

Program Name : Health Awareness Program  
Date : 13-08-2023  
Location : Sokkanalli Village, Masinagudi, The Nilgiris (Dist.)  
Organized by : TIFAC CORE in Herbal Drugs, JSS College of Pharmacy, Ooty & Makkalkaga welfare trust, Ooty  
Organizing secretary : Dr. Shanmugam.R,  
Co-ordinator,  
TIFAC CORE in Herbal Drugs, JSS College of Pharmacy, Ooty

### **Summary:**

The Health Awareness Campaign was organized on 13-08-2023 at Sokkanalli Village at Masinagudi, Kadanadu Panchayat by TIFAC CORE in Herbal Drugs, JSS College of Pharmacy, Ooty & Makkalkaga welfare trust, Ooty with the primary goal of promoting health awareness to the local community peoples. The event aimed to provide participants with valuable information about various aspects of health and wellness, encouraging them to adopt healthier lifestyles and make informed decisions regarding their well-being. The program featured a range of informative sessions, interactive workshops, and engaging activities to effectively communicate the importance of health.

### **Objectives:**

- To raise awareness about the significance of a healthy lifestyle.
- To educate participants about proper nutrition and physical activity.
- To emphasize the importance of regular health check-ups and screenings.
- To address common health myths and misconceptions of menstruation issues.
- To empower participants to take control of their health and well-being of pregnancy.

### **Event Highlights:**

The program was commenced at 11:30 AM at sokkanalli village for the tribal people. About 200 tribal people have participated in health awareness program. The event started with a motivational keynote speech by **Ms. Shangeetha Shivamani**, President, Kadanadu Panchayat, The Nilgiris, who highlighted the importance of making healthy choices in our daily lives and the need for the hour towards the good health. The keynote set the tone for the rest of the program and made the remarks for the tribal peoples. **Dr.K.P.Arun**, Vice Principal, JSS College of Pharmacy, Ooty, delivered the welcome address and highlighted the importance of the health

awareness program and the role of the College towards the society roles and responsibilities. Dr. Shanmugam.R, Coordinator, TIFAC Core in Herbal Drugs, JSS College of Pharmacy, Ooty emphasized on the importance of the traditional knowledge and nutritionist led an interactive focusing on balanced diets, portion control and the role of various nutrients in maintaining good health. **Dr.N.Krishnaveni**, Professor and Head, Department of Pharmaceutical Analysis, JSS College of Pharmacy, Ooty delivered the session on the fitness Session, high-energy fitness session, encouraging participants to stay physically active and the healthy food habits. The session was well received by the participants and the type of food to be consumed in order to prevents anemic condition for the healthy living.

**Dr.M.Deepalakshmi**, Assistant Professor, Department of Pharmacy practices, JSSCPO has delivered the health Screenings benefits, basic health screenings, including blood pressure checks, BMI measurements, and glucose level tests. Participants were provided with personalized health advice. The session covered the hygienic condition on menstruation cycle, personal hygienic condition and the different kinds of kits used during menstruation cycle.

**Dr.D.L.Priyanka**, Lecture, Department of Pharmacognosy, JSSCPO has delivered about the pregnancy awareness issues and the current medical trends. She briefed about the medical professionals importance and the common health myths in misconceptions and evidence-based information to provide accurate information on topics such as vaccines, nutrition, and exercise for the health benefits of the baby and mother.

**Dr.S.Gomathi**, Lecture, Department of Pharmaceutical chemistry, JSSCPO has delivered Interactive session on the mental awareness and the healthy living environment set up with engaging activities such as quiz contests, healthy recipe demonstrations, and informational displays on different health topics. This program covered a wide range of health topics and served as valuable takeaways. The session ended with the vote of thanks by **Mr.Venkatesh**, President for Makkalkaga welfare trust and **Dr.K.V.V.S.Narayana Reddy**, Research coordinator, JSSCPO.

#### **Outcomes:**

Increased awareness: Participants gained a better understanding of the importance of maintaining a healthy lifestyle and taking preventive measures.

Knowledge enrichment: Attendees learned about proper nutrition, fitness routines, and the significance of regular health check-ups.

Behavior change: Many participants expressed interest in adopting healthier eating habits and incorporating exercise into their routines.

Myth clarification: Misconceptions about certain health topics were cleared, enabling participants to make more informed decisions.

Collaborative networking: Local health-related businesses established connections with the community, fostering ongoing health awareness.



**Felicitation of the chief guest Ms. Shangeetha Shivamani, President, Kadanadu Panchayat, The Nilgiris, Government of Tamil Nadu by Dr.K.P.Arun, Vice Principal, JSS College of Pharmacy, Ooty,**



**Session 1: Dr.Shanmugam.R, Coordinator, TIFAC Core in Herbal Drugs, JSS College of Pharmacy, Ooty delivering on the importance of the traditional knowledge**



**Session 2: Dr.N.Krishnaveni, Professor and Head, JSS College of Pharmacy, Ooty delivering the session on health food habits**



**Session 3: Dr.M.Deepalakshmi, Assistant Professor, Department of Pharmacy practices, JSSCPO delivering on the health Screenings benefits,**



**Session 4: Dr.D.L.Priyanka, Lecture, Department of Pharmacognosy, JSSCPO delivering on the pregnancy awareness**



**Session 4: Dr.S.Gomathi, Lecture, Department of Pharmaceutical chemistry, JSSCPO delivering on Interactive session on the mental awareness**

**Conclusion:**

The Health Awareness Campaign achieved its objectives by successfully disseminating accurate health information and encouraging positive behavior change. The event served as a platform for participants to engage with health experts, gain insights into various health aspects, and connect with local health resources. The impact of the program will hopefully lead to a healthier and more informed community in the long run.