

Health Camp by RHTC Kateel

Regular medication for better health. Compliance is vital.

Organized by: Department of Community Medicine, Kasturba Medical College (KMC) Mangalore, Manipal Academy of Higher Education

Date: 15/05/2023 **Time:** 10:30 AM to 12:30 PM

Venue: ನಮ್ಮ ಹಿರಿಯರ ಮನೆ Old Age home, Porkodi, Bajpe

Resource persons:

1. Dr. Ajay Mallya, Senior Resident, Department of Community Medicine

Members of the team:

1. Dr. Jithin Surendran, Assistant Professor, Department of Community Medicine
2. Dr. Rajath Rao, Assistant Professor, Department of Community Medicine
3. Mrs. Kavitha Shetty, Health Educator, Rural Health Training Centre Kateel, Department of Community Medicine
4. Mr. Rahul, Health Inspector, Rural Health Training Centre Kateel, Department of Community Medicine
5. Dr. Sreedevi Postgraduate, Department of Community Medicine

Total Number of Participants: 38

Summary of the program:

An awareness camp was conducted by the Department of Community Medicine, Kasturba Medical College Mangalore at “ನಮ್ಮ ಹಿರಿಯರ ಮನೆ” (our home for senior citizens) in Porkodi, Bajpe, which is home to 38 residents.

Dr Ajay Mallya emphasized the importance of taking antidiabetic and anti-hypertensive drugs regularly. He also spoke about the benefits of a healthy diet and the role of exercise in the control of diabetes and hypertension.

The talk was followed by a basic health checkup of the inmates. A general checkup with blood pressure and blood sugar check was done. Inmates in need were referred to a higher centre for treatment.

