



ARUNAI MEDICAL COLLEGE AND HOSPITAL
DEPARTMENT OF COMMUNITY MEDICINE
FAMILY ADOPTION PROGRAMME (FAP) 2025-2026 BATCH
“FAMILY ADOPTION PROGRAMME”

Family Adoption Programme was conducted by the Department of Community Medicine, Arunai Medical College and Hospital under the guidance of Dr. A. Balaji, Professor and Head of Department, Community Medicine with the support of the Faculties and field staffs.

For phase 1 MBBS (2025 -2026 batch), 200 students were divided into 4 teams with each team containing 50 students.

- 2 villages were selected for the FAP visit namely Navampattu, Allikondapattu.
- 3 families were allotted for each student and Introduction to families was done and basic sociodemographic details, anthropometric measurements were collected.
- Totally 9 FAP VISITS were conducted.

On reaching the assigned two villages, the MBBS Batch Phase -1 (2025 -2026) 200 students were divided into 4 batches (50 in each batch) consists of 2 members in a team. After seeking permission from the village presidents, each team of students were allocated their families to be adopted under the programme. The family members co-operated well with the students. They were explained about the purpose of the visit and permission was sought before entering the house.

The detailed history of each family including socio-demographic profile and clinical examination were recorded as per the FAP document. During the house-to-house visit, the students screened the family members for raised blood pressure and blood glucose level. The students interacted well with the family members and the families gave a positive response to our visit.

Table 1: Details of FAP survey required to be submitted by the institute/college.

S.NO	Details Required	Details
1.	Total number of sanctioned MBBS seats of for batch 2025	200
2.	Total number of students (from batch 2025) participating in the health camp	201
3.	Total number of faculty members involved from the Community Medicine Department	10
4.	Total number of faculty members involved from the Other Departments	-
5.	Total number of Residents (SR & JR) involved from the Community Medicine Department	4 + 6
6.	Total number of Residents (SR & JR) involved from the Other Departments	-
7.	Total number of Health Camps Organised (during FAP survey)	2
8.	Total number of households adopted	603
9.	Total population adopted	1323
10.	Total number of beneficiaries during the camps	1122
11.	Total number of beneficiaries from the adopted households during the camps	72

Table 2: Distribution of families / Households adopted under FAP

Type of family/household	Numbers
Nuclear	495
Joint	108
Total	603

Table 3: Age and Gender-wise distribution of population adopted under F A P.

Age Group	Male	Female	Total
< 1 year	3	3	6
1 – 5 years	26	27	53
6 – 14 years	70	53	123
15 – 45 years	315	350	665
46-60 years	172	182	354
>60 years	103	19	122
Total	689	634	1323

Table 4 Distribution of the families adopted under FAP according to socio-economise status
(as per modified BG prasad scale 2026)

Socio-Economic Status	Number
Upper class (>9769) – I	117
Upper-Middle class (4884 – 9768) – II	183
Middle class (2930 – 4883) – III	102
Lower middle class (1465 – 2929) – IV	139
Lower class (1464 <) – V	62
Total	603

Table 5: NCD Screening

Screening	Total Screened	Raised BP/Deranged RBS	Known Hypertensives/Diabetics
Blood Pressure	939	136	42
Random Blood Sugar	632	72	64

Table 6: Distribution of participants according to their biological variables

S.No.	Indicator	Total
1.	Children under 5 years who are stunted (height-for-age)	Nil
2.	Children under 5 years who are wasted (weight-for-height)	Nil
3.	Children under 5 years who are severely wasted weight-for-height)	Nil
4.	Children under 5 years who are under (weight-for-age)	Nil
5.	Children under 5 years who are overweight (weight-for-height)	Nil
6.	Women whose Body Mass Index (BMI) is below normal (BMI <18.5 kg/m ²)	27
7.	Men whose Body N/ass Index (BMI) is below normal (BMI <18.5 ks/m ²)	23
8.	Women who are overweight or obese (BMI ≥25.0 ks/m ²)	322
9.	Men who are overweight or obese (BMI ≥25.0 kglm ²)	257
10.	Women who have high risk waist-to-hip ratio (≥0.85)	NA
11.	Men who have high risk waist to hip ratio (> 0.90)	NA
12.	Children age 6-59 months who are anaemic (<11.0 g /dl)	NA
13.	Non pregnant women age 15 - 49 years who are anaemic (<12.0 g /dl)	NA
14.	Pregnant women age 15- 49 years who are anaemic (<11.0 g /dl)	NA

15.	All women age 15 -49 years who are anaemic	NA
16.	Man age 15-49 years who are anaemic (<13.0 g/dl)	NA
17.	Women with blood sugar level - high (141- 160 mg / dl)	22
18.	Women with blood sugar level - very high (>160 mg / dl)	8
19.	Woman with blood sugar level - high or very high (>140 mg / dl) or taking medicine to control blood sugar level	30
20.	Men with blood sugar level - high (141-160 mg / dl)	30
21.	Men with blood sugar level - very high (160 mg /dl)	12
22.	Men with blood sugar level -high or very high (>140 mg / dl) or taking medicine to control blood sugar level	42
23.	Women with mildly elevated blood pressure systolic 140- 159 mm of Hg and /or Diastolic 90-99 mm of Hg)	57
24.	Women with moderately or severely elevated blood pressure (Systolic \geq 160 mm of Hg and /or Diastolic \geq 100 mm of Hg)	19
25.	Women with Elevated blood pressure (Systolic \geq 140 mm of Hg and/ or Diastolic \geq 90 mm of Hg) or taking medicine to control blood pressure	76
26.	Men with mildly elevated blood pressure (Systolic 140 -159 mm of Hg and/or Diastolic 90 -99 mm of Hg)	49
27.	Men with moderately or severely elevated blood pressure (Systolic \geq 160 mm of Hg and/or Diastolic \geq 100 mm of Hg)	11
28.	Men with elevated blood pressure (Systolic \geq 140 mm of Hg and a Diastolic \geq 90 mm of Hg) or taking medicine to control blood pressure	60

Total Population covered	Total population with ABHA ID
1323	-

Activities - Health Education

Health Education – First visit (31st January 2026)

A Health Education Programme on Leprosy was conducted by Phase I MBBS students and faculties under the guidance of Dr. Balaji. A, Professor and HOD, as part of the Family Adoption Programme on 31st January 2026 at various locations of the Navampattu and Allikondapattu villages along with Health Inspectors and Multi-Purpose Workers . The programme aimed to create awareness among the public regarding Leprosy and to promote early identification and treatment-seeking behaviour.

The students were divided into four groups, and health education activities were conducted simultaneously in four different parts of the village under the supervision of faculty members. The students actively participated in disseminating health education to the community through interpersonal communication. The public were educated about the causes, mode of transmission, early symptoms, prevention, treatment facilities, and the importance of social support for affected individuals. At the end of the session, the doubts raised by the public were addressed and clarified by the faculty members.



Health Education – Second visit (28th February 2026)

As part of the Family Adoption Programme, a health education programme on awareness of Cancer and HPV Vaccination was conducted by Phase I MBBS students under the guidance of Dr. Balaji. A, Professor and HOD and other faculty members in Navampattu and Allikondapattu villages along with Health Inspectors and Multi-Purpose Workers.

The programme focused on educating the general public about various types of cancers, their causes, warning signs, preventive measures, screening methods, and the importance of early diagnosis. Special emphasis was given to the importance of Human Papillomavirus (HPV) vaccination in the prevention of cervical cancer.



Group discussion

A Group Discussion on Non-Communicable Disease (NCD) – Obesity was conducted for Phase I MBBS students as part of the Family Adoption Programme by the Department of Community Medicine on 28th February 2026. The session was conducted by Dr. Balaji. A, Professor and HOD.

The discussion focused on obesity as an important Non-Communicable Disease and emphasized its growing public health importance. The students were educated regarding the causes, risk factors, complications, prevention, and control measures of obesity. Topics including unhealthy dietary habits, physical inactivity, sedentary lifestyle, and lifestyle modification were discussed in detail.

The session also highlighted the association of obesity with various health problems such as diabetes mellitus, hypertension, cardiovascular diseases, and other lifestyle-related disorders. Importance of healthy eating practices, regular exercise, and behavioural modification for prevention and control of obesity was emphasized during the discussion.



Family Adoption Programme Visits

The first session of Family Adoption Programme on 31st January 2026





Tiruvannamalai, Tamil Nadu, India
Manalurpettai Main Road, Tiruvannamalai, Tiruvannamalai,
Tamil Nadu 606811, India
Lat: 12.074116, Long: 79.080939
Saturday, 31/01/2026 12:10 PM GMT+05:30
Note: Captured by GPS Map Camera



Kallakurichi, Tamil Nadu, India
Manalurpettai Main Road, Trukkoyilur, Kallakurichi, Tamil
Nadu 602754, India
Lat: 12.033957, Long: 79.089684
Tuesday, 03/02/2026 09:49 AM GMT+05:30
Note: Captured by GPS Map Camera

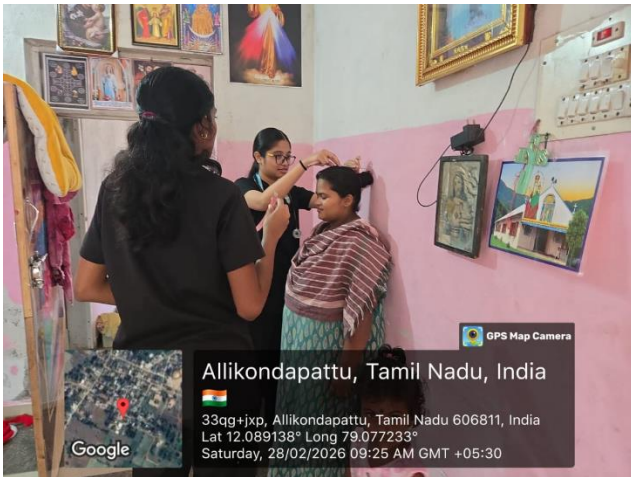


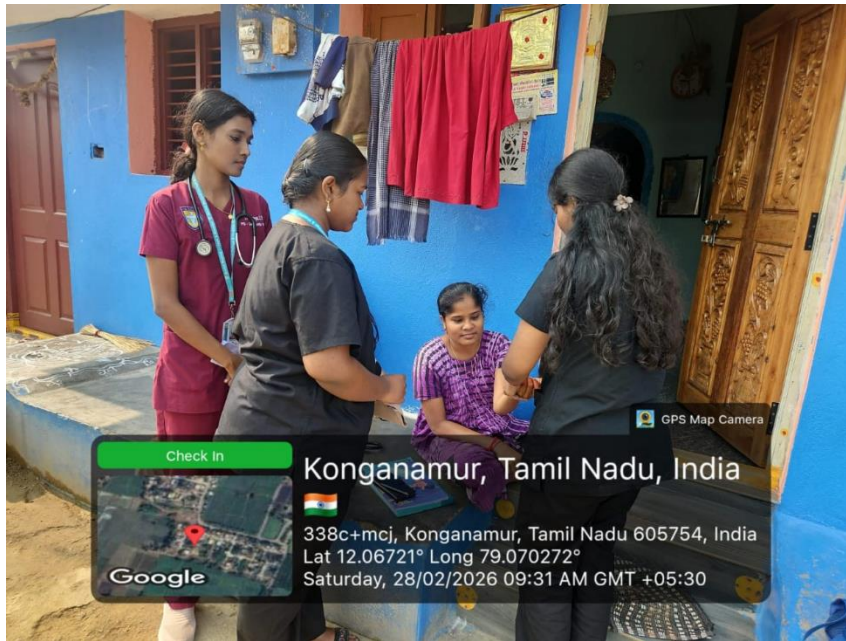
Tiruvannamalai, Tamil Nadu, India
Manalurpettai Main Road, Tiruvannamalai, Tiruvannamalai,
Tamil Nadu 606811, India
Lat: 12.074116, Long: 79.080939
Saturday, 31/01/2026 12:10 PM GMT+05:30
Note: Captured by GPS Map Camera



Allikondapattu, Tamil Nadu, India
33qg+vjq, Allikondapattu, Tamil Nadu 606811, India
Lat 12.089728° Long 79.076212°
Saturday, 31/01/2026 12:27 PM GMT +05:30

The second session of Family Adoption Programme on 28th February 2026





Head of the Department

Mulee
DR. A. BALAJI.

Dr. Balaji.A,

Department of Community Medicine,
AMCH.