

*Health Days Celebrations 2021*



## International Day of Persons with Disabilities on 3<sup>rd</sup> December 2021

An education program for the caregivers of the geriatric patients was organised

Inauguration: Dr Raman Nair, Head of Department of Geriatrics

1. Problems & disabilities faced by geriatric patients by Dr Sreekala, Head of Dept. of Physical Medicine & Rehabilitation
2. Role & importance of exercises & chest physiotherapy for bedridden patients by Mr. Rajan Babu, Physiotherapist



## WORLD AIDS DAY 2021

Sree Gokulam Medical College

### THEME

*'Ending the HIV Epidemic:  
Equitable Access, Everyone's  
Voice'*

Jointly organised by ICTC,  
Dept. of Community  
Medicine &  
Dept. of Community  
Health Nursing

#### Day 1 (December 1)

- Poster Presentation (9 AM)
- Quiz Competition (10 AM)
- Scientific Session (1.30 PM)

- Welcome: Dr. Benny PV (Professor & HOD, Dept. Com. Medicine)
- Inaugural address: Dr. KK Manojan (Director, SGMC)
- Theme Presentation: Mrs. Aswathy SK (Asso. Prof. SGMC)
- Role of ICTC in HIV Prevention & Management: Mr. Ajith N (Councillor ICTC)
- Vote of Thanks: Ms. Aiswarya DS (MSW)

#### Day 2 (December 2) (12.30 PM to 2 PM)

##### CME ON

Updates in HIV Diagnosis & Treatment

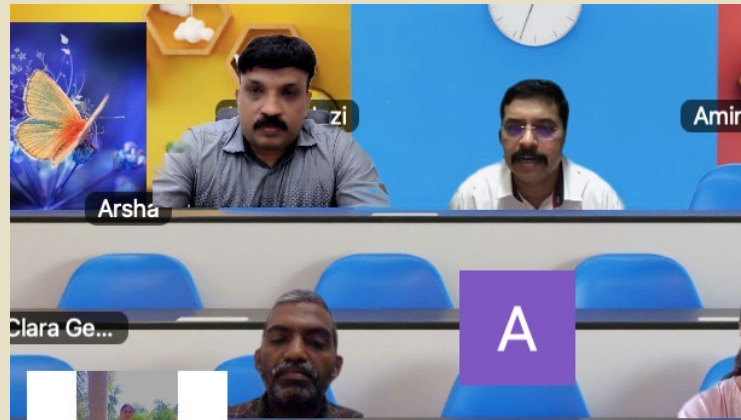
Speaker: **Dr. Shylaja**  
Senior MO, ART Centre, Trivandrum

Chair: **Dr. Yamini Thankachi**  
Deputy Director, CST, KSACS  
**Dr. Benny PV**  
Professor & HOD, Dept. Com. Medicine

#### Day 3 (December 3)

- Community Activities: Block PHC, Vamanapuram

Zoom ID : 9995039374  
Password: sgmc



## World AIDS Day

Day 2: December 2

### Sree Gokulam Medical College

CME ON: Updates in HIV Diagnosis & Treatment

#### Speaker



**Dr. Shylaja**  
Senior MO, ART Centre,  
Trivandrum



Link

#### Chair



**Dr. Yamini Thankachi**  
Deputy Director, CST,  
KSACS



**Dr. Benny PV**  
Professor & HOD  
Dept. of Com. Medicine, SGMC

At 12.30 PM in ZOOM

Zoom ID:9995039374, Password: sgmc



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### INITIAL PHARMACOLOGICAL TREATMENT

≥ 2 moderate exacerbations or ≥ 1 leading to hospitalization	<b>Group C</b> LAMA	<b>Group D</b> LAMA or LABA + LABA* or ICS + LABA** <small>*Consider if highly symptomatic (e.g. CAT &gt; 20) **Consider if eos ≥ 300</small>
0 or 1 moderate exacerbations (not leading to hospital admission)	<b>Group A</b> A Bronchodilator	<b>Group B</b> A Long Acting Bronchodilator (LABA or LAMA)

FIGURE 4.2

Definition of abbreviations: eos: blood eosinophil count in cells per microliter; mMRC: modified Medical Research Council dyspnea questionnaire; CAT™: COPD Assessment Test™.

mMRC 0-1, CAT < 10 | mMRC ≥ 2, CAT ≥ 10

Dr. Jineesh Joseph

Dr. Benny PV

Dr. Raju Jose

Dr. Jineesh Joseph

Dr. Jineesh Joseph

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### OTHER PHARMACOLOGICAL TREATMENTS

ALPHA-1 ANTITRYPSIN AUGMENTATION THERAPY

- Intravenous augmentation therapy may slow down the progression of emphysema (Evidence B).

ANTITUSSIVES

- There is no conclusive evidence of a beneficial role of antitussives in patients with COPD (Evidence C).

VASODILATORS

- Vasodilators do not improve outcomes and may worsen oxygenation (Evidence B).

Dr. Jineesh Joseph

Dr. Benny PV

Dr. Raju Jose

Dr. Jineesh Joseph

Dr. Jineesh Joseph

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### PATHWAYS TO THE DIAGNOSIS OF COPD

SYMPTOMS

- Shortness of breath
- Chronic cough
- Sputum

RISK FACTORS

- Host factors
- Tobacco
- Occupation
- Indoor/outdoor pollution

SPIROMETRY: Required to establish diagnosis

Dr. Jineesh Joseph

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### THE REFINED ABCD ASSESSMENT TOOL

Spirometrically Confirmed Diagnosis → Assessment of airflow limitation → Assessment of symptoms/risk of exacerbations

Post-bronchodilator FEV <sub>1</sub> /FVC < 0.7	<b>Grade</b>	FEV <sub>1</sub> (L)	Moderate or Severe Exacerbation History	C	D	
	GOLD 1	≥ 80				≥ 2 or ≥ 1 leading to hospital admission
	GOLD 2	50-79				
	GOLD 3	30-49				
GOLD 4	< 30					

0 or 1 (not leading to hospital admission)

A	B
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0 or 1 (not leading to hospital admission)

Symptoms

mMRC 0-1 | mMRC ≥ 2 | CAT < 10 | CAT ≥ 10

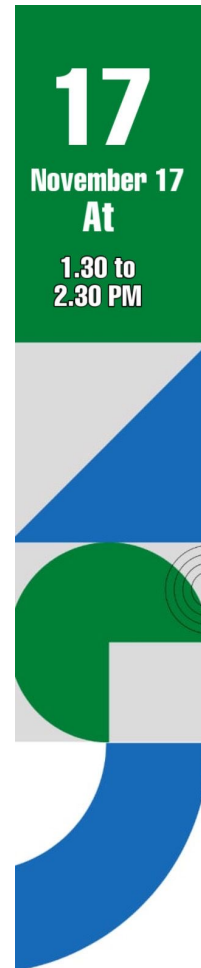
Dr. Jineesh Joseph

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Dr. Jineesh Joseph



## Sree Gokulam Medical College

Department of Pulmonology & Department of Community Medicine jointly organising

**WORLD COPD DAY**  
CME ON: COPD- UPDATE IN CURRENT SCENARIO

**Speaker: Dr. Jineesh Joseph MD, DNB**  
Assistant Professor  
Dept. of Pulmonology  
SGMC



**Chair: Dr. C Sudheendra Gosh**  
Professor & HOD  
Department of Pulmonology,  
SGMC

**Dr. Benny PV**  
Professor & HOD  
Department of Community  
Medicine, SGMC

MEETING ID: 9995039374, PASSWORD: copd





World Diabetes Day  
Was Observed On 13<sup>th</sup> November

With Health Check Up, Screening  
And Consultation With  
Diabetologist

Under The Leadership Of  
Dr. Ajith Kumar PV

Department of pharmacology , SGMC & RF  
observed pharmacovigilance awareness week on 29<sup>th</sup>  
September 2021.

E-poster competition was conducted for 2019 batch  
students.

Sessions on Pharmacovigilance was taken by  
Aryaparvathy , PVPI associate & Dr P. Shobha,  
Associate Professor of Pharmacology.







Department of Paediatrics, Sree Gokulam Medical College, observed Antimicrobial Awareness week on 27th September 2021.

Theme for 2021: 'Select wisely appropriate antibiotics'

Two sessions were conducted.

I Session: Rational antibiotic policy in Paediatrics – By Dr Shameem Farhath, JR, Paediatrics

II Session: Antimicrobial resistance – By Dr Sabu, Assistant Professor of Paediatrics

Chairperson: Dr Gopinadhan , HOD of Paediatrics

It was attended by faculty, residents and interns of the department.



# World ORS Day



- Department of paediatrics, SGMC & RF , observed 'World ORS Day' on 29-07-2021. This years theme was ' Oral Rehydration, No more Dehydration' which reinforces the importance of oral rehydration therapy as an effective tool in the battle against dehydration and diarrhoea.
- A quiz competition was conducted for the undergraduates.
- A topic presentation was done by Dr Seena, chaired by Dr Shaji & Dr Swapna and attended by doctors, postgraduates and interns

# World Breast Feeding Week

- From 1<sup>st</sup> to 7<sup>th</sup> August 2021. Awareness classes were conducted in the postnatal wards regarding importance of breast feeding. Sessions were conducted by Dr Jaya Sureshababu, Consultant Neonatologist.

- This was followed by interactive sessions with the mothers where their problems and concerns and how to overcome them were discussed. Seminars were conducted in the Department of Paediatrics chaired by Dr Lalitha Kailas and Dr KM Gopinadhan. Importance of breast feeding week and MBFHI guidelines were discussed.

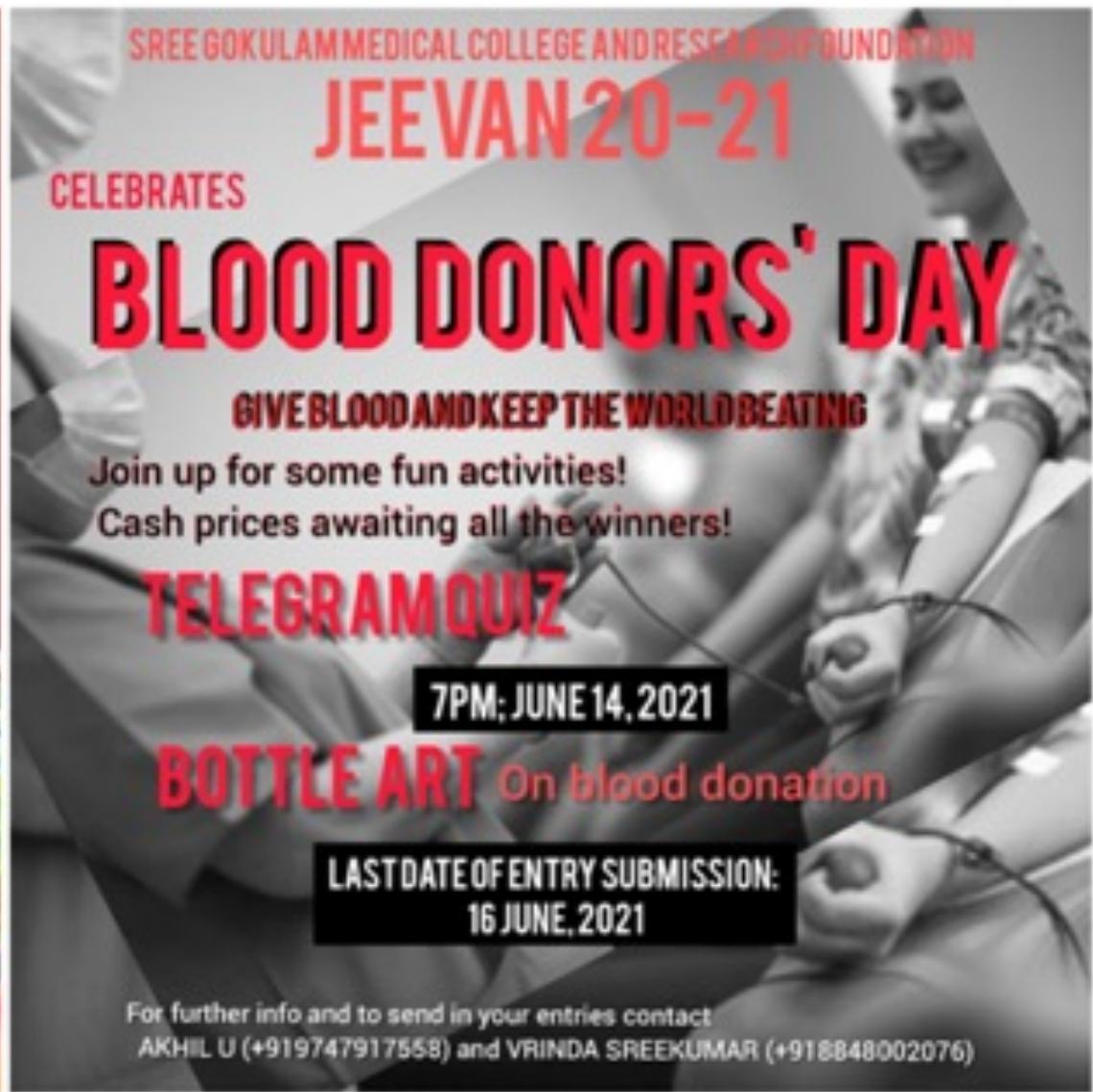




**14<sup>TH</sup> JUNE**  
WORLD BLOOD DONOR DAY  
**JISHNU**  
2018 1<sup>ST</sup>



**KHADEEJA**  
2020 2<sup>ND</sup>



SREE GOKULAM MEDICAL COLLEGE AND RESEARCH FOUNDATION  
**JEEVAN 20-21**  
CELEBRATES  
**BLOOD DONORS' DAY**  
GIVE BLOOD AND KEEP THE WORLD BEATING  
Join up for some fun activities!  
Cash prizes awaiting all the winners!

**TELEGRAM QUIZ**  
7PM: JUNE 14, 2021

**BOTTLE ART** On blood donation  
LAST DATE OF ENTRY SUBMISSION:  
16 JUNE, 2021

For further info and to send in your entries contact  
AKHIL U (+919747917558) and VRINDA SREEKUMAR (+918848002076)





SREE GOKULAM MEDICAL COLLEGE AND RESEARCH  
FOUNDATION  
INFECTION CONTROL DEPARTMENT  
is organizing . .



1. QUIZ COMPETITION FOR STUDENTS(ONLINE)
2. DRAWING COMPETITION
3. WRITE A SLOGAN

Open to all Staff and Students of SGMCRF

**REGISTRATION IS FREE**

But mandatory on or before,

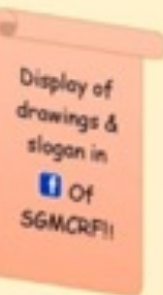
For Quiz, 5<sup>th</sup> May 2021, by 10am

For Drawings & Slogan, 7<sup>th</sup> May 2021, by 1pm



Rules

- > Submit your drawings & Slogan in (.jpg, .png, .pdf format)



## World Hand Hygiene Day

As a part of world hand hygiene day our HICC conducted a one week celebration programme from 03/05/2021 - 08/05/2021. We conducted online quiz competition, hand hygiene screening test, poster presentation and drawing competition. 70 enthusiastic students from M B B S & B Sc Nursing participated in our online Quiz competition and many consultants also participated for hand hygiene screening test.

Winners will be announced on 10<sup>th</sup> May 2021 Monday



## *World Asthma Day*

Department of Paediatrics observed World asthma day on 4<sup>th</sup> may 2021. This year's theme was "Uncovering Asthma Misconceptions". The theme provides a call to action to address widely held myths and misconceptions concerning asthma that prevent persons with asthma from enjoying optimal benefits from major advances in management of this condition.

A presentation was conducted on "What's New in GINA Guidelines 2021" for faculties, residents and interns which was chaired by Dr.Lalitha Kailas & Dr.Gopinadhan.

## World Tuberculosis Day observed in Department of Paediatrics

The theme of World TB Day 2021 is - "The Clock is ticking" - conveys the sense that the covid 19 pandemic has delayed the progress of curing TB and world is running out of time to act on the commitments to end TB.

We, the Department of Paediatrics observed world TB day on 24<sup>th</sup> March 2021 by conducting a presentation on "New Updates in Tuberculosis & National Tuberculosis Elimination Programme" which was chaired by Dr.Lalitha Kailas & Dr.Gopinadhan followed by TB Quiz competition for junior residents.







World Down Syndrome Day is marked each year on 21<sup>st</sup> March. 21<sup>st</sup> day of march was selected to signify the uniqueness of triplication(trisomy) of the 21<sup>st</sup> chromosome which causes down syndrome.

Every year on 21<sup>st</sup> March , world Down Syndrome Day is observed in our department to create awareness about Down Syndrome.



### Measles Immunization Day

Measles is a highly contagious viral disease which affects mostly children. It is one of the leading causes of death and disability among young children.

Measles immunization day is celebrated on 16<sup>th</sup> March every year to make people aware of this deadly disease and how to deal with it.