

## **Conservation / Prevention of Medical Plants and its Awareness**

Taking the perspective of providing awareness about Ayurvedic Medicinal Plants to the next generation and also in order to aware the values of these medicinal plants and its conservation / prevention for future, Susrutha Charitable Medical Trust initiated an action-plan named “Puthiyathalamurakku Oru Oushadhathottam” (Ayurveda Garden for the new Generation). The program was planned to be organized with schools in the district. Procedure as to how to sow the seeds and nourish these plants will be explained to the participants of the programme.

On 21st December 2018, Shri. K. Ramachandran, Honorable President, Poovachal Panchayath, inaugurated the program at Government L.P.S. Kattakkada. The inaugural speech was provided by Shri. R. Raghavalal, P.T.A. President and succeeded with the Keynote speech by Dr. K. Krishna Kumar, Secretary, Susrutha Charitable Medical Trust. He also provided an awareness session to the students detailing how the medicinal plants could be used in their day-to-day living.

On 8th February 2019, Susrutha Charitable Medical Trust in association with Kulathummal Government H.S.S. - N.S.S. Volunteers envisaged the program "Puthuthalamurakku Oru Oushadhathottam" in the school premises.

During the program members of Susrutha Charitable Medical Trust and the School Students were present. The program was inaugurated by Smt. Radhalakshmi, Principal G.H.S.S Kulathummal and the inaugural address was made by Shri. Albin, N.S.S. Program Officer.

To up bring the new generation by understanding the values of Ayurveda was the main intention and perspective of this program and it was well received by the students of the school. Dr. Utham Sha provided a seminar on importance of Ayurveda Plant conservation.

## **Students in Ayurveda Plant Cultivation**

In order to educate the students on the values of Ayurveda and the medicinal plants, Susrutha Charitable Medical Trust conducted several programmes viz “Bhoomiokkru Oushadhakuda” “Puthiyathalamurakku oru Oushadhathottam” in the year 2016, 2017 and 2018. These programs were received and turned to be huge success.

On 16th January 2019, the year’s programme “Puthiyathalamurakku Oru Oushadathottam” was commenced at St. Mathews L.P. School, Kuchapuram. As a part of the program many Ayurveda medicinal plants were planted in and around of school premises by the students and teachers of the school and they took an oath to prevent and protect these plants in future.

## **Free Medical Camp for Cancer**

On 2nd November 2018, Susrutha Charitable Medical Trust, in association with Regional Cancer Center Trivandrum conducted a Free Medical Camp for Cancer at Dr. K.K.Nair Memorial Hall (Susrutha Ayurveda Hospital) Kattakkada, The camp was inaugurated by Dr. SreejaKrishna, M.D. Susrutha Ayurveda and Panchakarma Hospital. The camp was organized under leadership of Dr. Jiji Thomas, Additional Professor, RCC and Dr. JayaKrishnan, Assistant Professor, RCC.

On 29th September 2018 Susrutha Charitable Medical Trust conducted a free Ayurveda Medical Camp at Kochuthresya Church, Thoongampara,

## **Oushadhathottam at Higher Secondary School**

To crave the need for having the Ayurveda Medicinal plants and to understand it values for the young generations, Susrutha Charitable Medical Trust organized the program “Puthiryathalamurakku Oru Oushadhathottam” at Janardhanapuram Higher Secondary School, Ottashekharamangalam.

On 25th February, 2019 a program was organized at Janardhanapuram Higher Secondary School. It was spearheaded by Smt. Sreekala, School Principal, Dr. SreejaKrishna, Dr. K. Krishnakumar and Dr. Utham Sha. The program was inaugurated by Smt. Sreekumari Amma, School Manager. Sri. Kingsley, N.S.S. program officer distributed the Ayurveda medicinal plants.

### **Meritorious Evening**

Susrutha Charitable Medical Trust always provide special care of the young generation, be it their healthcare or for their education. To empower the students who show excellence in education, their extra-curricular or co-curricular activities the trust always tried to provide the right direction and encouragement by giving Dr. K.K. Nair Memorial Talent Awards.

On 27th February, 2019 , the 37th anniversary of St. Mathew's L.P.School was held. The meeting was inaugurated by Sister Joji Maria. The distribution Dr. K.K.Nair Memorial Talent Award for the different meritorious students was made by Dr. SreejaKrishna, Chairman, Susrutha Charitable Medical Trust. The significant discourse was made by Sri. K. Gangadharan Nair, Retd. VHSS. Principal and the Susrutha Trust Advisory Member.

### **Flood Relief Activity**

Susrutha Charitable Medical Trust provided financial aid for a very needy family who lost their habitat during the flood which occurred. Dr. K. KrishnaKumar provided financial aid for the family on behalf of the Trust.

### **Flood Victims Relief Aid**

The State of Kerala was drenched in flood in the year 2018. Only in the year 1924 , Kerala had confronted with such a rain havoc and flood. it was

really shocking , for the people of Kerala , especially for the current generation who had not seen such a dreadful rain. The torrential rain which almost unleashed in the month of July and August was the main reason for the flood. Most of the district were flooded and had several landslides.

Due to the unprecedented rains, the water level in most of the 54 dams all over Kerala raised above the danger level and the authorities were forced to open the shutters of 35 dam, which took the life of almost 400 individuals and around 14,50,707 persons had to live in several relief camp organized by state government.

Susrutha Charitable Medical Trust drafted and action plan in order to help the needy persons who are staying in different relief camps. On 17th September, 2018, in order to provide the basic things needed, the trust started to serve in the relief camps by providing kits. St. Mathews L.P.School Kucchapuram relief camp was the place the trust thought to start the process of giving the basic needs kit distribution

{Relief Camp at St. Mathew Kuchapuram, Kattakada Panchayath Smt. Ajitha, President receiving the basic food supply kit from Dr. SreejaKrishna, SCMT Chairman and Dr. Prakash, Trust Member}

{Relief Camp at Kuruthamcode L.P. School, Sri.Rajendran, SCMT Member providing the basic food supply kit to Ashaworker}

{Sri Jayendra Saraswathi Ayurveda College and Susrutha Charitable Medical Trust jointly organized Free Medical Kits for the people who are stranded in the relief camp in Pathanamthitta. Dr. K. KrishnaKumar SCMT Secretary gave the Medical Kits to the people.}