



## BEST PRACTICE-2

Promotion of health & hygiene practice in neighborhood community


ACADEMIC YEAR (2023-2024)

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**Title of the practice: Promotion of health & hygiene practice in neighborhood community**

**Objectives of the practice:**

- Increase awareness among community of Gunthapally about the fundamentals of nutrition. Women, infants, children, and adolescents are at particular risk of malnutrition. Good nutrition, mainly during the first 1000 days of a child's life ensures the best possible start in life and long-term benefits.
- Enhance awareness among women in the village community about the causes, risk factors, and symptoms of cervical cancer, fostering a comprehensive understanding of the disease. Encourage and educate women on the importance of regular cervical cancer screenings, such as Pap smears, to facilitate early detection and prompt intervention.
- Increase awareness among community members in Mazeedpur about the transmission routes of infectious diseases like seasonal influenza. Emphasize the role of contaminated water, food, and vectors in the spread of these diseases. Encourage and educate community members on the importance of personal hygiene practices, including proper hand washing, safe food handling, and the use of mosquito repellents. These measures aim to minimize the risk of contracting and spreading infectious diseases.
- Increase awareness among community members in Gunthapally about the risk factors associated with chronic diseases such as diabetes and thyroid disorders. Emphasize the importance of recognizing early signs and symptoms for prompt medical attention. Advocate for lifestyle modifications to prevent and manage chronic diseases. Encourage healthy eating habits, regular physical activity, and weight management to reduce the risk of diabetes and maintain thyroid health.
- Enhance community understanding of basic health concepts, preventive measures, and the importance of regular health check-ups to empower individuals with foundational health knowledge. Foster awareness about the significance of balanced nutrition, regular physical activity, and adequate sleep to encourage the adoption of healthier lifestyle habits within the village community

**The Context:**

- **Context for Empowering Community about Healthy diet:** Nutrition education empowers people to take control of their health. By learning about the nutrients your body needs and the effects of certain foods on your health, you can make better food choices and develop healthier habits. This, in turn, can lead to a reduced risk of chronic diseases like heart disease, diabetes, and cancer. Another benefit of nutrition education is that it can help you better understand food labels and nutritional information. Many people in Gunthapally are uncertain about what's in their food and what they should be looking for when reading labels.

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- **Context for Cervical cancer awareness month campaign:** In village community of Mazeedpur, the narrative surrounding women's health, particularly concerning cervical cancer, remains largely unexplored. Many women, owing to limited access to healthcare information and resources, find themselves in a scenario where critical aspects of cervical health are often overlooked. The prevalence of misconceptions and stigma further inhibits open conversations about cervical cancer and preventive measures.
- **Context for awareness on Prevention strategies for seasonal influenza in neighbourhood:** Many community members are not fully informed about the transmission modes, early symptoms, and preventive measures associated with these diseases. The lack of awareness has resulted in delayed recognition of symptoms, potential exposure to contaminated sources, and limited understanding of the importance of seeking timely medical assistance. Recognizing this critical void, the AIPS students raise awareness on infectious diseases particularly malaria and typhoid and aims to bridge the information gap in community population of Mazeedpur.
- **Context for Empowering Communities Against Chronic Disorders:** Many community members in Gunthapally lack crucial knowledge about the risk factors, early signs, and preventive measures associated with these conditions. The absence of awareness has resulted in delayed diagnoses, limited understanding of necessary lifestyle modifications, and challenges in managing these Chronic diseases effectively. So, AIPS students has discerned a crucial need for heightened awareness regarding Chronic diseases, notably diabetes and thyroid disorders.
- **Context for General Health Checkup camp Initiative:** The village, deeply rooted in tradition, is at the crossroads of modernity, facing unique health concerns that demand attention. So, the AIPS apprentice community pharmacists are immersed in a transformative General Health Awareness Program. As the embrace of tradition meets the winds of change, the village grapples with various health concerns.

#### **The Practice:**

In the nearby villages, Gunthapally & Mazeedpur, the AIPS students are undertaking transformative health awareness practices that focusses into the multifaceted health challenges faced by the community. The enchanting landscape of Gunthapally & Mazeedpur is not devoid of health concerns, and the pharmacists recognize the need for a holistic approach to address various issues affecting the villagers.

- **Practice for Empowering Community about Healthy diet:** Screening for undernutrition in

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children (6- 36 months), followed by capacity building of mothers of the malnourished children on infant feeding, hygiene and care practices. Developing home-based nutrition gardens in Gunthapally focusing on integrating crops-trees-aquatic system-bird-livestock so that all the resources are optimally used to increase dietary diversity, reduce cost in food production, consume safe food, and increase income through marketable surplus. The approach ensures improving natural resources, like forest etc., around the village to include uncultivated food in the diet.

- **Practice for Cervical cancer awareness month campaign:** Conducting interactive sessions in Mazeedpur to assess individual risks for cervical cancer, considering factors such as age, HPV infection, and family history. Provide detailed information about medications used in the treatment of cervical cancer, explaining their purposes and potential side effects. Actively promote understanding about HPV vaccination, elucidating its significance in preventing cervical cancer and dispelling any misconceptions.
- **Practice for awareness on Prevention strategies for seasonal influenza in neighbourhood:** Conducting interactive workshops in Mazeedpur to educate community members about the transmission modes of infectious diseases such as malaria and typhoid. Explain how contaminated water, food, and vectors contribute to the spread of these illnesses. Develop and distribute informative pamphlets, posters, and brochures detailing the early symptoms of malaria and typhoid, emphasizing the importance of recognizing these signs for prompt medical attention.
- **Practice for Empowering Communities Against Chronic Disorders:** Conducting interactive workshops in Gunthapally to educate community members about the risk factors associated with diabetes and thyroid disorders. Discuss lifestyle factors, genetic predispositions, and environmental influences contributing to these conditions. Collaborate with healthcare providers to organize health screenings and check-ups within the community.
- **Practice for General Health Checkup camp Initiative:** Provide on-site testing for blood sugar levels and thyroid function, facilitating early detection and raising awareness about the importance of regular check-ups. Conducting these informative sessions in various rural areas of the city on the importance of staying hydrated during the hot summer months, addressing the risks of dehydration and promoting water intake. Raise awareness about common heat-related illnesses, such as heatstroke and heat exhaustion, and provide practical tips on prevention and early symptoms recognition. Educate the community on preventing diseases like dengue and malaria by implementing mosquito control measures and promoting the use of bed nets.

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### Evidence of success:

- Adopting appropriate complementary feeding practices by mothers of malnourished children. Understanding linkages between hand washing, safe disposal of feces, environmental hygiene, safe food handling and infections with nutrition by mothers. Immediate action taken by mothers to ensure safely managed drinking water at household level.
- Mother and family understand the importance of dietary diversity and use of locally available low-cost foods for preparation of daily meals. Family starts a small integrated nutrition garden to be able to access diverse foods throughout the year.
- Monitor the number of women in the community who receive the HPV vaccination after the awareness campaign to gauge the success of promoting vaccination.
- Measure the success of awareness campaigns by tracking the attendance and participation rates in educational workshops focused on cervical health.
- Conduct pre- and post-awareness surveys to assess the retention of knowledge regarding cervical cancer risks, medications, and the importance of lifestyle factors.
- Measure the success of the awareness program by monitoring the attendance and active participation in workshops, health screenings, and community events. A significant increase in participation indicates growing interest and engagement.
- Conduct post-awareness surveys to gather feedback from community members in Mazeedpur. Positive feedback, along with an improvement in knowledge levels and attitudes toward infectious diseases, serves as evidence of the program's success.
- A rise in the number of community members participating in health screenings for diabetes and thyroid disorders serves as tangible evidence of increased awareness and proactive health-seeking behavior.
- Conduct post-awareness surveys to gather feedback from community members in Gunthapally. Positive responses indicating improved knowledge, changed behaviors, and a proactive approach to health contribute to the program's success.
- Increased attendance and active participation in educational workshops signify a growing interest and engagement level within the community, showcasing the success of the awareness initiatives.
- Measure success through increased attendance and participation in health workshops, indicating heightened community interest and involvement in health-related activities.
- Analyze health check-up data to identify improvements in key health indicators, such as blood pressure, cholesterol levels, and overall wellness, showcasing the program's impact on preventive care.
- Collect data on the adoption of healthier lifestyle habits, including changes in dietary choices, increased physical activity, and a reduction in risky behaviors, providing tangible evidence of behavior change.

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### **Problems encountered and Resources required:**

#### **Problems encountered:**

- **Problems encountered for Empowering Community about Healthy diet:** Since the rural women's belong to a low socio economics group, In general the reason for the prevalence of under nutrition could be because women's are over exhausted by taking of lower amounts of foods. Various factors effect on nutrition status and measures have to be taken to educated women's about the healthy nutrition and importance of physical activity.
- **Problems encountered for Cervical cancer awareness month campaign:** Gender-related stigmas associated with women's health issues posed challenges, necessitating community engagement strategies to break down stereotypes and foster an open dialogue. Varied levels of health literacy among community members required tailored educational strategies to ensure that the information provided was understandable and actionable for everyone.
- **Problems encountered for Empowering Communities Against Chronic Disorders:** Overcoming language and cultural barriers may pose challenges in effectively conveying information about infectious diseases. Tailoring the awareness materials and campaigns to align with the local language and cultural nuances is crucial. Some community members in Gunthapally may face difficulties accessing healthcare services due to geographical constraints, economic factors, or a lack of healthcare infrastructure. This limitation can hinder the effectiveness of the awareness program.
- **Problems encountered for awareness on Prevention strategies for seasonal influenza in neighbourhood:** Overcoming language and cultural barriers may pose challenges in effectively conveying information about Chronic diseases. Tailoring the awareness materials to align with the local language and cultural nuances is crucial. Some community members in Gunthapally may face difficulties accessing healthcare services due to geographical constraints, economic factors, or a lack of healthcare infrastructure. This limitation can hinder the effectiveness of the awareness program
- **Problems encountered for General Health Checkup camp Initiatives:** Encounter challenges related to cultural beliefs and practices that may resist the adoption of new health behaviors, necessitating culturally sensitive approaches to overcome resistance. Address difficulties arising from limited health literacy within the community, requiring tailored educational materials and strategies to convey health information effectively. Face constraints in terms of resources, both financial and infrastructural, which may hinder the scale and impact of healthawareness initiatives within the community.





### Resources required:

To successfully execute the awareness programs in Gunthapally village, the AIPS students require a range of resources tailored to the unique challenges posed by each initiative.

- **Resources required for Empowering Community about Healthy diet:** To create awareness in the village about available health services and their health entitlements. To develop a Village Health Plan based on an assessment of the situation and priorities of the community. To maintain a village health register and health information board and calendar. Investing in the creation of culturally sensitive and easily understandable educational materials to address language and cultural barriers and ensure broad community comprehension.
- **Resources required for Cervical cancer awareness month campaign:** Conducting health work.shops, seminars, and interactive sessions led by healthcare professionals to provide accurate information and answer questions directly. Develop and print educational materials, including pamphlets, posters, and brochures, to be distributed at local pharmacies, community centers, and healthcare facilities. These materials should contain information on infectious diseases, their transmission, symptoms, and preventive measures.
- **Resources required for Empowering Communities Against Chronic Disorders:** Invest in translating awareness materials and messages into the local language spoken in Gunthapally. This ensures that the information is accessible and comprehensible to all community members, overcoming language barriers. Develop and print culturally sensitive educational materials, including pamphlets, posters, and brochures, to be distributed at local pharmacies, community centers, and healthcare facilities.
- **Resources required for awareness on Prevention strategies for seasonal influenza in neighbourhood:** Invest in translating awareness materials and messages into the local language spoken in Mazeedpur. This ensures that the information is accessible and comprehensible to all community members, overcoming language barriers. Invest in the creation of communal spaces or meeting areas equipped for health workshops and seminars, fostering interactive sessions and discussions on various health topics.
- **Resources required for General Health Checkup camp Initiative:** Secure resources for collaboration with local healthcare professionals who can provide expertise, conduct health check-ups, and offer personalized consultations during awareness programs.





Date: 22-08-2023


**Circular**

This is to inform that the AIPS students will organize an awareness initiative on nutrition on the theme “**Nutrition awareness Hub: Empowering community about Healthy diet**” on 23-08-2023 in the village, Gunthapally to educate the village community members. All are requested to actively participate in the program.

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1. All HOD's
2. All Pharm -D Students
3. Office file



  
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## Report On Nutrition awareness Hub

**Date:** 23-08-2024

**Venue:** Gunthapally

**Time:** 10:00AM to 12:00PM

**Organized by:** AIPS students

**Community involved:** 50

**Title of the practice:** “Nutrition Hub: Empowering community about Healthy diet”

**Introduction:** Malnutrition occurs due to deficiencies, excesses, or imbalances in an individual's intake nutritious food that provide one's body with energy and/or nutrients. Combating malnutrition in all its forms is a global health challenges as every country is affected by one or more forms of malnutrition. Malnutrition manifests itself in three forms: undernutrition, micronutrient-related malnutrition and diet-related non-communicable diseases mainly due to a person being overweight or obese.

### **Objectives of the practice:**

- Increase awareness among community of Gunthapally about the fundamentals of nutrition.
- Women, infants, children, and adolescents are at particular risk of malnutrition. Good nutrition, mainly during the first 1000 days of a child's life (in common parlance from the time of a child's conception to his/her second birthday) ensures the best possible start in life and long-term benefits.
- Malnutrition is amplified by poverty and the lack of access to resources (including land and the commons) and often affects the poor disproportionately. Indeed, malnutrition is a prominent pathway transmitting poverty from one generation to the next as it fits into a cycle by increasing health care costs, reducing productivity, and slowing economic growth, all of which, in turn, perpetuate a cycle of poverty and ill-health.
- Reducing chronic undernutrition is a complex challenge because it is caused by a variety of factors such as poverty, mono-cropping, inadequate diets, gender inequality, low education, poor health, and sub-optimal caregiving practices.

### **The Context:**

- Nutrition education empowers people to take control of their health.
- By learning about the nutrients your body needs and the effects of certain foods on your health, you can make better food choices and develop healthier habits. This, in turn, can lead to a reduced risk of chronic diseases like heart disease, diabetes, and cancer.
- Another benefit of nutrition education is that it can help you better understand food

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labels and nutritional information. Many people are uncertain about what's in their food and what they should be looking for when reading labels.

- Nutrition education can provide clarity and help people make more informed decisions about the foods they consume.
- Learning about nutrition is a vital part of anyone's knowledge base. It helps us make informed decisions about what to eat, which can lead to improved health outcomes. Proper nutrition can prevent chronic diseases, improve mental health, boost energy levels, and enhance overall quality of life. Knowing how to maintain a nutritious diet is essential for keeping up a healthy lifestyle.

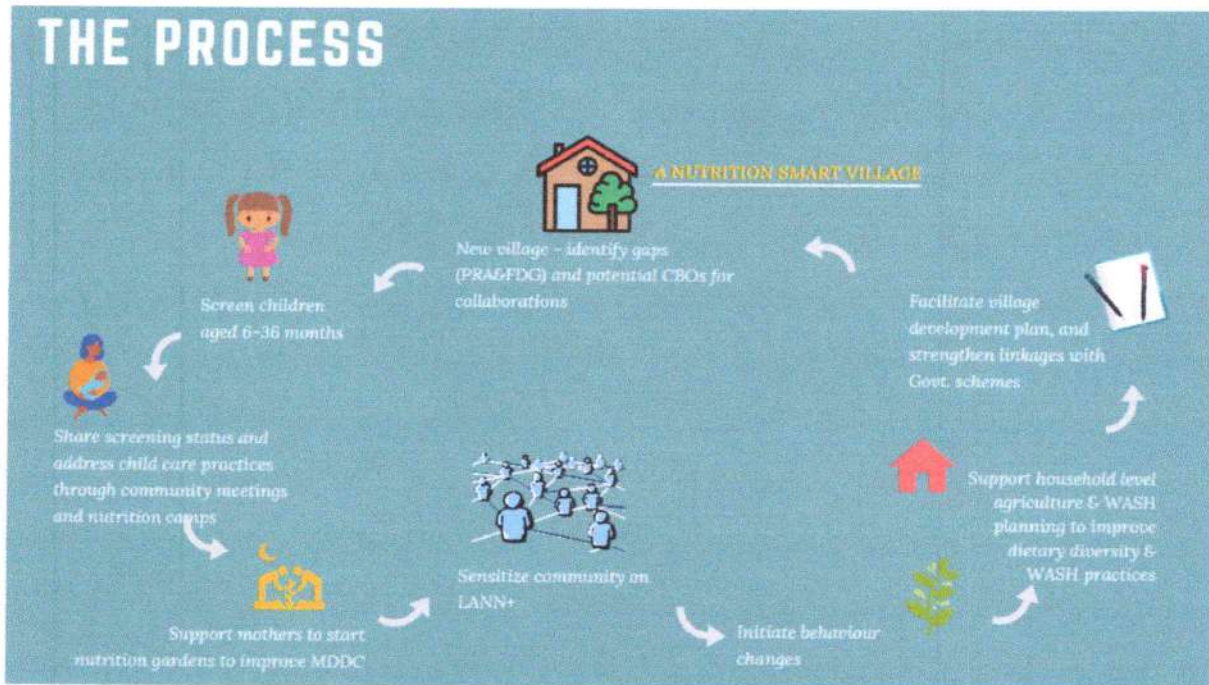
**The Practice:**

- Screening for undernutrition in children (6- 36 months), followed by capacity building of mothers of the malnourished children on infant feeding, hygiene and care practices.
- Developing home-based nutrition gardens focusing on integrating crops-trees-aquatic system-bird-livestock so that all the resources are optimally used to increase dietary diversity, reduce cost in food production, consume safe food, and increase income through marketable surplus. The approach ensures improving natural resources, like forest etc., around the village to include uncultivated food in the diet.
- Facilitating practices to sensitize communities on the immediate, underlying and basic causes of malnutrition. The knowledge and skills acquired through the meetings support the community to plan, take actions, and evaluate the status of food security in the village in terms of availability, access, utilization, and stability.
- Supporting communities to prepare village development plans that are inclusive, especially catering to the needs of the families with undernourished women and children. Sensitized families then plan the use of their resources to maximize food production, maintain personal and environmental hygiene and demand legal entitlements.
- Support village institutions, local committees to be informed, skilled and able to monitor the good practices, make service providers accountable and help people access their rights.



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### Evidence of success:

- Adopting appropriate complementary feeding practices by mothers of malnourished children. Understanding linkages between hand washing, safe disposal of feces, environmental hygiene, safe food handling and infections with nutrition by mothers. Immediate action taken by mothers to ensure safely managed drinking water at household level.
- Mother and family understand the importance of dietary diversity and use of locally available low-cost foods for preparation of daily meals. Family starts a small integrated nutrition garden to be able to access diverse foods throughout the year.
- Produce from the garden and farm increases consumption of food groups in the daily diet. Dependence on market for green leafy vegetables and fruits decreases; savings are used to buy other food from the 10 food groups.
- Average food availability from nutrition garden and farms increases by 3-4 months. Families received increased income from excess production.
- Purchase of unsafe food and fast food from the market by communities reduces considerably.
- Community can identify probable underlying and basic causes of malnutrition and take actions to resolve them.
- Community is able to identify families with malnourished children and encourages them to participate in the village planning and budgeting.

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- The resource poor families plan their own resources and identify the support required from the government schemes to improve sustainable food security at household level.
- All families are informed and empowered to access entitlements under the government safety net programs.

- **Problems encountered and Resources required:**


**Problems encountered:**

- Since the rural women's belong to a low socio economics group, In general the reason for the prevalence of under nutrition could be because women's are over exhausted by taking of lower amounts of foods. Various factors effect on nutrition status and measures have to be taken to educated women's about the healthy nutrition and importance of physical activity.
- Some teenagers in Gunthapally may face barriers to access educational resources due to economic constraints or limited availability of materials. This hampers the widespread distribution of crucial information on nutrition.

**Resources required:**

- To create awareness in the village about available health services and their health entitlements.
- To develop a Village Health Plan based on an assessment of the situation and priorities of the community.
- To maintain a village health register and health information board and calendar.
- To analyze key issues and problems pertaining to village level health and nutrition activities and provide feedback to relevant functionaries and officials;
- To present an annual health report from the village to the Gram Sabha.



  
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AIPS students providing awareness about nutrition in Schools



AIPS students explaining about effects of malnutrition in children

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**AIPS students providing awareness about importance of food hygiene**



**AIPS students providing awareness about consumption of balanced diet**

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**STUDENTS INVOLVED IN NUTRITION AWARENESS PROGRAM**

AREM SHAILAJA	22GNIT0001
BANAVATH HASINI	22GNIT0002
BEESU ANUSHA	22GNIT0003
CHAVAN SWETHA	22GNIT0004
DAMODHAR RATHOD	22GNIT0005
DANTHALA KAVYA SREE	22GNIT0006
DUDEKULA KAMAALRESHMA	22GNIT0007
MANTHENA SANAY RAJ	22GNIT0008
MOHD OMAR FAROOQ	22GNIT0009
PARVATHANENI SRIJA	22GNIT0010
PEDDANARASAYOLU ASHWINI	22GNIT0011
VELJALA SNEHA	22GNIT0012
ZOBIYA HASHMI	22GNIT0013
GURRAM CHANDANA	22GNIT0014
KORIMI PRIYANKA	22GNIT0015
MADISHETTY SAI TEJA	22GNIT0016
MERUGU AKHILA	22GNIT0017
MUPPURI GAYATHRI	22GNIT0018
PULIJALA SWAHITANJALI	22GNIT0019
R.NAGA VAISHNAVI	22GNIT0020
SHAGA ABHISHEK	22GNIT0021
SOUTA MAMATHA	22GNIT0022
UZMA FATIMA	22GNIT0023
ARMINA SULTANA	22GNIT0024
DORA RAMATULASI	22GNIT0025
EDIGI BHARATH KUMAR GOUD	22GNIT0026
JELLA KAVYA	22GNIT0027
PAIDIPELLI SUKUMAR	22GNIT0028
SANA	22GNIT0029
SHAIK ASMABEGUM	22GNIT0030
VARANASI SHIVAPRASAD	22GNIT0031
K AKHILA	22GNIT0032
BHUKYA ARUN	21GNIT0001
BOLLABOINA LAXMI	21GNIT0002
CHANDA VAMSHI KRISHNA	21GNIT0003
G SRIKANTH	21GNIT0004
GADIPE SHIVARAM LALITH KUMAR	21GNIT0005
HONNUR AYESHA	21GNIT0006
JINDE SAI VAISHNAVI	21GNIT0007
K.GOPI KRISHNA	21GNIT0008
KAITHA JONAMARGRETT	21GNIT0009
MOHAMMED SAMIUDDIN	21GNIT0010
POTLAPALLI LAVANYA	21GNIT0011
PRATHI KANTAM TRISHA VILASINI	21GNIT0012
SANDHYA RANI	21GNIT0013
SHUROOQ FATIMA	21GNIT0015
SURAPUR SAI VENNELA	21GNIT0016
UPPARI RAVITEJA	21GNIT0017
ALETI UMIKA	21GNIT0018
CHINTHAPALLY AKSHAY KUMAR	21GNIT0019
G KAVITHA	21GNIT0020





Date: 02-02-2024

Circular

This is to inform that the AIPS students will organize an awareness initiative on cervical cancer on the theme “Cervical cancer awareness month campaign” on 03-02-2024 in the village of Gunthapally to educate the village community members. All are requested to actively participate in the program.

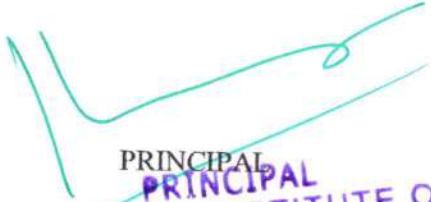
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**Report On Awareness on Cervical cancer awareness month campaign**

**Date:** 03-02-2024

**Venue:** Gunthapally

**Time:** 10:00AM to 12:00PM

**Organized by:** AIPS students

**Community involved:** 45

**Title of the practice:** "Cervical cancer awareness month campaign"

**Introduction:**

- Cancer of the cervix is a major burden on women's health world wide. Compared with developed countries where the implementation of cytology-based screening programs in the 1940s greatly reduced incidence rate, cervical cancer is still the second important cause of cancer-related deaths among women in developing countries like India.
- Cervical cancer is diagnosed in more than 120,000 females in India, of which 67,000 die from the disease every year and this represents cases which are recorded because these women could seek medical help, but if we consider rural areas where people do not have access to advanced diagnosis and take those into consideration then the data must be horrifying .
- The most common cause of a higher rate of mortality due to cervical cancer in India is lack of awareness about its symptoms, risk factors, screening programs, and preventive measures.
- The most common symptoms of cervical cancer are abdominal pain, before and after intercourse bleeding, persistent back pain, urinary urgency, white vaginal discharge, smelly vagina, etc
- Infection with human papillomavirus (HPV) is the most important risk factor associated with cervical cancer. HPV is very common worldwide and primarily transmitted through sexual contact in both males and females.
- Additional risk factors include multiple sexual partners, sexual intercourse at an early age, prolonged use of oral contraceptive pills, early age at first pregnancy, multi-parity, multiple abortions, and smoking.
- While the HPV infection is the major risk factor for the development of cervical cancer.

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### Objectives of the practice:

- Enhance awareness among women in the village community about the causes, risk factors, and symptoms of cervical cancer, fostering a comprehensive understanding of the disease.
- Encourage and educate women on the importance of regular cervical cancer screenings, such as Pap smears, to facilitate early detection and prompt intervention.
- Promote awareness and acceptance of Human Papillomavirus (HPV) vaccination among eligible women, emphasizing its role in preventing cervical cancer.
- Ensure convenient access to HPV vaccination services for women within the village community, addressing barriers such as affordability and transportation.
- Provide information and resources on reproductive health, emphasizing the significance of preventive measures, including regular check-ups and vaccinations.

### The Context:

In village community of Mazeedpur, the narrative surrounding women's health, particularly concerning cervical cancer, remains largely unexplored. Many women, owing to limited access to healthcare information and resources, find themselves in a scenario where critical aspects of cervical health are often overlooked. The prevalence of misconceptions and stigma further inhibits open conversations about cervical cancer and preventive measures. Amidst this landscape, AIPS students aim to illuminate the women of community of Mazeedpur by awareness initiative. It seeks to address the dearth of knowledge, promote regular screenings, and advocate for HPV vaccination as a vital preventive measure. AIPS students have observed a significant gap in awareness among the women in community of Mazeedpur regarding cervical cancer and vaccination. Many women lack access to information and resources, leading to a scenario where critical aspects of cervical health are not prioritized. AIPS apprentice community pharmacists bridge this gap by initiating awareness campaigns. Through informative sessions, we aim to empower the women in our village with knowledge about cervical cancer, the importance of regular screenings, and the benefits of HPV vaccination. By fostering understanding and creating a supportive environment, AIPS students strive to contribute to the overall well-being of the women in our community of Mazeedpur.







**The Practice:**

As part of efforts to offer services that will have the greatest impact on cervical cancer incidence and mortality, programs should consider the following issues:

- Conduct interactive sessions to assess individual risks for cervical cancer, considering factors such as age, HPV infection, and family history.
- Provide detailed information about medications used in the treatment of cervical cancer, explaining their purposes and potential side effects.
- Actively promote understanding about HPV vaccination, elucidating its significance in preventing cervical cancer and dispelling any misconceptions.
- Host sessions on lifestyle modifications, emphasizing the role of a balanced diet, regular exercise, and weight management in reducing the risk of cervical cancer.
- Engage in discussions about personal hygiene practices crucial for cervical health, including the importance of regular gynecological check-ups which develop more serious cervical abnormalities can be monitored; support targeted research on accurate, inexpensive HPV tests, since identifying a woman's HPV status informs health care providers about the potential course of the infection. Ultimately, HPV testing could be an important addition to targeted screening programs and could help guide treatment decisions.
- Emphasize the significance of regular gynecological check-ups and screenings for early detection, providing information on available healthcare services.
- Establish support networks or forums within the community where women can share experiences, ask questions, and receive support related to cervical health.
- Advocate for the use of female hygiene products that contribute to overall reproductive health, providing information on their benefits.
- Organize workshops specifically dedicated to HPV awareness, ensuring women understand the virus, its transmission, and the role of vaccination in prevention.
- Plan and execute follow-up health camps to provide ongoing support, monitor progress, and address any emerging concerns within the community of Mazedpur.

**Evidence of success:**

- Monitor the number of women in the community who receive the HPV vaccination after the awareness campaign to gauge the success of promoting vaccination.
- Measure the success of awareness campaigns by tracking the attendance and participation rates in

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educational workshops focused on cervical health.

- Conduct pre- and post-awareness surveys to assess the retention of knowledge regarding cervical cancer risks, medications, and the importance of lifestyle factors.
- Track the attendance of women in follow-up health check-ups, evaluating the success of encouraging regular gynecological examinations.
- Collect feedback and testimonials from women who actively participated, providing qualitative evidence of the impact on knowledge and potential behavior change.
- Assess the success of disseminating information by monitoring the distribution and utilization of educational materials within the community\_
- Observe the creation and engagement levels in support networks or forums, indicating the success of cultivating an environment where women can share experiences.

**Problems encountered and Resources required:**

**Problems encountered:**

- Gender-related stigmas associated with women's health issues posed challenges, necessitating community engagement strategies to break down stereotypes and foster an open dialogue.
- Varied levels of health literacy among community members required tailored educational strategies to ensure that the information provided was understandable and actionable for everyone.
- Addressing vaccine hesitancy and dispelling myths surrounding cervical cancer vaccinations presented challenges, emphasizing the need for targeted awareness campaigns to build trust.

**Resources required:**

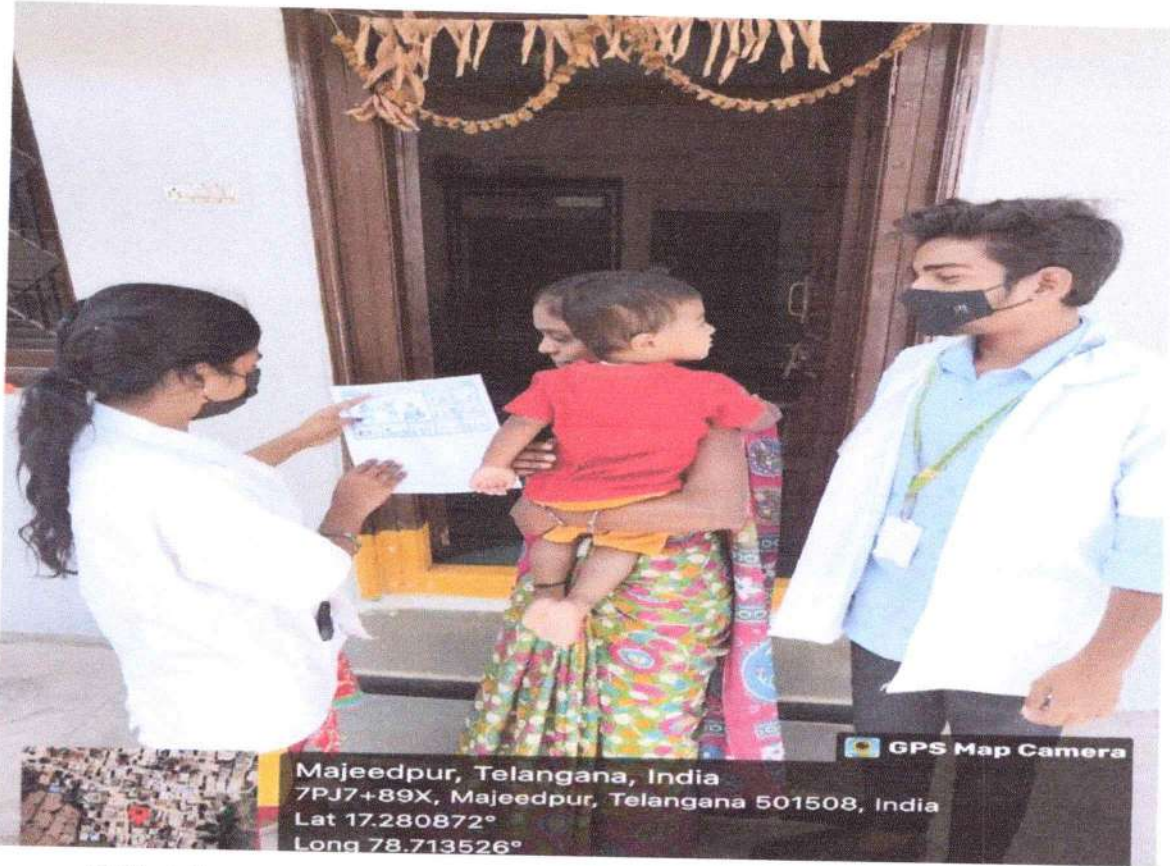
- Investing in the creation of culturally sensitive and easily understandable educational materials to address language and cultural barriers and ensure broad community comprehension.
- Conducting health work.shops, seminars, and interactive sessions led by healthcare professionals to provide accurate information and answer questions directly.
- Investing in comprehensive community health campaigns that include awareness drives, door- to-door outreach, and engaging community leaders to address vaccine hesitancy and promote preventive measures.

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**AIPS students providing awareness about precautionary measures of Cervical cancer**



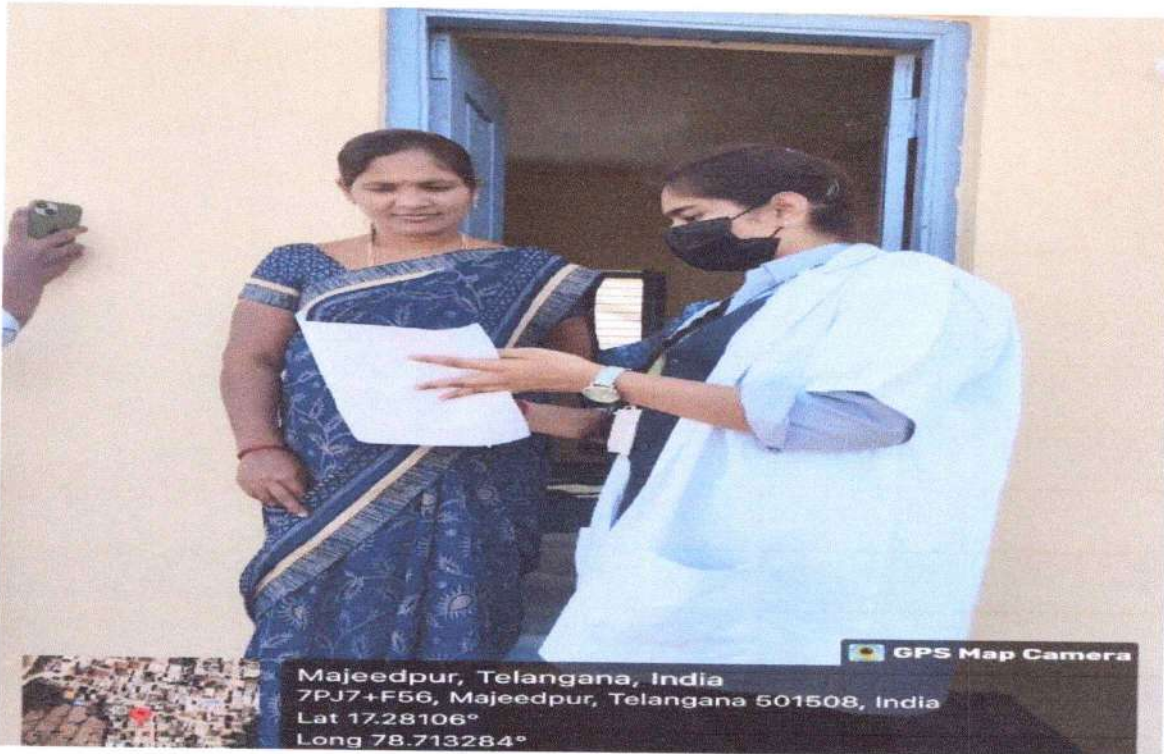
**AIPS students providing awareness about early symptoms of Cervical cancer**

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AIPS students providing awareness about early diagnosis of cervical cancer



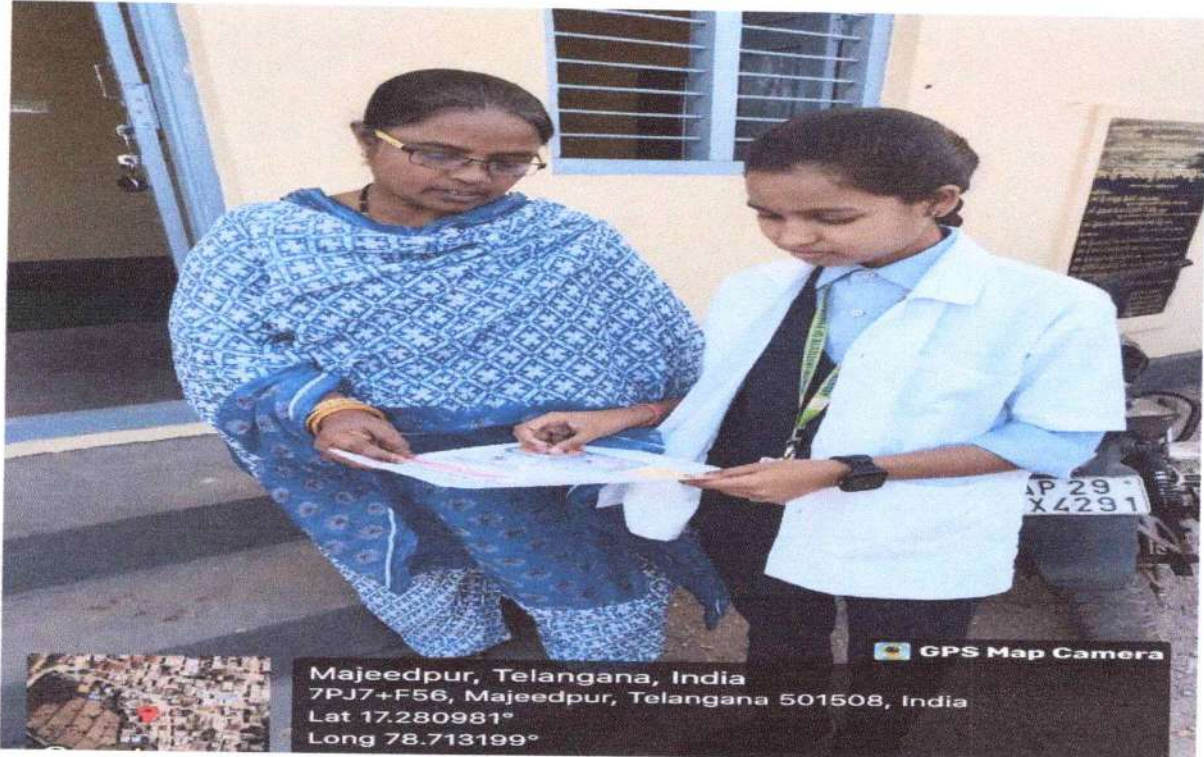
AIPS students providing awareness about necessary tests for Cervical cancer

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AIPS students providing awareness about Cervical cancer



AIPS students providing awareness about Cervical cancer

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**AIPS students providing awareness about preventive measures of Cervical cancer**



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**STUDENTS INVOLVED IN CERVICAL CANCER AWARENESS PROGRAM**

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BANAVATH HASINI	22GN1T0002
BEESU ANUSHA	22GN1T0003
CHAVAN SWETHA	22GN1T0004
DAMODHAR RATHOD	22GN1T0005
DANTHALA KAVYA SREE	22GN1T0006
DUDEKULA KAMAALRESHMA	22GN1T0007
MANTHENA SANAY RAJ	22GN1T0008
MOHD OMAR FAROOQ	22GN1T0009
PARVATHANENI SRIJA	22GN1T0010
PEDDANARASAYOLU ASHWINI	22GN1T0011
VELJALA SNEHA	22GN1T0012
ZOBIYA HASHMI	22GN1T0013
GURRAM CHANDANA	22GN1T0014
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MADISHETTY SAI TEJA	22GN1T0016
MERUGU AKHILA	22GN1T0017
MUPPURI GAYATHRI	22GN1T0018
PULIJALA SWAHITANJALI	22GN1T0019
R.NAGA VAISHNAVI	22GN1T0020
SHAGA ABHISHEK	22GN1T0021
SOUTA MAMATHA	22GN1T0022
UZMA FATIMA	22GN1T0023
ARMINA SULTANA	22GN1T0024
DORA RAMATULASI	22GN1T0025
EDIGI BHARATH KUMAR GOUD	22GN1T0026
JELLA KAVYA	22GN1T0027
PAIDIPELLI SUKUMAR	22GN1T0028
SANA	22GN1T0029
SHAIK ASMABEGUM	22GN1T0030
VARANASI SHIVAPRASAD	22GN1T0031
K AKHILA	22GN1T0032
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BOLLABOINA LAXMI	21GN1T0002
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HONNUR AYESHA	21GN1T0006
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SANDHYA RANI	21GN1T0013
SHUROOQ FATIMA	21GN1T0015
SURAPUR SAI VENNELA	21GN1T0016
UPPARI RAVITEJA	21GN1T0017
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CHINTHAPALLY AKSHAY KUMAR	21GN1T0019
G KAVITHA	21GN1T0020





Date: 29-05-2024


**Circular**

This is to inform that the AIPS students will organize an awareness initiative on infectious diseases on the theme **“Health Harbor: Prevention strategies for seasonal influenza in neighbourhood”** on 30-05-2024 in the village of Mazedpur to educate the village community members. All are requested to actively participate in the program.

**Circulated To:**

All HOD's  
All Pharm -D Students  
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### Report On Awareness on Seasonal Influenza

**Date:** 30-05-2024

**Venue:** Mazeedpur

**Time:** 10:00AM to 12:00PM

**Organized by:** AIPS students

**Community involved:** 55

**Title of the practice:** “Health Harbor: Prevention strategies for seasonal influenza in neighbourhood”

**Introduction:** Infectious diseases, such as malaria and typhoid, pose significant global health challenges, affecting millions of individuals each year. Malaria, caused by *Plasmodium* parasites transmitted through the bite of infected mosquitoes, primarily occurs in tropical and subtropical regions. Typhoid fever, caused by the bacterium *Salmonella Typhi*, spreads through contaminated food or water and is prevalent in areas with poor sanitation. Both diseases can result in severe illness and, if left untreated, can be life-threatening. Prevention efforts for malaria include mosquito control measures and the use of bed nets, while typhoid prevention involves improved sanitation and access to clean water, as well as vaccination. Timely diagnosis and appropriate treatment are critical for managing these infectious diseases, and public health initiatives focus on raising awareness, improving healthcare infrastructure, and implementing preventive measures to reduce the burden of these illnesses on communities worldwide.

#### **Objectives of the practice:**

- Increase awareness among community members in Mazeedpur about the transmission routes of infectious diseases like malaria and typhoid. Emphasize the role of contaminated water, food, and vectors in the spread of these diseases.
- Encourage and educate community members on the importance of personal hygiene practices, including proper hand washing, safe food handling, and the use of mosquito repellents. These measures aim to minimize the risk of contracting and spreading infectious diseases.
- Raise awareness about the early symptoms of malaria and typhoid fever. Stress the importance of seeking prompt medical attention upon experiencing symptoms to facilitate early diagnosis and treatment, preventing the progression of these diseases.
- Promote the importance of vaccination as a preventive measure against certain infectious diseases. Collaborate with healthcare providers to organize vaccination programs in the community, focusing on diseases like typhoid where vaccines are available.
- Engage the community in vector control efforts, especially for diseases like malaria transmitted

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by mosquitoes. Encourage the use of bed nets, elimination of stagnant water breeding grounds, and other community-driven measures to reduce the mosquito population.

- Ensure that awareness materials and campaigns are presented in local languages to enhance understanding and accessibility. Tailor information to the cultural context of Mazeedpur to maximize the impact of the awareness program.

#### **The Context:**

In the vibrant community of Mazeedpur, there exists a significant gap in awareness concerning infectious diseases, notably malaria and typhoid. Many community members are not fully informed about the transmission modes, early symptoms, and preventive measures associated with these diseases. The lack of awareness has resulted in delayed recognition of symptoms, potential exposure to contaminated sources, and limited understanding of the importance of seeking timely medical assistance. Recognizing this critical void, the AIPS students raise awareness on infectious diseases particularly malaria and typhoid and aims to bridge the information gap. Through interactions, AIPS students have observed a lack of knowledge among community members about the modes of transmission, early symptoms, and preventive measures for these diseases. By fostering a culture of understanding, the community can empower its members to take proactive measures in personal hygiene, vector control, and seeking prompt medical attention. The ultimate goal is to create a resilient community in Mazeedpur, well-equipped with knowledge to combat and prevent the spread of infectious diseases.

#### **The Practice:**

- Conduct interactive workshops to educate community members about the transmission modes of infectious diseases such as malaria and typhoid. Explain how contaminated water, food, and vectors contribute to the spread of these illnesses.
- Develop and distribute informative pamphlets, posters, and brochures detailing the early symptoms of malaria and typhoid, emphasizing the importance of recognizing these signs for prompt medical attention.
- Organize information sessions in the local language to ensure that all community members can comprehend and engage with the awareness program effectively.
- Collaborate with the community to implement vector control measures. Emphasize the use of bed nets, elimination of mosquito breeding sites, and safe disposal of stagnant water to reduce the risk of malaria transmission.
- Advocate for personal hygiene practices, including proper hand washing, safe food handling, and sanitation measures to minimize the risk of typhoid and other waterborne diseases.

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- Conduct practical demonstrations on proper hand washing techniques, emphasizing the significance of hand hygiene in preventing the spread of infectious diseases.
- Coordinate with healthcare providers to organize community-wide vaccination drives, especially for diseases like typhoid where vaccines are available.
- Invite local healthcare professionals to participate in awareness campaigns, providing insights into disease symptoms, treatment options, and preventive measures.
- Collaborate with healthcare providers to organize health screenings and check-ups within the community, facilitating early detection of infectious diseases and timely medical intervention.
- Conduct training sessions on crisis preparedness, educating community members on the immediate steps to take in case of suspected infectious diseases and the importance of seeking professional medical help promptly.
- Organize feedback sessions and question-and-answer forums to address community queries and concerns. Foster an open dialogue to ensure that information is well-understood and tailored to the community's specific needs.
- Implement follow-up campaigns to reinforce key messages and ensure continuous education. Regularly assess the community's understanding and adjust awareness strategies accordingly for sustained impact.

**Evidence of success:**

- Measure the success of the awareness program by monitoring the attendance and active participation in workshops, health screenings, and community events. A significant increase in participation indicates growing interest and engagement.
- Conduct post-awareness surveys to gather feedback from community members in Mazeedpur. Positive feedback, along with an improvement in knowledge levels and attitudes toward infectious diseases, serves as evidence of the program's success.
- Assess the *community's engagement in vector control initiatives*. A *reduction in mosquito breeding sites* and increased usage of preventive measures, such as bed nets, demonstrates the success of community-driven efforts.
- Collaborate with healthcare providers to track vaccination coverage rates within the community. An increase in the number of community members receiving vaccinations for diseases like typhoid indicates the success of vaccination drives.
- Observe and document improvements in personal hygiene practices within the community. Increased adherence to proper hand washing and sanitation measures signifies positive behavioral changes resulting from the awareness campaign.

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- Collaborate with local healthcare facilities to monitor and analyze data on reported cases of infectious diseases. A decrease in the number of reported cases suggests that the awareness program has contributed to preventing and managing these diseases effectively.

**Problems encountered and Resources required:**

**Problems encountered:**

- Overcoming language and cultural barriers may pose challenges in effectively conveying information about infectious diseases. Tailoring the awareness materials and campaigns to align with the local language and cultural nuances is crucial.
- Some community members in Mazeedpur may face difficulties accessing healthcare services due to geographical constraints, economic factors, or a lack of healthcare infrastructure. This limitation can hinder the effectiveness of the awareness program.
- Encouraging behavioral changes, such as adopting new hygiene practices or participating in vector control initiatives, may be met with resistance. Deeply ingrained habits and cultural practices could hinder the acceptance of these changes.
- Addressing misinformation and dispelling myths about infectious diseases can be challenging. Pre-existing beliefs within the community may conflict with accurate information, leading to skepticism or reluctance to accept new knowledge.
- Gaining active community engagement and participation in awareness programs may be a challenge. Factors such as busy schedules, competing priorities, or a lack of perceived urgency can hinder the effectiveness of the initiatives.

**Resources required:**

- Develop and print educational materials, including pamphlets, posters, and brochures, to be distributed at local pharmacies, community centers, and healthcare facilities. These materials should contain information on infectious diseases, their transmission, symptoms, and preventive measures.
- Invest in translating awareness materials and messages into the local language spoken in Mazeedpur. This ensures that the information is accessible and comprehensible to all community members, overcoming language barriers.
- Collaborate with healthcare professionals and educators specializing in infectious diseases. Their expertise is valuable for conducting workshops, seminars, and training sessions within the community, providing accurate and authoritative information.
- Allocate resources for organizing community engagement events such as health fairs, workshops, and informational sessions.







**AIPS students providing awareness about measures to prevent seasonal influenza**



**AIPS students providing awareness about personal hygiene to prevent seasonal influenza**

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**STUDENTS INVOLVED IN AWARENESS PROGRAM ON PREVENTIVE MEASURES OF SEASONAL INFLUENZA**

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DANTHALA KAVYA SREE	22GNIT0006
DUDEKULA KAMAALRESHMA	22GNIT0007
MANTHENA SANAY RAJ	22GNIT0008
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MUPPURI GAYATHRI	22GNIT0018
PULIJALA SWAHITANJALI	22GNIT0019
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SOUTA MAMATHA	22GNIT0022
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VARANASI SHIVAPRASAD	22GNIT0031
K AKHILA	22GNIT0032
BHUKYA ARUN	21GNIT0001
BOLLABOINA LAXMI	21GNIT0002
CHANDA VAMSHI KRISHNA	21GNIT0003
G SRIKANTH	21GNIT0004
GADIPE SHIVARAM LALITH KUMAR	21GNIT0005
HONNUR AYESHA	21GNIT0006
JINDE SAI VAISHNAVI	21GNIT0007
K.GOPI KRISHNA	21GNIT0008
KAITHA JONAMARGRETT	21GNIT0009
MOHAMMED SAMI UDDIN	21GNIT0010
POTLAPALLI LAVANYA	21GNIT0011
PRATHI KANTAM TRISHA VILASINI	21GNIT0012
SANDHYA RANI	21GNIT0013
SHUROOQ FATIMA	21GNIT0015
SURAPUR SAI VENNELA	21GNIT0016
UPPARI RAVITEJA	21GNIT0017



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Date: 11-02-2024

**Circular**

This is to inform that the AIPS students will organize an awareness initiative on Chronic diseases on the theme “Community Health Services: Empowering Communities Against Chronic Disorders” on 12-02-2024 in the village of Gunthapally to educate the village community members. All are requested to actively participate in the program.


**Circulated To:**

All HOD's

All Pharm -D Students

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## Report On Awareness on Chronic Disorders

**Date:** 12-02-2024

**Venue:** Gunthapally

**Time:** 10:00AM to 12:00PM

**Organized by:** AIPS students

**Community involved:** 37

**Title of the practice:** "Community Health Services: Empowering Communities Against Chronic Disorders"

**Introduction:** Chronic diseases encompass a range of conditions that affect the endocrine system, a network of glands that produce hormones regulating various bodily functions. Two prevalent disorders within this domain are diabetes and thyroid disorders. Diabetes, characterized by high blood sugar levels, results from insufficient insulin production (Type 1) or the body's inability to use insulin effectively (Type 2). It can lead to complications affecting the heart, kidneys, eyes, and nerves. Thyroid disorders involve dysfunction of the thyroid gland, with conditions like hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid). These disorders impact metabolism, energy levels, and overall well-being. Management of diabetes typically involves lifestyle modifications, medication, and insulin therapy, while thyroid disorders are often treated with medications or, in some cases, surgery. Endocrinologists play a crucial role in diagnosing, treating, and managing these conditions, emphasizing the importance of regular monitoring, medication adherence, and lifestyle adjustments to enhance the quality of life for individuals affected by diabetes and thyroid disorders. Public health initiatives aim to raise awareness, promote early detection, and improve overall understanding of these endocrinological conditions to optimize care and prevent complications.

### **Objectives of the practice:**

- Increase awareness among community members in Gunthapally about the risk factors associated with Chronic diseases such as diabetes and thyroid disorders. Emphasize the importance of recognizing early signs and symptoms for prompt medical attention.
- Advocate for lifestyle modifications to prevent and manage chronic diseases. Encourage healthy eating habits, regular physical activity, and weight management to reduce the risk of diabetes and maintain thyroid health.
- Emphasize the importance of regular health screenings for early detection of Chronic diseases. Encourage community members to undergo routine blood tests, check-ups, and

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screenings to identify and manage conditions like diabetes and thyroid disorders in their early stages.

- Organize nutrition workshops to provide practical guidance on balanced diets, portion control, and understanding nutritional labels. Equip community members with the knowledge to make informed food choices, crucial for managing conditions like diabetes.
- Stress the significance of medication adherence for individuals diagnosed with Chronic diseases. Promote regular medical check-ups to monitor blood sugar levels, thyroid function, and overall health. Encourage proactive management under healthcare professionals' guidance.
- Create a supportive community network where individuals with Chronic diseases can share experiences, discuss challenges, and provide mutual support. Reduce stigma associated with these conditions and promote a community that understands and empathizes with those affected.

#### **The Context:**

In the community of Gunthapally, there exists a notable gap in awareness regarding Chronic diseases, specifically diabetes and thyroid disorders. Many community members lack crucial knowledge about the risk factors, early signs, and preventive measures associated with these conditions. The absence of awareness has resulted in delayed diagnoses, limited understanding of necessary lifestyle modifications, and challenges in managing these Chronic diseases effectively. So, AIPS students has discerned a crucial need for heightened awareness regarding Chronic diseases, notably diabetes and thyroid disorders. Through interactions, AIPS students have observed a dearth of knowledge among community members about the subtle signs, risk factors, and preventative measures associated with these conditions. By fostering understanding and offering practical guidance, the goal is to instill a proactive approach within the community, promoting healthier lifestyles and early intervention for improved overall well-being.

#### **The Practice:**

- Conduct interactive workshops to educate community members about the risk factors associated with diabetes and thyroid disorders. Discuss lifestyle factors, genetic predispositions, and environmental influences contributing to these conditions.
- Collaborate with healthcare providers to organize health screenings and check-ups within the community. Provide on-site testing for blood sugar levels and thyroid function, facilitating early detection and raising awareness about the importance of regular check-ups.
- Organize nutritional guidance sessions to promote a balanced diet suitable for managing





- diabetes and supporting thyroid health. Provide information on portion control, understanding nutritional labels, and incorporating healthy eating habits into daily life.
- Establish exercise and physical activity programs tailored to different age groups within the community. Emphasize the role of regular exercise in managing diabetes and maintaining overall health, including activities suitable for those with thyroid disorders.
  - Conduct workshops on stress management techniques, as stress can impact both diabetes and thyroid health. Teach relaxation exercises, mindfulness practices, and strategies for coping with daily stressors.
  - Initiate community garden projects to promote access to fresh, locally grown produce. Encourage residents to participate, fostering a sense of community and providing a sustainable source of nutritious foods that support overall health.
  - Launch regular informational campaigns through posters, flyers, and community newsletters. Share insights on early signs of diabetes and thyroid disorders, emphasizing the importance of seeking medical advice if symptoms arise.
  - Develop programs to promote medication adherence for individuals diagnosed with diabetes or thyroid disorders. Provide information on the importance of consistent medication use and regular follow-ups with healthcare professionals.
  - Establish support groups for individuals affected by diabetes and thyroid disorders. These groups serve as platforms for sharing experiences, providing emotional support, and exchanging practical tips for managing these conditions.
  - Organize recurring health check events where community members can monitor key health parameters, such as blood pressure, blood sugar, and body mass index (BMI). Provide personalized feedback and guidance based on these measurements.
  - Ensure that all awareness materials and communication are available in the local language, making the information accessible to a broader audience and overcoming language barriers.
  - Utilize technology platforms to disseminate information, conduct virtual workshops, and engage community members who may face physical or logistical challenges in attending in-person events.
  - Implement mechanisms for continuous monitoring of the community's understanding and awareness levels. Adapt awareness strategies based on feedback and changing community needs for sustained impact.

**Evidence of success:**

- A rise in the number of community members participating in health screenings for diabetes and

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thyroid disorders serves as tangible evidence of increased awareness and proactive health-seeking behavior.

- Conduct post-awareness surveys to gather feedback from community members in Gunthapally. Positive responses indicating improved knowledge, changed behaviors, and a proactive approach to health contribute to the program's success.
- Increased attendance and active participation in educational workshops signify a growing interest and engagement level within the community, showcasing the success of the awareness initiatives.
- Anecdotal or reported instances of community members adopting healthier lifestyles, such as incorporating balanced diets and regular exercise, indicate a positive impact of the awareness program on lifestyle modifications.
- The growth and sustained participation in support groups for individuals affected by diabetes and thyroid disorders demonstrate community members' willingness to share experiences and seek mutual support, indicating success in fostering a supportive environment.
- Observing community engagement in stress management workshops and an uptake of stress-relief techniques suggests that the program has influenced individuals to manage stress, a factor that can impact endocrine health positively.
- An increased recognition of early symptoms of Chronic diseases, leading to prompt medical intervention, can be considered a success in achieving the awareness goal and improving overall community health.

#### **Problems encountered and Resources required:**

##### **Problems encountered:**

- Overcoming language and cultural barriers may pose challenges in effectively conveying information about Chronic diseases. Tailoring the awareness materials to align with the local language and cultural nuances is crucial.
- Some community members in Gunthapally may face difficulties accessing healthcare services due to geographical constraints, economic factors, or a lack of healthcare infrastructure. This limitation can hinder the effectiveness of the awareness program.
- Encouraging behavioral changes, such as adopting new lifestyle habits or participating in health screenings, may be met with resistance. Deeply ingrained habits and cultural practices could hinder the acceptance of these changes.
- Addressing misinformation and dispelling myths about Chronic diseases can be challenging. Pre-existing beliefs within the community may conflict with accurate information,





leading to skepticism or reluctance to accept new knowledge.

- Gaining active community engagement and participation in awareness programs may be a challenge. Factors such as busy schedules, competing priorities, or a lack of perceived urgency can hinder the effectiveness of the initiatives.

**Resources required:**

- Develop and print culturally sensitive educational materials, including pamphlets, posters, and brochures, to be distributed at local pharmacies, community centers, and healthcare facilities.
- Invest in translating awareness materials and messages into the local language spoken in Gunthapally. This ensures that the information is accessible and comprehensible to all community members, overcoming language barriers.
- Collaborate with healthcare professionals and educators specializing in Endocrinology . Their expertise is valuable for conducting workshops, seminars, and training sessions within the community, providing accurate and authoritative information.
- Establish mobile health clinics to provide accessible healthcare services, health screenings, and vaccinations directly within the community. This ensures that community members have easy access to essential health resources and services.



**AIPS students providing awareness about measures to prevent chronic disorders**

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**AIPS students providing awareness about lifestyle modifications to prevent chronic disorders**



**AIPS students providing awareness about measures to prevent chronic disorders**

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AIPS students providing awareness about lifestyle modifications to prevent chronic disorders



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GURRAM CHANDANA	22GNIT0014
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MADISHETTY SAI TEJA	22GNIT0016
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ARMINA SULTANA	22GNIT0024
DORA RAMATULASI	22GNIT0025
EDIGI BHARATH KUMAR GOUD	22GNIT0026
JELLA KAVYA	22GNIT0027
PAIDIPELLI SUKUMAR	22GNIT0028
SANA	22GNIT0029
SHAIK ASMABEGUM	22GNIT0030
VARANASI SHIVAPRASAD	22GNIT0031
K AKHILA	22GNIT0032
BHUKYA ARUN	21GNIT0001
BOLLABOINA LAXMI	21GNIT0002
CHANDA VAMSHI KRISHNA	21GNIT0003
G SRIKANTH	21GNIT0004
GADIPE SHIVARAM LALITH KUMAR	21GNIT0005
HONNUR AYESHA	21GNIT0006
JINDE SAI VAISHNAVI	21GNIT0007
K.GOPI KRISHNA	21GNIT0008
KAITHA JONAMARGRETT	21GNIT0009
MOHAMMED SAMI UDDIN	21GNIT0010
POTLAPALLI LAVANYA	21GNIT0011
PRATHI KANTAM TRISHA VILASINI	21GNIT0012
SANDHYA RANI	21GNIT0013
SHUROOQ FATIMA	21GNIT0015
SURAPUR SAI VENNELA	21GNIT0016
UPPARI RAVITEJA	21GNIT0017



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Date: 14-05-2024

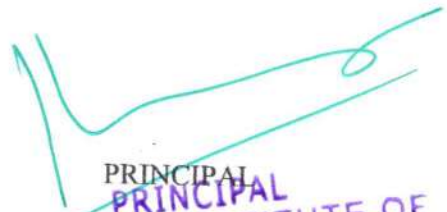
Circular

This is to inform that the AIPS students will join in the general health camp initiative organized by Telangana government on general health on the theme "**General Health Wellness Hub: A Community-wide General Health Checkup camp Initiative**" from 15-05-2024 to 30-05-2024 in rural areas of Hyderabad to educate the village community members. All Pharm D students are requested to actively participate in the program.

Circulated To:

All HOD's  
All Pharm -D Students  
Office file



  
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## Report on General health camp

**Date:** from 15-05-2024 to 30-05-2024

**Venue:** Rural areas of Hyderabad

**Time:** 10:00AM to 12:00PM

**Organized by:** AIPS students

**Community involved:** 30

**Title of the practice:** "General Health Wellness Hub: A Community-wide General Health Checkup camp Initiative"

**Introduction:** A general health awareness program is a comprehensive initiative aimed at promoting awareness, education, and positive behavioral changes to enhance overall health and well-being within a community or population. These programs cover a wide range of health topics, including nutrition, physical activity, mental health, preventive care, and lifestyle choices. Through various channels such as workshops, seminars, public service announcements, and social media, general health awareness programs provide information on disease prevention, healthy habits, and the importance of regular screenings. They often address key issues such as the benefits of a balanced diet, the significance of physical activity, the impact of stress on mental health, and the importance of immunizations. By fostering a culture of health consciousness, these programs empower individuals to make informed decisions about their well-being, ultimately contributing to healthier communities and reducing the burden of preventable illnesses. Public health agencies, community organizations, and healthcare providers play essential roles in designing, implementing, and sustaining such initiatives.

### **Objectives of the practice:**

- Enhance community understanding of basic health concepts, preventive measures, and the importance of regular health check-ups to empower individuals with foundational health knowledge.
- Foster awareness about the significance of balanced nutrition, regular physical activity, and adequate sleep to encourage the adoption of healthier lifestyle habits within the village community.
- Educate community members about the benefits of preventive health measures, such as vaccinations, screenings, and early detection of health issues, to proactively manage and mitigate potential health risks.
- Provide information on prevalent health issues specific to the village community, addressing common concerns such as nutrition-related diseases, vector-borne illnesses, and hygiene practices to promote targeted health improvements.

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### The Context:

In the rural areas of the city, the context for the General Health Awareness Program is painted against the backdrop of seasonal health challenges, particularly during the scorching summer months. The community suffers with the impact of summer-related health issues such as dehydration, heat-related illnesses, and vector-borne diseases. The rural areas, deeply rooted in tradition, is at the crossroads of modernity, facing unique health concerns that demand attention. So, the AIPS students are immersed in a transformative General Health Awareness Program. Their program transcends awareness, becoming a cultural bridge that integrates well-being into the fabric of daily life. In this endeavor, the AIPS students strive to create a healthier community. It becomes a vital initiative for well-being that addresses both the common health concerns and the specific issues exacerbated by the seasonal conditions.

### The Practice:

- Conduct informative sessions on the importance of staying hydrated during the hot summer months, addressing the risks of dehydration and promoting water intake.
- Raise awareness about common heat-related illnesses, such as heatstroke and heat exhaustion, and provide practical tips on prevention and early symptoms recognition.
- Educate the community on preventing diseases like dengue and malaria by implementing mosquito control measures and promoting the use of bed nets.
- Offer guidance on sun protection to prevent skin issues, including sunburns and skin cancers, emphasizing the use of sunscreen, protective clothing, and shade.
- Address nutritional needs during the summer, focusing on a balanced diet rich in seasonal fruits and vegetables to boost immunity and overall well-being.
- Conduct workshops on safe food handling and storage to prevent foodborne illnesses, emphasizing hygiene and proper cooking techniques.
- Recognize the impact of changing seasons on mental health and organize sessions on stress management, promoting mindfulness and coping strategies.
- Provide first aid training for injuries common during the summer, including cuts, burns, and insect bites, empowering community members to respond effectively.
- Focus on the specific health needs of the elderly during warmer months, conducting health check-ups and providing guidance on managing conditions like hypertension and arthritis.
- Engage the community in gardening projects to promote physical activity, provide access to fresh produce, and foster a sense of community well-being.
- Establish regular feedback sessions to assess the effectiveness of the program, allowing for continuous improvement based on the community's evolving health needs.

### Evidence of success:

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- Measure success through increased attendance and participation in health workshops, indicating heightened community interest and involvement in health-related activities.
- Analyze health check-up data to identify improvements in key health indicators, such as blood pressure, cholesterol levels, and overall wellness, showcasing the program's impact on preventive care.
- Collect data on the adoption of healthier lifestyle habits, including changes in dietary choices, increased physical activity, and a reduction in risky behaviors, providing evidence of behavior change.
- Gather testimonials and success stories from community members who have experienced positive health outcomes or made significant improvements in their well-being as a result of the program.
- Track and compare data on the occurrence of common health issues, such as respiratory infections, vector-borne diseases, and heat-related illnesses, to identify any significant reductions attributable to the awareness program.

**Problems encountered and Resources required:**

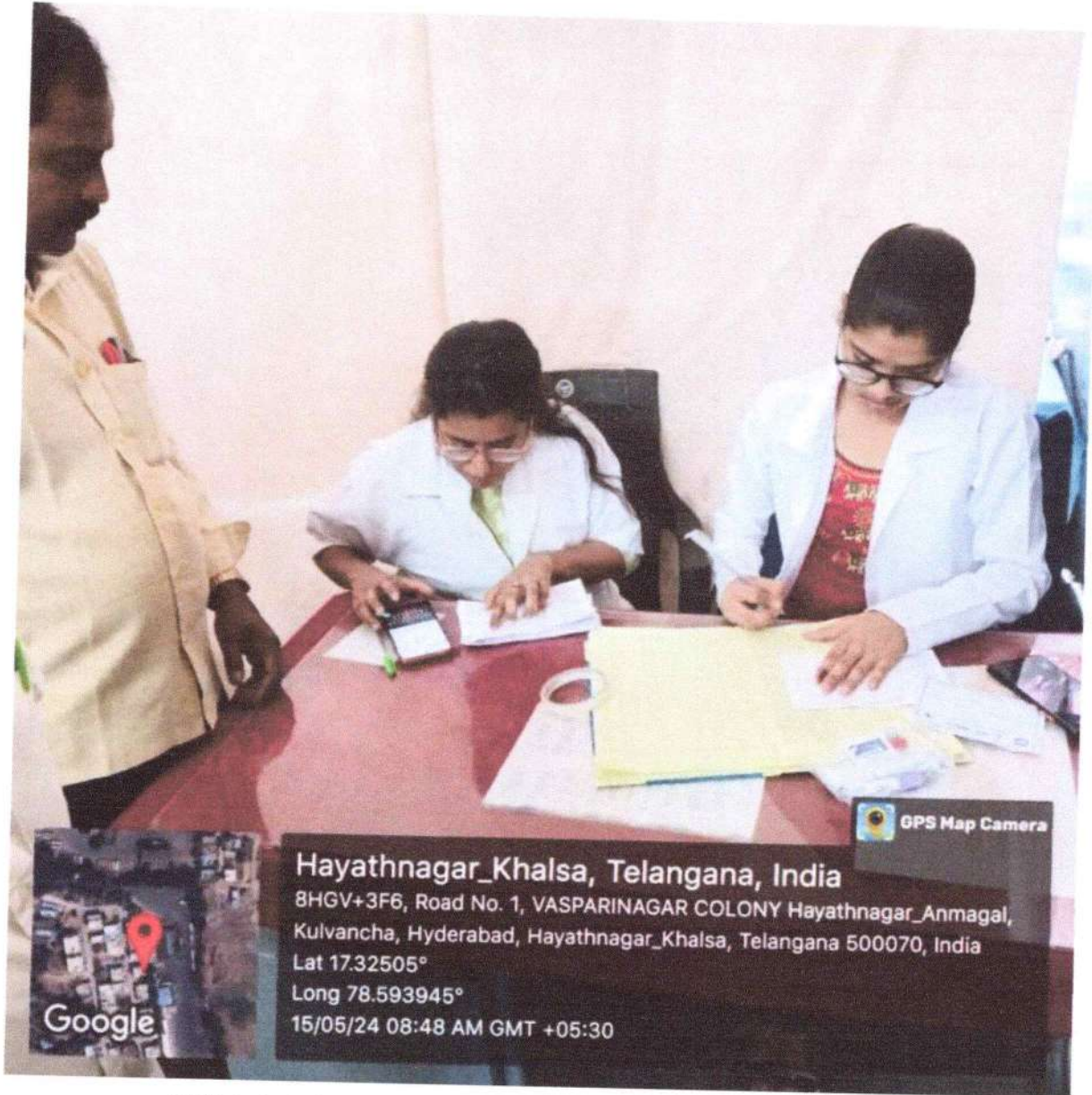
**Problems encountered:**

- Encounter challenges related to cultural beliefs and practices that may resist the adoption of new health behaviors, necessitating culturally sensitive approaches to overcome resistance.
- Address difficulties arising from limited health literacy within the community, requiring tailored educational materials and strategies to convey health information effectively.
- Face constraints in terms of resources, both financial and infrastructural, which may hinder the scale and impact of health awareness initiatives within the community.
- Navigate challenges associated with limited accessibility to formal healthcare services, potentially hindering community members' ability to seek further medical assistance or follow-up care.
- Confront the diverse health needs of the community, requiring a comprehensive and adaptable approach to address a wide range of health concerns and ensure inclusivity.

**Resources required:**

- Invest in the creation of communal spaces or meeting areas equipped for health workshops and seminars, fostering interactive sessions and discussions on various health topics.
- Secure resources for collaboration with local healthcare professionals who can provide expertise, conduct health check-ups, and offer personalized consultations during awareness programs.



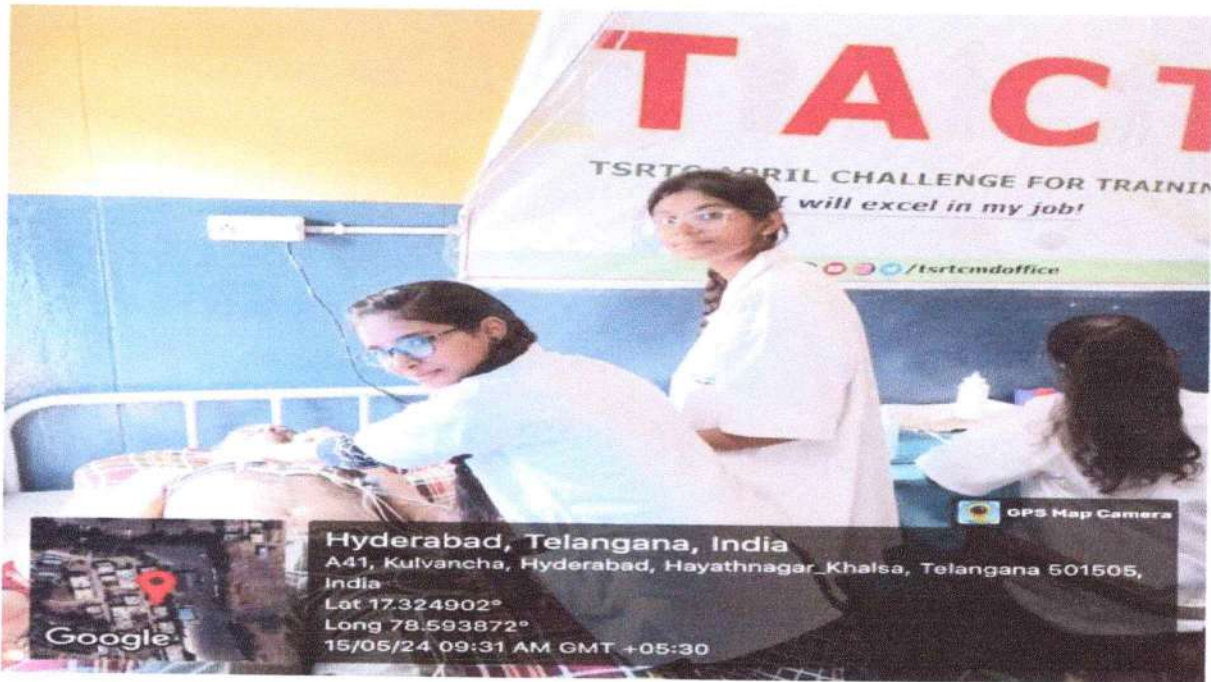


AIPS students involved in health camp



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AIPS students performing ECG as a part of health camp



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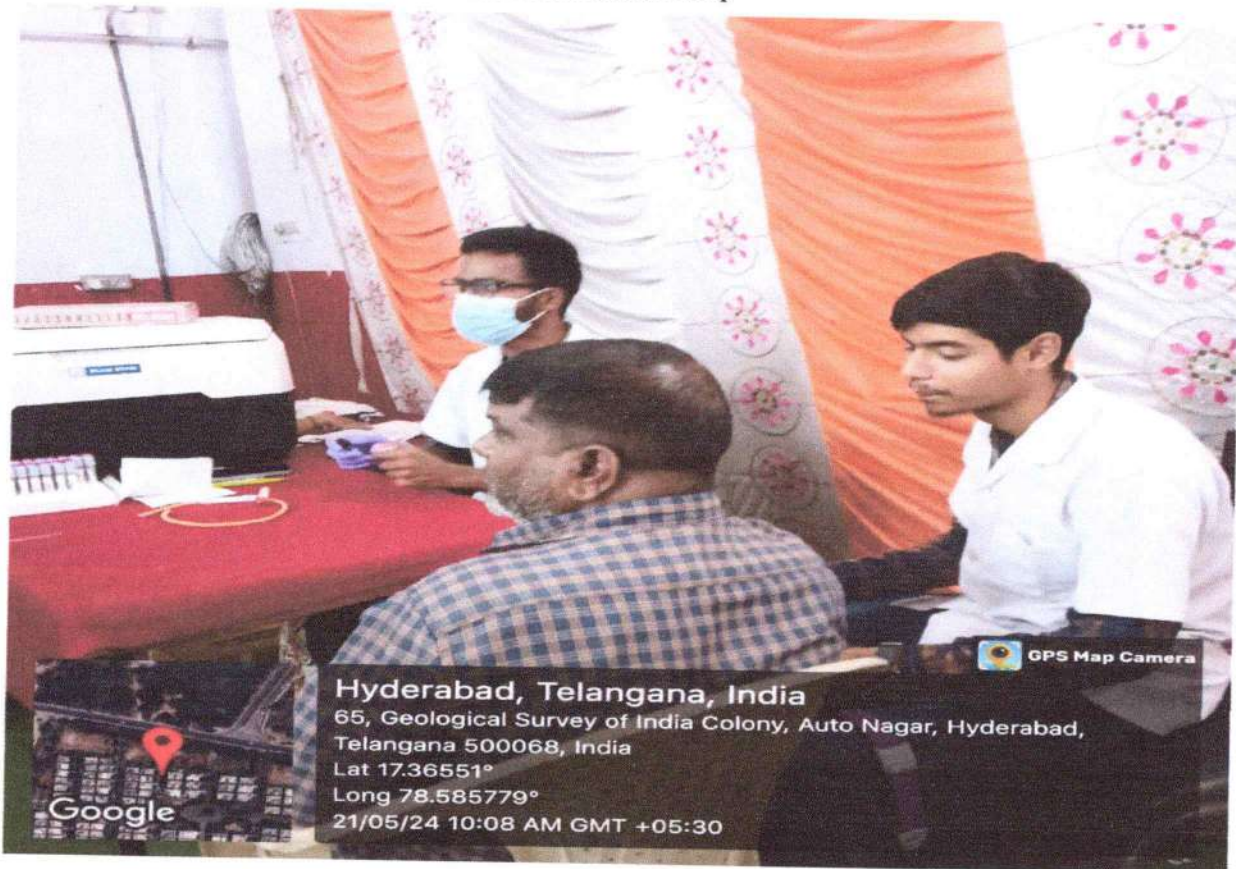


*[Signature]*  
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AIPS students involved in health camp



AIPS students involved in health camp

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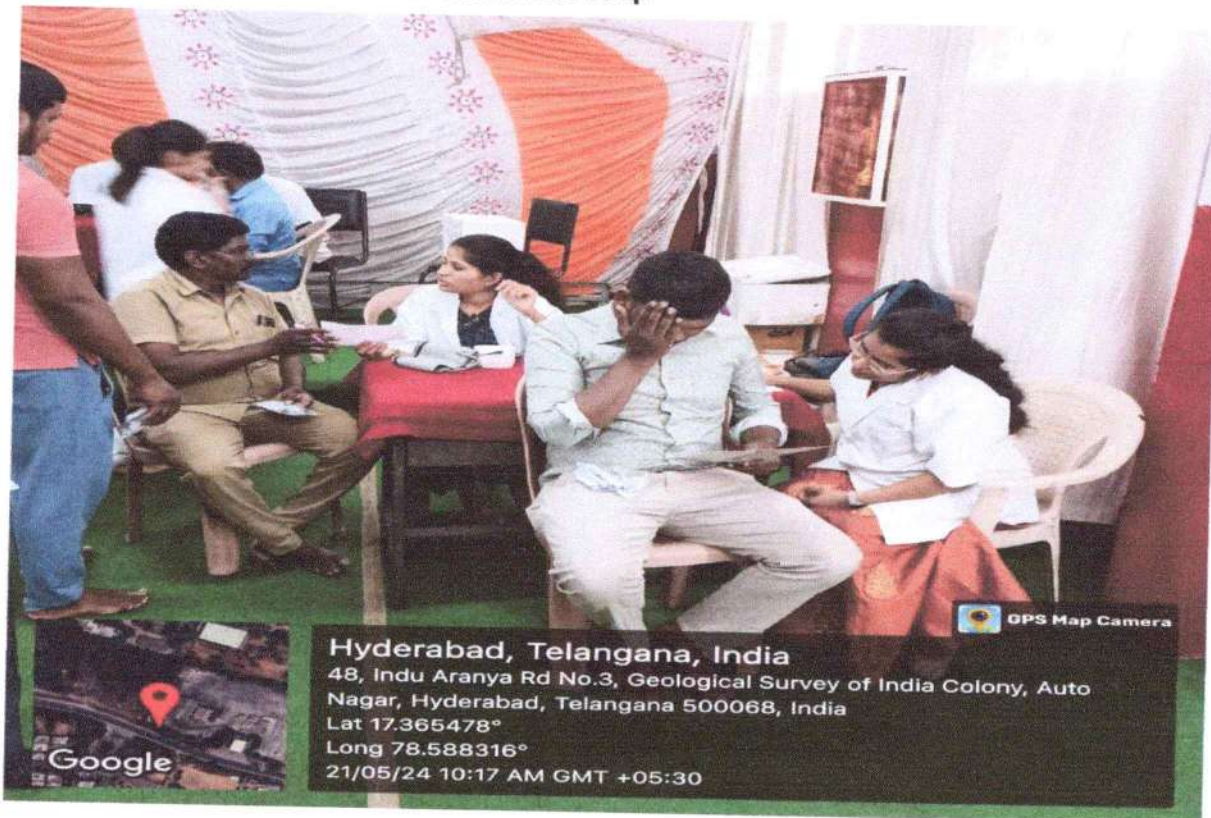


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AIPS students involved in health camp



AIPS students involved in eye checkup @ health camp

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**AIPS students involved in health camp**



**AIPS students performing ECG as a part of health camp**

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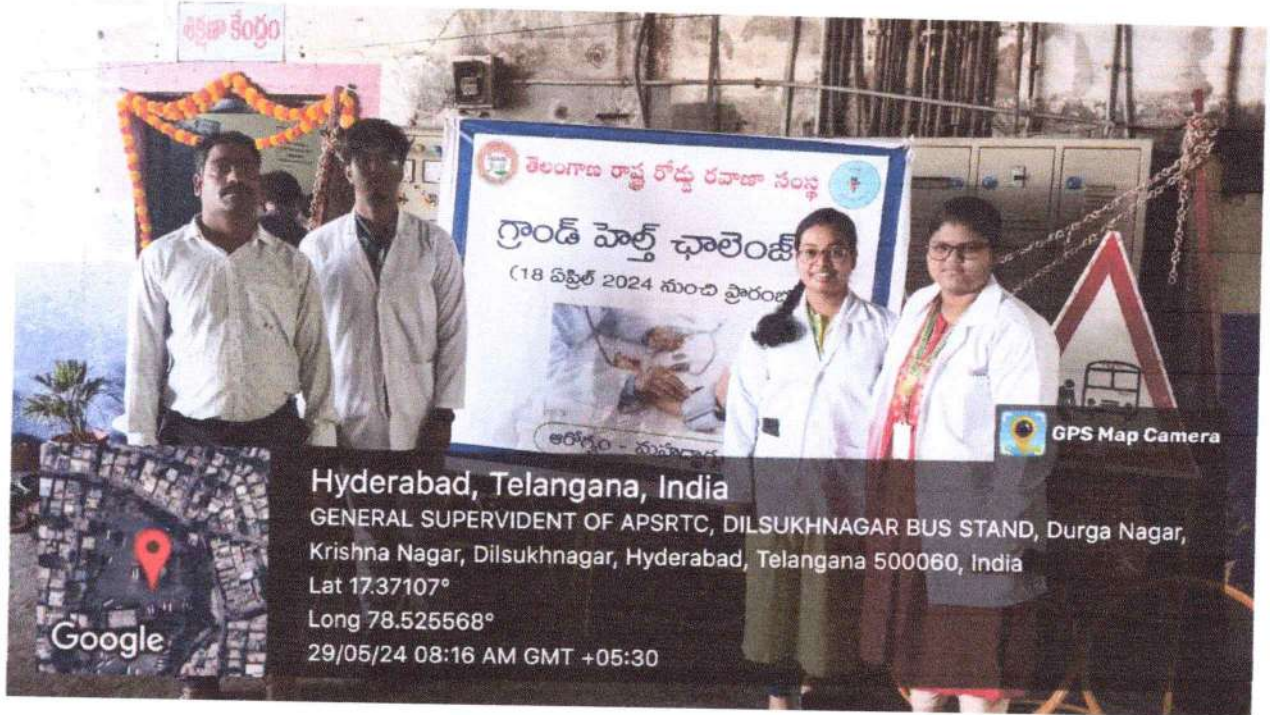
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<b>STUDENTS INVOLVED IN GENERAL HEALTH CHECK-UP INTIATIVE</b>	BHUKYA ARUN	21GNIT0001
	BOLLABOINA LAXMI	21GNIT0002
	CHANDA VAMSHI KRISHNA	21GNIT0003
	G SRIKANTH	21GNIT0004
	GADIPE SHIVARAM LALITH KUMAR	21GNIT0005
	HONNUR AYESHA	21GNIT0006
	JINDE SAI VAISHNAVI	21GNIT0007
	K.GOPI KRISHNA	21GNIT0008
	KAITHA JONAMARGRETT	21GNIT0009
	MOHAMMED SAMIUDDIN	21GNIT0010
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	SANDHYA RANI	21GNIT0013
	SHUROOQ FATIMA	21GNIT0015
	SURAPUR SAI VENNELA	21GNIT0016
	UPPARI RAVITEJA	21GNIT0017
	ALETI UMIKA	21GNIT0018
	CHINTHAPALLY AKSHAY KUMAR	21GNIT0019
	G KAVITHA	21GNIT0020
	KARAMTOTH SHIRISHA	21GNIT0021
	KOONA SAI PRAHASITH	21GNIT0022
	P NANDINI REDDY	21GNIT0023
	AVINASH SINGH	21GNIT0024
	CH SARADA	21GNIT0025
	D BHAVANA	21GNIT0026
	D VAMSI	21GNIT0027
	G MANISH	21GNIT0028
	O AARTI PRIYA	21GNIT0029
	P ADITYA	21GNIT0030
	CH.NIKITHA	21GNIT0031
	M.TEJASWI MUDHIRAJ	21GNIT0032

