

REPORT OF HEALTH EDUCATION CLASS AT IHRD SCHOOL, THIRUTHIYAD

A health education class was organised at IHRD School, Thiruthiyad by the Dept of Community Medicine, Malabar Medical College under the guidance of Dr Pratibha Dabas (HOD, Dept of Community Medicine, Malabar Medical College) and Dr Remya Ramachandran (Faculty in charge and Asst Professor, Dept of Community Medicine, Malabar Medical College) in association with National Service Scheme unit of the school.

- The details are as follows:
 - Date: **22/03/2022**
 - Day: **Tuesday**
 - Venue: **Auditorium, IHRD School, Thiruthiyad**
 - Time: **2.00 PM to 4.00 PM**
 - Topics: **Blood donation**

Mental health issues in children after COVID 19

Smart phone addiction and impact of internet usage in children

Healthy dietary habits to be followed by children

- Medical Officer: **Dr Sailakshmi (FHC ,Kunduparamba)**
- Classes taken by:

Dr Remya Ramachandran (Faculty in charge and Asst Professor)

Dr Afthab Kassim (First year PG student)

Dr Pooja (Intern)

Dr Akshaya (Intern)

Dr Anagha (Intern)



- Detailed health education class was taken on the above topics at IHRD School, Thiruthiyad which was attended by 100 students studying in class 11. The class was mainly focused on the history and importance of blood donation, blood banking and blood preservation technique, mental health issue, increasing smart phone addiction and internet usage in children and dietary changes after the COVID 19 pandemic.







- The class was taken with the help of powerpoint presentation and informative videos.
- Mrs Sudha Maria George, NSS Coordinator, attended the session along with the students.
- A question answer session was held at the end to clear the doubts.



Submitted by:

Dr Afthab Kassim

First year PG student, Dept of Community Medicine, MMC.