

DAYS OBSERVED IN THE YEAR 2022

**SREE GOKULAM MEDICAL COLLEGE
& SREE GOKULAM NURSING COLLEGE**

**1st DECEMBER
2022**

**WORLD
AIDS
DAY**

Putting ourselves to the test : Acheiving Equity to end HIV

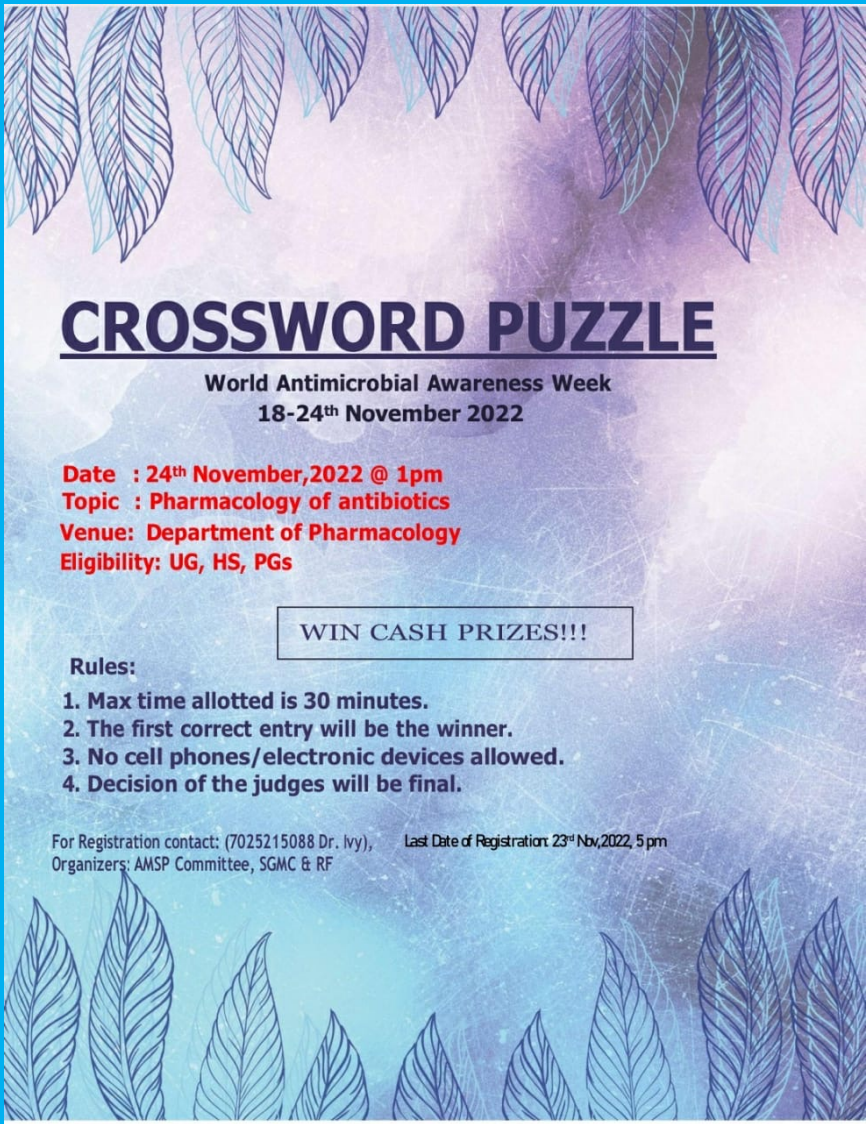




**Antibiotics
Antivirals
Antifungals
Antiparasitics**

Department of Paediatrics
Conducted
Awareness classes for patients
& topic presentation for faculty
On the occasion of
Antibiotic Awareness Week
On 23rd November 2022





CROSSWORD PUZZLE

World Antimicrobial Awareness Week
18-24th November 2022

Date : 24th November, 2022 @ 1pm
Topic : Pharmacology of antibiotics
Venue: Department of Pharmacology
Eligibility: UG, HS, PGs

WIN CASH PRIZES!!!

Rules:

1. Max time allotted is 30 minutes.
2. The first correct entry will be the winner.
3. No cell phones/electronic devices allowed.
4. Decision of the judges will be final.

For Registration contact: (7025215088 Dr. Ivy), Last Date of Registration 23rd Nov, 2022, 5 pm
 Organizers: AMSP Committee, SGMC & RF

World Antimicrobial
Awareness Week

18th – 24th

November 2022

Various Programs
conducted by
AMSP Committee



Sree Gokulam Medical College
and Research Foundation

WORLD ANTIMICROBIAL AWARENESS WEEK
18-24 NOVEMBER

INVITES YOU FOR
A TALK ON

OPTIMISING ANTIMICROBIAL USAGE

by
DR. S BHASI
MBBS, MD (general medicine)
Professor Emeritus (General Medicine & Accident and Emergency)

DATE: 21st November 2022
 TIME: 1:30 pm
 VENUE: Lecture Hall Theatre

HANDLE ANTIMICROBIALS WITH CARE

PREVENTING ANTIMICROBIAL RESISTANCE TOGETHER

ORGANIZERS: AMSP COMMITTEE SGMC & RF



QUIZ COMPETITION

“AN ODE TO ANTIMICROBIALS”

WAAW 2022
 PREVENTING ANTIMICROBIAL RESISTANCE TOGETHER

AMSP COMMITTEE
SGMC&RF

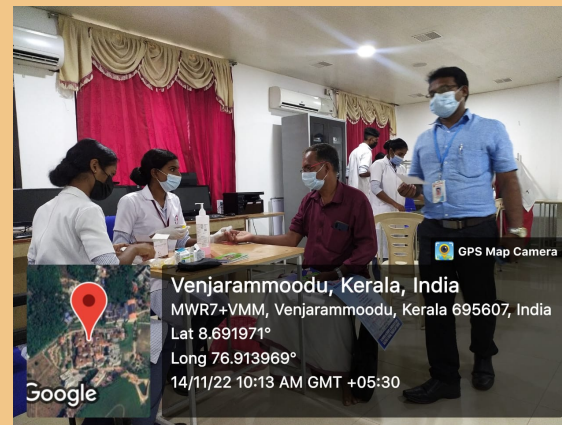


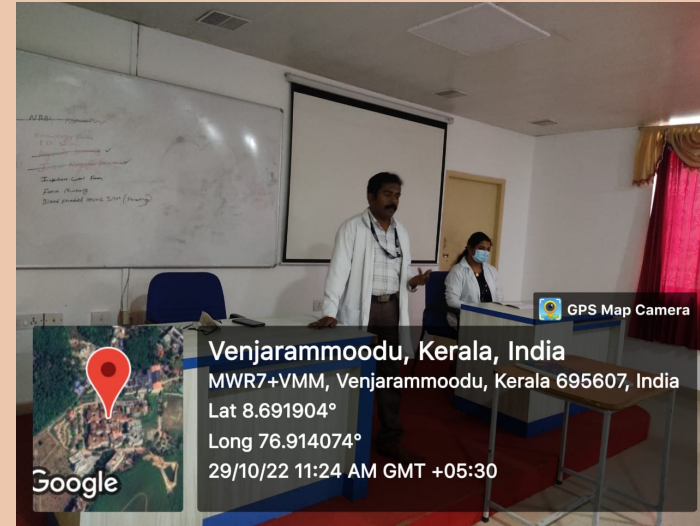
SREE GOKULAM MEDICAL COLLEGE & SREE GOKULAM NURSING COLLEGE

14th NOVEMBER 2022

world diabetes day

"Education to protect tomorrow"





World Stroke Day (29th October 2022)

Department of Physical Medicine & Rehabilitation
conducted a session
for 3rd year students of Sree Gokulam Nursing College

Topic: Stroke, Physiotherapy management & recent
advanced techniques in stroke rehabilitation

Speakers: S. Rajan babu, Chief Physiotherapist &
Mrs. Amala, Physiotherapist



Breastfeeding week 2022

Department of Paediatrics

Sree Gokulam medical College Trivandrum

Conducted Breastfeeding week 2022 Quiz
competition for PGs on 5th August 2022
followed by prize distribution

And a wonderful seminar presented by Dr Aravind
(JR1) on Breastfeeding

DEPARTMENT OF COMMUNITY MEDICINE

SREE GOKULAM MEDICAL COLLEGE

IPHA KERALA



WABA | WORLD BREASTFEEDING WEEK 2022

World Breast feeding week 2022

Breastfeeding plays an
important role in managing
the double burden of malnutrition

Breastfeeding provides **food security** and reduces
inequalities

DEPARTMENT OF COMMUNITY MEDICINE

SREE GOKULAM MEDICAL COLLEGE

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World Breast feeding week 2022

FIVE GREAT BENEFITS OF BREASTFEEDING

- 1) **Breast milk is the best source of nutrition for most babies**
As the baby grows, the mother's breast milk will change to meet her baby's nutritional needs
- 2) **Breastfeeding can help protect babies against some short and long-term illnesses and diseases**
Breastfed babies have a lower risk of asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS). Breastfed babies are also less likely to have ear infections and stomach bugs.
- 3) **Breast milk shares antibodies from the mother with her baby**
These antibodies help babies develop a strong immune system and protect them from illnesses.
- 4) **Mothers can breastfeed anytime and anywhere**
Mothers can feed their babies on the go without worrying about having to mix formula or prepare bottles. When traveling, breastfeeding can also provide a source of comfort for babies whose normal routine is disrupted
- 5) **Breastfeeding can reduce the mother's risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure**
Breastfeeding has health benefits for the mother too! Some cancers, type 2 diabetes, and high blood pressure are less common among women who breastfeed

World ORS Day

Observed in Sree Gokulam Medical college on 29.07.2022

Events:

A. Quiz program for postgraduates & house surgeons:
Moderator: Dr Anju, Assistant professor, Dept. of Paediatrics

B. 'ORS and Zinc': Presented by Dr Dhanya, JR Paediatrics &
chaired by Dr Lalitha Kailas, Principal.

C. Role play by MBBS and nursing students in OPD
regarding importance of ORS in managing diarrhoea



WORLD ASTHMA DAY 2022

Observed on 3rd May 2022
by Department of Paediatrics



Role play: On Asthma awareness by MBBS students in Paediatric OPD.

Talks: On Asthma and GINA guidelines by Dr Aravind (JR)
Chaired by Dr Anju Joy



World Epilepsy Day – Observed as Purple Day

On 26th March 2022



Observed in the Department of Pediatrics

Talk by Dr Aneesha; Chaired by Dr Rekha



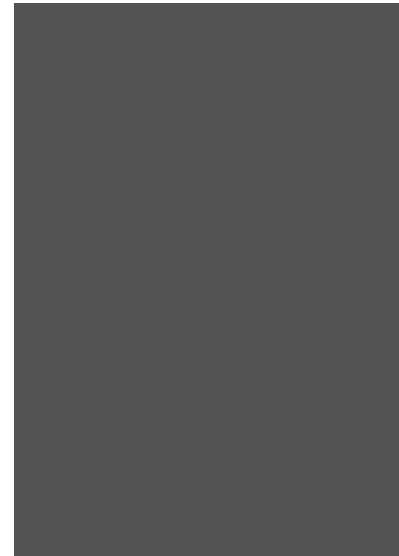
Public Awareness in Lulu Mall in association with Indian Academy of Paediatrics and Indian Paediatric Neurology Chapter: Epilepsy & associated myths

WORLD TB DAY

OBSERVED IN THE DEPARTMENT OF PAEDATRICS
ON 21ST MARCH 2022

UPDATES BY: DR ANANDU & DR JAISON

CHAIR: DR REKHA & DR DIYA





World Downs Syndrome Day

Observed in the Department of Paediatrics on 21st March 2022

Talk: Downs syndrome and future by Dr Aravind(JR)

Chair: Dr Swapna K Pillai.



World Measles Day observed on 16th March 2022 by the Department of Paediatrics

Talks: a. Measles & its complication and b. The importance of vaccination to prevent measles by Junior residents

Chair: Dr Rekha S Nair and Dr Diya A N

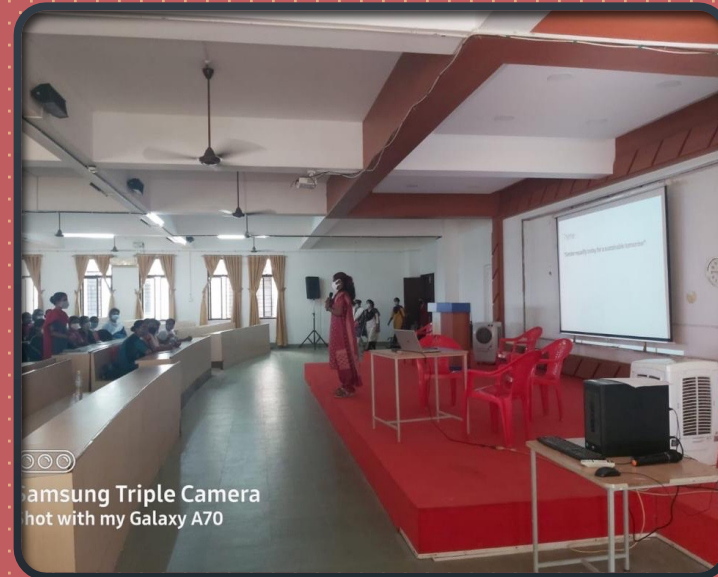


INTERNATIONAL WOMEN'S DAY 8TH MARCH 2022

– BREAK THE BIAS – POSTERS BY STUDENTS

ORGANIZED BY DEPARTMENT OF COMMUNITY MEDICINE

INTERNATIONAL WOMEN'S DAY 8TH MARCH 2022
TALK ORGANIZED BY GENDER SENSITIZATION COMMITTEE
TO SENSITIZE THE FIRST-YEAR STUDENTS



Samsung Triple Camera
Shot with my Galaxy A70



'WORLD OBESITY DAY'
OBSERVANCE IN
DEPARTMENT OF PAEDIATRICS
ON 4TH MARCH 2022

Sree Gokulam Medical College
Department of Community Medicine



**WORLD
CANCER DAY**
4TH OF FEBRUARY



**IAP TRIVANDRUM OBSERVATION OF
WORLD CANCER DAY AT SGMCRF, VENJARAMOODU**



Awareness class was taken by Dr Sruthi Sunil.
Event was co ordinated by Prof Shaji S.M, Dr Rekha Nair,
Dr Swapna, Dr Diya and Dr Mohan T Shenoy