

Health awareness programme on TB and balanced diet by SMCON students

SE Report

GANGTOK, December 3: The final-year B.Sc. nursing students from Sikkim Manipal College of Nursing (SMCON) organised a mass health awareness programme on the topic of tuberculosis and a balanced diet, along with physical health assessment, at Rawtey Runtok Gramme Prashashan Kendra on Saturday.

Around 60 people attended the programme, informs a press release.

An educational role-play on the importance of a balanced diet and awareness of tuberculosis was conducted by the students.

Students provided health education on tuberculosis, discussing its types, causes, disease process, signs and symptoms, myths, diagnostic evaluation, prevention, management, and complications with the help of multiple attractive audio-visual aids.

Students also emphasised the National Tuberculosis Elimination Programme (NTEP), which is an initiative by the Government of India to eliminate tuberculosis by the end of the year 2025.

A quiz session was conducted to evaluate the knowledge of the audience on the above-mentioned topics, and a small token of appreciation was given to the people of the community who participated enthusiastically.

A health check-up was also conducted for the people of the community as a screening purpose for blood pressure, BMI, random blood sugar test, and estimation of haemoglobin, and clients were advised to visit the nearby hospital for further treatment accordingly.

The programme was praised as exceptional by zilla panchayat Dhupgyal Lepcha and HWC staff member Meena Gurung.

The programme ended with positive feedback from the attendees of Runtok, the release mentions.