



Karunya INSTITUTE OF TECHNOLOGY AND SCIENCES

(Declared as Deemed to be University under Sec.3 of the UGC Act, 1956)

MoE, UGC & AICTE Approved

NAAC A++ Accredited

SDG - 3 Good Health & Well Being

3.3.2 Outreach programmes and Projects in the local community to improve or promote health & wellbeing including hygiene, nutrition, family planning, sports, exercise, aging well, and other health and wellbeing related topics.

Karunya Institute of Technology and Sciences (KITS) recognizes the vital role of community engagement and actively participates in initiatives that enhance the health and well-being of the local population. The university conducts a wide range of programs and activities through various outreach projects aimed at creating a lasting positive impact on society. These initiatives often include student volunteering programs that provide valuable opportunities for students to serve the community, develop empathy, and gain real-world experience.

In collaboration with local, national, and international government and non-governmental organizations, KITS continues to strengthen its efforts to promote public health and wellness. The university organizes workshops, seminars, and awareness campaigns on hygiene, cleanliness, and preventive healthcare, alongside conducting medical camps in rural areas. Additionally, through the National Service Scheme (NSS), students visit orphanages and old age homes, extending care and compassion by distributing food, essentials, and spending time with the residents - demonstrating the Institution's deep commitment to holistic service and community development.

1. Free Medical Camp

Date: 01.07.2023

Venue: Angel Garden community hall

In remembrance of the Birthday of the Late Founder and the First Chancellor of KITS, Dr. DGS. Dhinakaran, a Medical Health check-up camp was organized on 1st July 2023 in association with Angel Garden Welfare Society which was inaugurated by Mr. Anand, Trustee of Karunya Educational and Research Trust. Ten Hospital staff of the Karunya Hospital including a Medical Officer participated in the camp. Physical examination along with free blood sugar, blood pressure, Biothesiometry (foot sensation study), Doctor Consultation were carried out by the hospital.



Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. – III John 2

Karunya Welfare Society

In remembrance of our Beloved Founder & Prophet
Late. Dr. D.G.S. DHINAKARAN
 on his birthday (01.07.1935)

**Health Check Awareness through
 FREE MEDICAL CAMP**

**Only for the senior citizens (60+) residing in Angel Garden*

The check up covers the following tests:

- ECG
- Random blood sugar (RBS)
- Haemoglobin (Hb)
- Oxygen saturation
- Blood Pressure (BP)
- Biothesiometry
- BMI
- Doctor Consultation

Date : 01.07.2023
Venue : Angel Community Hall, Ground Floor
Time : 08:00 AM to 11:00 AM

**G. Jebakumar Selwyn
 Secretary (KWS)**



Doctor Consultation



Vitals Monitoring



Blood Glucose & Hemoglobin Testing



BIOTHESIOMETRY



ECG monitoring

Around 17 members came for the health checkup. Doctor advised them various medicines and consultation during the camp. The hospital registration staffs explained about the discount policy for camp referrals and also about the facilities of our hospital to the attended members. We also thank Angel Garden Welfare Society for providing the necessary space and things for conducting the camp.

2. Eye Screening Camp

Date: 25/09/2023

Venue: Sadivayalpathi

Karunya Centre for Community Academia Collaboration, Karunya Hospitals along with Vasan Eye Care organised a Free Eye Screening Camp to the poor and tribal community at sadivayalpathy, a tribal village. The president of Mathuvarayapuram village, Rotary club president, Dr. Josiah Daniel, Director of Karunya centre for community academia collaboration and Dr. Samuel Thomas, Director of Karunya Hospitals and the PRO for Vasan eye care hospitals were present during the inauguration of the Eye Camp.

The eye was organised to screen people for refractive error problems, identify major causes of vision impairment and to provide treatment for minor ailments or refer to the eye hospital for further management. The rotary club of Coimbatore will support the needy people with free surgeries and spectacles.

The optometry team from Vasan Eye Care with the medical team of Karunya hospitals screened the people for their ailments and gave free medicines to the needy. Around 113 people benefitted through the eye camp. The rotary club President Mr. Ganesh had discussion with the director of Karunya hospitals, Dr. Samuel Thomas regarding the starting of dialysis unit at Karunya Hospitals.



3. Celebrating World Heart Day

Date: 29/09/2023

Venue: Karunya Hospitals

Karunya Hospitals along with NG Hospitals, and Karunya Deemed University came together on World Heart Day, offering Medical Health check-up such as

- FREE heart screenings!
- ECG
- ECHO
- blood pressure
- blood sugar checks
- Expert consultations
- Awareness speech about the non-communicable diseases and healthy life style

Around 135 members participated in the camp and 23 people were identified with abnormalities and referred for further treatment

Doctor consultation:



4. Dengue Awareness Programs in Tribal Villages

October 2023

Venue: Tribal Villages

In the month of October, Karunya Hospitals took several steps to bring Dengue Awareness among the tribal community living in the foothills of Siruvani forest. Karunya Hospitals along with EMHSS and Government Primary Health Centre conducted an Awareness Program with a display of Drama to educate the tribal people about the ill effects of Dengue. The awareness speech was given by Dr. Deepa, PHC In-Charge. The EMHSS medical club students performed a drama with local songs and brought awareness. The event was much appreciated by the Block medical officer. The Photographs of the events are given below:



5. Heart Disease Awareness Program and Free Medical Camp

Date: 12.01.2024

Venue: Karamarathoor

Karunya Hospitals made a positive impact in Karamarathoor with a successful medical camp and reached a milestone by serving 10,000 patients from unreached areas! Free medical camp on 12.1.2024 focused on the awareness of heart diseases providing the following services

- Doctor Consultation,
- Free medicines,
- Blood Pressure and other vitals
- Random blood sugar
- Non communicable diseases awareness speech

30 members from the community attended the camp and got benefitted. The high risk patients were referred to Karunya Hospitals for further treatment

Highlights of the Camp:



Doctor Consultation



Blood pressure monitoring



Free medicines to Public

6. Cancer Awareness Program and Free Medical Camp

Date: 02.02.2024

Venue: Gandhi Colony

Making a Difference in Gandhi Colony! Karunya Hospitals and Rotaract Club of Karunya University joined hands for an impactful Oral Cancer Awareness Campaign in Semmedu's Gandhi Colony, one of the down trodden villages near Karunya Nagar. Dr. Samuel Thomas, Director of Karunya Hospitals, delivered an enlightening speech on cancer awareness, while the dedicated Rotaract Club students distributed informative brochures.

Empowering the Community with Knowledge! Together, we strive to spread awareness and fight against oral cancer. The following services were provided by the Karunya Hospitals

- Consultation,
- Free medicines,
- Blood Pressure and other vitals with an abundance of love and warmth from our dedicated staff.
- Cancer awareness speech

50 members from the community attended the camp and got benefitted.

Highlights of the Camp:



Doctor Consultation



Door to Door Awareness



Video Awareness Program

7. Free Medical Camp

Date: 03.03.2024

Venue: Karunya Hospitals

Karunya Hospitals stands united with the Nation on National Pulse Polio Day! Our dedicated team is actively administering pulse polio drops on our premises along with the local government primary health centre staff, reaffirming our commitment to the health and well-being of our children. Around 45 children were benefitted through the camp.

Highlights of the Camp:



8. Women's Day Medical Camp

Date: 08.03.2024

Venue: Karunya Hospitals

In celebration of International Women's Day, the Karunya Hospital rolled out the red carpet for our incredible community women, offering a day filled with health consciousness and remedial measures.

The services provided were:

- Blood Pressure Checks
- Blood Sugar Tests
- Hemoglobin Screenings
- Ultrasound Scans
- Breast Cancer Exams
- Doctor Consultations

Nearly 50 Women took advantage of these vital services. Dr. Pramila, a beacon of inspiration as a surgeon was the Chief Guest, sharing her insights on women's health.

Highlights of the Camp:



9. FREE MEDICAL CAMP

Date: 29.06.2024

Venue: Little Hearts, Home for Special Children

In celebration of the birthday of the Katelyn Anna Dhinakaran, the granddaughter of Dr. Paul Dhinakaran, the Chancellor of KITS and daughter of Mr. Samuel Dhinakaran, the Vice-President of KITS, Karunya Hospitals organized a heartwarming medical camp at Little Hearts Home near Karunya Nagar. The Little Hearts is a home for special children run by a nongovernmental organization. The services offered to the Children are:

- Free consultation
- free medicines
- Blood Pressure and other vitals with an abundance of love and warmth from our dedicated staff

34 Mentally Challenged could be served, bringing smiles and support as a part of contribution to the deprived community.

Highlights of the Camp:



Doctor Consultation



10. Generation Wellness Webinar on World Mental Health Day: 8.10.2023



“Generation Wellness” typically refers to a holistic approach to wellbeing that spans across different age groups and generations. It encompasses promoting physical, mental, and emotional health for individuals of all ages. The idea behind “Generation Wellness” is to foster healthy habits, resilience, and mental health support for everyone, from children to the elderly, to create a healthier and happier society. It emphasizes that well-being is not limited to a specific age group but is essential for everyone, regardless of their generation.

“On World Mental Health Day, the Rotaract Club organized an insightful online program focused on ‘Generation Wellness.’ The event’s highlight was a captivating talk by Dr. John Samuel Appavoo, a seasoned physiotherapist and expert in the field. The program aimed to shed light on the connection between physical well-being and mental health, providing valuable insights for our community.”



11. District Priority Project – Hygienic Literacy: 14.10.2023



The Rotaract Club of KITS recently embarked on a meaningful journey to a remote village Perumal Kovil Pathy iruttupallam, where, Karunya Hospitals conducted a hygienic literacy program and distributed essential items to uplift the community. This initiative aimed not only to improve the villagers' overall well-being, but also to promote awareness and education regarding hygiene and sanitation.

Following the educational activities, the Rotaract Club organized a thought-provoking drama performance that revolved around the themes of hygiene, alcoholism, and the significance of school education. The powerful message conveyed through the drama left a lasting impression on the audience, encouraging them to reflect on these crucial topics and the impact they have on their lives. During our visit, The students organized interactive singing session with the kids and this sessions empowered the villagers with valuable knowledge and practical skills to maintain better personal hygiene and ensure a healthier living environment. Furthermore, essential items were distributed to the community for their well-being. This included hygiene kits consisting of soap, toothbrushes.

The dedicated members of the Rotaract Club of Karunya School of Management performed a drama based on the three important crucial themes, personal hygiene, advocating a healthy lifestyle free from alcohol, and nurturing the importance of children's education.



Rotaract club of KSM BOARD MEMBERS with village kids to promote hygienic literacy and distribute essential hygiene kits.

12. August Month Blood Donations

Name of event: AUGUST MONTH BLOOD DONATIONS

Event date: 24-07-2023

Number of Units Donated: 9

The Rotaract Club of Karunya University carried out a remarkable blood donation drive last week on July 24, 2023 at Ganga Hospitals, Coimbatore. The event aimed to address the critical need for blood in the community's healthcare system and contributed significantly to saving numerous lives. Through the collective efforts of Club members, this event served as a shining example of humanitarian service and made a positive impact on the lives of those in need. The drive resulted in an impressive number of blood units donated, directly contributing to saving numerous lives across various medical emergencies and treatments. Our Club's blood donation drive stands as a testament to the power of collective humanitarian efforts. Through their dedication and commitment, Rotaract Club members and volunteers succeeded in making a positive impact on the lives of countless individuals in need of blood. The Club extends its heartfelt gratitude to all the donors, volunteers and partners who participated in the blood donation drive, making it a resounding success. Their selfless contributions have undoubtedly played a vital role in saving many lives and reinforcing the spirit of service within the community.



13. Pollution Control Awareness

Name of event: Pollution Control Awareness

Event Chairperson: Rtr.Sudar, Rtr.Gowtham, Rtr. Suriya, Rtr.Hindu

Event date: 16.09.23

Number of Participants: 200

Event Description: With a strong commitment to education, the Rotaract Club aimed to raise awareness about the importance of PUC (Pollution under Control) certificates among the local population. To achieve this goal, club members engaged in informative discussions, distributed pamphlets, and conducted interactive sessions to enlighten people about the significance of PUC certification in combating pollution. The Rotaract Club members were taken to the streets, attaching eye-catching tags to bikes that served as a visual reminder for vehicle owners to ensure their vehicles were PUC-certified. Our Club members, armed with the inventive posters about pollution control, which embarked on a mission to paste them in high-visibility areas around the Campus, ensuring that the entire community would be exposed to the critical message.





14. Pink Positive (Breast Cancer Awareness Programme)

Name of event: Pink Positive (Breast Cancer Awareness Programme)

Event date: 14.10.23

The Rotaract Club of KITS hosted a highly informative and empowering Breast Cancer Awareness Program for the women in our club. The event commenced at 9 am with Dr. PaneerSelvam, a Senior Medical Specialist from Karunya Hospital, addressing the students. He provided valuable insights into cancer and its effects, fostering an understanding of this critical health issue. The program featured Dr. Krithikaa Sekar, an esteemed Medical Professional, who delivered a thoughtful and engaging presentation on breast cancer awareness. The event was skillfully emceed by Rtr. Patricia, ensuring that the session was both informative and welcoming. The program began with a warm welcome by Rtr. Patricia, who set a friendly and inclusive tone for the event. Her skilled emceeing helped to create a comfortable and supportive environment for all participants. Dr. Krithikaa Sekar, addressed the audience with a presentation that was both enlightening and reassuring. She delivered critical information about breast cancer, its early detection, and emphasized the importance of a positive attitude throughout the journey. Her presentation was towards removing fear and stigmatization associated with breast cancer and encouraged a proactive and informed approach to breast health.

Following her presentation, She engaged the audience in an interactive Q&A session. This allowed participants to seek clarifications and share their concerns and experiences, further fostering a sense of community and support.

One of the most touching moments of the event was when the attendees made a symbolic gesture that left a lasting impression. As part of the program, a unique activity was organized, where participants were invited to create their "impression" of support. Each attendee was encouraged to make a colorful fingerprint on a chart, which was thoughtfully designed to represent unity and strength. These fingerprints were a visual representation of their commitment to stand together and support one another, particularly in the face of breast cancer.

These notes served as an encouraging reminder of the strength that comes from a supportive community. The chart, adorned with colourful fingerprints and heartfelt messages, became a powerful visual representation of unity and encouragement.

The programme concluded with heartfelt closing remarks, emphasizing the strength and unity of women in facing the challenges of breast cancer and promoting the idea that early detection and a positive attitude can lead to successful outcomes. We hope that this program has not only provided essential knowledge but has also fostered a strong sense of solidarity among our members. Breast cancer is a challenge that can be faced with courage, knowledge, and a supportive community.



15. Awareness Rally on International Day against Drug Abuse and Illicit Trafficking

Date: 26.10.2023

Venue: Karunya Nagar to Iruttupallam & Sadivayal

On account of the **International Day against Drug Abuse and Illicit Trafficking** an awareness rally was conducted by **National Service Scheme (NSS)** of Karunya Institute of Technology and Sciences on 26th June at 9:50 AM. Participants gathered to address the pressing issue of drug abuse, emphasizing the need for awareness, education, and a united effort towards a drug-free society. The event aimed to inspire individuals to make a difference and take a pledge against drugs. The rally commenced near the Administrative Block, weaving its way to Iruttupallam and Sadivayal, with a message emphasizing a drug free society.

At the helm of the rally was Dr. Manoj G, the Program Coordinator of NSS, who led alongside Programme Officers Dr. David Paul Raj R S, **Dr. John Paul**, and **Dr. Dinesh**. They were joined by the Student Coordinators Mr. **Samuel Mug in J**, **Mr. Kaviyarasan K**, **Ms. Sindho Soundarya L**, **Mr. Balakarthick**, forming a leadership front. The rally saw 26 **spirited volunteers** marching with **placards** that boldly conveyed the anti—drug message.

In a bid to educate and inform, volunteers **distributed pamphlets** to local residents, spreading awareness about the dangers of drugs and the importance of a drug—free society. The literature provided valuable information and resources, contributing to the day's overarching goal of enlightenment and prevention. The event came to a successful conclusion at 12 PM. The event showcased the dedication, selflessness, and compassion of the NSS team in serving the community.





16. Mega Blood Donation Camp

Date: 04.09.2023 Venue: Elohim Auditorium



The **Mega Blood Donation** Comp, a noble initiative by the National Service Scheme (NSS) in collaboration with K G Hospital, was held at Elohim Auditorium. This event was organized to coincide with the birthday of our esteemed **Chancellor, Dr. Paul Dhinakaran**. The day commenced with the **DGS Rovers extending a warm** welcome to the Chief Guest. The inauguration of the event **was graced by the Dean of the School of Sciences, Arts & Media, Dr. C. Joseph Kennedy**, who emphasized the importance of such life - saving end efforts.

The response from the student community was overwhelmingly positive, with approximately 180 students participating **in the blood donation drive**. Their enthusiasm was palpable as they lined up to contribute to this act of generosity, understanding the impact of their contribution to society. Each student who donated blood was honored with a certificate of appreciation, recognizing their

selfless act *and* encouraging others to follow suit.

The **NSS Volunteers** were the backbone of this event, demonstrating exceptional organizational skills and commitment. Their tireless efforts ensured the smooth and successful completion of the camp. From registrations to assisting the medical staff, the volunteers worked in unison, reflecting the spirit of service that NSS stands for. The event spanned from 9:30 AM to 4:00 PM, during which time the auditorium was a hub of activity and camaraderie. The success of the Mega Blood Donation Camp is a testament to the collective spirit of our institution and the values we cherish.

17. Special Eye Camp

Dates: 21.03.2024 - 23.03.2024

The Special Eye Camp was successfully conducted, offering free eye check-ups to school students. This initiative was part of the Special Camp 2024 commemorating World Optometry Day *and* was organized in collaboration with the Department of Applied Physics, Karunya Institute of Technology and Sciences and Karunya Hospitals. The camp focuses on examining students' vision, providing recommendations for eye care, and raising awareness about the impact of excessive use of smartphones and screen time on eye health.

The school students greatly benefited from this camp, **gaining valuable** insights into maintaining good eye health and understanding the **importance of** regular eye check-ups.