



# KMCT

## AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences

### TO WHOM SO EVER IT MAY CONCERN

**This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge**

*Uthra*

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7.2.1

## BEST PRACTICES



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## 7.2.1 BEST PRACTICE 1

Comprehensive approach for controlling lifestyle disorders , mosquito control and drug addiction

### Objectives of practice

1. To reduce lifestyle disorders by promoting healthy food and exercise
2. Control measures for preventing mosquito growth
3. Educate people about ill effects of drugs
4. Create awareness about various types of drugs
5. Improve overall health index

### The context

Communicable diseases ,ill effects of drug lifestyle disorders are on the rise in recent times. Niramaya aims at controlling and prevention of these disorders by promoting healthy food ,exercise and healthy habits

### The practise

Niramaya comprises of ayurvedic doctors ,house surgeons,medical students and social workers

- One of the pivotal components of our health initiative was awareness programme about lifestyle disorders and balanced diet
- Understanding lifestyle disorders
- Preventive tips

### Mosquito control programme

- Measures were taken to remove water logging
- Public awareness about mosquito borne disease
- APARAJITHA DHUMA CHURNA was distributed

### Campaign against drug and other forms of addiction

- International day against drug abuse and illicit drug trafficking on june26 2024
- Awareness class and bike rally was organized on this occasion

### Medical Camps

To ensure access to health care various medical camps in ayurvedic specialities like kayachikitsa(generalmedicine),shalyatantra(orthopaedics),shalakyatantra(ent and ophthalmology),prasuti and streeroga (gynecology) and balaroga(paediatrics). It ensured a quality of health parameters

### Evidence of success

- Our programme was well received by the community with good patient turnout and community involvement
- Participants were educated about the importance of balanced diet , good food habits and ill effects of drug

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## Problems encountered

various challenges were encountered like non cooperation of some section of people. In proper drainage system and lack of sanitation facilities.

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### Best practice 2

#### “PUNARJANI” – Uplifting health and behavior of jail inmates”

Holistic approach to promote comprehensive program for uplifting mental and physical health and behaviors of prisoners to enhance their overall quality of life.

#### Objectives of practice:

1. To improve physical health and flexibility through yoga and other exercises.
2. To enhance mental well-being through stress management and relaxation techniques.
3. To foster a sense of community and social bonding among inmates.
4. To provide personal counselling to improve social behavior and responsibilities
5. To master the mind and thoughts through yoga and meditation.
6. To understand their core self and make them aware of social responsibilities.

#### The context:

The crime rates are increasing drastically due to poverty, unemployment, lack of education, untreated mental health illness. Our program PUNARJANI aims to enhance the quality of life both physical and mental by providing personal counselling, yoga and meditations and awareness classes.

#### The practice

The team PUNARJANI comprises of medical professional, psychiatric counsellor, yoga trainer, social worker and interns.

#### Evidence of success

Our programme was delighted with enhancement of mental and spiritual health of several jail inmates. It was ensured great impact on them gradually in their mental and social behaviours. It seems a rebirth in overall quality of their life.

#### Problems encountered and Resources required:

Various challenges were encountered like disrespect and mistrust from inmates, volatile environments, language and cultural barriers etc. constant interaction between team PUNARJANI and inmates will help in building the rapport and lead to better results of the project.



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### AWARENESS AGAINST DRUG USE BIKE RALLY



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### APARAJITHA CHOORNAM FOR DISTRIBUTION



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### MEDICAL CAMP



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**YOGA PRACTICE IN JAIL**



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### ANTI – DRUG CAMPAIGN



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