

World Health Day Celebration Report

World Health Day is celebrated every year on April 7th to raise awareness around various health issues worldwide. The theme for this year's World Health Day 'My health, my right' highlights that getting access to essential health services should no longer be a privilege but one's right.

Department of community medicine has organised various activities on 16th April 2024 to commemorate World Health Day.

Activities

1. Nutritious Food Exhibition at Auditorium:

- An exhibition showcasing the importance of nutritious food and its impact on health was held at the auditorium.
- Various food items rich in essential nutrients were displayed, along with informational posters highlighting their health benefits.
- Around 120 faculty from the various departments attended the food exhibition and tasted nutritious food items.

2. Poster Competition for FMG Interns:

- Poster competition was organized for Foreign Medical Graduate (FMG) interns to encourage creativity and knowledge dissemination.
- Participants created posters on topics related to nutrition, healthy eating habits, and the significance of balanced diets which was well coordinated by Dr Harsha, Assistant professor.
- Dr Nanjaraj C P, Vice Principal and Dr Yogesh MK, Professor and Head, Dept of Physiology and Dr Vinay M, Professor of Community Medicine, MIMS Mandya were the judges for the competition.

3. Guest Lecture on Lifestyle Modifications for Health:

- Dr Manuja LM, Associate Professor, Community Medicine welcomed the gathering highlighting the importance of World Health Day and introduced the guest speaker.
- Dr. Vinay M, Professor of Community Medicine at MIMS Mandya, delivered a comprehensive lecture on lifestyle modifications for optimal health.
 - The lecture focused on the importance of regular exercise, balanced nutrition, stress management, and avoiding harmful habits like smoking and excessive alcohol consumption.
 - First-year MBBS students benefited from Dr. Vinay's expertise and insights into preventive healthcare.
- Certificates were distributed to the winners of the poster competition by the guest speaker and Vice principal sir.
- Programme ended with felicitation to the guest speaker and vote of thanks by Dr Sheethal MP, Professor and Head, Dept of Community Medicine.

4. Nutritious Food Distribution and Health Education for Patients:

- Dr. Suhas SR, Assistant Professor of Community Medicine, spearheaded the distribution of nutritious food to patients at the hospital.
- Alongside the food distribution, health education sessions were conducted by Dr Amulya N, Assistant Professor of Community Medicine to emphasize the importance of dietary choices in managing and preventing various health conditions.
- Patients received personalized advice on incorporating nutritious foods into their daily diet for improved health outcomes.
- Approximately 70 to 80 patients were benefited from the health education session and the food distribution.

Principal sir spoke on the importance of kitchen garden and encouraged the patients to adopt the same at their home so as to add diversified vegetables in their diet.

5. Health Screening for All Staff:

- As part of the celebration, a health screening program was organized By Dr Raghavendra, Assistant Professor for all hospital staff.
- The screening included assessments for BMI measurements, blood pressure checks, and basic health risk scoring.
- Staff members were encouraged to prioritize their health and well-being through regular check-ups and preventive measures.

Dr Sharmila, senior resident Dr Sivapria, senior resident Miss Tejaswini, statistician FMG interns, Mrs Pradeep, estate officer and all Medico social workers, Miss Chandini, Mr Renukaradya and Mr Ranjith and the department attender Mr Nagesh contributed to the event actively under the able leadership of Dr Sheethal MP, Professor and Head, Dept of Community Medicine.

We extend our sincere thanks to Shivali restaurant for all their support.

Special thanks to our Principal Dr Pravin G U and Medical Superintendent Dr Roshan Kumar N for all the guidance and support for the successful conduction of the programme.