



World Cancer Day, February 4th, 2020

Awareness class was taken by Dr. Regi Jose, Professor, Department of Community Medicine SGMC&RF at Department of Zoology, University College, Trivandrum. Awareness regarding Breast Cancer and early detection methods like periodic self-breast examination were addressed to the participants.



Health talk at an Anganwadi at Velavoor on 29-3-2019

Dr. Anil Bindhu, Professor, from the Department of Community Medicine gave a talk on tuberculosis. Dr. Nithya, Post Graduate and two house surgeons took the class on various symptoms and preventive measures for tuberculosis. Around 22 mothers attended the class. The class was extended from 10 am to 11:30 am. The team accompanied by MSW Rohith K Divakar.





Rajadhani College of Engineering, Attingal on 19-10-2019

A First-aid class program was conducted by the Department of Community Medicine SGMC&RF and St Johns ambulance services at Rajadhani college of engineering. The programme was from 10:am to 1:30 pm. The class was organised for VHSC students from various schools. Dr. Meghana Narendran gave an introduction on First aid to the students. Dr. Nithya took a class on topics -bleeding, fracture, poisoning, anaphylaxis, and heat stroke. Dr. Shilpa Prakash took a class on first aid measures in cases of snakebite, dog bite, choking, drowning. Dr. Deena took a class on recovering positions and CPR. House surgeons at the Department of Community Medicine also attended the class.



Dr Lalitha Kailas in Can Erase Cancer Awareness Program



Asthma Awareness Class for Parents by Dr Umair, Department of Paediatrics



GINA Updated Guidelines by Dr Aiswarya Shankar, Department of Paediatrics



OPD Class during World Breast Feeding Week by Department of Paediatrics



Mother Craft: Orientation class regarding basic care of newborns, breast feeding & common neonatal problems, care of baby, breast & perineum on 18.01. 2020 by Department of Obstetrics & Gynaecology



Orientation class for antenatal care regarding basic hygiene during antenatal and postnatal period & care of newborns, on 18.01. 2020 by Department of Obstetrics & Gynaecology