

HEALTH CAMPAIGN AND SURVEY

As part of participatory village activity, the Department of Biochemistry, Government College Kariavattom organized a few programs at Thellickachal village.

DEPARTMENT OF BIOCHEMISTRY
GOVERNMENT COLLEGE KARIAVATTOM


 IN ASSOCIATION WITH
 PHOENIX LIBRARY, THELLICKACHAL
 &
 DEPARTMENT OF BIOCHEMISTRY, UNIVERSITY OF KERALA

'LIFE STYLE DISEASES SCREENING CAMP'
AS PART OF
"NATTUVELICHAM"
(PARTICIPATORY VILLAGE PROGRAMME)



@ THELLICKACHAL VILLAGE, PULLAMPARA
PANCHAYATH, VAMANAPURAM
ON 17.03.2024

 **Health Survey**

 **Awareness class**

 **Blood test**

 **Screening**

ബയോകെമിസ്ട്രി വകുപ്പ്
സർക്കാർ കോളേജ് കാര്യവട്ടം


 ഫീനിക്സ് ഗ്രന്ഥശാല, തെള്ളിക്കച്ചാൽ
 &
 ബയോകെമിസ്ട്രി വകുപ്പ്, കേരള സർവകലാശാല
 സംയുക്തമായി സംഘടിപ്പിക്കുന്ന

"നാട്ടുവെളിച്ചം"
പങ്കാളിത്ത ഗ്രാമ
പദ്ധതിയുടെ
ഭാഗമായി നടക്കുന്ന
**"ജീവിതശൈലി രോഗ
നിർണ്ണയ ക്യാമ്പ്"**



@ തെള്ളിക്കച്ചാൽ,
പുല്ലമ്പാറ പഞ്ചായത്ത്, വാമനപുരം
17.03.2024

 **ആരോഗ്യ സർവേ**

 **ബോധവൽക്കരണ ക്ലാസ്**

 **രക്ത പരിശോധന**

 **സ്ക്രീനിംഗ്**



1. Health Awareness Class

Students and staff of the Department of Biochemistry conducted an awareness class on lifestyle diseases and their causes for the village community on 17th March 2024. Dr. Prakash A, Smt Sunitha S. and Sri Manoj K. S also attended the program and shared their thoughts and views. Screening of lifestyle diseases among the villagers was conducted using a questionnaire method.

Inauguration of the Program



Students of Biochemistry Conducting Awareness Class on Lifestyle Diseases



Lifestyle Disease Screening

GOVERNMENT COLLEGE KARAVATIOM
DEPARTMENT OF BIOCHEMISTRY
 EXTENSION ACTIVITY AS PART OF "NATYUNELKHAM" (VILLAGE PARTICIPATORY PROGRAMME)
 AT THE LILKACHAL VILLAGE CONDUCTED ON 17/03/2024
LIFESTYLE DISEASE SCREENING SURVEY
QUESTIONNAIRE

Your Name: _____ Age: _____ Sex: _____ Date: _____
 Height (m): _____ Weight (kg): _____ BMI: _____ BMI(percentage): _____
 Waist size (cm): _____ Hip Size (cm): _____ Waist-to-Hip ratio (WHR): _____

HEALTH SCREENING
Section 1
 Have you ever been diagnosed with or prescribed medication for any of the following conditions?
 Neuropathies (problems with sensations) Anxiety-Depression
 Multiple sclerosis High cholesterol
 Other neurological conditions Cardiovascular disease
 Arthritis High blood pressure
 Parkinson's disease Stroke
 Polio/post-polio syndrome Diabetes
 Osteoporosis Thyroid disease
 Cancer Other (please specify): _____
 Epilepsy or other seizure disorder

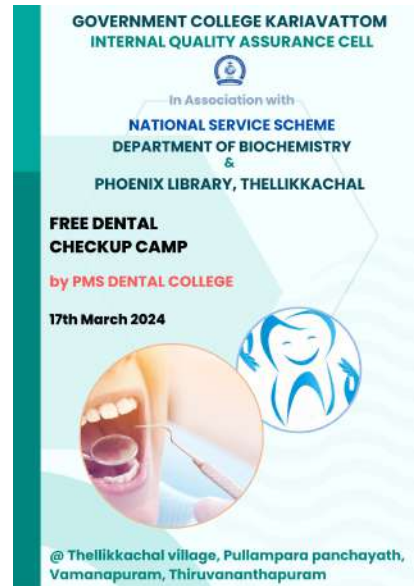
Section 2: Physical activity
 On average, how often and how long do you exercise? days per week: _____ minutes per day: _____
 At what intensity (how hard) do you usually exercise?
 light (casual walk) moderate (brisk walk) vigorous (jog/run)
 How many "screen-time" hours do you have each day: TV, video games, sitting at the computer (not counting work and school)? screen-time hours per day: _____
 How many total hours sitting do you have each day (including at work and school)? total sitting hours per day: _____
Section 3: Sedentary behaviour
 How many "screen-time" hours do you have each day: TV, video games, sitting at the computer (not counting work and school)? screen-time hours per day: _____
 How many total hours sitting do you have each day (including at work and school)? total sitting hours per day: _____

Section 4: Nutrition
 Diet pattern veg non-veg
 If non-vegetarian how often you consume daily weekly monthly
 daily weekly monthly
 daily weekly monthly
 daily weekly monthly
 rarely occasionally often

Section 5: Are you presently?
 pregnant postmenopausal
 female and older than 55 years, had a hysterectomy (with ovaries removed), or are postmenopausal
 smoker non-smoker
 Alcoholic non-alcoholic



2. Free Dental Check-up Camp: On the same day a free dental check-up camp was organized in association with PMS Dental College. A team of doctors from PMS Dental College checked the dental health of villagers and gave them awareness regarding dental care.



3. Introduction of Menstrual Cups: Faculty of Department of Biochemistry, Dr. Radhika A., introduced and explained the benefits & advantage of using eco friendly menstrual cups to the women community of the village.



4. Lifestyle Disease Screening: In association with the Department of Biochemistry, University of Kerala, clinical screening of lifestyle diseases was conducted by blood tests among 30 selected villagers on 25th March 2024.









