



श्री चित्रा तिरुनाल आयुर्विज्ञान और प्रौद्योगिकी संस्थान, तिरुवनन्तपुरम- 11, केरल  
Sree Chitra Tirunal Institute for Medical Sciences and Technology, Thiruvananthapuram- 11, Kerala  
(भारत सरकार के अधीन राष्ट्रीय महत्व का संस्थान)  
(An Institute of National Importance under Government of India)  
टेलीफॉन नं./Telephone No. 0471-2443152 फाक्स/Fax 0471-2446433  
ई-मेल/E-mail :sct@sctimst.ac.in वेबसाइट/ Website : [www.sctimst.ac.in](http://www.sctimst.ac.in)

### **Invitation to attend the AMC Seminar**

We are pleased to invite you to attend the AMC seminar by:

**Dr. K VIJAYAKUMAR**

Retired Professor & Head of the Department  
Department of Community Medicine,  
Govt Medical College, Kozhikode and Govt Medical College, Thiruvananthapuram  
Secretary, Health Action by People, Thiruvananthapuram

*Topic:*

**"The Power of Public Health: Experiences and Insights from a Kerala Practitioner"**

*Date: 06 July 2024*

*Time: 2:30 PM to 4:00 PM,*

*Venue: AMC Seminar hall, AMCHSS Floor 3*

A note on the talk and a short bio of the speaker is attached herewith.  
We look forward to your participation in this seminar.

Yours sincerely

डॉ. बिजू सोमन/ Dr. BIJU SOMAN  
प्रोफेसर और प्रमुख/Professor & Head  
एएमसीएचएसएस/AMCHSS



**Prof K Vijayakumar**

### **Outline of the talk**

My journey in public health spans several decades, during which I have served as a General Practitioner, Medical Officer of a Primary Health Center (PHC), teacher, researcher, and public health activist in Kerala. This extensive experience has afforded me unique insights into the challenges and triumphs of public health in our region.

#### **Purpose:**

The purpose of this seminar is twofold. Firstly, I aim to share my rich experiences in public health, highlighting the key lessons learned throughout my career. Secondly, I hope to motivate and inspire the students and faculty of AMC, as well as other attendees, to take on challenging and meaningful tasks in the field of public health by sharing my experience on the following topics:

1. **Early Days as a General Practitioner:**
  - Understanding community health needs.
  - Building trust and rapport with patients.
2. **Role as a Medical Officer of PHC:**
  - Implementing public health programs at the grassroots level.
  - Overcoming logistical and resource-related challenges.
3. **Experiences in Teaching:**
  - Shaping the next generation of healthcare professionals.
  - Emphasizing the importance of community-oriented healthcare.
4. **Research Contributions:**
  - Conducting impactful public health research.
  - Bridging the gap between research findings and practical applications.
5. **Public Health Activism:**
  - Advocating for policy changes and improvements in healthcare delivery.
  - Engaging with the community and stakeholders to promote health initiatives.
6. **Advocacy in Kerala:**
  - The unique health challenges and successes in Kerala.
  - Lessons from Kerala's public health model that can be applied elsewhere.