



Health Awareness programme on occasion of Technology Day

School of Health Sciences with the approval of Hon'ble Vice Chancellor and guidance of PVC (SK) has been carrying out promotional activities under the Azadi ka Amrit Mahotsav in IGNOU 2023 related to the health and wellness. In this regard, a series of lectures have been planned to be delivered through live teleconference by eminent experts from medical and allied field to spread awareness about health promotion, disease prevention and disability limitation.

Date & Time	Subject	Expert	Channel
26.05.2023 03:00 pm to 03:30 pm	(Vit. D Deficiency)	Dr. Sumit Sural, Director Professor and Head of Unit Department of Orthopaedics MAMC and Lok Nayak Hospital, New Delhi	Gyan Vani
26.05.2023 4:00 pm - 4:20 pm	Orthopaedic problems due to bad posture - causes and symptoms		Gyan Darshan
26.05.2023 4:30 pm – 05:00 pm	Orthopaedic problems due to bad posture - Prevention and Management		Gyan Darshan

(a). An Interactive Radio counseling was held on 26th May, 2023 from 15:00 p.m. to 15:30 p.m.

The various issues related to Vit. D Deficiency, its prevention and control measures and toxicity due to over dosages were discussed by Dr. Sumit Sural, Director Professor and Head of Unit, Department of Orthopaedics, MAMC and Lok Nayak Hospital, New Delhi. Dr. Laxmi, Assistant Professor, SOHS moderated the session.



Main points of the discussion during IRC-

- Importance of Vit. D for muscles and bones
- Effect of Vit. D deficiency on growth and bones presenting symptoms and signs of Rickets and Osteomalacia
- Routine investigations for detection
- Preventive measures by exposure to sunlight, diet and supplementation.
- High risk factors for Vit. D deficiency and importance of screening

(b). A live teleconferencing was held on 26th May, 2023 from 16:00 p.m. to 17:00 p.m.

Orthopaedic problems due to bad posture - causes and symptoms, prevention and management were some of the issues discussed by Dr. Sumit Sural, Director Professor and Head of Unit, Department of Orthopaedics, MAMC and Lok Nayak Hospital, New Delhi. Simple isotonic and muscle stretching exercises were also demonstrated during the session. Prof. (Dr.) Ruchika Kuba, Director, SOHS moderated the session. To benefit the general public a bilingual medium was adopted. The slides were prepared in English and the discussion held during the session by the expert was in Hindi.



Main points of the discussed during Teleconferencing:

- Orthopaedic problems in younger generation due to bad posture.
- Risk factors of cumulative, disorders presenting symptoms correlated with pathology due to abnormal postures.
- Life modifications to prevent the disorders work station exercises to prevent occurrence of cumulative disorders.
- Isometric exercises for relieve of pain during acute conditions.

Health promotion series under Azadi ka Amrit Mahotsav

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(1) Health Awareness programme on occasion of World Kidney Day

Date and Time	Subject	Expert	Channel
15.03.2023 3.00-3.30 pm	Acute Kidney Injury: Not so Benign but Preventable	Dr. Sanjay Kumar Aggarwal Professor & Head, Dept .of Nephrology, AIIMS	Gyan Vani
15.03.2023 04.00-05.00 pm	Living with Chronic Kidney Disease		Gyan Darshan

(a). An interactive Radio counseling was held on 15th March, 2023 from 15:00 p.m. to 15:30 p.m.

All the aspects related to Acute Renal Injuries like common sign and symptoms of acute kidney injury, causes, and myths associated with kidney diseases along with what can be done to prevent kidney injury from occurring and it's treatment, were discussed by **Dr. Sanjay Kumar Aggarwal Professor & Head, Dept .of Nephrology, AIIMS**. Dr. Anika Sulania, Assistant Professor SOHS, IGNOU moderated the session.



Main points discussed during IRC-

- a. What is Acute Kidney Injury?
- b. How prevalent is the Acute Renal Injury nowadays?
- c. What are the causes of Acute Kidney Injury?
- d. How can Acute Renal Injury affect body organs and overall health.
- e. What are the common sign and symptoms of it?
- f. Can Acute Kidney Injury be cured?
- g. What are the common myths associated with kidney diseases?

(b). Live teleconference session was held on 15th March, 2023 from 16:00 p.m. to 17:00 p.m.

Early detection, preventive and control measure of **Chronic Kidney Diseases** were discussed by **Dr. Sanjay Kumar Aggarwal Professor & Head, Dept of Nephrology, AIIMS and Prof. (Dr.) and Ruchika Kuba, Director, SOHS** moderated the session. To benefit the general public a bilingual medium was adopted. The slides were prepared in English and the discussion held during the session by the expert was in Hindi.



Main points discussed during Teleconferencing -

1. Normal function of the kidneys.
2. How Acute Renal Injury and Chronic Kidney diseases are different?
3. What are chronic kidney diseases (CKD)?
4. How common are these diseases?
5. What are the causes of CKD?
6. What are the common signs and symptoms of it?
7. What are the basic principles of management of CKD?
8. Any important Dietary restrictions for the patients?
9. What is Dialysis and how does it work?



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(1) Health Awareness programme on occasion of World Obesity Day

Date and Time	Subject	Expert	Channel
03.03.2023 3.00-3.30 pm	थकान - खून की कमी की निशानी? Tired easily - Anaemia?	Dr. Umesh Kapil Professor & Head Department of Epidemiology, ILBS	Gyan Vani
03.03.2023 04.00-05.00 pm	Obesity- एक खामोश महामारी A Silent Pandemic		Gyan Darshan

(a). *An interactive Radio counseling was held on 03rd March, 2023 from 15:00 p.m. to 15:30 p.m.*

All the aspects related to Anemia mainly common sign and symptom of Anemia and what can be done to prevent Anemia from occurring and how to treat it, were discussed by **Dr. Umesh Kapil Professor & Head Department of Epidemiology, Institute of Liver and Biliary Science (ILBS)** and Dr. Anika Sulania, Assistant Professor SOHS, IGNOU moderated the session.



Main points discussed during IRC-

- What is anemia? How does anemia affect the work out put?
- What is the most common cause of anemia?
- How does anemia affect the body?
- Which organs are affected by anemia?
- Why is there palpitation in an anemic subject?
- Which age groups are the most likely to have anemia?
- How does anemia affects the pregnant mother
- What can I do to control my anemia?



(b). Live teleconference session was held on 03rd March, 2023 from 16:00 p.m. to 17:00 p.m.

Early detection, preventive and control measures of Obesity were discussed by **Dr. Umesh Kapil Professor & Head Department of Epidemiology, Institute of Liver and Biliary Science (ILBS)**. Prof. (Dr.) and Ruchika Kuba, Director, SOHS moderated the session. To benefit the general public a bilingual medium was adopted. The slides were prepared in English and the discussion held during the session by the expert was in Hindi.



Main points discussed during Teleconferencing -

1. What is obesity?
2. Is obesity common?
3. What causes obesity?
4. Can obesity affect our health?
5. Can obesity shorten life expectancy?
6. Can obesity be cured?
7. Do people with obesity have a greater risk of cancer?
8. I don't have the time to do exercise, what can I do?
9. Can my children have obesity problems if I have them?
10. What is emotional eating?
11. Can a person with obesity suffer from an eating disorder?



Health Awareness programme on occasion of World Cancer Day

School of Health Sciences with the approval of Hon'ble Vice Chancellor and guidance of PVC (SK) has been carrying out promotional activities under the Azadi ka Amrit Mahotsav in IGNOU 2023 related to the health and wellness. In this regard, a series of lectures have been planned to be delivered through live teleconference by eminent experts from medical and allied field to spread awareness about health promotion, disease prevention and disability limitation.

Date and Time	Subject	Expert	Channel
07.02.2023 3:00 pm - 3:30 pm	The wrath of tobacco तम्बाकू की दस्तक मानव जाति बनी बंधक	Prof. Manoj Sharma Consultant Clinical oncology	Gyan Vani
07.02.2023 4:00 pm - 05:00 pm	Beware! Cancer is borne in faulty lifestyle		Gyan Darshan

(a). An interactive Radio counseling was held on 07th February, 2023 from 15:00 p.m. to 15:30 p.m.

The role of tobacco for causation of cancer, its preventive and control measure were discussed by Prof. Manoj Sharma former Director and Professor Maulana Azad Medical College, New Delhi, presently Senior Consultant In-charge of Clinical Oncology, Delhi State Cancer Institute. Dr. Laxmi, Assistant Professor, SOHS moderated the session.



Main points of the discussion during IRC-

- The sites in the human body where tobacco affects in general and causes cancers in particular.
- How grave is tobacco related cancers
- Which age groups are generally affected?
- How to handle the issue of tobacco related cancers?
- What is the Govt. Policy for tobacco related cancer?
- Controlling Tobacco menace through counselling

(b). A live teleconferencing was held on 07th February, 2023 from 16:00 p.m. to 17:00 p.m.

Causes of cancer, preventive and control measure financial support, social support groups and survival ship programme were some of the issues discussed by Prof. Manoj Sharma, former Director and Professor Maulana Azad Medical College New Delhi, presently Senior Consultant In-charge of Clinical oncology, Delhi State Cancer Institute. Prof. (Dr.) Ruchika Kuba, Director, SOHS moderated the session. To benefit the general public a bilingual medium was adopted. The slides were prepared in English and the discussion held during the session by the expert was in Hindi.

During the session more emphasis was given to avoid delays in recognition and receiving the care and follow-up.



Main points of the discussed during Teleconferencing:

- Recognizing Signs and Symptoms, the Misconceptions and Stigma Associated with Cancer
- The Signs and Symptoms that confuse.
- Symptoms in females, males and children were discussed separately.
- Age Old Concept and Seven Danger Signals of Cancer.
- The Treatment, significance of follow-up and Social Support Aspects of Cancer.

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(1) Health Awareness programme on occasion of Epilepsy Day – 6th February 2023

Date and Time	Subject	Expert	Channel
06.02.2023 3:00 pm - 3:30 pm	Forgetfulness, is it normal? क्यों भूल जाती हूँ मैं?	Dr. Madhuri Bihari Consultant, Neurologist	Gyan Vani
06.02.2023 4:00 pm - 05:00 pm	Repeated unconsciousness? Epilepsy		Gyan Darshan

(a). An interactive Radio counseling was held on 06th February, 2023 from 15:00 p.m. to 15:30 p.m.

All the aspects related to Dementia especially early detection and control were discussed by Dr. Madhuri Bihari, former Professor and Head of Department of Neurology, All India Institute of Medical Sciences, New Delhi and presently Consultant Neurologist, Fortis Hospital Vasant Kunj. Dr. Biplab Jamatia, SOHS, IGNOU moderated the session.



Main points discussed during IRC-

- Is loss of memory normal in elderly?
- Who can get dementia?
- What are early symptoms of dementia?
- What are causes of dementia?
- Are there any medicines to stop it or cure it?
- How is the diagnosis confirmed?
- What happens to patients in advanced stage?
- How to look after a person who has dementia?
- Can something be done to prevent dementia?

(b). Live teleconference session was held on 06th February, 2023 from 16:00 p.m. to 17:00 p.m.

Early detection, preventive and control measure of Epilepsy were discussed by Dr. Madhuri Bihari, former Professor and Head of Department of Neurology, All India Institute of Medical Sciences, New Delhi and presently Consultant Neurologist, Fortis Hospital, Vasant Kunj. Prof. (Dr.) Ruchika Kuba, Director, SOHS moderated the session. To benefit the



general public a bilingual medium was adopted. The slides were prepared in English and the discussion held during the session by the expert was in Hindi.



Main points discussed during Teleconferencing -

- What is epilepsy?
- Who gets epilepsy?
- What are the types of epilepsy?
- How does epilepsy manifest?
- What are the causes of epilepsy?
- Can epilepsy be contacted by touching a patient of epilepsy?
- How can epilepsy be prevented?
- How is epilepsy diagnosed?
- What to do when someone gets a seizure?
- Can epilepsy be treated by appeasing Gods?