

# Access to sexual and reproductive health care services including information and education services

Sexual health is a critical aspect of overall well-being, particularly for university students who are at an age where they may experience significant changes in their personal lives, relationships, and sexual health. **Kalasalingam Academy of Research and Education in association with Kalasalingam Medical College and Hospital** is dedicated to creating a safe, supportive, and informed campus environment for all students. By offering free sexual health care services, the university can ensure that students receive the necessary support to make informed decisions about their sexual health and overall well being.

# **Objectives:**

Raise awareness about sexual health, contraception, consent, and sexually transmitted infections (STIs) through educational programs and workshops.

Empower students with accurate information to help them make informed choices about their sexual health, relationships, and personal safety.

Provide free consultations, preventive care, and treatment services for sexual health concerns, including reproductive health, STIs, and mental health related to sexuality.

# 2023-2024

- $\circ$  Raising seminar on "Role of Education to attain Gender-Equality" on 12.09.2023.
- Organized "Cyber Awareness day" on 30.09.2023.

 $\circ$  Training Programme on "Forms of Gender Discrimination in a Contemporary Society" on 06.01.2024

- Seminar on "Sexuality and LGBTQ+" on 28.01.2024.
- Anti-Cancer Awareness Rally on 03.02.2024.
- Celebrated "International Women's day on 08.03.2024.

Separate Female Counsellor for Hostel Girls.

- <u>https://kalasalingam.ac.in/internal-complaints-committee/</u> Internal Compliance Committee against Sexual Harassment.
- <u>https://kalasalingam.ac.in/anti-ragging-committee/</u>- Social security through Anti-Ragging Committee
- Safety and security for female students through 482 Surveillance cameras around the campus.
- Well-trained and vigilant women Warden and Assistant Wardens appointed to the Girls Hostel in the campus.
- Separate common room for female in every block
- Day care center inside the campus

Our university students are engaged in hands-on internships at the following hospitals, which provide them with real-world clinical experience and the opportunity to apply their classroom learning to practical scenarios. Our faculty members are actively collaborating with doctors, specialists, and researchers at our partner hospitals to advance medical knowledge and contribute to the growing body of healthcare research. These partnerships are mainly in the areas including Joint Research Initiatives, Publication of Research Papers, Grant Proposals and Research Funding.

# Awareness programme for Girl students





#### Awareness camp for girls

Virudhunagar District Social Welfare Department in coordination with the Office of Student Affairs, Kalasalingam Academy of Research and Education (KARE) organized an Awareness programme for Girl students on 01-03-2025 from 10.00 AM to 1.00 PM at the Admin Block Seminar Hall, KARE. Mr. C. Raja, Advocate, Madras High Court, Madurai Branch gave a lecture on 'Safe Internet Usage and Cybercrime Awareness'. Mr. S. Victor, Teacher, Government Higher Secondary School, Sattur delivered a lecture on 'Competitive Examinations and Higher Education Guidance'. Ms. M. Sheela Sundari, District Social Welfare Officer was present. Dr. V. P. Jeyaseelan, I.A.S., District Collector spoke through a Video conference. About 300 Girl students attended and benefitted.

## One-day awareness programme on cyber ethics and youth relationships

Kalasalingam Academy of Research and Education (KARE) in coordination with the Department of Computer Science and Engineering, organized a one-day awareness program on Cyber Ethics and Youth Relationships on 21-02-2025 at Admin Block Seminar Hall, KARE. Mr.Simon Durairaj, Founder, Life for All, Coimbatore handled a session on "Choices, Consequences, and Gender Affirmation in the Age of Cyber Ethics. Mr. Shelton Bright, Seminar Coordinator, Life for All, Coimbatore handled a session on "Understanding Social Challenges and Promoting Cyber Ethical Values".





Cyber Ethics and Youth Relationship



# 4.Access to physical health-care services including information and education services

Kalasalingam Academy of Research and Education organizes medical camps in nearby villages and inside the camp. Faculty and students are regularly involved in yoga and stress management programmes.

# Medical camp :1







The residents of **Madavarvilagam, Srivilliputtur** benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **185** individuals have utilized the facilities provided in the camp.

# Medical Camp 2:



The residents of **Nathampatti** village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>172</u> individuals have utilized the facilities provided in the camp.

Medical camp 3:



The residents of **S.Ramachandrapuram** Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **190** individuals have utilized the facilities provided in the camp.

Medical camp 4:



The residents of **Perumalthevanpatti** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **139** individuals have utilized the facilities provided in the camp.

# Medical camp 5:







The residents of **Koomapatti** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **126** individuals have utilized the facilities provided in the camp.

# Medical camp 7:





The residents of **Noorsagipuram** village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **184** individuals have utilized the facilities provided in the camp.

# Medical Camp 8:



The residents of **Veppakulam** Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of

Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>136</u> individuals have utilized the facilities provided in the camp.

## Medical Camp 9:



The residents of <u>Kalangaperi</u> Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation

from a team of dedicated healthcare professionals and volunteers. Around <u>118</u> individuals have utilized the facilities provided in the camp.



# Medical Camp 10:

The residents of <u>Kunnur</u> Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>185</u> individuals have utilized the facilities provided in the camp.

# Medical Camp 11:



The residents of <u>Mariammankoil Street, Srivilliputtur</u> village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>149</u> individuals have utilized the facilities provided in the camp.

# Medical Camp 12:





The residents of **Paatakulam** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>171</u> individuals have utilized the facilities provided in the camp.

# Medical Camp 13:



The residents of <u>Sengulam</u> village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>105</u> individuals have utilized the facilities provided in the camp.

# Medical Camp 14:





The residents of <u>Mayandipatti</u> Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. **Mr.Ravikannan**, the president of Mayandipatti village has presided over the function. Around <u>154</u> individuals have utilized the facilities provided in the camp.

## Medical Camp 15:





The residents of **W.Pudupatti, Watrap** Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. **Mrs.S.Subbulakshmi**, the president of Mayandipatti village has presided over the function. Around <u>190</u> individuals have utilized the facilities provided in the camp.

Medical Camp 16:





The residents of <u>Chatrapatti</u> benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. **Mr.Gurusamy**, the president of Chatrapatti village has presided over the function. Around <u>138</u> individuals have utilized the facilities provided in the camp.

### Medical Camp 17:



The residents of **Govindanallur** benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. **Mr.V.Chellakannu**, the president of Chatrapatti village has presided over the function. Around <u>107</u> individuals have utilized the facilities provided in the camp.

# Medical Camp 18:





The residents of <u>Vellapottal</u> village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. **Mrs.T.Tamilselvi**, the president of Chatrapatti village has presided over the function. Around **183** individuals have utilized the facilities provided in the camp.

#### Medical Camp 19:





The residents of **Ayardharmam** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. **Mr.R.Muthaiah**, the president

of Chatrapatti village has presided over the function. Around <u>106</u> individuals have utilized the facilities provided in the camp.

# Medical Camp 20:





The residents of **Thailapuram** village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **176** individuals have utilized the facilities provided in the camp.

Medical Camp 21:



The residents of <u>Saminathanpuram</u>, <u>Alangulam</u>, <u>Rajapalayam</u> village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>119</u> individuals have utilized the facilities provided in the camp.

Medical Camp 22:



The residents of <u>Kadaneri</u> village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Mrs.J.Devi, the president of Mayandipatti village has presided over the function. Around <u>165</u> individuals have utilized the facilities provided in the camp.

# Medical Camp 23:



Students from **S.Ramachandrapuram School** received essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education. The initiative, aimed at enhancing community health and well-being, saw

participation from a team of dedicated healthcare professionals and volunteers. Around **<u>183</u>** students have utilized the facilities provided in the camp.



# Medical Camp 24:

#### Medical Camp 25:





The residents of **Ayyampatti, Srivilliputtur** benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw

participation from a team of dedicated healthcare professionals and volunteers. Around **<u>170</u>** individuals have utilized the facilities provided in the camp.

# Medical Camp 26:



The residents of **Thoppupatti, Rajapalayam** benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and

Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **153** individuals have utilized the facilities provided in the camp.

# Medical Camp 27:





The residents of <u>Keelagopalapuram, Watrap</u> Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>135</u> individuals have utilized the facilities provided in the camp.

Medical Camp 28:













The residents of **S.Ramachandrapuram Primary School** benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **195** students have utilized the facilities provided in the camp.

## Medical Camp 29:







The residents of **Nesavalar Colony, Rajapalayam** benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **190** individuals have utilized the facilities provided in the camp.

#### Medical Camp 30:



The residents of **Thirumalapuam** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **186** individuals have utilized the facilities provided in the camp.

Medical Camp 31:



The residents of **<u>Thambipatti</u>** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>178</u> individuals have utilized the facilities provided in the camp.

## Medical Camp 32:



The residents of <u>Krishnankoil</u> village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **258** individuals have utilized the facilities provided in the camp.



# Medical Camp 33:



The residents of <u>Avarampatti</u> village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>206</u> individuals have utilized the facilities provided in the camp.

#### Medical Camp 34:



The residents of **Ayan Nathampatti, Watrap** Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>111</u> individuals have utilized the facilities provided in the camp.

## Medical Camp 35:



The residents of **Punalveli** Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **217** individuals have utilized the facilities provided in the camp.

#### Medical Camp 36:





The residents of **Sethunarayanapuram** Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **108** individuals have utilized the facilities provided in the camp.

## Medical Camp 37:



The residents of <u>Mathur, Watrap</u> Village\_benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>178</u> individuals have utilized the facilities provided in the camp.

## Medical Camp 38:



The residents of **Kansapuram** Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation

from a team of dedicated healthcare professionals and volunteers. Around <u>187</u> individuals have utilized the facilities provided in the camp.

# Medical Camp 39:



The residents of <u>Melagopalapuram</u> village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>198</u> individuals have utilized the facilities provided in the camp.

## Medical Camp 40:



The residents of **Niraimathi** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation

from a team of dedicated healthcare professionals and volunteers. Around <u>106</u> individuals have utilized the facilities provided in the camp.

# Medical Camp 41:



The residents of **Poovani** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **119** individuals have utilized the facilities provided in the camp.

#### Medical Camp 42:



The residents of <u>Mullikulam</u> village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>104</u> individuals have utilized the facilities provided in the camp.

Medical Camp 43:



The residents of **Nagapalayam** village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being,

saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>112</u> individuals have utilized the facilities provided in the camp.

# Medical Camp 44:



The residents of <u>Muthusamipuram</u> village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>182</u> individuals have utilized the facilities provided in the camp.

#### Medical Camp 45:





The residents of **Nedunkulam** Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **148** individuals have utilized the facilities provided in the camp.

## Medical Camp 46:





The residents of **Mamsapuram** Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **138** individuals have utilized the facilities provided in the camp.

## Medical Camp 47:







The residents of <u>Sivakamipuram, Rajapalayam</u> benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of

Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **160** individuals have utilized the facilities provided in the camp.

# Medical Camp 48:







The residents of **Nambinaidu Street, Srivilliputtur** benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>96</u> individuals have utilized the facilities provided in the camp.

Medical Camp 49:









The residents of **Natchiyarpatti** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **116** individuals have utilized the facilities provided in the camp.

# Medical Camp 49:





The residents of <u>Thendral Nagar, Rajapalayam</u> benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>130</u> individuals have utilized the facilities provided in the camp.

#### Medical Camp 50:





The residents of <u>Karisalkulam</u> Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **103** individuals have utilized the facilities provided in the camp.



# Medical Camp 51:

The residents of **Mangalam** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **84** individuals have utilized the facilities provided in the camp.

#### Medical Camp 52:



The residents of <u>Melagopalapuram</u> village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>106</u> individuals have utilized the facilities provided in the camp.

## Medical Camp 53:







The residents of <u>Tiruvannamalai</u> village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of

whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>91</u> individuals have utilized the facilities provided in the camp.

#### Medical Camp 54:



The residents of <u>Alagu Deiventhrapuram</u> benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>106</u> individuals have utilized the facilities provided in the camp.

## Medical Camp 55:





The residents of **Govindanallur** village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **123** individuals have utilized the facilities provided in the camp.

Medical Camp 56:









The residents of <u>Thulukkapatti</u> Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>118</u> individuals have utilized the facilities provided in the camp.

## Medical Camp 57:





The residents of **M.P.K.Pudupatti** Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>99</u> individuals have utilized the facilities provided in the camp.

## Event 58:



On **09.06.2023**, the residents of **Sengulam** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **120** individuals have utilized the facilities provided in the camp.

Medical Camp 59:





The residents of **Muthugudi** village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>100</u> individuals have utilized the facilities provided in the camp.

## Medical Camp 60:



The residents of **Panankulam** Village benefited from essential medical care and health services during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around **101** individuals have utilized the facilities provided in the camp.

## Medical Camp 61:





The residents of <u>Chithalamputhur</u> village benefited from essential medical care and health services for Diabetic patients during a successful medical camp organized by Kalasalingam Academy of Research and Education in partnership with local authorities. Residents, many of whom have limited access to healthcare facilities, expressed gratitude to the management of

Kalasalingam Academy of Research and Education for the opportunity to consult with doctors and receive treatments free of charge. The initiative, aimed at enhancing community health and well-being, saw participation from a team of dedicated healthcare professionals and volunteers. Around <u>113</u> individuals have utilized the facilities provided in the camp.

#### **Medical Camp for Driver**

The Centre of Sustainable Development's SDG 8 Team organized a medical camp for their Transport Team of drivers, conductors and maintenance staff members on 05.02.2025 at Kalasalingam Hospital premises. The camp was flagged off with a welcoming gathering by the SDG team in charge. The Medical Director Dr.James Pandian highlighted the importance of the health and well being of all and Chancellor Dr.K.Sridharan rendered the special address with the real time health hazards and accident happenings recorded in our society and insisted to be lead a healthy life and eating habits and the role of drivers and conductors while working in an educational institution. Students from Kalasalingam College of Nursing co-ordinated a role play on health education by nursing students emphasising to all to be health conscious. The camp highlights included preliminary screening with blood sugar level check, blood pressure check, eye test (refractive error check), weight measurement and overall medical checkup free of cost. The medical camp was successfully conducted for the wellbeing of the transport team and the transport employees expressed that it was very useful.













#### Access to mental health support for both staff and students

Mental health is a crucial aspect of students' overall well-being, particularly in the university setting, where academic pressures, personal challenges, and transitions into adulthood can create significant stress. Kalasalingam Academy of Research and Education recognizes the importance of providing mental health support for students and is committed to ensuring that they have the resources, guidance, and support systems to thrive both academically and personally.

# Measures taken (excluding lectures/talk) to create and awareness – within the Institute on Mental Health and Wellbeing

• Conducting yoga (Certificate Course - Mandatory for all students), pranayama, and meditation classes.

- Involving students in planting trees.
- Mentor Mentee system for students' wellbeing.
- Students can meet the counselors (medical professionals attached with our KMCH) at any time.
- Student Counseling Cell is present in each and every department <u>https://drive.google.com/file/d/1otMdMVY25g1-Bb2RkcsyT12lisS-6B3W/view?usp=drive\_link</u>
- Protecting mental health through Cultural Events, Indoor & Outdoor sports activities, Swimming, Gymnasiums, Extra-Curricular, Co-curricular activities, Club activities.
- Leisure/Fun activities.
- Conducting Feast for Hostel students every month.
- Programs on Social and Personal Recovery.
- Activity / Game based learning.
- Mental stress management programs.
- https://kalasalingam.ac.in/internal-complaints-committee/ against Anti-harassment..

- <u>https://kalasalingam.ac.in/anti-ragging-committee/</u>- Social security through Anti-Ragging
  Committee
- To prevent of discrimination Anti-Discrimination committee <u>https://kalasalingam.ac.in/anti</u> discrimination/
- Organizing District Mental Health Programs through District Mental Health Offices.

• Observed World Mental Health Day 2022 on October 10 to spotlight mental health around the world, raise awareness of mental health issues and encourage efforts to support those experiencing mental health issues.

Activities were conducted to reduce stress level on both students and faculties.

Our university students are engaged in hands-on internships at the following hospitals, which provide them with real-world clinical experience and the opportunity to apply their classroom learning to practical scenarios. Our faculty members are actively collaborating with doctors, specialists, and researchers at our partner hospitals to advance medical knowledge and contribute to the growing body of healthcare research. These partnerships are mainly in the areas including Joint Research Initiatives, Publication of Research Papers, Grant Proposals and Research Funding.

# Measures taken (excluding lectures/talk) to create and awareness – social outreach, on Mental Health and Wellbeing

- Awareness Programme among nearby villages on
- Swachh Bharat Mission
- Clean and Hygiene
- $\circ$  Basic mental health literacy
- $\circ$  Yoga, pranayama, and meditation for physical and mental health
- Stress management
- Tree plantation
- $\circ$  Anti-harassment / Self-defense training for women.
- Geriatric care management

Medical camps organized as a part of social outreach with the help of Kalasalingam Medical College and Hospital (KMCH).

Average waiting time (in days) for students to get an appointment with a mental health professional

- Average Waiting Time 0 days.
- KMCH provides 24x7 medical service to the University and to the public.
- In hostel premises, the student can meet the counselors (medical professionals attached with our KMCH) at any time, who are staying inside the hostel.
- Students can reach their Faculty Advisors (mentors) at any time (within 5 minutes) for any assistance. Through them, they can reach the professional within 20 minutes.
- Ambulance service is available for any emergency need, 24x7.

#### Guest Lecture organized for students and staff members:



Dr Shwetal Mehta, Deputy Director and Preclinical Core Leader, lvy Brain Tumor Center, Barrow Neurological Institute, United States of America, lectured about women who laid milestones in Science and Technology with reference to the primordial norms of the society. Dr Shwetal reached out to the audience sensationally by sharing her career story and describing the nature of her supervisor. She pointed out the hindrances and nuances for flourishing in the field of science. She briefed out her opinion and perspective in the career path aligned with Research and Development. She rightly portrayed certain realistic scenarios and cracked them into pieces explaining each and every scheme for a woman to pursue research. With the right support systems in place, women can overcome challenges and achieve their goals in scientific fields. By promoting diversity, equity, and inclusion, we can create a more supportive and inclusive environment for women in science.As a whole the talk provided an edge as a guideline for women willing to have a career in Science and Technology.

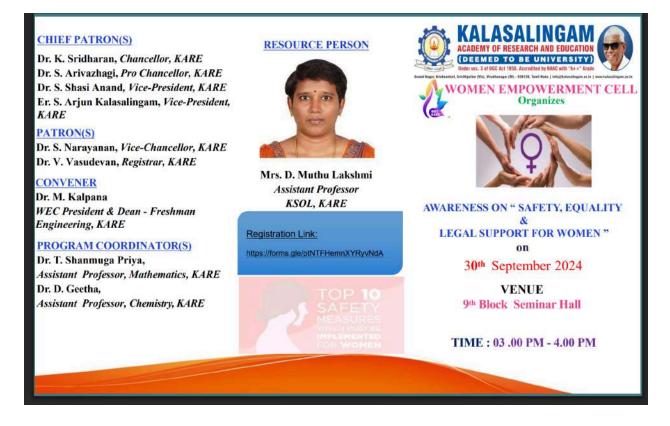


Lecture delivery by Dr Shwetal Mehta



**Discussion Forum** 





The Women Empowerment Cell organized an awareness programme on Safety, Equality, and Legal Support for Women. The programme aimed to empower women with knowledge and skills to promote their safety, equality, and well-being.

Access to mental health support for both staff and students



## NATIONAL SERVICE SCHEME PRESENTS YOGA AND MEDITATION FOR BETTER HEALTH



NSS Unit of Kalasalingam Academy of Research and Education (KARE) in coordination with the Yoga Department is organized a Programme on Yoga and Meditation for better health for the faculty members and students conducted on 21.12.2024 (Saturday) 3.30 P.M to 4.30 P.M at KARE campus Manimandapam.



Yoga and meditation for better health

### Stress management Workshop for student and faculty:

Kalasalingam Academy of Research and Education (KARE) organized *Special Practical Sessions on Yoga for Stress Management: A Holistic Approach to Mental and Physical Well-being* exclusively for faculty members. These sessions aim to enhance overall well-being, reduce stress, and promote mindfulness through guided yoga practices on 07, 14, 21 and 28, Feb, 2025 (Four Days) Time: 03.30 PM to 04.30 PM, Venue: Manimandapam, KARE Campus.



Anand Nagar, Krishnankoil, Srivilliputtur, Virudhunagar (Dt.) - 626126 | OMR, Chennai, Tamil Nadu into@kalasalingam.ac.in | www.kalasalingam.ac.in

Special Practical Sessions on Yoga for Stress Management: A Holistic Approach to Mental and Physical Well-being (for the faculty members of KARE) 10 Recommendation



- Interested faculty members can register in the following link on or before 05-02-2025.
- Registration link : https://forms.gle/1oG7vixGNSqxNV9k7

#### **Salient Features:**



- Guided Yoga Practices: Focused asanas, pranayama, and meditation for stress relief.
- Scientific Approach: Evidence-based benefits for mental and physical well-being.
- Expert Instruction: Sessions led by trained yoga professionals.
- Work-Life Balance: Practical techniques for managing stress.
- \*\* Note: Faculty members who attend all the sessions will receive participation certificates

🔇 For Details, Contact: 7418114669 | 7094194509

#### **YOGASANA** Competition

The Youth Red Cross (YRC) of Kalasalingam Academy of Research and Education (KARE), in collaboration with the Department of Yoga, successfully organized the "YOGASANA Competition 2025" on April 5, 2025. The primary objective of the event was to promote physical fitness, mental well-being, and mindfulness among students through the practice of Yogasana. The competition saw enthusiastic participation from students across various departments. On the day of the event, participants performed a wide variety of Yogasanas with grace, flexibility, and discipline. The event provided a meaningful platform for students to demonstrate not only their physical abilities but also their mental focus, emotional balance, and overall wellness. Active participation from both male and female students highlighted thevalues of inclusivity and gender equality.

The winners of the events are as follows:

Boys:

Cash Prize: 1st Place - Yogeswaran K (9921008103) 2nd Place - Guru Prasad (99240040049) Shield: 1 st Place – Rithik D (9924009015) 2 nd Place – Shankar R (99240040169) 3 rd Place – Badabagni Santhosh Raju (99240040386) Girls: Cash Prize: 1st Place: Shalini K (9924020023) Shield Prize: 1 st Place: Shalini S (9924005169) 2 nd Place: Yatham Likhitha (99240040729) 3 rd Place: Krishna Priya (99240040584)

To recognize excellence, winners were awarded with shields and cash prizes, appreciating

their dedication, skill, and performance.

#### **University Sports Day**

The University Sports day celebration was held on 05 th April, 2025 at the open stage near to the University grounds from 3 PM onwards. Prior to the University Sports Day, the following events were conducted for the students, staff and faculty members during 13 th March, 2025 to 05 th April, 2025.

#### **STUDENTS**

Total Number of Games & amp; Events: Girls - (Badminton, Basketball, Carrom, Chess, Table tennis, Throw ball, Volleyball, Kho-Kho, Kabaddi)

Boys - (Badminton, Carrom, Chess, Cricket, Table tennis, Volleyball, Kho-Kho, Kabaddi,

Handball, Basketball, Football, Ball Badminton)

Athletic events for Boys & amp; Girls:

100 Mts, 200 Mts, 400 Mts, 800 Mts, 1500 Mts, 5000 Mts, 10000 Mts, Shot-put throw,

Discuss Throw, Javelin Throw, Hammer Throw, Long Jump, High Jump, Triple Jump, 4x100

Mts Relay, 4x400 Mts Relay

A Total of 850 students participated in the event.

#### STAFF and FACULTY TOURNAMENTS FOR MEN and WOMEN

Total Number of Games : 7 Games, (Badminton, Carrom, Chess, Throw ball, Cricket,

Volleyball

Total Number Participants : 115

Overall championship for boys won by Kalasalingam Business School with 271 points.

Overall championship for girls won by the School of Computing with 165 points.



Sports Day Winners



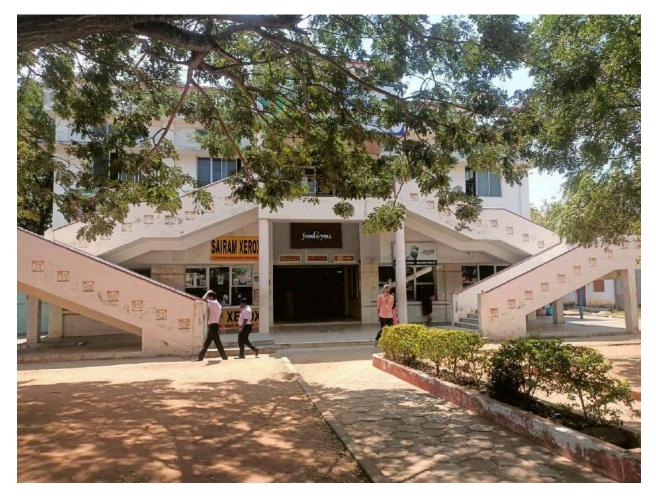
Prize winners Sports day



#### Do you provide on-campus or local health and wellbeing services?

Yes. Kalasalingam Academy of Research and Education provide well being services in four different ways as follows.

#### Provision of healthy and affordable food choices for all in campus



Canteen

Latitude	9.574431
Longitude	77.678192



Northend Canteen

Latitude	9.572323
Longitude	77.675516



Nalabagam Canteen

Latitude	9.575371
Longitude	77.678492

#### 2. Sustainably farmed food on campus

Kalasalingam Academy of Research and Education (KARE) promotes sustainable production of food through cultivation of various agricultural and horticultural crops. The attainment of sustainable food production in KARE has been achieved with the availability of instructional farm land at university campus including crop cafeteria, Alagapuri farm and Gopinayakkanpatty farm with an area of 58 acres, 62 acres, and 220 Acres {(50 acres under cultivation) and (45 acres- second phase of land preparation)}, respectively. These farm lands are dedicated to students taking life exploration, hands-on training and development courses within the General

Education program. The harvested farm produce was sold to the university workers and local people through a sales counter at subsidized price in the university premises.

Details of Farm land allotment in Campus farm

S. No.	Details	Area (acres)
1	Crop Cafeteria & ELP	6
2	Wetland	6
3	Pulses	3
4	Cereals and millets	10
5	Oil seeds	6
6	Fiber crops	3
7	Tuber crops	3
8	Medicinal plant and wood land	2
9	Vegetable crops	3
10	Faculty Research plot	3
11.	Forestry land	3
12.	Students plot	2
13.	Fodder crops	2
14	Dry land	5
	Total	58

S. No.	Details	Crops
1	Wetland	Paddy, banana, pulses and green manures
2		Agricultural crops - Maize, Cotton,
	Garden land	Sunflower, Groundnut, Fodder Maize and
		CN Grass
		Horticultural crops - Brinjal, Chili,
		Tomato, Mulberry, Celosia
3	Dryland	Millets, Sesame and pulses
4	Orchard	Mango (350nos), Guava (440 nos),
		Coconut (280 nos), Pomegranate (540nos),
		Leon (230nos), Sapopta (155nos), Amla
		(150nos), Sweet orange(170nos), Orange
		(100nos)
4	Medicinal and plantation crops	Piper longum, Lantana camara, Aloe
		barbendensis, Pavonia Odorata, Coleus
		aromaticus, etc.,

### List of crops cultivated in Alagapuri Farm:







Sales counter