



**MALABAR MEDICAL COLLEGE
HOSPITAL & RESEARCH CENTRE**

Discover a new life

**REPORT OF ACTIVITIES CONDUCTED AS A PART OF
"Swasth Nari, Sashakt Parivar Abhiyaan"**

List of Activities

1. Health Education and Dental Screening Camp at Moodadi Family Health Centre for female health workers ,staff and local residents
2. Blood Donation Camp And Anaemia Screening And Counselling for female staff and faculty
3. Health Education on Anemia and Breast cancer and Screening camp for Oral & Breast cancer at Kunduparamba Urban Health Centre (UHTC) for female patients,local residents and staff
4. Medical Camp for female housekeeping staff of MMCH & RC
5. Health Awareness Class On Cancer And Anemia At Sahani Hospital, Nandi (RHTC) female patients,local residents and staff

1. Health Education and Dental Screening Camp at Moodadi Family Health Centre(FHC) for female patients,local residents and staff

Location: Moodadi FHC conference hall

Date : 26th September 2025

Time : 10am-1pm

Organized by : Department of Community Medicine in collaboration with the Department of Psychiatry, MMCH&RC & Department of Public Health Dentistry, SAIDS

Activities:

1. Health Education Topics:

- a. **‘Mental Health among Women’** by Dr Linda Lawrence, Senior Resident, Dept. of Psychiatry, MMCH&RC
- b. **‘Common Cancers among Women’**- Dr Rakesh Ramachandran, Senior Resident, Dept. of Community Medicine, MMCH&RC

2. Dental screening by Department of Public Health Dentistry, SAIDS

Participants

Health education: ASHA workers and field workers of Moodadi Family Health Centre.

Dental screening: Women residents in the locality,female Staff of Moodadi FHC

The session commenced by the inauguration of the campaign at the centre by the Moodadi Panchayat President, Medical Officer of Moodadi FHC and Health Supervisor of Melady CHC.

A total of 30 field level workers attended the health education sessions. The nature of communication between the field workers and the public to identify and address Mental health among women were discussed in detail. Also, those pertaining to Cancers among women and their preventive strategies were explained and reinforced among the participants. All quires from the audience were addressed satisfactorily.

A **Dental Health Screening Camp** was organized by the Department of Community Medicine in collaboration with the Department of Public Health Dentistry, SAIDS.

A total of 40 women, including the staff at FHC, were screened at the camp arranged at the centre.

The programme was conducted under the guidance of Dr.Shakhy Vati (Assistant Professor) and Dr. Rakesh Ramachandran (Senior Resident) of the Dept. of Community Medicine, MMCH&RC



Inauguration session



Health education sessions being taken by Dr Linda & Dr Rakesh



Vote of thanks by Mrs.Anusree(MSW)

MMCH &RC team with the Medical Officer

2.Blood Donation Camp And Anaemia Screening and Counselling for Female staff and faculties of MMCH & RC

LOCATION: Blood bank, Malabar Medical College Hospital & Research Centre

DATE: 25/09/2025

TIME: 8 AM to 1 PM

ORGANIZED BY: SAHASRA Women's Wing, Malabar Medical College Hospital & Research Centre in association with Blood bank, Department of Community Medicine and Federal Bank

Activities:

Special blood donation camp

Anemia screening and counselling

Participants : Female staff and faculties of MMCH & RC

SAHASRA Women's Wing, Malabar Medical College Hospital & Research Centre, in association with Blood bank, Department Of Community Medicine and Federal Bank conducted a special blood donation camp aiming to encourage greater female participation in **Blood donation** and to identify and counsel women with anaemia.

The camp successfully mobilized female healthcare staff, increasing their participation in blood donation. After proper medical screening and assessment, twenty six of them were found eligible and successfully donated blood. All participants were screened for anemia, and those identified with low hemoglobin levels were **counselling** regarding iron-rich diet, iron and folic acid supplementation, lifestyle modifications and addressing all their doubts regarding the same. The sessions concluded around 1pm after presenting them with tokens of appreciation for all women who participated in the camp sponsored by Federal Bank. This dual approach not only contributed to the blood donor pool but also addressed the health and nutritional needs of female staff, thus strengthening the long-term message of women's health and empowerment.

The camp was supported by Federal Bank through tokens of appreciation for all the participants, which further added to the motivation and goodwill among the donors. The involvement of SAHASRA Women's Wing in mobilizing participants played a pivotal role in the success of the event, and the cooperative effort across departments ensured smooth execution.

The blood donation campaign was organized by Dr. Arun VJ (Assistant Professor, Department of Transfusion Medicine). The anaemia counselling session was given by Dr. Nuziyya (2nd yr postgraduate, Department of Community Medicine) under the guidance of Dr. Shakhy Vati (Assistant professor, Department of Community Medicine).



BLOOD DONATION DRIVE

"Swasth Nari Sashakt Parivar Abhiyaan"

September 24, 2025
Time: 8.30am - 1pm
Venue: Blood Centre, MMCH, Ulliyeri, Kozhikode

Organized by MMC Blood Centre in association with Sahasra Women Cell & Federal Bank



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MALABAR MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE




NUTRITIONAL ANEMIA SCREENING & COUNSELING

"Swasth Nari Sashakt Parivar Abhiyaan"



Organised by Dept of Community Medicine

Wednesday, 24th September, 2025
Venue: MMC Blood Centre, Malabar Medical College, Ulliyeri, Kozhikode



MALABAR MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE



BLOOD DONATION DRIVE

Organized by MMC Blood Centre in association with Sahasra Women Cell & Federal Bank, Kozhikode region

"Swasth Nari, Sashakt Parivar Abhiyaan"



Ms Alpha Benny
(Cardiology Staff Nurse)



Ms Divya
(Canteen Staff)



Dr Neera
(dept of Anaesthesia)

HER POWER RUNS RED

Thank you for sharing hope



Sunny Nainan
(Cardiology Staff Nurse)



Ms Ananya
(Cardiology Staff nurse)

RUBRO | ANOKHA SUC 25 | MMC CALICUT



BLOOD DONATION DRIVE

Organized by MMC Blood Centre in association with Sahasra Women Cell & Federal Bank, Kozhikode region

"Swasth Nari, Sashakt Parivar Abhiyaan"



Dr Rahila Musthafa
(Dept of pathology)



Ms Fidha Sherin
(Blood bank)



Ms Amitha Raj K
(Staff nurse)

HER POWER RUNS RED

Thank you for sharing hope

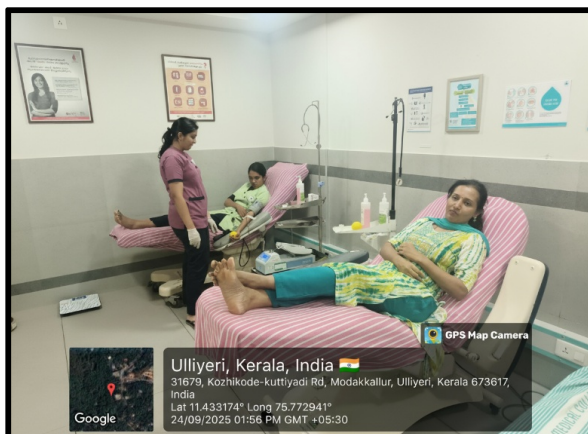


Ms Sreelakshmi
(Ed staff)



Ms Saranya
(Staff nurse)

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3. Health Education on Anemia and breast cancer and Screening camp for Oral & Breast cancer at Kunduparamba Urban Health Centre (UHTC) for female patients,local residents and staff

Location: Kunduparamba Urban Health Centre (UHTC)

Date: 25/09//2025

Time:10 .30 am

Organized by: Department Of Community Medicine,MMCH& RC in association with Kunduparamba Urban Primary Health Center

Activities:

Health Education Topics:

Anaemia in women by Dr.Swetha Nirmal (Post-graduate,Department of Community Medicine)

Importance of screening for breast cancer.by Dr. Pournami r Jyothi, Dr. Nifin Fathima (Interns posted at UHTC)

Screening camp: Screening of Breast cancer and Oral cancer

Participants: Women residents in the locality,female Staff of UHTC

As a part of "Swasth Nari, Sashakt Parivar Abhiyaan" campaign two health education session was conducted aiming to provide awareness on anemia and importance of breast and oral cancer screening to the people near Kunduparamba which included about 20 to 25 people. We explained about Importance of healthy foods to children pregnant women and deworming and importance of screening for breast and oral cancer. The health talk proved efficacious in enhancing health literacy among participants. Attendees reported improved understanding and awareness of key health concepts post-presentation. The health talk concluded with a question-and-answer session, allowing participants to clarify doubts and seek additional insights. One among the participants asked about anemia in pregnancy and importance of iron tablets questions were explained in detail.

The health education session was followed by a screening session for women to screen oral and breast cancer .Referral was given to beach hospital for doubtful cases. We also taught them about self breast examination and oral hygiene .Out of 10 females screened 3 were referred to beach hospital for further investigation.

The programme was organized by Department of Community Medicine in association with Kunduparamba Urban health center under the guidance of Dr. George.P.Jacob (Professor and HOD,Department of Community Medicine), Dr. Remya Ramachandran (Associate professor,Department of Community Medicine),



Ms Anusree (MSW) giving the introduction. Dr.Swetha taking the session on Anaemia



Interns taking class on Cancer screening

4. Medical Camp for female housekeeping staff of MMCH & RC

Location: CME Hall, 8th floor, Hospital block, MMCH & RC

Date: 24/09/2025

Time: 9:00 AM to 1:00 PM.

Organized by: Department Of Community Medicine, MMCH & RC

Activity: Medical camp

Participants: Housekeeping staff of MMCH & RC

The Department of Community Medicine, in association with the NSS unit of MMCH & RC, successfully organized a free medical camp for female housekeeping staff on 24th September 2025 at the hospital block. The camp was aimed at promoting preventive health care, early detection of common illnesses, and providing counselling support for the wellbeing of the female hospital's essential workforce.

The **medical camp** offered the following services: General Examination & Vitals Monitoring; GRBS Screening (Random Blood Sugar); Height & Weight Measurement; Dental Examination and Counselling Sessions

Specialized consultations were provided by the Department of General Medicine, Gynaecology, Dermatology and Public Health Dentistry.

The camp was led by a dedicated team of postgraduate residents and health professionals from multiple departments:

Dr Rohith TR & Dr Anjusha VS (PG Resident, Community Medicine)

Dr Amal Prathap (PG Resident, General Medicine)

Dr Arya (PG Resident, Dermatology)

Dr Shadha (PG Resident, Gynaecology)

Dr Sandhra, MFS (Public Health Dentistry)

Dr Anusree (HS, Public Health Dentistry)

Mrs. Remya (Chair Assistant, Public Health Dentistry)

NSS student volunteers actively assisted in organizing patient flow, registration, and smooth coordination of the camp activities.

A total of 70 female housekeeping staff members attended and benefited from the camp.

The camp was organized under the guidance of Dr Arjun B Sanora (Programme Officer, NSS & Senior Resident, Department of Community Medicine). Coordination support was provided by: Mr Santhosh (Health Inspector) and Mrs Anusree MM (MSW) of Department of Community Medicine.



NSS team



The camp in progress with active involvement of the students

5. REPORT OF HEALTH AWARENESS CLASS ON CANCER AND ANEMIA AT SAHANI HOSPITAL, NANDI

Location: Sahani Hospital, Nandi (Rural Health & Training Centre)

Date: 25/09/2025

Time: 11.00AM-12.00 PM

Activity: Health Education Topics:

Common Cancers among Women by Dr. Anjitha BS & Dr. VishnuPriya (Post-graduate, Department of Community Medicine)

‘Anaemia in women’ by Dr. Mathew Joe, Dr. Nandana Anil (Interns posted at RHTC)

Participants :Local female residents and patients and bystanders

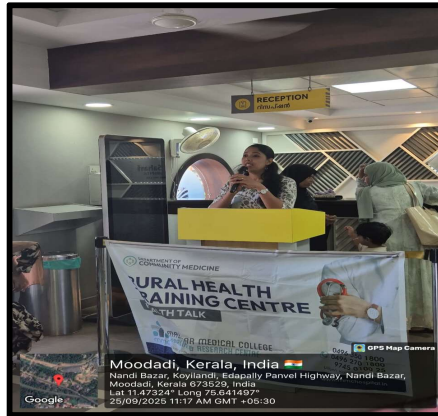
As part of the "Swasth Nari, Sashakt Parivar Abhiyaan" ,two health awareness classes were conducted at Sahani Hospital, Nandi on 25.09.2025 at Sahani Hospital, Nandi (Rural Health & Training Centre).

Mrs. Anusree MM (MSW) opened the awareness program with an introduction to the campaign”. The session began with a talk on “Common Cancer among women” by Dr. Anjitha BS(PG), who explained about what is cancer, risk factors and warning symptoms. This was followed by Dr. VishnuPriya (PG) who spoke about the diagnosis and management of cancer.

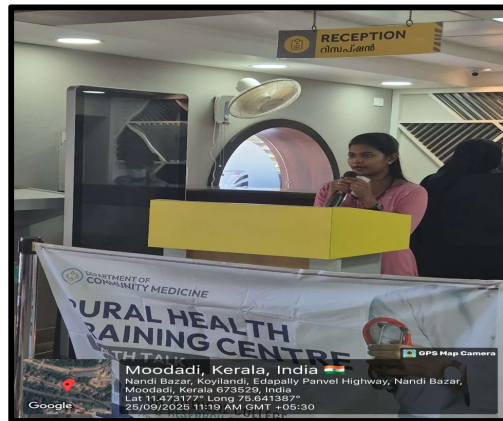
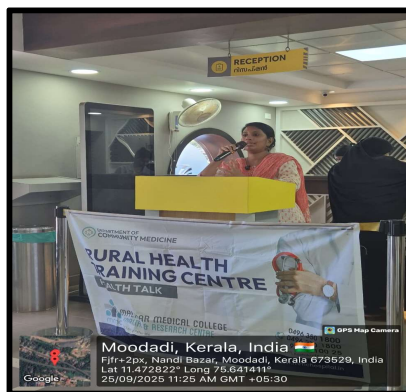
Dr. Mathew Joe then introduced the topic of “Anemia” – risk factors, signs and symptoms and Dr. Nandana Anil continued with its diagnosis and management. The session concluded with a vote of thanks delivered by the PRO of Sahani Hospital.

Session was attended by about 28 Local female residents and patients and bystanders.

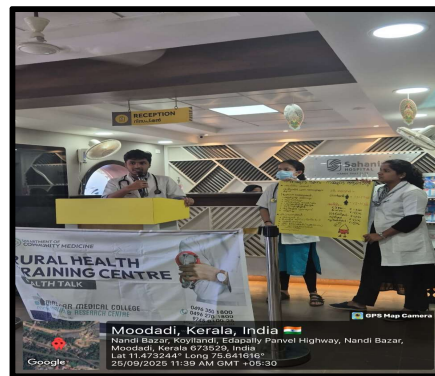
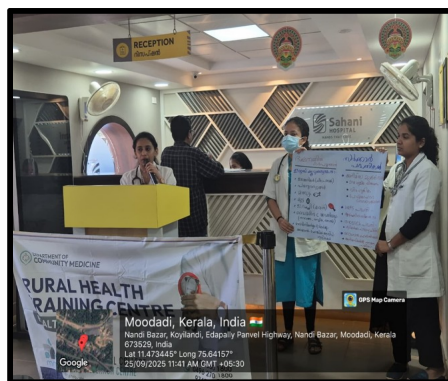
The programme was conducted under the guidance of Dr. George P Jacob (Professor and HOD) and Dr. KrishnaRaj JS (Associate Professor) of the Department of Community Medicine.



Mrs Anusree (MSW) giving the introduction



Dr. Anjith & Dr. Vishnupriya taking the session on 'Common Cancers among Women'



Dr. Nandana Anil and Dr. Mathew Joe taking the class on "Anaemia"



The Team