



KMCT

COLLEGE OF ALLIED HEALTH SCIENCES

Affiliated to Kerala University of Health Sciences and approved by Govt. of Kerala

Distinctiveness

Healthy Buds: In today's era, students hold a significant role as the face of the world. It is crucial to educate, encourage, and empower them, enabling them to challenge the world through education, health, and social well-being. To raise a passionate and empathic generation, we must be mindful of individual needs and identify any deficiencies in essential necessities. It is essential to inform parents and children about the detrimental effects of excessive screen time, consumption of junk food, and lack of physical activity on overall well-being.

In recent years, numerous studies have focused on addressing regularly occurring illnesses and injuries in rural areas. These studies aim to understand the common causes, beliefs, and incorrect practices prevalent in these areas. Additionally, they shed light on poor eating habits across various age groups and how health organizations are working towards preventing nutritional illnesses. Providing eye health education to community members is crucial, as it is an integral aspect of a comprehensive healthcare system. Society should strive for an energetic younger generation that understands the importance of eye care management to prevent and control preventable eye diseases.

Aim of the Initiative: The initiative aims to reach out to schools that lack an understanding of dietary habits and promote nutritional values among young individuals. The objective is to assess whether students are following dietary guidelines and have the required minimum body mass index and hemoglobin levels. The program also aims to gauge the level of knowledge about eye health among young school students and evaluate the effectiveness of vision screening conducted in schools. Additionally, it focuses on monitoring physical activity levels, enthusiasm for training regimens, and injury management strategies.

Practice: As part of the program, the MLT, physiotherapy, and optometry departments have been conducting awareness classes and camps in various schools since 2017. We specifically selected schools located near the KMCT College of Allied Health Sciences to make it more accessible for us to educate and assist them in achieving a balanced life. We conducted screenings for almost all students in these schools to assess their BMI, hemoglobin levels, blood groups, and nutritional deficiencies.

Our goal was to increase their physical activity levels, foster social responsibility, raise awareness about the importance of immediate injury treatment, and provide a regular exercise program to enhance their physical strength and reduce weakness. Additionally, we offered eye checkups and eye awareness classes to detect and prevent vision problems that can be controlled. Furthermore, we educated them about the adverse effects of excessive mobile phone use on their lives.




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