Secondary school Chrompet	
Target audience/Stakeholder	Students	
Participants	60	
Programme/Event Organized by	Department of Community Medicine	


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CHENNAI-600 127.



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health awareness programme on 14th February 2024 at Ayyanam Senior secondary school Chrompet. Health awareness was given to the students. Student participation was enthusiastic.




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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

LIST OF PARTICIPANTS

S. No.	Name
1.	Dr.Harish M.D , Assistant Prof. Dept of community medicine
2.	Dr.ramya , PG dept of community medicine
3.	Dr. Visalini, PG dept of community medicine
4.	Dr. Thiruvulluvan
5.	Dr. Subapriya S
6.	Dr. Swetha M
7.	Dr. Swetha S
8.	Dr. Thanujha
9.	Dr. Suganya
10.	Dr. Supradheep
11.	Ganapathy, Health Educator
12.	Indrani, Health Educator
13.	Padmavathy, Health Educator


DEAN
TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health education - Menstrual hygiene	
Date and Time	14/03/2024	10.00 am
Venue	Ayyarsamy senior secondary school, Chrompet	
Target audience/Stakeholder	Students	
Participants	50	
Programme/Event Organized by	Department of Community Medicine	


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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health education programme on Menstrual hygiene on 14th March 2024 at Ayyarsamy senior secondary school Chrompet. Health Education Regarding menstrual hygiene was given to the students. Student participation was enthusiastic




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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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LIST OF PARTICIPANTS

S. No.	Name
1.	Dr. Divyaparvathy J M.D , Assistant Prof. Dept of community medicine
2.	Dr. B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Sriram
5.	Dr. Sonaliya
6.	Dr. Sowndarya
7.	Dr.Someshwaran
8.	Nagarajan, Health Educator
9.	Vignesh, Health Educator


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TAGORE MEDICAL COLLEGE & HOSPITAL

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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health camp	
Date and Time	15/03/2024	10.00 am
Venue	Ganagayammankoil street	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com




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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a health camp on 15th March 2024 at Ganagayammankoil street. Health Education was given to public. Public participation was enthusiastic




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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

LIST OF PARTICIPANTS

S. No.	Name
1.	Dr.Harish M.D , Assistant Prof. Dept of community medicine
2.	Dr.B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Sree Lekha K
5.	Dr. Sri Ishwarya Raksha M
6.	Dr. Sriram
7.	Dr. Sonaliya
8.	Ganapathy, Health Educator
9.	Indrani, Health Educator
10.	Padmavathy, Health Educator


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CHENNAI-600 127.



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Name/Title of the programme	Health Camp	
Date and Time	15/04/2024	10.00 am
Venue	Kalaivani Old Age Home, East Tambaram	
Target audience/Stakeholder	Residents	
Participants	25	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health Camp at Kalaivani Old Age Home, East Tambaram. Residents participation was enthusiastic.




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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

List of participants

S. No.	Name
1.	Dr. Divyaparvathy J M.D , Assistant Prof. Dept of community medicine
2.	Dr. B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
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5.	Dr. Supriya
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10.	Dr. Thanmaya KM
11.	Nagarajan, Health Inspector
12.	Vignesh, Health MSW


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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Name/Title of the programme	Health camp	
Date and Time	16/03/2024	10.00 am
Venue	Kalaivani old age home, Tambaram	
Target audience/Stakeholder	Residents	
Participants	25	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health camp at Kalaivani old age home, Tambaram. Residents participation was enthusiastic.




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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

LIST OF PARTICIPANTS

S. No.	Name
1.	Dr. Divyaparvathy J M.D , Assistant Prof. Dept of community medicine
2.	Dr.sushmitha, PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Sriram
5.	Dr. Sonaliya
6.	Dr. Sowndarya
7.	Dr.Someshwaran
8.	Nagarajan, Health Educator
9.	Vignesh, Health Educator


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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Name/Title of the programme	Health Camp - NCD	
Date and Time	17/02/2024	10.00 am
Venue	Gowthamar Street, RK puram	
Target audience/Stakeholder	Public	
Participants	60	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health Camp – NCD at Gowthanar Street, RK puram. Public participation was enthusiastic.




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RATHINAMANGALAM, MELAKOTTAIYUR POST,
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TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

LIST OF PARTICIPANTS

S. No.	Name
1.	Dr. Divyaparvathy J M.D , Assistant Prof. Dept of community medicine
2.	Dr. B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Sriram
5.	Dr. Sonaliya
6.	Dr. Sowndarya
7.	Dr.Someshwaran
8.	Abinaya S
9.	Abinaya M
10.	Nagarajan, Health Educator
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DEAN
TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health camp	
Date and Time	17/05/2024	10.00 am
Venue	Kelambakkam area	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health camp on 17th May 2024 at Kelambakkam Area . Health Education Regarding was given to public. Public participation was enthusiastic.




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TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

LIST OF PARTICIPANTS

Name
Dr.Harish M.D , Assistant Prof. Dept of community medicine
Dr.B. Sharmila , PG dept of community medicine
Dr. R. Gayathri, PG dept of community medicine
Dr. Vasanthan
Dr. Vigneshwari
Dr. Vaishali
Dr. Veeneth
Ganapathy, Health Educator
Indrani, Health Educator
Padmavathy, Health Educator


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TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Hypertension screening	
Date and Time	18/4/2024	10.00 am
Venue	Kelambakkam area	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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CHENNAI-600 127.



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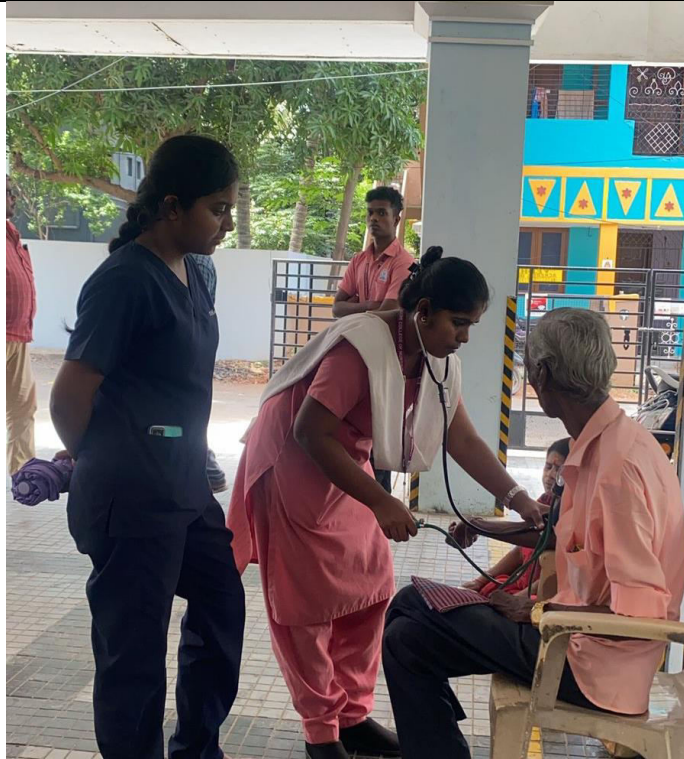
Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Hypertension screening programme on 18th April 2024 at Kelambakkam Area . Health Education was given to public . Public participation was enthusiastic.




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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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LIST OF PARTICIPANTS

S. No.	Name
1.	Dr. Divyaparvathy J M.D , Assistant Prof. Dept of community medicine
2.	Dr. B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Suganya
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DEAN
TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health camp	
Date and Time	19/06/2024	10.00 am
Venue	Periyammanagar, Thayyur	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health camp on 19th June 2024 at PeriyammanagarThayyur. Health Education was given to public. Public participation was enthusiastic



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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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LIST OF PARTICIPANTS

S. No.	Name
1.	Dr.Harish M.D , Assistant Prof. Dept of community medicine
2.	Dr.B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. aparna J
5.	Dr. Abinaya S
6.	Dr. Aboo Ferness
7.	Dr. Aiswarya
8.	Dr. Akshadha
9.	Dr. Anupriya
10.	Dr. Anusha
11.	Ganapathy, Health Educator
12.	Indrani, Health Educator
13.	Padmavathy, Health Educator


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Name/Title of the programme	Health Awareness - NCD	
Date and Time	20/02/2024	10.00 am
Venue	Mangayarkarasi street, East Tambaram	
Target audience/Stakeholder	Public	
Participants	40	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health awareness – NCD at Mangayarkarasi street, East Tambaram. Public participation was enthusiastic.




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5.	Dr. Sonaliya
6.	Dr. Sowndarya
7.	Dr.Someshwaran
8.	Abinaya S
9.	Abinaya M
10.	Nagarajan, Health Educator
11.	Vignesh, Health Educator


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PROGRAMME REPORT

Name/Title of the programme	Health awareness - Heat waves	
Date and Time	20/4/2024	10.00 am
Venue	Bungalow malai street, Chrompet	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health awareness programme on Heat waves on 20th April 2024 at Bunglow malai street, Chrompet. Health Education Regarding heat waves was given to public. Public participation was enthusiastic.




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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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7.	Dr. Swetha S
8.	Dr. Sriram
9.	Dr. Thanujha
10.	Dr. Thanmaya KM
11.	Nagarajan, Health Inspector
12.	Vignesh, Health MSW


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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health education - Personal hygiene	
Date and Time	21/01/2024	10.00 am
Venue	Christian school, Thayyur	
Target audience/Stakeholder	students	
Participants	80	
Programme/Event Organized by	Department of Community Medicine	


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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, conducted HEALTH EDUCATION on Personal hygiene on 21 JANUARY 2024 at Christian School, Thayyur. Student participation was enthusiastic



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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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List of participants

S. No.	Name
1.	Dr.Harish M.D , Assistant Prof. Dept of community medicine
2.	Dr.B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Sree Lekha K
5.	Dr. Sri Ishwarya Raksha M
6.	Dr. Sriram
7.	Dr. Sonaliya
8.	Ganapathy, Health Educator
9.	Indrani, Health Educator
10.	Padmavathy, Health Educator


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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health education – World blood donor day	
Date and Time	21/6/2024	10.00 am
Venue	UHTC, Tambaram	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health education program – World blood donor day on 21st June 2024 at UHTC tambaram. Health Education was given to public. Public participation was enthusiastic



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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8.	Dr. Deepthika
9.	Dr. Dipshika
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11.	Vignesh, Health MSW


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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health education – Yoga day	
Date and Time	21/06/2024	10.00 am
Venue	Kelambakkam area	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health education program – Yoga day on 21st june 2024 at Kelambakkam Area . Health Education was given to public. Public participation was enthusiastic



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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EVENT REPORT

Name/Title of the program	Health Camp	
Date and Time	21/07/2024	10.00AM
Venue	Therkupattu, ECR	
Target	PUBLIC	
Number of Participants	180	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted Health Camp at Therakupattu, ECR for Public.




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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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3.	Dr. Visalini, PG dept of community medicine
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5.	Dr. Fathima
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Name/Title of the programme	Health camp	
Date and Time	22/03/2024	10.00 am
Venue	RK puram, East Tambaram	
Target audience/Stakeholder	Public	
Participants	50	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health camp at RK Puram, East Tambaram. Public participation was enthusiastic.




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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Name/Title of the programme	World Earth Day Campaign	
Date and Time	22/04/2024	10.00 am
Venue	UHTC	
Target audience/Stakeholder	Staffs & Patients	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted World Earth Day Campaign. Staff & Patient participation was enthusiastic.




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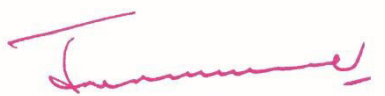
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Name/Title of the programme	Health Education	
Date and Time	22/05/2024	10.00 am
Venue	Durgai amman kovil, Hasthinapuram	
Target audience/Stakeholder	Public	
Participants	50	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted health education at Durgai amman kovil, Hasthinapuram. Public participation was enthusiastic.




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PROGRAMME REPORT

Name/Title of the programme	Health camp	
Date and Time	23/04/2024	10.00 am
Venue	Jyothi nagar	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health camp on 23rd April 2024 at KelambakkamArea. Health Education was given to public. Public participation was enthusiastic.




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CHENNAI-600 127.



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health camp – Hypertension screening	
Date and Time	23/7/2024	10.00 am
Venue	Kalangar nagar, Pudupakkam	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health camp for hypertension screening on 23rd July 2024 at Kalangar nagar pudupakkam. Health Education Regarding Hypertension was given to public. Public participation was enthusiastic




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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

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PROGRAMME REPORT

Name/Title of the programme	Health camp – Hypertension screening	
Date and Time	24/7/2024	10.00 am
Venue	Kannayamman koil street	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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CHENNAI-600 127.



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health camp for hypertension screening on 24th July 2024 at Kannayamman koil street. Health Education Regarding Hypertension was given to public. Public participation was enthusiastic




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LIST OF PARTICIPANTS

S. No.	Name
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2.	Dr.Ramya , PG dept of community medicine
3.	Dr. Visalini, PG dept of community medicine
4.	Dr. aparna J
5.	Dr. Abinaya S
6.	Dr. Aboo Ferness
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8.	Dr. Akshadha
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10.	Dr. Anusha
11.	Ganapathy, Health Educator
12.	Indrani, Health Educator
13.	Padmavathy, Health Educator


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PROGRAMME REPORT

Name/Title of the programme	Health education - World TB day	
Date and Time	25/03/2024	10.00 am
Venue	PSB ITI, Kelambakkam area	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health education programme on World TB day on 25th March 2024 at PSB ITI KELAMBAKKAM Area . Health Education regarding TB was given to public. Public participation was enthusiastic




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Name/Title of the programme	Health camp – TB awarness	
Date and Time	25/03/2024	10.00 am
Venue	Mahindra kotak service area, chitlapakam	
Target audience/Stakeholder	Public	
Participants	50	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Health camp- TB awareness at Mahindra kotak service area, chitlapakam. Public participation was enthusiastic.




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CHENNAI-600 127.



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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Hypertension screening	
Date and Time	25/4/2024	10.00 am
Venue	Kelambakkam area	
Target audience/Stakeholder	Public	
30	30	
Programme/Event Organized by	Department of Community Medicine	


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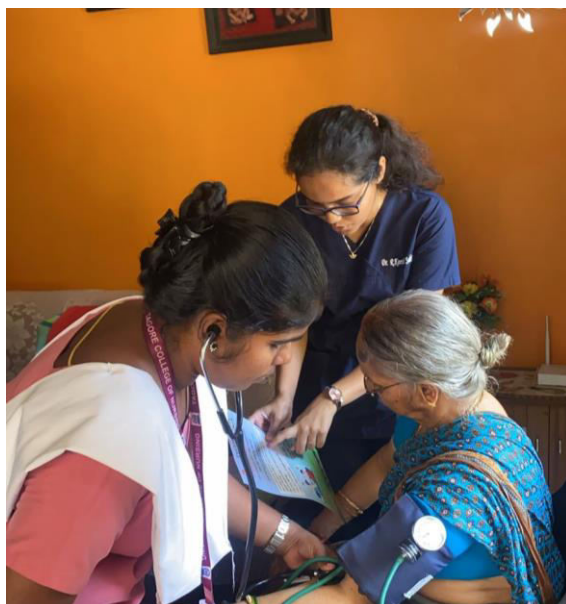
Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Hypertension screening program on 25th April 2024 at KelambakkamArea. Health Education Regarding Hypertension was given to public. Public participation was enthusiastic.




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5.	Dr. Suriya Prabu
6.	Dr. Swetha M
7.	Dr. Swetha A
8.	Dr. Thanujha
9.	Dr. Subapriya
10.	Dr. Thanmaya
11.	Ganapathy, Health Educator
12.	Indrani, Health Educator


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CHENNAI-600 127.



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health camp – Hypertension screening	
Date and Time	25/7/2024	10.00 am
Venue	Malayappamudali, Kelambakkam	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health camp for hypertension screening on 25th July 2024 at Malayappamudali Kelambakkam. Health Education Regarding Hypertension was given to public. Public participation was enthusiastic




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PROGRAMME REPORT

Name/Title of the programme	Hypertension screening – Field camp	
Date and Time	26/04/2024	10.00 am
Venue	Kelambakkam area	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Hypertension screening Field camp on 26th April 2024 at Kelambakkam Area . Health Education Regarding was given to public. Public participation was enthusiastic.




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TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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EVENT REPORT

Name/Title of the program	Health Awareness-Drug Abuse	
Date and Time	26/06/2024	10.00AM
Venue	Madras Institute of technology, Anna University,Chrompet	
Target	students and staff	
Number of Participants	200	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with UHTC team conducted Health awareness on Drug Abuse at Madras Institute of technology, Anna University,Chrompet.Total number of beneficiaries 200.



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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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List of Participants

S. No.	Name
1.	Dr. Divyaparvathy J M.D , Assistant Prof. Dept of community medicine
2.	Dr. RAMYA , PG dept of community medicine
3.	Dr. Visalini, PG dept of community medicine
4.	Dr.Gaurav R
5.	Dr. Fathima
6.	Dr. Divyadharshini
7.	Dr. Deepika
8.	Dr. Deepthika
9.	Dr. Dipshika
10.	Nagarajan, Health Inspector
11.	Vignesh, Health MSW


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PROGRAMME REPORT

Name/Title of the programme	General health awareness and HTN screening	
Date and Time	26/7/2024	10.00 am
Venue	Komannagarthayur	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com




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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a general health awareness and hypertension screening program at KomannagarThayyur. Health Education was given to public. Public participation was enthusiastic




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CHENNAI-600 127.



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Name/Title of the programme	Health camp	
Date and Time	27/03/2024	10.00 am
Venue	Periyapillai street, thaiyur	
Target audience/Stakeholder	Public	
Participants	55	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, kelambakkam conducted a Health camp at periyapillai street, thaiyur. Public participation was enthusiastic.




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PROGRAMME REPORT

Name/Title of the programme	Medical camp	
Date and Time	28/02/2024	10.00 am
Venue	Jyothi nagar, Kelambakkam area	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Medical camp on 28th February 2024 at Jyothi nagarKelambakkam. Health Education was also given to public. Public participation was enthusiastic.




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EVENT REPORT

Name/Title of the program	Health camp	
Date and Time	29/01/2024	10.00AM
Venue	Sri Jegadeeswari old age home, Hastinapuram	
Target	Old age home residents	
Number of Participants	60	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with interns of UHTC screened residents of Sri Jegadeeswari old age home, Hastinapuram. Health camp was conducted and treated accordingly. Residents participated enthusiastically

Program/Event

Organized by

Department of Community Medicine



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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

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PROGRAMME REPORT

Name/Title of the programme	Hypertension screening	
Date and Time	29/4/2024	10.00 am
Venue	Kelambakkam area	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Hypertension screening program on 29th April 2024 at Kelambakkam area. Health Education Regarding Hypertension was given to public. Public participation was enthusiastic.




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CHENNAI-600 127.



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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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LIST OF PARTICIPANTS

S. No.	Name
1.	Dr. Harish M.D , Assistant Prof. Dept of Community Medicine
2.	Dr. B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Suganya
5.	Dr. Suriya Prabu
6.	Dr. Swetha M
7.	Dr. Swetha A
8.	Dr. Thanujha
9.	Dr. Subapriya
10.	Dr. Thanmaya
11.	Ganapathy, Health Educator
12.	Indrani, Health Educator


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CHENNAI-600 127.



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PROGRAMME REPORT

Name/Title of the programme	Health education – World ORS day	
Date and Time	29/7/2024	10.00 am
Venue	Kelambakkam	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a health education program for WORLD ORS DAY at Kelambakkam. Health Education was given to public. Public participation was enthusiastic




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RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.



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LIST OF PARTICIPANTS

S. No.	Name
1.	Dr.Harish M.D , Assistant Prof. Dept of community medicine
2.	Dr.RAmya , PG dept of community medicine
3.	Dr. Visalini, PG dept of community medicine
4.	Dr. aparna J
5.	Dr. Abinaya S
6.	Dr. Aboo Ferness
7.	Dr. Aiswarya
8.	Dr. Akshadha
9.	Dr. Anupriya
10.	Dr. Anusha
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12.	Indrani, Health Educator
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CHENNAI-600 127.



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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health education - Leprosy awareness	
Date and Time	30/1/2024	10.00 am
Venue	Government Leprosy Rehabilitation Center	
Target audience/Stakeholder	Public	
Participants	50	
Programme/Event Organized by	Department of Community Medicine	


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CHENNAI-600 127.



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a Field visit to Government leprosy rehabilitation center on 30th January 2024. Health Education was given to public. Public participation was enthusiastic




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CHENNAI-600 127.



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

List of participants

S. No.	Name
1.	Dr. Divyaparvathy J M.D , Assistant Prof. Dept of community medicine
2.	Dr. B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Sriram
5.	Dr. Sonaliya
6.	Dr. Sowndarya
7.	Dr.Someshwaran
8.	Nagarajan, Health Educator
9.	Vignesh, Health Educator


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TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.
Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Quiz - Leprosy	
Date and Time	30/1/2024	10.00 am
Venue	Government Higher secondary school, Kelambakkam area	
Target audience/Stakeholder	Students	
Participants	60	
Programme/Event Organized by	Department of Community Medicine	


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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Quiz on leprosy on 30th January 2024 at Kelambakkam Area. Public participation was enthusiastic.




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List of participants

S. No.	Name
1.	Dr.Harish M.D , Assistant Prof. Dept of community medicine
2.	Dr.B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Sree Lekha K
5.	Dr. Sri Ishwarya Raksha M
6.	Dr. Sriram
7.	Dr. Sonaliya
8.	Ganapathy, Health Educator
9.	Indrani, Health Educator
10.	Padmavathy, Health Educator


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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health education -World Leprosy Day	
Date and Time	30/1/2024	10.00 am
Venue	Jeganath Vidhyalaya, Thaiyur	
Target audience/Stakeholder	Students	
Participants	60	
Programme/Event Organized by	Department of Community Medicine	


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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a Health education on leprosy on 30th January 2024 at Kelambakkam Area. Students participation was enthusiastic




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CHENNAI-600 127.



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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List of participants

S. No.	Name
1.	Dr. Harish M.D , Assistant Prof. Dept of community medicine
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4.	Dr. Sree Lekha K
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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	General health awareness	
Date and Time	30/1/2024	10 am
Venue	Government hospital Tambaram	
Target audience/Stakeholder	Public	
Participants	80	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the UHTC, Tambaram conducted a general health education awareness program at Government tambaram hospital on 30th January 2024.. Health Education was given to patients. Patient participation was enthusiastic




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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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List of participants

S. No.	Name
1.	Dr.Harish M.D , Assistant Prof. Dept of community medicine
2.	Dr.B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Sree Lekha K
5.	Dr. Sri Ishwarya Raksha M
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9.	Indrani, Health Educator


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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health awareness human chain- World Leprosy Day	
Date and Time	31/1/2024	10.00 am
Venue	PSB ITI - Kelamabakkam	
Target audience/Stakeholder	Students	
Participants	60	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC Kelambakkam along with students of PSB ITI conducted a human chain for creating awareness about leprosy on 31st January 2024 at Kelambakkam Area. Public participation was enthusiastic



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RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

List of participants

S. No.	Name
1.	Dr. Harish M.D , Assistant Prof. Dept of Community Medicine
2.	Dr. B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Sree Lekha K
5.	Dr. Sri Ishwarya Raksha M
6.	Dr. Sriram
7.	Dr. Sonaliya
8.	Ganapathy, Health Educator
9.	Indrani, Health Educator


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TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health screening	
Date and Time	31/1/2024	10.00 am
Venue	Pandian street, Kelambakkam	
Target audience/Stakeholder	Public	
Participants	60	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC Kelambakkam along with CRMI screened Pandian street public for non communicable disease and created awareness. Public participation was enthusiastic




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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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List of participants

S. No.	Name
1.	Dr.Harish M.D , Assistant Prof. Dept of community medicine
2.	Dr.B. Sharmila , PG dept of community medicine
3.	Dr. R. Gayathri, PG dept of community medicine
4.	Dr. Sree Lekha K
5.	Dr. Sri Ishwarya Raksha M
6.	Dr. Sriram
7.	Dr. Sonaliya
8.	Ganapathy, Health Educator
9.	Indrani, Health Educator


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CHENNAI-600 127.



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Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health awareness rally- World Leprosy Day	
Date and Time	31/1/2024	10.00 am
Venue	Jeganath Vidhyala- Thaiyur	
Target audience/Stakeholder	Students	
Participants	120	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC Kelambakkam along with students of Jeaganath vidhayala conducted a Rally for creating awareness about leprosy on 31st January 2024 at Thaiyur Area. Public participation was enthusiastic



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Health screening	
Date and Time	31/1/2024	10.00 am
Venue	Pandian street, Kelambakkam	
Target audience/Stakeholder	Public	
Participants	60	
Programme/Event Organized by	Department of Community Medicine	


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CHENNAI-600 127.

Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC Kelambakkam along with CRMI screened Pandian street public for non communicable disease and created awareness. Public participation was enthusiastic




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CHENNAI-600 127.



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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S. No.	Name
1.	Dr. Harish M.D , Assistant Prof. Dept of community medicine
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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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PROGRAMME REPORT

Name/Title of the programme	Family health survey	
Date and Time	31/07/2024	10.00 am
Venue	Balamudali street, Kelambakkam	
Target audience/Stakeholder	Public	
Participants	30	
Programme/Event Organized by	Department of Community Medicine	


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Detailed Report of the Programme

As a part of our community outreach programme, the doctors and staff of the RHTC, Kelambakkam conducted a family health survey on 31st July 2024 . Health Education was given to public. Public participation was enthusiastic




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CHENNAI-600 127.



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

LIST OF PARTICIPANTS

S. No.	Name
1.	Dr.Harish M.D , Assistant Prof. Dept of community medicine
2.	Dr.Ramya , PG dept of community medicine
3.	Dr. Visalini, PG dept of community medicine
4.	Dr. aparna J
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RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

Phone : 044-30101111, Fax : 044-222 5555, Email: tagoremch@gmail.com



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EVENT REPORT

Name/Title of the program	Role play- World Cancer Day 2024	
Date and Time	06/02/2024	10.00AM
Venue	Patients waiting Hall, Tagore medical college and hospital	
Target audience/Stakeholder	General Public	
Number of Participants	97	
Program/Event Organized by	Department of Community Medicine, Tagore medical college and hospital	
Objective of the Program	To provide knowledge and create awareness among the general public about the risk factors, early warning signals, early diagnosis and prevention of Cancer.	


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CHENNAI-600 127.



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Rathinamangalam, Melakkottaiyur Post, Chennai - 600127.

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Detailed report of the program

The World Cancer Day awareness program was conducted by the Department of Community Medicine, TMCH in the patients waiting hall on 06th February 2024. Dr.A. Vikram, Assistant Professor, Department of Community Medicine delivered the welcome address along with a brief introduction about World Cancer Day and the theme for the year 2024 – ‘Together, we challenge those in Power’. Dr.B. Jayakumar, Medical Superintendent, TMCH headed the event and delivered a health talk on the early warning signals of cancer and the early diagnostic facilities available for the different types of cancer. The Post graduates and the CMRIs of the department of Community Medicine staged a role play highlighting the importance of early diagnosis and treatment of cervical cancer to save lives of the affected women. The role play was followed by a health awareness talk by Dr. Mahitha, Final year Post Graduate in the Department of Community Medicine, who discussed the various risk factors for cancer and the preventive strategies. Dr. Karthik. R. C, Associate Professor, Department of Community Medicine highlighted the importance of HPV and Hep Bvaccination to prevent cancers and the availability of vaccines in TMCH. The vote of thanks was delivered Dr.Deepak Avinash. K. R. Assistant Professor, Department of Community Medicine.


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DEPARTMENT OF COMMUNITY MEDICINE

Invites all to the

WORLD CANCER DAY – 2024

Theme: *“Together we challenge those in power”*

Date: 06.02.2024

Event: *Role play*

Timing: 10.00 Am onwards

Venue: Patient's Waiting Hall, Hospital Building

Chief Patron

Prof. Dr. M. MALA M.A., M.Phil., Ph.D

Chairperson & Managing Trustee,
Tagore Educational Trust

Mr.G.MANIKANDAN

Secretary,
Tagore Educational Trust

Dr. J. Muthukumarand DLO, M.S, MCh., FIAGES, FICS
Dean, TMCH

Dr.B.Jayakumar M.S.,
Medical Superintendent, TMCH

Dr.D.H.Gopalan M.S, PhD, ACME
Vice Principal, TMCH

Dr. Ramesh Harihara Iyer M.D.,
Prof and Head –Dept of Community Medicine

All are Invited!!!!

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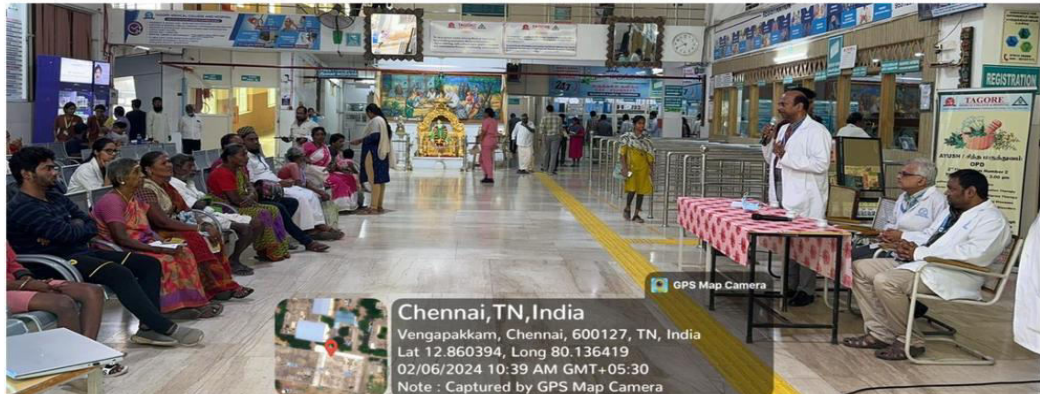
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Chennai,TN,India
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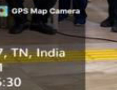
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Vengapakkam, Chennai, 600127, TN, India
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Thirumala

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EVENT REPORT

Name/Title of the program	Role play- Dengue Day 2024	
Date and Time	18/05/2024	11.00AM
Venue	Patients waiting Hall Tagore medical college and hospital	
Target audience/Stakeholder	Public	
Number of Participants	45	
Program/Event Organized by	Department of Community Medicine, Tagore medical college and hospital	
Objective of the Program	To provide knowledge and create awareness about Dengue Fever	


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Detailed report of the program

National Dengue Day ,observed annually on May 16th serves as a reminder of the importance of raising awareness and taking preventive measures against dengue fever. As the world grapples with the ongoing challenges posed by this mosquito-borne disease, it is crucial for individuals and communities to take proactive steps to protect themselves and their families, in order to emphasise the awareness of Dengue in the community, Department of Community Medicine organised a role play in our hospital premises. The Dengue Day program introduction was given by Dr. A. Vikram, Associate Professor, Dept of Community Medicine. The program was inaugurated by Dr. J. Muthukumaran, Dean, TMCH, Dr. B. Jayakumar, Medical Superintendent, TMCH and Dr. D. H. Gopalan, Vice Principal. TMCH. The CRMIs posted in department of community medicine staged a roleplay and created awareness about the importance of diagnosing and treating the dengue fever at early stage. After the roleplay, Dr. R. Gayathri, first year post graduate in community medicine, explained the symptoms of dengue fever to the public. She also emphasized the various preventive measures of dengue fever. The session was concluded with a vote of thanks by Dr. M. Ezhilvanan, Associate Professor in Dept of Community Medicine.


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DEPARTMENT OF COMMUNITY MEDICINE

Invites all to the

DENGUE AWARENESS PROGRAM – 2024

Date: 18.05.2024

Event: Role play

Timing: 10.30 Am onwards

Venue: Patient's Waiting Hall, Hospital Building

Guest of Honors

Prof. Dr. M. Mala M.A, M.Phil.,Ph.D.

ChairPerson, & Managing Trustee
Tagore Educational Trust

Mr. G. Manikandan

Secretary, Tagore Educational Trust
V.H.P. All India Trustee

Dignitaries

Dr. J. Muthukumaran DLO., M.S, MCh.,
Dean, TMCH

Dr.B.Jayakumar M.S.,
Medical Superintendent, TMCH

Dr.Shanthimalar, M.D., D.A
Director, TMCH

Dr.D.H. Gopalan M.S. PhD ACME
Vice-Principal, TMCH

Dr. Ramesh Harihara Iyer, M.D

Professor and HOD, Dept of Community Medicine, TMCH


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Role play- Dengue Day 2024 on 18.5.24 Patients waiting Hall

Tagore medical college and hospital


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EVENT REPORT

Name/Title of the program	Role play- World Environmental Day 2024	
Date and Time	05/06/2024	10.00AM
Venue	Patients waiting Hall Tagore medical college and hospital	
Target audience/Stakeholder	Public	
Number of Participants	67	
Program/Event Organized by	Department of Community Medicine, Tagore medical college and hospital	
Objective of the Program	To raise awareness about current environmental problems due to human behaviour and encourage public to act swiftly to prevent further harm and restore & replenish the available resources	


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Detailed report of the program

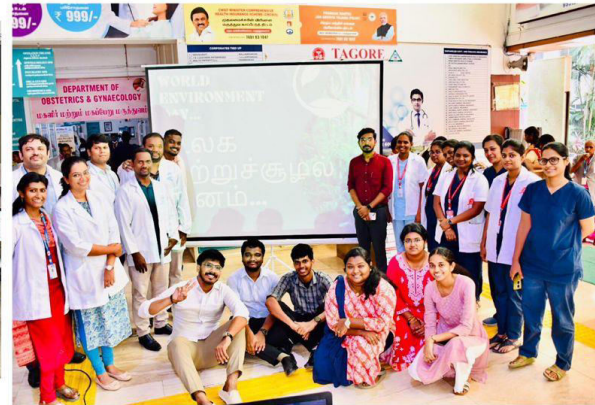
The World Environment Day (WED) 2024 focuses on land restoration, halting desertification and building drought resilience under the slogan “Our land. Our future. We are #Generation Restoration.” On WED 2024, we call for everyone to recognize the integral role of the health sector in environmental conservation and climate action. The World Environmental Day awareness program Introduction was given by Dr.A.Vikram Associate professor, Dept of Community Medicine and the program was inaugurated by Dr. J.Muthukumaran. Dean, TMCH and Dr.Shanthimalar, Director, TMCH. The other dignitaries on stage were Dr. B. Jayakumar, Medical Superintendent, TMCH, Dr. D. H. Gopalan, Vice Principal, TMCH and Dr. C. Sivagurunathan, Professor, Department of Community Medicine, TMCH. Awareness about the current environmental problems faced all over the world due to human behaviour was created by a Roleplay staged by CMRIs of community medicine department. The importance of World environmental day and this year theme was explained by Dr.Vikram. The program concluded with vote of thanks by Dr.Divyaparvathy. Senior Resident, Dept of community medicine, TMCH.

Total number of participants:67


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World environmental day 5/06/2024



Venue:Hospital
reception,TMCH


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EVENT REPORT

Name/Title of the program	Role play- World Food safetyDay 2024	
Date and Time	07/06/2024	10.00AM
Venue	Patients waiting Hall Tagore medical college and hospital	
Target audience/Stakeholder	Public	
Number of Participants	64	
Program/Event Organized by	Department of Community Medicine, Tagore medical college and hospital	
Objective of the Program	To provide knowledge and create awareness about Food safety	


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Detailed report of the program

The WHO celebrates World Food Safety Day on 7 June every year to raise awareness about the importance of food safety and promote measures to ensure that the food we consume is safe. This year's theme underlines the importance of being prepared for food safety incidents, no matter how mild or severe they can be. In order to emphasise the importance of food safety in the community, Department of Community Medicine organised a role play in outhospital premises. The World Food Safety Day program introduction was given by Dr.A.Vikram, Associate Professor, Dept of Community Medicine and the program was inaugurated by Dr.J.Muthukumaran, Dean, TMCH and Dr.Shanthimalar, Director, TMCH. The other dignitaries on stage were Dr.B. Jayakumar, TMCH, Dr. D. H. Gopalan, Vice Principal, TMCH and Dr. C. Sivagurunathan, Professor, Department of Community Medicine, TMCH. The importance of World Food Safety Day and the theme for the year 2024 “**Prepare for the unexpected**” was explained to the audience by Dr.A.Vikram. The CRMIs posted in the dept of community medicine staged a role play to create awareness about Food safety to the public. The roleplay was followed by a health talk on ‘The 5 keys to food safety’ by Dr.Mahitha, final year post graduate in community medicine, TMCH. The session was concluded with a vote of thanks by Dr.Vikram..


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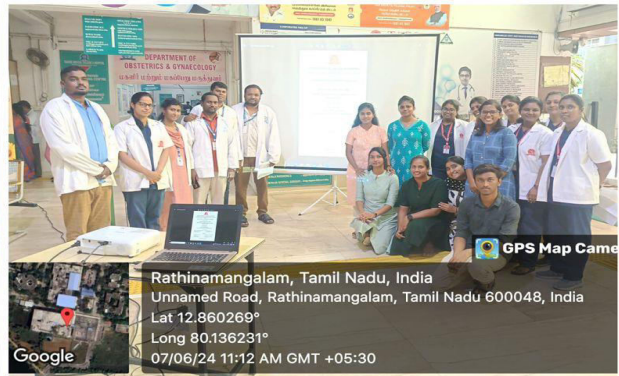
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World Food Safety Day 7/06/2024



**Venue: Hospital
reception, TMCH**


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EVENT REPORT

Name/Title of the program	Role play- World Leprosy Day 2024	
Date and Time	30/01/2024	10.00AM
Venue	Patients waiting Hall, Tagore medical college and hospital	
Target audience/Stakeholder	General Public	
Number of Participants	97	
Program/Event Organized by	Department of Community Medicine, Tagore medical college and hospital	
Objective of the Program	To provide knowledge and create awareness among general public about symptoms, modes of transmission, prevention and treatment of Leprosy	


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Detailed report of the program

The World Leprosy Day 2024 awareness program was organized by the Department of Community Medicine, TMCH in the patients waiting hall. Welcome address was given by Dr. C.Sivagurunathan, Professor, Department of Community Medicine. He gave a brief introduction about World Leprosy Day and it's theme for 2024 'Beat Leprosy'. The program was headed by Dr.J.MuthukumaranM.S ,Mch, Dean, TMCH who talked about the various myths related to leprosy. The Medical Superintendent of TMCH, Dr.B. Jayakumar provided the details of the diagnostic and treatment facilities available for Leprosy in the institution to the audience. Dr. Ramesh Harihara Iyer, Professor and HOD, Department of Community Medicine, shared a short story on stigma associated with leprosy to the audience. The Post graduates and CMRIs of the department of Community Medicine staged a role play to create awareness about symptoms and signs of Leprosy. Following the role play, Dr. A. Vikram, Assistant Professor in the Department of Community Medicine, summarized the role play and clarified the leprosy related doubts of the audience. The details of available treatment and government schemes related to Leprosy was shared with the audience by Dr.Aarthi, Final year Post graduate in Department of Community Medicine. Vote of thanks was delivered by Dr.Divya, Senior Resident, Depart of Community Medicine.


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Invitation

DEPARTMENT OF COMMUNITY MEDICINE

Invites all to the

WORLD LEPROSY DAY – 2024

Theme: “Beat Leprosy”

Date: 30.01.2024

Event: Role play

Timing: 10.00 Am onwards

Venue: Patient’s Waiting Hall, Hospital Building

Chief Patron

Prof.Dr.M. MALA *M.A.,M.Phil.,Ph.D*

Chairperson & Managing Trustee,
Tagore Educational Trust

Mr.G.MANIKANDAN

Secretary,
Tagore Educational Trust

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Dean, TMCH

Dr.B.Jayakumar M.S., M.S,PhD, ACME
Medical Superintendent, TMCH

Dr.D.H.Gopalan
Vice Principal, TMCH

Dr. Ramesh Harihara Iyer M.D.,
Prof and Head –Dept of Community Medicine

All are Invited!!!!


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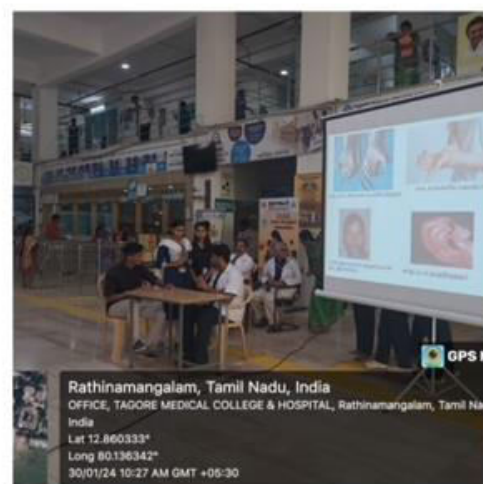
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EVENT REPORT

Name/Title of the program	Role play- World malaria Day 2024	
Date and Time	25/04/2024	10.30AM
Venue	Patients waiting Hall Tagore medical college and hospital	
Target audience/Stakeholder	Public	
Number of Participants	50	
Program/Event Organized by	Department of Community Medicine, Tagore medical college and hospital	
Objective of the Program	To provide knowledge and awareness about malaria	


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Detailed report of the program

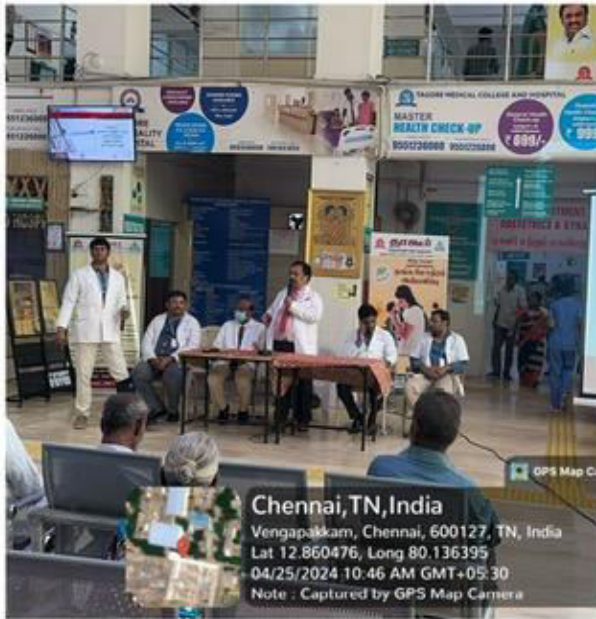
The World Malaria Day is observed by World Health Organization every year on 25 April. The theme for the year 2024 is “Accelerate the fight against malaria for a more equitable world” through:

- Ending discrimination and stigma
- Engaging communities in health decision-making
- Bringing health care close to where people live and work through primary health care
- Addressing factors that increase malaria risk
- Including malaria control interventions in universal health coverage

The Department of Community Medicine, TMCH observed the World Malaria Day 2024 by organizing a roleplay by the CRMIs and Post graduates of the community medicine department. Dr. A. Vikram, Associate Professor, Department of Community Medicine delivered the welcome speech in which he gave a brief introduction of the World Malaria Day and the theme for the year 2024. The program was inaugurated by Dr. J. Muthukumran, Dean, TMCH. He emphasized the importance of early diagnosis and appropriate treatment for Malaria. Dr. B. Jayakumar, Medical Superintendent, TMCH gave a brief description of the investigations and treatment facilities for malaria available in government and private health institutions. The CRMIs and the post graduates staged a roleplay where the importance of early diagnosis and treatment was emphasized. The role play was summarized by Dr. B. Sharmila, first year post graduate, community medicine highlighting the symptoms of Malaria, its diagnosis and treatment. After the role play, Dr. C. Sivagurunathan, Professor, Department of community medicine interacted with audience by clearing their doubts related to Malaria. He highlighted the various strategies to prevent Malaria in the community. The session was concluded with a vote of thanks by Dr. Divya Parvathy, Senior Resident.


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World Malaria Day - Role play 25.4.2024 at Tagore Hospital Reception Hall

Immanuel
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Date: 25/08/2023

CIRCULAR

This is to inform that the International Mother's Day to honor the "Extraordinary Contribution of Mother" will be celebrated on 28/08/2023 organized by Department of OBG. Kindly welcome to all to attend the Program.

DEAN


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Copy to:

1. Medical superintendent
2. Administrative office
3. HODs of all departments



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PROGRAM REPORT

Name/Title of the program	International Mother’s Day		
Date and Time	28-08-2023		10.00am to 12.00pm
Venue	Auditorium, TMCH		
Target audience/Stakeholder	MBBS Students		
Number of Participants	160 MBBS STUDENTS		
Program/Event Organized by	Department of OBG, Tagore medical college and hospital		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr. Premalatha	HOD Department of OBG	International Mother’s Day
Objective of the Program	Acknowledge Maternal Love: Recognize the love, care, and sacrifices mothers make in raising their children.		


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Detailed Report of The Program

Beneficiaries: 160

MBBS students: 153

1. International Mother's Day is celebrated on different dates worldwide, but the most commonly observed date is the **second Sunday in May**. It is a day to honor and appreciate mothers and mother figures for their contributions to families and society..

2. Key Facts: Origin: Modern Mother's Day in its most widespread form began in the United States, thanks to the efforts of Anna Jarvis in the early 20th century. It became an official holiday in the U.S. in 1914..

3. Global Variations:

- **United Kingdom:** Celebrated on Mothering Sunday, the fourth Sunday of Lent.
- **Arab World:** Celebrated on March 21, the spring equinox.
- **Other Countries:** Dates vary by culture, tradition, and historical influences.

4. Common Traditions:

- Giving gifts such as flowers, cards, or chocolates.
- Spending time with mothers or holding family gatherings.
- Expressions of love and gratitude through calls, messages, or social media.

Promote Family Values: Encourage family unity, bonding, and respect for parental roles.

Raise Awareness: Highlight the challenges faced by mothers worldwide, such as maternal health, work-life balance, and gender equality.

- **Inspire Reflection:** Encourage people to reflect on their relationship with their mothers and appreciate their impact on their lives.


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Conclusion: **International Mother's Day** is a meaningful celebration that honors the love, sacrifices, and unwavering dedication of mothers and mother figures. It serves as a reminder of the pivotal role they play in shaping individuals, families, and societies. By expressing gratitude and appreciation, we not only strengthen our bond with mothers but also emphasize the values of love, care, and respect.

Mother's Day encourages reflection on maternal contributions, promotes family unity, and advocates for the recognition of the challenges faced by mothers worldwide. It is a day to celebrate, cherish, and support the incredible women who embody motherhood in all its forms. Every day can be an opportunity to honor mothers, but this occasion provides a special moment to ensure they feel deeply valued and loved.


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EVENT REPORT

Name/Title of the program	Role play-World No Tobacco Day -2024	
Date and Time	31/05/2024	11.00AM
Venue	Patients waiting Hall Tagore medical college and hospital	
Target audience/Stakeholder	Public	
Number of Participants	55	
Program/Event Organized by	Department of Community Medicine, Tagore medical college and hospital	
Objective of the Program	To provide knowledge and create awareness about the harmful effects of Tobacco consumption	


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Detailed report of the program

Departments of Community Medicine organized an Educational Role Play on 31.5.24 at patients Reception Lounge, TMCH commemorating “**World No Tobacco Day**”.The WHO theme for the year 2024 is ‘ *Protecting children from tobacco industry interference.* ’

- A short introduction regarding the history and importance of “World No Tobacco Day” was given by Dr. G. Harish,Assistant Professor, Dept of Community Medicine.
- Followed the introductory speech, Dr. J. Muthukumaran, Dean, TMCH addressed the crowd andbriefly explained the harmful effects of tobacco consumption.
- This was followed by the roleplay of CRMIs in which the long-term side effects of smoking was portrayed along with highlighting the ill effects of asking young people to buy cigarettes and tobacco from shops. The role of peer pressure in influencing youngsters into smoking habit was also emphasized in this roleplay.
- After the roleplay, Dr. Ramya, first year post graduate in community medicine gave a brief summary on the epidemiology of tobacco related diseases and created awareness regarding COTPA Act.
- Vote of thanks was given by Dr. Archana, second year post graduate in community medicine.


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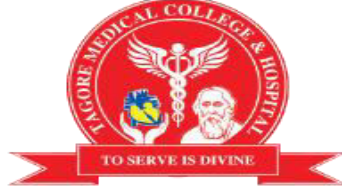
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DEPARTMENT OF COMMUNITY MEDICINE

Invites all to the

World No Tobacco Day -2024

Theme: *Protecting children from tobacco industry interference,*

Date: 31.05.2024

Event: Role play

Timing: 10.30 Am onwards

Venue: Patient's Waiting Hall, Hospital Building

Guest of Honors

Prof. Dr. M. Mala M.A, M.Phil., Ph.D.

Chairperson, & Managing Trustee
Tagore Educational Trust

Mr. G. Manikandan

Secretary, Tagore Educational Trust
V.H.P. All India Trustee,

Dignitaries

Dr. Shanthimalar, M.D., D.A

Director, TMCH

Dr. J. Muthukumaran DLO., M.S, MCh.,

Dean, TMCH

Dr. B. Jayakumar M.S.,

Medical Superintendent, TMCH

Dr. D. H. Gopalan M.S. PhD ACME

Vice-Principal, TMCH

Dr. Ramesh Harihara Iyer, M.D

Professor and HOD, Dept of Community Medicine, TMCH


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DEPARTMENT OF OBG

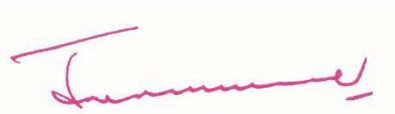
Ref:

Date: 19/07/2024

CIRCULAR

This is to inform that the Health Education Program on “Menstrual Hygiene “will be celebrated on 23/07/2024 organized by Department of OBG. Kindly welcome to all to attend the Program.

DEAN



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Copy to:

1. Medical superintendent
2. Administrative office
3. HODs of all departments

Detailed Report of The Program

PROGRAM REPORT

Name/Title of the program	Menstrual Hygiene		
Date and Time	23-07-2024		9.00am to 3.00pm
Venue	Government Girls Higher Secondary School, Rathinamangalam		
Target audience/Stakeholder	School Students		
Number of Participants	200		
Program/Event Organized by	Department of OBG, Tagore medical college and hospital		
Resource Persons Name and Topic Taken	Name	Designation	Topic Taken
	Dr. Premalatha	HOD Department of OBG	Menstrual Hygiene.
Objective of the Program	Promote health and well-being: Menstrual hygiene can help people who menstruate live healthy and productive lives with dignity.		


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Beneficiaries: 200

School students: 197

1. Introduction to the Menstrual Hygiene Program: Menstrual health is a significant yet often neglected component of public health, especially in developing countries. Poor menstrual hygiene can lead to adverse health outcomes, increased absenteeism in schools and workplaces, and social stigma. To address these challenges, various organizations, governments, and NGOs have implemented Menstrual Hygiene Programs to promote awareness, provide resources, and support policy changes.

2. Objectives of the Program: The primary goals of the Menstrual Hygiene Program include:

- **Promoting Awareness:** Educating girls, women, and communities about menstrual health, dispelling myths and taboos.
- **Improving Access to Sanitary Products:** Providing low-cost or free sanitary pads, menstrual cups, and other hygiene products to those in need.
- **Enhancing Sanitation Facilities:** Ensuring access to clean and private toilets in schools, public places, and communities.
- **Encouraging Safe Disposal Practices:** Implementing proper waste disposal systems for used menstrual products.
- **Empowering Women and Girls:** Fostering an environment where menstruation is normalized, reducing stigma, and encouraging open conversations.

3. Components of the Program: The Menstrual Hygiene Program has five core components:

a. Access to Menstrual Products

- Provision of free or subsidized menstrual products (such as pads, tampons, or menstrual cups).
- Establishment of product distribution points, especially in schools, health centers, and community centers.
- Training on the safe and sustainable use of reusable menstrual products, such as cloth pads and menstrual cups.


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b. Education and Awareness

- Conduct workshops and sessions for adolescents in schools to teach menstrual biology, hygiene practices, and product use.
- Provide training to teachers, health workers, and community leaders to address menstruation-related myths and stigma.
- Distribute educational materials and create digital content, such as videos and infographics, to reach a wider audience.

c. Support Infrastructure in Schools and Communities

- Improve sanitation facilities in schools and public areas with privacy, clean water, and waste disposal options.
- Set up "safe spaces" or "menstrual hygiene rooms" in schools where girls can clean themselves, change products, and rest if needed.
- Ensure waste disposal infrastructure is available for safe disposal of menstrual products.

d. Monitoring and Evaluation

- Develop indicators to measure program impact, such as school attendance rates, hygiene practice improvements, and health outcomes.
- Conduct surveys and focus group discussions to understand beneficiaries' feedback and challenges.
- Track menstrual product distribution and utilization rates to ensure resources are adequately supplied.

e. Advocacy and Policy Support

- Collaborate with government bodies to establish and enforce menstrual hygiene policies.
- Advocate for policies that promote menstrual product affordability and address the menstrual stigma.
- Promote the integration of menstrual health education into school curricula.


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4. Implementation Strategy

a. Phase 1: Research and Needs Assessment

- Conduct surveys, interviews, and focus groups to understand local menstrual health needs and barriers.
- Identify priority areas based on health statistics, school dropout rates, and socio-economic factors.

b. Phase 2: Program Design and Resource Allocation

- Design the program, outlining materials, human resources, and logistical needs.
- Allocate funds for product procurement, distribution, and infrastructure development.

c. Phase 3: Training and Awareness Campaigns

- Train community health workers, teachers, and volunteers on menstrual health and program delivery.
- Launch awareness campaigns in schools, community centers, and online platforms to educate on menstrual hygiene.

d. Phase 4: Distribution and Support Services

- Implement product distribution in schools and community centers with regular replenishment.
- Establish a helpline or support network where menstruators can ask questions and receive guidance on menstrual health.

e. Phase 5: Monitoring and Evaluation

- Collect data regularly to assess the program's impact and make necessary adjustments.
- Publish progress reports to stakeholders and communities, celebrating achievements and addressing challenges.



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5. Outcomes and Impact: The program aims to achieve:

- **Improved Health:** Reduced incidence of menstrual-related infections and health complications.
- **Increased Attendance and Retention:** Higher school attendance and lower dropout rates for menstruators.
- **Empowered Individuals:** Increased confidence and dignity, fostering a supportive community where menstruation is normalized.
- **Enhanced Knowledge and Awareness:** A shift in community attitudes toward menstruation, leading to reduced stigma and greater acceptance.

6. Challenges and Solutions Some of the primary challenges in the Menstrual Hygiene Program include:

- **Cultural Taboos and Stigma:** Overcoming entrenched cultural beliefs requires continuous advocacy, community dialogues, and involvement of influential local leaders.
- **Financial Constraints:** Securing funding for the program's long-term sustainability requires partnership with governmental bodies, NGOs, and the private sector.
- **Infrastructure Limitations:** Many rural areas lack basic sanitation, making it essential to prioritize infrastructure development for effective MHM.

7. Conclusion: The Menstrual Hygiene Program is an impactful initiative that addresses a crucial but often overlooked public health issue. By empowering menstruators with the knowledge, products, and support they need, the program enhances health outcomes, education, and societal equality. Sustainable support and partnerships are essential to ensure the program's long-term impact and success. With ongoing evaluation and adaptation, the Menstrual Hygiene Program can make significant strides in creating a more inclusive and supportive environment for all.


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**TAGORE MEDICAL COLLEGE AND HOSPITAL
DEPARTMENT OF OBSTETRICS AND GYNECOLOGY**

**Cordially invites all the faculties & students to the
CME ON**

“ MENSTRUAL HYGIENE ”

DATE: 23-07-2024

TIME: 9.00am to 3.00pm

**VENUE: GOVERNMENT GIRLS HIGHER SECONDARY SCHOOL,
RATHINAMANGALAM**

CHAIRPERSON

Prof. Dr. M. Mala

**Chairperson cum managing trustee
Tagore educational trust**

SECRETARY

Mr.Manikandan

Tagore educational trust

Prof.DR.J. MUTHUKUMARAN M.D

Dean

Prof.Dr. JAYAKUMAR M.S

Medical Superintendent

Prof.Dr. SHANTHI MALAR M.D.,D.A

Medical Director

Dr.D.H.Gopalan

Vice Principal

Prof.Dr.P.B.Premalatha

**Professor and Head,
Dept. of Obstetrics & Gynecology**


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PROGRAMME SCHEDULE

MENSTRUAL HYGIENE

S NO	TIME	TOPIC	SPEAKERS
1	9.30 to 11.30	Introduction about Menstrual Hygiene	Dr Premalatha
2	11.30 to 12.30	Demonstration of Menstrual Hygiene	Dr Premalatha
3	12.30 to 2.00	Lunch break	
4	2.00 to 3.00	Interactive session with students	Dr Premalatha


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PROGRAM / EVENT REPORT	
Name of the program	PORKALAM 2024
Date and Time	29.4.2024 – 2.5.2024
Venue	TAGORE SPORTS VILLAGE
Target audience	MBBS STUDENTS
Number of Participants	100
Program Organised by	CRMI 2018 BATCH
Resource person	
Objective of the Program	To let students actively participate in extra curricular activities like sports.


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Detailed report of the program

Porkalam '24 - Sports Tournament Report

The Porkalam '24 sports tournament was inaugurated by our Dean on April 29, 2024, at the volleyball court. The following events were held:

- **Men's Games:** Cricket, Football, Volleyball, Badminton, Table Tennis, Carrom, Chess
- **Women's Games:** Throwball, Kho-Kho, Badminton, Table Tennis, Carrom, Chess
- **Athletics:** Conducted for both men and women

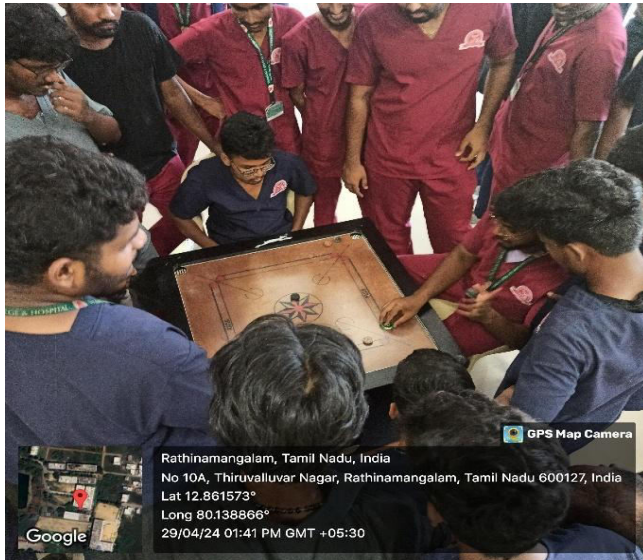
The athletics events, along with badminton and table tennis, were held at the Tamil Nadu Physical Education and Sports University, while the other games were conducted on our college campus. The overall championship of Porkalam '24 was awarded to the CRMI batch.

The valedictory function took place on May 2, 2024, in the main auditorium. Mr. G. Ajitesh, a player for TNPL Nellore Royal Kings and the Tamil Nadu Senior Cricket Team, served as the chief guest and presented prizes to the winners. The event was graced by Dr. M. Mala, Chairperson of the Tagore Group of Institutions; Mr. G. Manikandan, Secretary of the Tagore Group of Institutions; Dr. J. Muthukumaran, Dean of Tagore Medical College & Hospital; and Dr. D.H. Gopalan, Vice Principal of Tagore Medical College & Hospital.


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PORKALAM 2024 -TENTATIVE SCHEDULE

29.04.2024 MONDAY (DAY 1)		
1:00-2:00PM	CHESS (B&G)	3 rd Floor Auditorium
	CARROM (B&G)	
2:00-5:00PM	THROWBALL (G)	Court Near Bus Parking
	VOLLEYBALL (B)	
4:00-5:00PM	FUTSAL (B)	Tagore Sports Village
30.04.2024 TUESDAY (DAY 2)		
1:00-2:00PM	CHESS (B&G)	3 rd floor auditorium
	CARROM (B&G)	
2:00-5:00PM	KHO KHO(G)	Tagore Sports Village
	BASKETBALL (B)	Tagore Engineering College
	CRICKET (B)	Wahe Guru cricket academy (Kandigai 3 km from TMCH)
4:00-5:00PM	FUTSAL (B)	Tagore Sports Village


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02.05.2024 THURSDAY (DAY4)		
8:30 – 9:30AM	KHO KHO (G) (FINALS)	Tagore Sports Village
	FUTSAL (B) (FINALS)	
10:00-11 AM	THROWBALL(G) (FINALS)	Court Near Bus Parking
	VOLLEYBALL (B) (FINALS)	
1:00- 3:00 PM	<u>PORKALAM PRESENTATION CEREMONY</u> WITH PRIZE DISTRIBUTION BY CHIEF GUEST AND VOTE OF THANKS	College Entrance Road FLAG hoisting area


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01.05.2024 WEDNESDAY (DAY 3- HOLIDAY)		
7:30-10:00PM	<u>ATHLETICS</u> TRACK <ul style="list-style-type: none">• 100mts (B&G) heats,• 200mts (B&G) heats,• 400mts (B&G),• 800mts (G),• 1500mts (B) FIELD <ul style="list-style-type: none">• discuss throw(B&G)• shot put (B&G)	SPORTS UNIVERSITY (Kandigai 4 km from TMCH)
10:00 -1:00PM	BADMINTON(B)	SPORTS UNIVERSITY
	TABLE TENNIS (G)	
	CRICKET (B)	Wahe Guru cricket academy (Kandigai 3 km from TMCH)
2:00 – 4:00PM	BADMINTON (G)	SPORTS UNIVERSITY
	TABLE TENNIS (B)	
	CRICKET (B)	Wahe Guru cricket academy (Kandigai 3 km from TMCH)
4:00 -5:00 PM	<u>ATHLETICS</u> <ul style="list-style-type: none">• 100mts(finals)• 200mts(finals)• 4x100 relay	SPORTS UNIVERSITY


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Organising Chairperson	Head of the Institution



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INTERNAL QUALITY ASSURANCE CELL

PROGRAM REPORT FORM

Name/Title of the program	PORKKALAM - Annual sports meet	
Date and Time	01/06/2023	10 AM
Venue	TMCH GROUND	
Target audience/Stakeholder	STUDENTS	
Number of Participants	450	
Program/Event Organized by	STUDENT COUNCIL COMMITTEE & PHYSICAL EDUCATION DEPARTMENT	
Objective of the Program	TO PROMOTE PHYSICAL EDUCATION	


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Detailed report of the program

It's great to hear about the successful celebration of PORKKALAM at Tagore Medical College & Hospital on June 01, 2023. The active participation of faculty members, CRRIs, and medical students in various sports and games created a vibrant and engaging atmosphere.

The choice of sports and games, including Cricket, Football, Kho-Kho, athletics, badminton, carrom, and Chess, seems to have provided a diverse range of activities for everyone. It's commendable that the Student Council committee, under the guidance of Prof. Dr. M. Mala, played a crucial role in organizing such a delightful event.

The fact that faculty members also participated in events like carrom and chess adds a nice touch of camaraderie and inclusivity to the sports meet. The positive feedback from the students indicates that the event was not only well-organized but also thoroughly enjoyed by all participants. Such events contribute not only to physical well-being but also foster a sense of community and teamwork among students and faculty.

Hearty Thanks to Tagore Medical College & Hospital on the success of PORKKALAM, and kudos to Prof. Dr. M. Mala and the organizing committee for their efforts in making the event a memorable one.


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INVITATION:

TAGORE MEDICAL COLLEGE AND HOSPITAL
ZYLORIANS '20
Proudly presents


JUNE 1
1:30-3:30pm
at Auditorium


CHIEF GUEST
MR. R. KARTHIKEYAN
Former CSK player

2023
PORKALAM
An EXCELSIORS Farewell
Batch 2017

CHIEF PATRONS
DR. M. MALA, M.A., M.PHIL., PH.D.
CHAIRPERSON AND MANAGING TRUSTEE
TAGORE EDUCATIONAL TRUST
MR. G. MANIKANDAN
SECRETARY, TAGORE EDUCATIONAL TRUST

PATRONS
PROF DR. J. MUTHUKUMARAN, MS, MCH
DEAN
PROF DR. R. KARUNANITHI, MS
MEDICAL SUPERINTENDENT
PROF DR. D.H. GOPALAN, MS, PH.D, ACME
VICE PRINCIPAL
PROF DR. T. RAVICHANDRAN, MD, DCH
CRMI COORDINATOR


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Certificate

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STUDENT COUNCIL <i>in association with</i> PHYSICAL EDUCATION DEPARTMENT		
Certificate of Participation		
This is to certify that Mr/Mrs/Ms.		

has participated in "PORKALAM '23" held on 1st June 2023 at Tagore Medical College and Hospital, Rathinamangalam, Chennai - 600 127.		
Prof. Dr. J. MUTHUKUMARAN DLO, M.S., M.Ch., Dean, TMCH		Prof. Dr. B. JAYAKUMAR M.S. Medical Superintendent, TMCH

	 DEAN TAGORE MEDICAL COLLEGE & HOSPITAL RATHINAMANGALAM, MELAKOTTAIYUR POST, CHENNAI-600 127.
Organizing Secretary	Head of the institution



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INTERNAL QUALITY ASSURANCE CELL

PROGRAM REPORT FORM

Name/Title of the program	PORKKALAM - Annual sports meet	
Date and Time	01/06/2023	10 AM
Venue	TMCH GROUND	
Target audience/Stakeholder	STUDENTS	
Number of Participants	450	
Program/Event Organized by	STUDENT COUNCIL COMMITTEE & PHYSICAL EDUCATION DEPARTMENT	
Objective of the Program	TO PROMOTE PHYSICAL EDUCATION	


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Detailed report of the program

It's great to hear about the successful celebration of PORKKALAM at Tagore Medical College & Hospital on June 01, 2023. The active participation of faculty members, CRRIs, and medical students in various sports and games created a vibrant and engaging atmosphere.

The choice of sports and games, including Cricket, Football, Kho-Kho, athletics, badminton, carrom, and Chess, seems to have provided a diverse range of activities for everyone. It's commendable that the Student Council committee, under the guidance of Prof. Dr. M. Mala, played a crucial role in organizing such a delightful event.

The fact that faculty members also participated in events like carrom and chess adds a nice touch of camaraderie and inclusivity to the sports meet. The positive feedback from the students indicates that the event was not only well-organized but also thoroughly enjoyed by all participants. Such events contribute not only to physical well-being but also foster a sense of community and teamwork among students and faculty.

Hearty Thanks to Tagore Medical College & Hospital on the success of PORKKALAM, and kudos to Prof. Dr. M. Mala and the organizing committee for their efforts in making the event a memorable one.


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INVITATION:

TAGORE MEDICAL COLLEGE AND HOSPITAL
ZYLORIANS '20
Proudly presents


JUNE 1
1:30-3:30pm
at Auditorium


CHIEF GUEST
MR. R. KARTHIKEYAN
Former CSK player

2023
PORKALAM
An EXCELSIORS Farewell
Batch 2017

CHIEF PATRONS
DR. M. MALA, M.A., M.PHIL., PH.D.
CHAIRPERSON AND MANAGING TRUSTEE
TAGORE EDUCATIONAL TRUST
MR. G. MANIKANDAN
SECRETARY, TAGORE EDUCATIONAL TRUST

PATRONS
PROF DR. J. MUTHUKUMARAN, MS, MCH
DEAN
PROF DR. R. KARUNANITHI, MS
MEDICAL SUPERINTENDENT
PROF DR. D.H. GOPALAN, MS, PH.D, ACME
VICE PRINCIPAL
PROF DR. T. RAVICHANDRAN, MD, DCH
CRMI COORDINATOR


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Certificate

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STUDENT COUNCIL <i>in association with</i> PHYSICAL EDUCATION DEPARTMENT		
Certificate of Participation		
This is to certify that Mr/Mrs/Ms.		

has participated in "PORKALAM '23" held on 1st June 2023 at Tagore Medical College and Hospital, Rathinamangalam, Chennai - 600 127.		
Prof. Dr. J. MUTHUKUMARAN DLO, M.S., M.Ch., Dean, TMCH		Prof. Dr. B. JAYAKUMAR M.S. Medical Superintendent, TMCH

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Organizing Secretary	Head of the institution



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EVENT REPORT

Name/Title of the program	Health education- Breast feeding	
Date and Time	03/08/2023	10.00AM
Venue	RHTC	
Target	OP Patients and PNC	
Number of Participants	15	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Health education – Breast feeding at RHTC. Total number of beneficiaries 15.



Health education – Breast feeding on 03.08.23 at RHTC


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5.	Dr. Sonaliya
6.	Dr. Sowndarya
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EVENT REPORT

Name/Title of the program	Health education - breast feeding	
Date and Time	04/08/2023	10.00AM
Venue	ICDS - Mullipakkam	
Target	PNC mothers	
Number of Participants	19	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Health education - Breast feeding at ICDS- Mullipakkam. Total number of beneficiaries 19.



Health education - Breast feeding on 04.08.23 at ICDS - Mullipakkam.


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EVENT REPORT

Name/Title of the program	Camp	
Date and Time	25/08/2023	10.00AM
Venue	Casagrand, Kazhipattru	
Target	Construction workers	
Number of Participants	56	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Camp at Casagrand, Kazhipattru. Total number of beneficiaries 56.



Camp on 25.08.23 at Casagrand, Kazhipattru.


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EVENT REPORT

Name/Title of the program	Camp	
Date and Time	28/08/2023	10.00AM
Venue	Jyothi NAGR	
Target	Residents	
Number of Participants	31	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Camp at Jyothi NAGR. Total number of beneficiaries 31.



Camp on 28.08.23 at Jyothi NAGR.


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EVENT REPORT

Name/Title of the program	Health education	
Date and Time	20/12/2023	10.00AM
Venue	PSB ITI, Kelambakkam	
Target	Students and staffs	
Number of Participants	98	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Health education camp at PSB ITI, Kelambakkam. Total number of beneficiaries 98.



Health education on 20.12.23 at PSB ITI, Kelambakkam.


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EVENT REPORT

Name/Title of the program	Health education and Camp – Gender Equality	
Date and Time	11/07/2023	10.00AM
Venue	Goodlife community college	
Target	Staff and students	
Number of Participants	60	
Program/Event Organized by	Department of Community Medicine	


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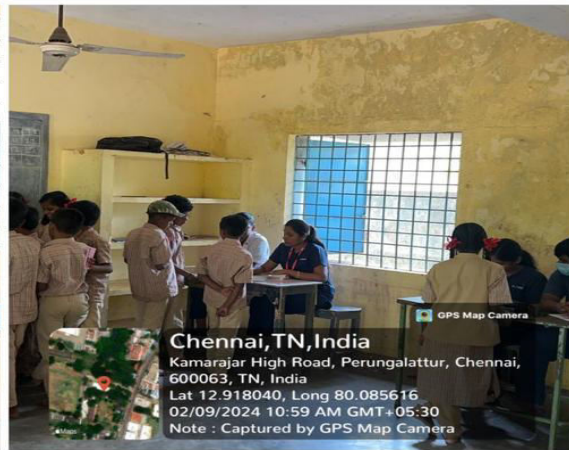
Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted Health education and awareness on Gender Equality at Goodlife community college. Total number of beneficiaries 60.



Chennai,TN,India

Kamarajar High Road, Perungalattur, Chennai,
600063, TN, India
Lat 12.918062, Long 80.085645
02/09/2024 10:59 AM GMT+05:30
Note : Captured by GPS Map Camera



Chennai,TN,India

Kamarajar High Road, Perungalattur, Chennai,
600063, TN, India
Lat 12.918040, Long 80.085616
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Note : Captured by GPS Map Camera



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Health education and camp on 11..07.23 at Goodlife community college


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EVENT REPORT

Name/Title of the program	Camp	
Date and Time	16/07/2023	10.00AM
Venue	Amman kool, Therukupattu	
Target	Public	
Number of Participants	132	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Camp at Amman Koil, Therukupattu. Total number of beneficiaries 132.



Camp on 16.07.23 at Amman Koil, Therukupattu


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EVENT REPORT

Name/Title of the program	Camp	
Date and Time	20/07/2023	10.00AM
Venue	Christ senior church, Kazhipattur	
Target	Residents	
Number of Participants	82	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Camp at Christ senior church, Kazhipattur. Total number of beneficiaries 82.



Camp on 20.07.23 at Christ senior church, Kazhipattur


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EVENT REPORT

Name/Title of the program	Camp	
Date and Time	24/07/2023	10.00AM
Venue	Casagrand	
Target	Construction workers	
Number of Participants	82	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Camp at Casagrand. Total number of beneficiaries 82.



Camp on 24.07.23 at Casagrand


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EVENT REPORT

Name/Title of the program	Camp	
Date and Time	28/07/2023	10.00AM
Venue	Kelihamman koil, Kelambakkam	
Target	Public women workers	
Number of Participants	27	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Camp at Kelihaman koil, Kelambakkam. Total number of beneficiaries 27.



Camp on 28.07.23 at Kelihaman koil, Kelambakkam


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EVENT REPORT

Name/Title of the program	Health education- First aid	
Date and Time	28/07/2023	10.00AM
Venue	Gurls HSS, Kelambakkam	
Target	Staff and students	
Number of Participants	53	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Health education – First aid at Girls HSS, Kelambakkam. Total number of beneficiaries 53.



Health education – First aid on 28.07.23 at Girls HSS, Kelambakkam


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EVENT REPORT

Name/Title of the program	Camp	
Date and Time	08/11/2023	10.00AM
Venue	Jaganath Vidhyalaya, Sholinganallur	
Target	Students and staffs	
Number of Participants	163	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Camp at Jaganath Vidhyalaya, Shollinganallur. Total number of beneficiaries 163.



Camp on 08.11.23 at Jaganath Vidhyalaya, Sholinganallur.


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EVENT REPORT

Name/Title of the program	Camp	
Date and Time	09/11/2023	10.00AM
Venue	Jaganath Vidhyalaya, Sholinganallur	
Target	Students and staffs	
Number of Participants	158	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with RHTC team conducted a Camp at Jaganath Vidhyalaya, Shollinganallur. Total number of beneficiaries 158.



Camp on 09.11.23 at Jaganath Vidhyalaya, Sholinganallur.


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Girl's Self-defence awareness Program




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EVENT REPORT

Name/Title of the program	Health education	
Date and Time	18/12/2023	10.00AM
Venue	Chittilapakkam	
Target	Public	
Number of Participants	31	
Program/Event Organized by	Department of Community Medicine	


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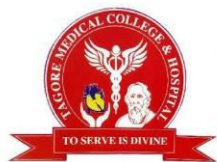
Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with UHTC team conducted a Health education Camp at Chittilapakkam. Total number of beneficiaries 31.



Health education camp on 18.12.23 at chittilapakam.


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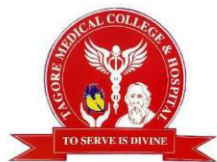


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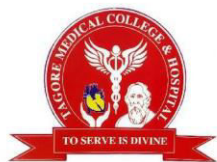


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EVENT REPORT

Name/Title of the program	Camp- visit Bharat	
Date and Time	18/12/2023	10.00AM
Venue	Chittilapakkam	
Target	Public	
Number of Participants	31	
Program/Event Organized by	Department of Community Medicine	


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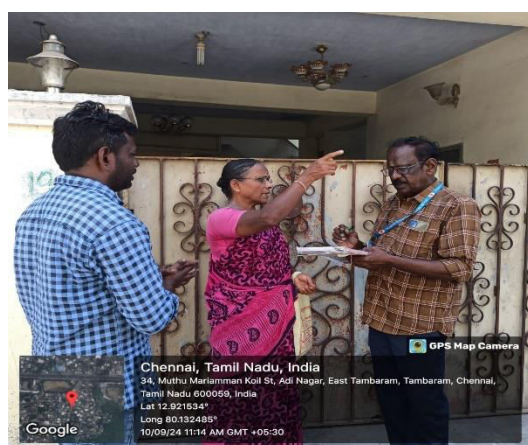
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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with UHTC team conducted a Camp- Visit Bharat at Chittilapakkam. Total number of beneficiaries 31.



Camp- Viksit Bharat on 18.12.23 at Chittilapakkam.


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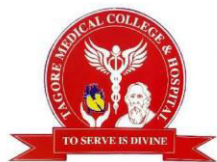


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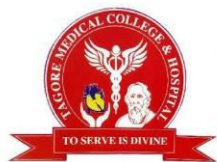


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EVENT REPORT

Name/Title of the program	Viksit bharat	
Date and Time	18/12/2023	10.00AM
Venue	UHTC	
Target	Public	
Number of Participants	10	
Program/Event Organized by	Department of Community Medicine	


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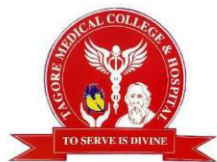
Detailed report of the program

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Viksit Bharat on 18.12.23 at UHTC.


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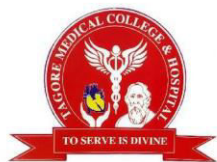


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EVENT REPORT

Name/Title of the program	Viksit health	
Date and Time	19/12/2023	10.00AM
Venue	Bangalamalai Street, Chrompet	
Target	Public	
Number of Participants	31	
Program/Event Organized by	Department of Community Medicine	


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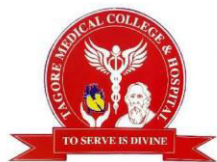
Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with UHTC team conducted a Viksit health Camp at Bangamalai street, Chrompet. Total number of beneficiaries 31.



Viksit health camp on 19.12.23 at Bangamalai Street, Chrompet.


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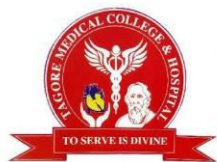


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CHENNAI-600 127.



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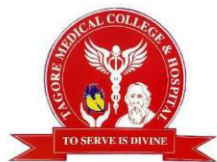


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EVENT REPORT

Name/Title of the program	Viksit Bharat	
Date and Time	19/12/2023	10.00AM
Venue	Kamala Street, Hastinapuram	
Target	Public	
Number of Participants	31	
Program/Event Organized by	Department of Community Medicine	


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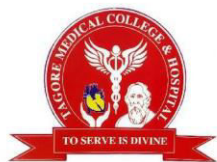
Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with UHTC team conducted a Viksit Bharat Camp at Kamala Street, Hasthinapuram. Total number of beneficiaries 31.



Viksit Bharat camp on 19.12.23 at Kamala street, Hastinapuram.


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LIST OF PARTICIPANTS

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2.	Dr. B. Sharmila , PG Dept of community medicine
3.	Dr. R. Gayathri , PG Dept of community medicine
4.	Dr. Sriram
5.	Dr. Sonaliya
6.	Dr. Sowndarya
7.	Dr. Someshwaran
8.	Nagarajan , Health Educator
9.	Vignesh , Health Educator


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EVENT REPORT

Name/Title of the program	Health education	
Date and Time	20/12/2023	10.00AM
Venue	Good life nursing college	
Target	Students and staff	
Number of Participants	134	
Program/Event Organized by	Department of Community Medicine	


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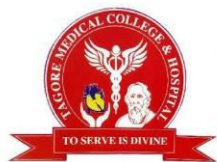
Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with UHTC team conducted a Health education camp at Good life nursing college. Total number of beneficiaries 134.



Health education camp on 20.12.23 at Good life nursing college.


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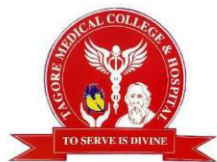


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EVENT REPORT

Name/Title of the program	Camp	
Date and Time	30/12/2023	10.00AM
Venue	Kumarankundram temple, Hastinapuram	
Target	Public	
Number of Participants	64	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with UHTC team conducted a Camp at Kumarankundram temple, Hastinapuram. Total number of beneficiaries 64.



Camp on 30.12.23 at Kumarankundram temple, Hastinapuram.


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EVENT REPORT

Name/Title of the program	Health Camp and awareness	
Date and Time	08/11/2023	10.00AM
Venue	Jagadeshwari old age home, Hastinapuram, Chrompet	
Target	Old age home residents	
Number of Participants	30	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with UHTC team conducted a Health Camp and awareness at Jagadeshwari old age home, Hasthinapuram, Chrompet. Total number of beneficiaries 30.



Health camp and awareness on 08.11.23 at Jagadeshwari old age home, Hasthinapuram, Chrompet.


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EVENT REPORT

Name/Title of the program	Health education- Nutrition NCD	
Date and Time	08/09/2023	10.00AM
Venue	Ambedkar Nagar, Chrompet	
Target	Public	
Number of Participants	35	
Program/Event Organized by	Department of Community Medicine	


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Detailed report of the program

As a part of community outreach program a team from Department of Community Medicine along with UHTC team conducted a Health education – Nutrition NCD at Ambedkar Nagar, Chrompet. Total number of beneficiaries 35.



Health education – Nutrition NCD on 08.09.23 at Ambedkar Nagar, Chrompet.


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PROGRAM / EVENT REPORT	
Name of the program	“CME : Yoga and Wellness”
Date and Time	21 st June 2024 09:00 AM – 03:00 PM
Venue	Hospital Auditorium, TMCH
Target audience	MBBS Students
Number of Participants	150
Program Organised by	Department of Physiology
Resource person	Mr. Nishanth Ravichandran, Managing Director, Tri2champ Sports Pvt. Ltd. Dr. K. Prem Kumar M.D., Associate Professor of Psychiatry, TMCH
Objective of the Program	To gain knowledge about various benefits of yoga and to inspire the practice of yoga and seamlessly bridge to the stress management techniques.


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Detailed report of the program

“CME : Yoga and Wellness” was organized by the Department of Physiology, Tagore Medical College and Hospital on 21st June 2024. This event was conducted to foster Early Clinical Exposure by connecting Basic Medical Sciences with clinical applications.

The event started in College Auditorium with the mass yoga performance session by the MBBS students with the guidance of Mrs. Roja Prabhakaran, Yoga teacher of TMCH. Followed by Inauguration at Hospital Auditorium, TMCH. The welcome address by Dr. Navin Rajaratnam, Professor and Head, Department of Physiology. Dr. J. Muthukumar, the Dean, Tagore Medical College and Hospital, delivered the key note address where he expressed his appreciation and encouraged the department to conduct many such events in the future. The Medical Superintendent Dr. B. Jayakumar and Dr. D.H. Gopalan, the Vice principal, addressed the audience and appreciated the students for their creativity and efforts. The dignitaries felicitated the speakers. The first session was a talk on Yoga and wellness by Mr. Nishanth Ravichandran, Managing Director, Tri2champ Sports Pvt. Ltd followed by the second session after a high tea on Stress management by Dr. K. Prem Kumar M.D., Associate Professor of Psychiatry, TMCH. In the afternoon a total of 6 events were conducted on the day- Asana competition, Oral presentation, Poster presentation, Debate, Painting and Creative corner.

Asana competition was held in Hospital Auditorium was coordinated by the students Monica and Krithika. There were 11 participants. The event was judged by Mrs. Roja Prabhakaran, yoga teacher of TMCH.

Oral presentation was conducted in lecture hall 3 had 10 participants in total, coordinated by the students Dhivya and L.S. Aishwarya. Topics were allotted to the participants who prepared 6-minute-long presentations. These Presentations were judged on the basis of layout, explanation and timing. The event was judged by Dr. Sumithashree Assistant Professor from the Department of Pathology

E. Poster presentation was conducted in 2 halls had 11 participants in total, coordinated by the students Sorna and Saikameshvar. Topics were allotted to the participants who prepared Eposter presentations. These Presentations were judged on the basis of layout, explanation and timing. The event was judged by Dr. B Bhuvaneshwari, Associate Professor, Department of Pharmacology and Dr. Ramya, Associate Professor, Department of Pharmacology


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The Debate was held in Physiology demoroom, coordinated by the students Haripriya, Harsha and Vyshali. The heated debate on the topic Yoga Vs Exercise two teams were judged by Dr. Sangeetha, Professor, Department of Pathology.

The painting competition was held in College Auditorium, coordinated by the students Nikitha and Vijayalakshmi. A total participants of 13 members showed their freestyle painting. The event was judged by Dr. Saveetha, Associate Professor Department of Microbiology and Dr. Malini, Assistant Professor Department of Microbiology

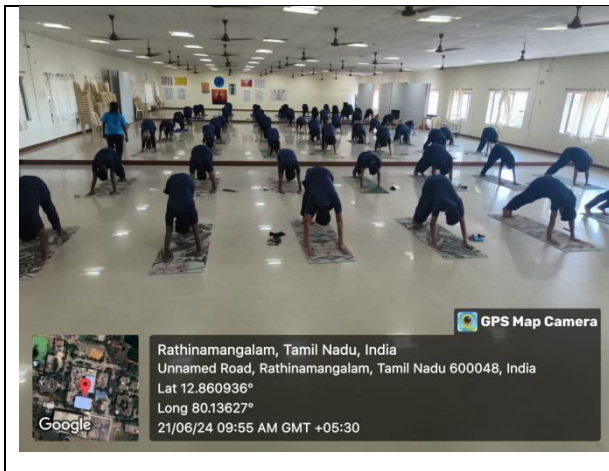
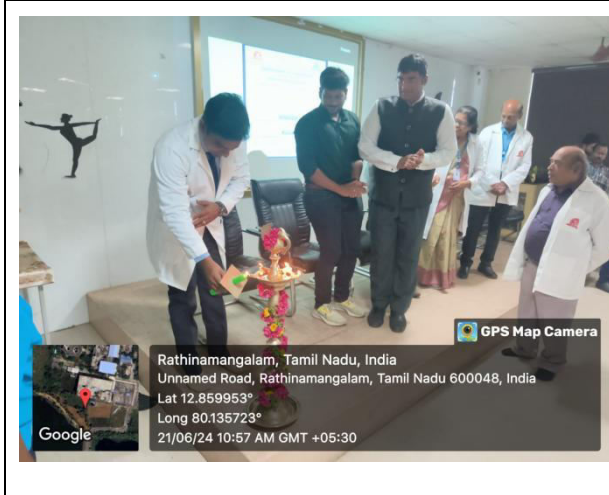
The Creative corner competition was held in College Auditorium, coordinated by the students Kanishka and Sobhika. A total participants of 10 members showed their creativity. The event was judged by Dr. Sony paul, Professor Department of Microbiology and Dr. Kannan, Associate Professor Department of Microbiology.

After all the competitions were concluded, the Prize Distribution ceremony began in Hospital Auditorium, compered by Surya SS, and Shruthika. The ceremony commenced with Dr. Navin Rajaratnam, Professor and Head, Department of Physiology, who welcomed the gathering with his inspiring words. Prizes were given to all the winners of the competition by the dignitaries. The vote of thanks was delivered by Dr. Deepika. K, Assistant professor, Department of Physiology. The event was concluded with the National Anthem.


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Photos




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Certificates




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YOGA AND WELLNESS
CERTIFICATE OF MERIT


This is to certify that
_____ GOPINATH V.V _____ of
_____ 2ND YEAR MBBS _____ has participated and secured
_____ SECOND _____ prize in the event _____ ASANA COMPETITION _____ during the CME
"Yoga and Wellness"

Organized by the Department of Physiology, in association with the Medical Education Unit,
Tagore Medical College & Hospital, Rathinamangalam, Chennai - 600127, on 21st June, 2024.



Prof. Dr. Navin Rajaratnam M.D., M.Phil
Prof. & Head, Dept. of Physiology,
TMCH


Prof. Dr. J. Muthukumaran M.S., M.Ch
Dean,
TMCH

Certificate sample of Event & winner




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YOGA AND WELLNESS
CERTIFICATE OF APPRECIATION

This is to certify that
Dr. _____ DEEPIKA . K _____
has been part of the Organizing Committee for the CME
"Yoga and Wellness"

conducted by the Department of Physiology, in association with the Medical Education Unit,
Tagore Medical College & Hospital, Rathinamangalam, Chennai-600127, on 21st June, 2024.


Prof. Dr. Navin Rajaratnam M.D., M.Phil
Prof. & Head, Dept. of Physiology,
TMCH


Prof. Dr. J. Muthukumaran M.S., M.Ch
Dean,
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TAGORE

MEDICAL COLLEGE & HOSPITAL

DEPARTMENT OF PHYSIOLOGY

in collaboration with

MEDICAL EDUCATION UNIT

Cordially invites HODs, Faculty members and Students for

CME on

YOGA AND WELLNESS

Date : 21st June 2024, Friday
Time : 08:30 AM - 03:00 PM
Venue : College Auditorium, TMCH

CHIEF PATRONS

Prof. Dr. M. MALA M.A., M.Phil., Ph.D.
Chairperson & Managing Trustee,
Tagore Educational Trust

Mr. G. MANIKANDAN
Secretary,
Tagore Educational Trust,
V.H.P., All India Trustee

PATRONS

Prof. Dr. J. MUTHUKUMARAN
M.S., DLO., M.Ch.
Dean, TMCH

Prof. Dr. SHANTHIMALAR
M.D., D.A.
Director, TMCH

Prof. Dr. B. JAYAKUMAR
M.S.
Medical Superintendent, TMCH

Prof. Dr. D.H. GOPALAN
M.S., Ph.D., ACME,
Vice Principal, TMCH

Organizing Chairperson
Prof. Dr. NAVIN RAJARATNAM
M.D., M.Phil.
HOD, Department of Physiology, TMCH

EVENTS

- Asana Competition
- Oral Presentation
- Poster Presentation

- Debate
- Painting
- Creative Corner

PROGRAM SCHEDULE

09:00 am - 09:30 am	Inaugural program
09:30 am - 10:30 am	Yoga and wellness
10:30 am - 10:45 am	Tea Break
10:45 am - 11:45 am	Yoga Practice / Performance
11:45 am - 12:30 pm	Navigating stress in a fast paced world: Strategies for maintaining well being
12:30 pm - 01:15 pm	Lunch Break
01:15 pm - 02:30 pm	Events & Competitions
02:30 pm - 03:00 pm	Valedictory program

ORGANISING COMMITTEE

ORGANISING CHAIRPERSON

Prof. Dr. NAVIN RAJARATNAM M.D., M.Phil.
HOD, Department of Physiology, TMCH

ORGANISING SECRETARY

Dr. K. DEEPIKA M.D.
Assistant Professor, TMCH

ORGANISING MEMBERS

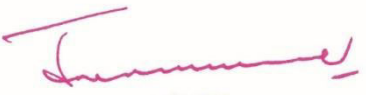
Dr. S. SUBAMALANI M.Sc., Ph.D.
Associate Professor, TMCH

Dr. A. SASI KUMAR M.Sc., Ph.D.
Associate Professor, TMCH

Dr. S. SUBHASHRI M.D.
Associate Professor, TMCH

Dr. REWANTH NAIK M.B.B.S.
Tutor, TMCH

Dr. J. JEFFNY M.B.B.S.
Tutor, TMCH

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Organising Chairperson	Head of the Institution



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Date: 14.06.2024

CIRCULAR

The Department of Physiology is conducting a CME on “Yoga And Wellness” on **June 21st, 2024, from 09:00 am to 03:00 pm**. II MBBS students are requested to enroll their names in the Department of Physiology to participate in the event.

Dr. Navin Rajaratnam, MD
Professor and Head,
Department of Physiology

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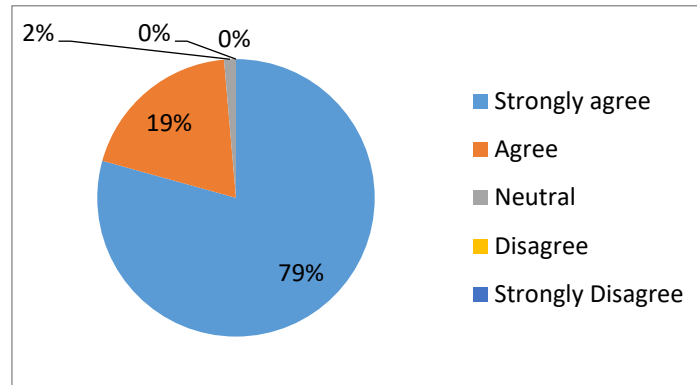
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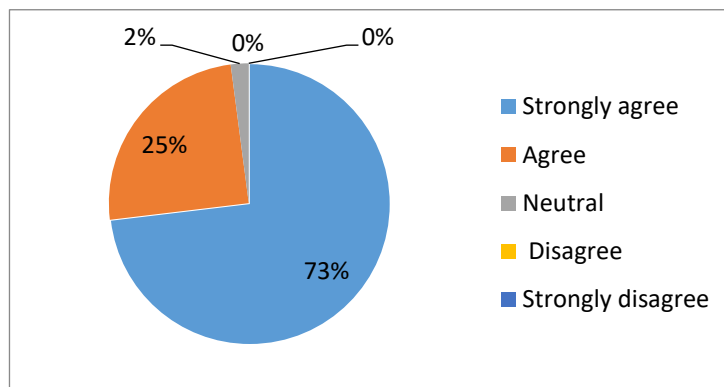
1. The event was well organized.

150 responses



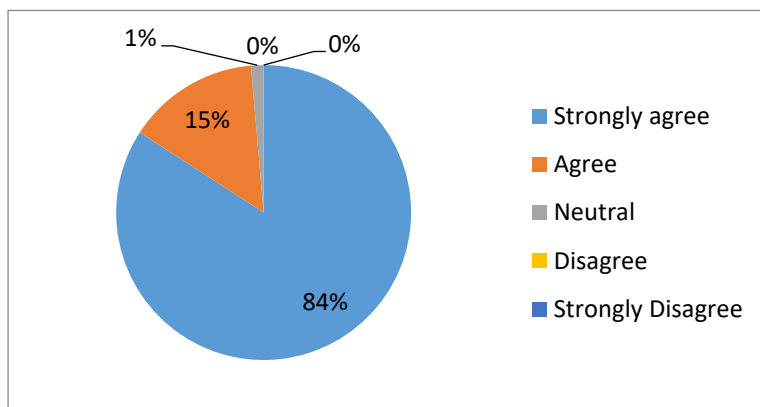
2. The arrangements at the venue were well organized

150 responses



3. The CME on " YOGA AND WELLNESS" was useful

150 responses

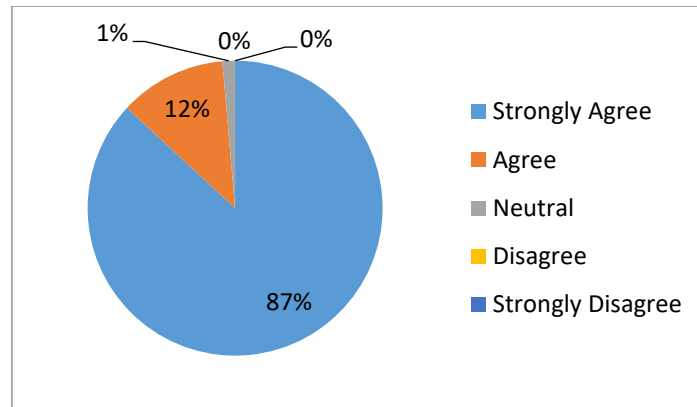


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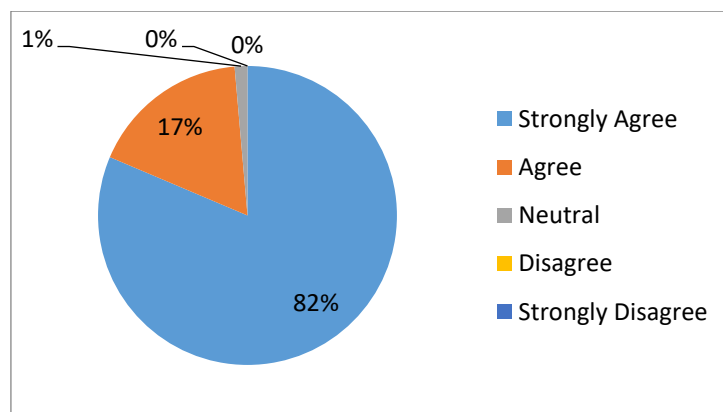
4. The yoga demonstration session was beneficial for physical well-being

150 responses



5. The talk on "Yoga and Wellness" provided useful information and insights

150 responses

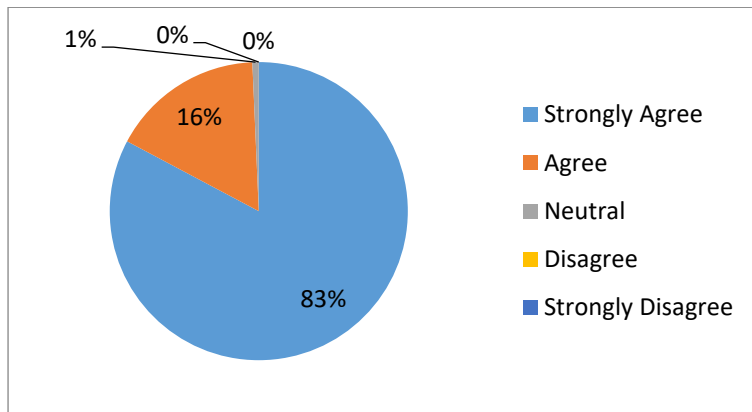


6. The stress management techniques discussed was very practical and useful

150 responses

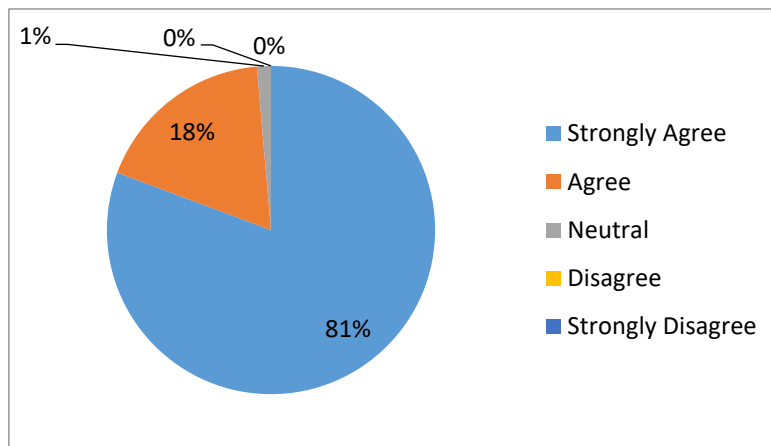

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7. As a spectator, I gained knowledge about the various benefits of yoga

150 responses

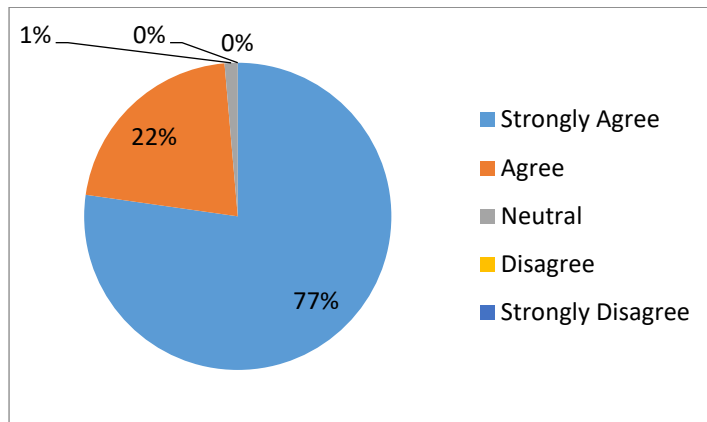


8. As a participant, I was inspired to practice yoga on a regular basis

150 responses

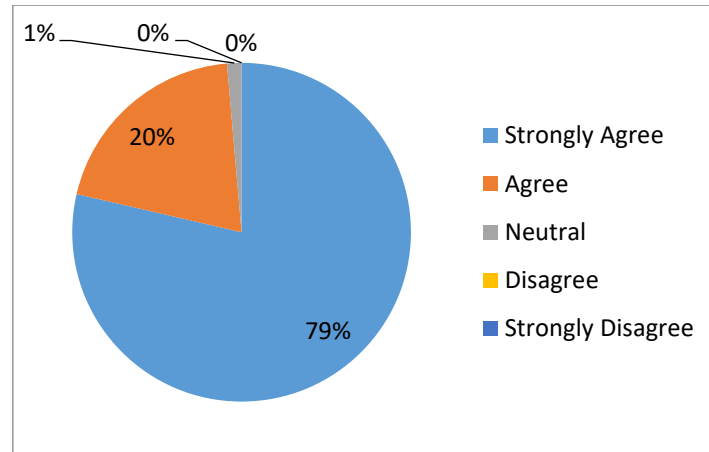
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TAGORE MEDICAL COLLEGE & HOSPITAL
RATHINAMANGALAM, MELAKOTTAIYUR POST,
CHENNAI-600 127.

(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)



9. The various events like - asana competition, oral presentation, poster presentation, debate, painting and creative corner motivated me to learn more about the benefits of physical activities

150 responses




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