

WORLD ENVIRONMENT DAY

The Department of Community Medicine observed World Environment Day on 2nd June 2026 at Koovanur Rural Health Training Centre (RHTC) with the objective of creating awareness among the public regarding environmental conservation and promoting sustainable practices for a healthier future.

Inauguration of the Programme

The programme was conducted under the guidance of Dr.A.Balaji Arumugam, Head of the Department of Community Medicine. During the event, Dr.R.Kalaivanan, Dr.M.Pavithra, and Dr.K.Bharath Rajh ceremonially welcomed and honoured the Head of the Department. Participants were informed about the growing environmental challenges faced globally, including climate change, pollution and improper waste management. The gathering emphasized the need for immediate action at both individual and community levels to protect natural resources and ensure environmental sustainability.



Address by Dr. Balaji Arumugam, Head of the Department

Dr. Balaji Arumugam delivered the keynote address highlighting the importance of environmental conservation in maintaining human health and ecological balance. During his speech, he discussed the concept of a Plastic-Free Zone and explained how excessive use of single-use plastics contributes significantly to environmental degradation.

He encouraged participants to adopt eco-friendly alternatives such as cloth bags, reusable containers, and biodegradable materials in their daily lives. He also explained the harmful effects of plastic waste on soil, water bodies, wildlife, and human health and also highlighted the need for waste segregation at the source by separating biodegradable and non-biodegradable waste.



Awareness on Plastic-Free Environment

Dr.R.Kalaivanan conducted an informative session the growing concern of plastic pollution and its impact on ecosystems. He elaborated on how plastic waste accumulates in the environment and affects terrestrial and aquatic life.

Awareness on Proper Waste Disposal

Dr.M.Pavithra conducted an informative session on proper waste disposal methods and environmental hygiene. She explained the importance of waste segregation, composting of biodegradable waste, and responsible disposal of non-biodegradable materials.

Awareness on Environmental Conservation

Dr.K.Bharath Rajh delivered a session focusing on environmental conservation and sustainable living practices. He discussed the importance of conserving natural resources, protecting biodiversity, and minimizing activities that contribute to environmental degradation.

Sapling Plantation Activity

As part of the World Environment Day celebrations, a sapling plantation programme was organized within the premises of Koovanur RHTC. Faculty members, healthcare workers, CRMI'S actively took part in saplings plantation. The activity symbolized the commitment of the Department towards environmental sustainability and the promotion of a greener future.



Outcome of the Programme

The programme successfully increased awareness regarding environmental protection, plastic waste reduction, proper waste disposal practices, and the importance of tree plantation. Participants expressed their willingness to adopt environmentally friendly practices and contribute towards creating a cleaner and greener community.

Conclusion

The World Environment Day 2026 programme conducted at Koovanur Rural Health Training Centre (RHTC) proved to be a meaningful and impactful initiative in promoting environmental awareness among the participants. The programme successfully emphasized the importance of adopting environmentally responsible practices in everyday life. The discussions on creating plastic-free surroundings, ensuring proper waste disposal, and conserving natural resources enabled participants to gain a deeper understanding of their role in protecting the environment. The sapling plantation activity further translated awareness into action by encouraging participants to contribute directly towards enhancing green cover and preserving ecological balance.



DAY 2

Community-Based Environmental Awareness Programme at Sirupanaiyur Village

World Environment Day programme was conducted under the esteemed guidance of Dr. Balaji Arumugam, Head of the Department of Community Medicine, on 05 June 2026 at Sirupanaiyur Village by the Department of Community Medicine. The programme was organized by Dr.M.Pavithra, with the support of AMCH CRMIs and Health Inspectors, to enhance environmental awareness among the rural population. The event witnessed the participation of 25 beneficiaries, who actively engaged in the activities and discussions conducted during the programme.

Health Education Session

Dr.M.Pavithra addressed the gathering and highlighted how environmental conditions directly influence the health and well-being of communities. The session stressed the importance of preserving local ecosystems, maintaining hygienic surroundings, and utilizing available resources responsibly.

The role of community members in promoting environmentally conscious practices was discussed extensively. Participants were motivated to serve as role models within their households and neighbourhoods by adopting behaviours that support environmental sustainability.



Community Engagement

The AMCH CRMIs engaged the participants and reinforced key environmental messages through health education and community interaction. The healthcare team emphasized the importance of sustained community participation in addressing environmental challenges.



Sapling Plantation

As part of the World Environment Day, The activity witnessed enthusiastic participation from the AMCH Compulsory Rotatory Medical Interns (CRMIs), who actively engaged in planting saplings at identified locations within the community. During the programme, the interns interacted with local residents and emphasized the long-term benefits of tree cultivation, including improved air quality, soil conservation, and the creation of a healthier living environment. The initiative served as a practical demonstration of collective responsibility towards protecting and preserving natural resources for future generations.



Community Response

The villagers demonstrated keen interest throughout the programme and actively participated in the discussions. They shared their perspectives on environmental issues affecting their area and expressed their willingness to support future initiatives aimed at improving environmental conditions within the village.

Conclusion

The World Environment Day programme held at Sirupanaiyur Village on 05 June 2026 provided an opportunity to engage the community in meaningful discussions on environmental responsibility. The active participation of villagers, healthcare professionals, and CRMIs reflected a shared commitment towards adopting practices that support ecological sustainability and public well-being. Such community-based initiatives play a vital role in fostering environmental stewardship at the grassroots level.

