



# KASTURBA MEDICAL COLLEGE

## MANGALORE

(A constituent unit of MAHE, Manipal)

### **HEALTH AWARENESS PROGRAMME AND HEALTH CAMP**

**Organized by:** Department of Community Medicine, Kasturba Medical College (KMC), Mangalore, Manipal Academy of Higher Education.

**Date:** 23/05/2023

**Time:** 10:00am to 12:00 pm

**Venue:** Arnold Nivas Old Age Home, Elinje

**Resource person:**

1. Dr. Ajay Mallya , Senior Resident Department of Community Medicine, Kasturba Medical College, Mangalore.

**Team Members:**

1. Dr. Nipun V Murali, Postgraduate, Department of Community Medicine, Kasturba Medical College, Mangalore.
2. Mrs. Kavitha Shetty, Health Educator, Rural Health Training Centre Kateel, Department of Community Medicine
3. Mr. Rahul, Health Inspector, Rural Health Training Centre-Kateel, Department of Community Medicine
4. Medical interns of the Department of Community Medicine, Kasturba Medical College, Mangalore

**Total number of beneficiaries:** 30

**Target audience:** Inhabitants of Arnold Old Age Home and Caretakers

**Brief summary:**

A Health Awareness programme and a health camp was organized by Department of Community Medicine, Kasturba Medical College (KMC), Mangalore, Manipal Academy of Higher Education on 23rd May 2023 at Arnold Nivas old age home , Elinje. Dr. Ajay Mallya, Senior Resident, Kasturba Medical College presented an informative and engaging discussion on “**Regular medication for better health, Compliance is vital**”. Dr Ajay Mallya discussed on prevention of diabetes mellitus

and hypertension with the significance of appropriate medication in lifestyle diseases and necessary modifications in dietary habits.

Dr Nipun V Murali, Postgraduate along with the medical interns of the Department of Community Medicine, Kasturba Medical College conducted a Health camp for the inhabitants of the old age home. Mrs Kavitha , Health Educator and Mr Rahul, Health Inspector ,Rural Health Training centre Kateel also actively participated in the program.

Awareness talk was concluded with interactive question and answer session and with good participation from the participants and the session concluded with vote of thanks from Fr.Melvin Sequeira ,Director Arnold Nivas Old Age Home,Elinje.

### PHOTOGRAPHS

