



**AROGYA FOUNDATION OF INDIA**  
**HOME REMEDIES PROGRAMME**  
**AROGYA SEVIKA TRAINING PROGRAMME FOR THE MONTH OF**  
**JUNE-14**

VENUE: VISHWANATHAPURAM, RUKAMMAL COLONY, THUDIYALUR, COIMBATORE

**S.NO** : 010/6/001  
**DATE** : 7th June - 11th June-2014  
**VENUE** : Vishwanathapuram, Rukammal colony, Thudiyalur,  
Coimbatore

**NAMES OF THE PARTICIPANTS & THEIR VILLAGE**

- |                      |              |
|----------------------|--------------|
| 1. K.JYOTSNA KRISHNA | METTUPALAYAM |
| 2. R.DEVI            | METTUPALAYAM |
| 3. D.RAJATHI         | METTUPALAYAM |
| 4. R.KRUTHIKA        | METTUPALAYAM |
| 5. A.VIJAYA NIRMALA  | METTUPALAYAM |
| 6. K.UTHAYAKUMAR     | GUDALUR      |
| 7. KALARANI          | KOTAGIRI     |

**RESOURCE PERSON** :

1. MR.KALIDASAN
2. DR. KRISHNA PRASAD
3. DR.KRUTHIKA
4. MRS.HEMA MALINI
5. MRS.POONGOTHAI
6. MRS.SATHYAMANI
7. MRS.SARITHA

**SUBJECTS COVERED** :

- INDIAN FAMILY SYSTEM AND OUR CULTURE
- DAILY ROUTINE AND QUALITIES OF AN AROGYA SEVIKA
- SLOGANS IN SANSKRIT AND TAMIL

- PATRIOTIC SONGS ABOUT THE NATION
- CHILDREN SONGS
- MORAL VALUE STORIES
- YOGA
- EARLY MORNING AND MORNING PRAYER SONGS
- IMPORTANCE OF DEEPA POOJA AND ITS SLOGANS
- HERBAL INFORMATION OF THE MONTH
- GENERAL MEDICINE
- MOTHER AND CHILD CARE
- INTRODUCTION TO ANAEMIA AND ITS MEDICINE
- ANAEMIA TESTING AND RECORD MAINTENANCE
- CLIMATE CHANGE AND ITS IMPORTANCE IN CONNECTION WITH OUR FOOD INTAKE
- WHAT ALL WE CAN EAT AND SHOULD AVOID (AGARAM)
- HOW TO MANAGE APTEITITE (AGNI)



# AROGYA FOUNDATION OF INDIA

## HOME REMEDIES PROGRAMME

AROGYA FULLTITER TRAINING PROGRAMME FOR THE MONTH OF JUNE-14

VENUE: VISHWANATHAPURAM, RUKAMMAL COLONY, THUDIYALUR, COIMBATORE

**S.NO** : 011/6/002  
**DATE** : 14th June - 18th June-2014  
**VENUE** : Vishwanathapuram, Rukammal colony, Thudiyalur, Coimbatore

### NAMES OF THE PARTICIPANTS & THEIR VILLAGE

- |                    |              |                                 |
|--------------------|--------------|---------------------------------|
| 1. P.ATHILAKSHMI   | PAITHAMBADI  | BHAG AROGYA YOJANA PRAMUKH      |
| 2. S.KOKILA        | NAGAPATTINAM | BHAG PRATHIHK SIKSHA PRAMUKH    |
| 3. M.SUBBULAKSHMI  | THUTHUKUDI   | ANCHAL AROGYA YOJANA<br>PRAMUKH |
| 4. S.PACHIYAMMAL   | THIRUNELVELI | SANCH PRAMUKH                   |
| 5. K.SELVARANI     | NAGAPATTINAM | AROGYA YOJANA PRAMUKH           |
| 6. B.SATHIYAVANI   | NAGAPATTINAM | SANCH PRAMUKH                   |
| 7. S.SELVI         | DINDIGUL     | SANCH PRAMUKH                   |
| 8. S.PADMAVATHI    | RAMNADU      | AROGYA YOJANA PRAMUKH           |
| 9. R.GAJAPRIYA     | CUDDALORE    | AROGYA YOJANA PRAMUKH           |
| 10. T.JOTHILAKSHMI | CUDDALORE    | SANCH PRAMUKH                   |
| 11. SUBRAMANIA     | SALEM        | GRAMA SHKSHA PRAMUKH            |
| 12. K.SIVALINGAM   | NAMAKKAL     | GRAMA SHKSHA PRAMUKH            |

### RESOURCE PERSON :

1. DR. KRISHNA PRASAD
2. DR.KRUTHIKA
3. MRS.HEMA MALANI
4. MRS.POONGOTHAI
5. MRS.SATHYAMANI
6. MRS.SARITHA

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AROGYA SEVIKA TRAINING PROGRAMME FOR THE MONTH OF JUNE-14

VENUE: VISHWANATHAPURAM, RUKAMMAL COLONY, THUDIYALUR, COIMBATORE

**S.NO** : 012/6/003  
**DATE** : 24th June - 28th June-2014  
**VENUE** : Vishwanathapuram, Rukammal colony,  
Thudiyalur, Coimbatore

### **NAMES OF THE PARTICIPANTS & THEIR VILLAGE**

1. R.SEVANTHI THONDAMUTHUR
2. S.PRABHAMANI THENNAMANALLUR
3. S.SUNITHA GUDALUR
4. S.RUBINI NADUGANI

### **RESOURCE PERSON :**

1. DR. KRISHNA PRASAD
2. DR.KRUTHIKA
3. MRS.HEMA MALANI
4. MRS.POONGOTHAI
5. MRS.SATHYAMANI
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Arogya Sevikas Participants listening to the resource persons lecture keenly.



Mrs.Sathyamani and Mrs.Poongothai handles Patriotic slogan class to the participants



Dr Sathish ji @ valedictory ceremony for the 12th Successful Arogya Sevikas Training Programme at Coimbatore.



Group Photo of the 12th Arogya Sevikas Training Camp Participants with their certificates at Coimbatore.

Group Photo of the Arogya Full timer Training Camp, Participants with their certificates at Coimbatore.



Mrs Hema Malini handed over the certificates to those who have successfully completed the 5 day residential training programme at Coimbatore. Participants receiving certificates.

Mrs Hema Malini handed over the certificates to those who have successfully completed the 5 day residential training programme at Coimbatore. Participants receiving certificates.





Group photo of the participants @ 12th Arogya Sevikas Training Camp.



Dr.Krishna Prasad @ a session, explaining the participants using charts.



Dr.Krishna Prasad Explaining his concepts using a diagrammatic representation