

1. HEALTH EDUCATION ON HYPERTENSION

A Health education programme as a part of Unnat Bharat Abhiyan was conducted under the guidance of Dr. Amith Rao (Medical Officer), by Dr. Pawan Kumar B (Postgraduate, Dept. of Community Medicine), Aditi Johri, Akshima Agrawal, Aiswarya S (MBBS Interns) and Mr. Ranjith (Healthcare Worker), on 04/05/2023, 11:00 AM at Sasihitlu.

The health education was mainly focused on **Hypertension**. The residents were educated regarding the causes, risk factors, symptoms, signs and complications. The major aspect that was looked into was the prevention of hypertension. With the help of charts, pictures and native language, the residents were informed about the prevention of hypertension. They were informed about the DASH Diet wherein they are required to reduce the salt intake, restrict the use of fried salted chips or snacks, pickles etc. They were also informed about the deleterious effects of red meat and saturated fats and were asked to avoid them as much as possible. Focus was given onto the inclusion of green leafy vegetables, fruits, dry fruits and nuts, low fat dairy products into their day-to-day dietary habits.

They were also educated regarding the importance of exercise and how it fights against the hypertension. A brisk walk of 30 minutes every day was advised to fight against it. The dangers behind sedentary life style, stress, smoking, alcohol etc were explained to them.

The talk also focused on this year's theme of World Hypertension Day, May 17- "Measure Your Blood Pressure Accurately, Control It, Live Longer" focusing on combating low awareness rates worldwide, especially in low to middle income areas and accurate blood pressure measurement.



2. HEALTH EDUCATION ON ANTENATAL CARE

A health education programme under Unnat Bharat Abhiyan was conducted on 23rd May 2023 at Sasihitlu village by Amritha Divakaran and Anand C Shaji interns from the Department of Community Medicine, Under the guidance of Dr. Amith Kumar Rao (Medical Officer), Dr Pawan Kumar, Dr Saniya Rafeek and Mr Ranjith (MSW).

Beneficiaries understood about the need for antenatal care, basic objectives of antenatal care and the major danger signs to be looked for during pregnancy.

They were told about the importance of minimum 4 antenatal visits starting from the time they noticed their missed periods, second visit at 4th-6th month, third visit at 7th-8th month and the fourth at 9th month. Procedures and tests done during the check-up including urine examinations, blood investigations, weight measurement, scanning, TT injection were explained. The importance of nutritious diet during pregnancy was also discussed. They were also detailed about the danger signs during pregnancy like swelling of legs, headache, fever, blurred vision, bleeding per vagina and told them to immediately consult a doctor in case of any of these signs.

Also explained about the importance of taking iron and folic acid supplements and also had a doubt clearance session at the end and the patients were very responsive.



3. HEALTH EDUCATION ON DIABETES MELLITUS

A health education programme was conducted on 25th May 2023 at Sasihitlu by the Department of Community Medicine as a part of Unnat Bharat Abhiyan. Dr. Pawan Kumar B, postgraduate, Under the guidance of Dr. Amit Rao, Medical officer spoke about diabetes mellitus. Anand Shaji, intern and Mr. Ranjith, MSW helped in awareness talk.

We spoke about the need for care in patients with diabetes and gave basic check-up for People from the village. BP and blood sugar were checked in patients and treatment was advised in those required of it.

We told about the importance of care in diabetic patients. Symptoms and signs in them, risk factors, Complications, treatment done in diabetic patients. We also had a doubt clearance session at the end and the patients were very responsive.



4. HEALTH EDUCATION ON POST NATAL CARE

Location: Sasihitlu

Date: 30/ MAY/ 2023

Conducted By: ARATHI UNNI, ARATHY ANILKUMAR, ARCHANA V NAIR

Health education on post-natal care was carried out on 30th May 2023 to a rural family residing in Sasihitlu as a part of Unnat Bharat Abhiyan under the guidance of Dr. Amit Rao.

They were made to understand a handmade poster and talked at length about care of mother and baby after delivery.

The family members were co-operative and listened attentively. We talked about ways for mother to regain health after delivery and measures to prevent postpartum depression. Also talked about healthy practices for the newborn and the importance of exclusive breast feeding for initial 6 months of life. Information regarding timely vaccination and awareness about danger signs in the newborn were imparted to the mother and family members. Stress was laid on the importance of keeping the baby warm and covered at all times and also on personal hygiene for mother and baby. Awareness regarding family planning and spacing was also imparted.



5. Health education on World No Tobacco Day -01/06/2023

On the occasion of World, no tobacco day, Department of community medicine, KSHEMA arranged a session as a part of Unnat Bharat Abhiyan on 1st June 2023 at Sasihitlu by Dr. Pawan Kumar B, Post Graduate on the theme “We need food for living, not tobacco” under the guidance of Dr. Amith Rao (Medical Officer) Anupriya and Anushka - interns, Mr. Ranjith, MSW assisted in the awareness talk.

Several topics were discussed like the adverse effects of tobacco use like respiratory disorders e.g., COPD, Asthma, cardiovascular disorders, cancer, dental carries, retinal changes and second-hand smoking.

Further methods to quit smoking and tobacco use were explained by introduction of nicotine replacement therapy, physical exercises and yoga. The session was interactive with active participation from the audience. Overall, it was a successful event in the sense of conveying its core message about the dangers of tobacco misuse.



6. Health Education on Breastfeeding

- A health education programme was conducted by Irene Mary and Kapil Gupta under Unnat Bharat Abhiyan under the guidance of Dr. Revathi and with the help of Dr. Pawan Kumar B, Dr. Meera S, Mr. Ranjith MSW, on Breast Feeding on 6th june at Sasihitlu.
- Two families were explained about Correct position of breast feeding , Duration of breast feeding and merits of breast feeding like increase in immunity of baby, Weightgain, Nutritional health of baby, Protection from different allergic reactions like Asthma etc.
- They were also explained about the breast-fed babies having lower chances of obesity, Type 1 DM and Lower risks of Sudden Infant Death Syndrome. Also that it creates a bond between the baby and the mother and advantages increases as the baby grows.
- Breastfeeding reduces the chances of breast cancer as compared to a nulliparous woman



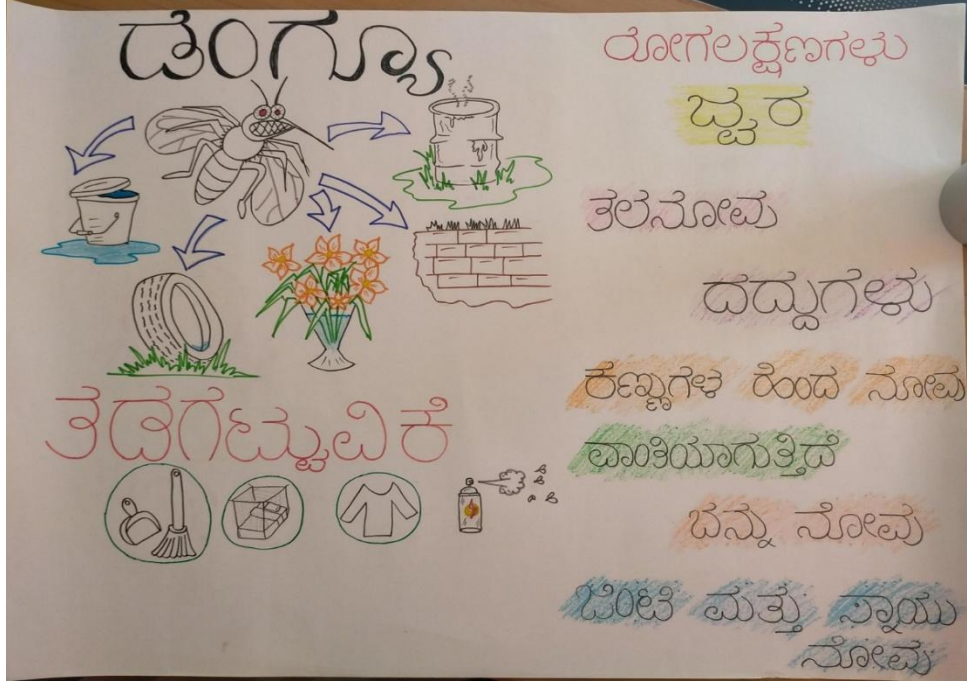
7. HEALTH EDUCATION ON DENGUE

As a part of Unnat Bharat Abhiyan health awareness session was conducted on Dengue at Sasihitlu on 08/06/23. It was conducted by Ambili Das, Aman Bichpuria, Alfaz Asharaf (Interns) under the guidance of Dr Revathi and Dr Pawan Kumar.

Dengue is currently a very concerning and a life-threatening disease. It is a viral disease transmitted by the bite of a female mosquito called *Aedes aegyptii*. *Aedes* mosquitoes lay their eggs on stagnant water in the well, in the absconded pots, polythene bags, in the holes of a tree where rainwater remains, on the rotten things, on the heap of waste materials, in construction sites etc. The need for cleaning the home and homesites was greatly emphasized during the health education. The main symptoms of dengue include fever, body ache, back pain, muscle and joint pain, vomiting, retro orbital pain, skin rashes etc. People were told about the importance of early identification of the above symptoms and early treatment.

People were also made aware of the preventive measures. Containers should be covered to prevent mosquitoes from their access and laying eggs. Both air-conditioner and air cooler need to be kept neat and clean so that mosquitoes cannot take shelter there. Coconut shells and containers should be kept upside down. Mosquito bite should be checked by mosquito net or using mosquito repellents. Wearing clothes that cover the whole body also helps in preventing mosquito bite.

We also had a doubt clearance session at the end and the patients were very responsive.



8. HEALTH EDUCATION ON MALARIA-15.06.2023

As a part of Unnat Bharat Abhiyan health awareness session was conducted on Dengue at Sasihitlu on 15/06/23. It was conducted by Anil (Intern) under the guidance of Dr Revathi and Dr Meera S, Mr. Ranjith MSW assisted the talk.

Malaria is an acute febrile illness caused by Plasmodium parasites, which are spread to people through the bites of infected female Anopheles mosquitoes. The need for cleaning the home and home sites was greatly emphasised during the health education. The main symptoms of Malaria include fever with chills and rigors, headache, myalgia etc. Severe malaria can cause multi-organ failure in adults, while children frequently suffer from severe anaemia, respiratory distress or cerebral malaria. People were told about the importance of early identification of the above symptoms and early treatment.

People were also made aware of the preventive measures. Mosquito bite should be checked by mosquito net or using mosquito repellents. Wearing clothes that cover the whole body also helps in preventing mosquito bite.

We also had a doubt clearance session at the end and the patients were very responsive.

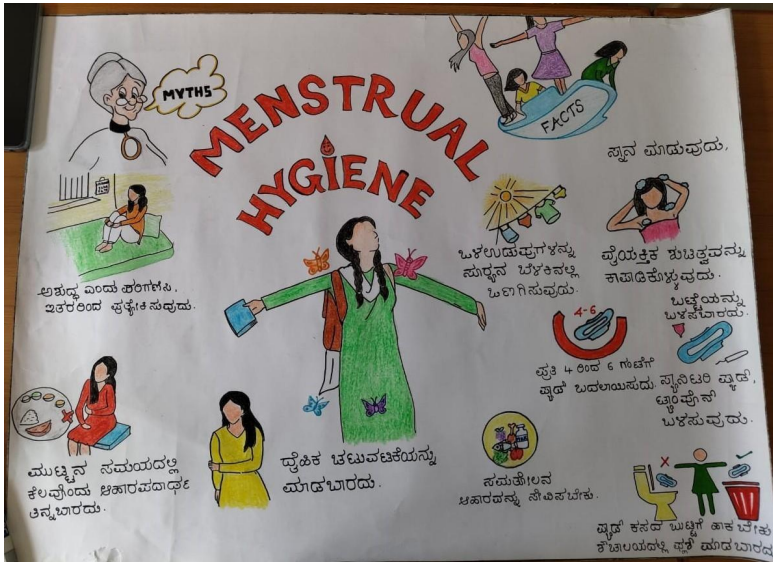


9. REPORT ON MENSTRUAL HYGIENE AWARENESS PROGRAMME

House-to-house awareness programme about Menstrual Health for Sasihitlu village community under the interns Anmol Kapoor, Ann Varghese B and Anshifa Theres was conducted on 20th June 2023 as a part of Unnat Bharat Abhiyan under the guidance of Dr. Revathi (Medical officer), Dr. Pawan Kumar b, Dr. Meera S (PGs), The awareness was coordinated by Mr. Ranjith (MSW).

It was conducted from house to house throwing lights on myths and facts about menstrual hygiene. Women in the houses were introduced about the topic. Later they were educated on the important aspects of menstrual hygiene and myths prevailing in the society. Also talked about the myths regarding cultural taboos, social exclusion, stigma, food habits and physical exercises connected with menstruation.

Awareness was given about the importance of using sanitary pads and other alternatives, need for changing them every 6 hourly and their proper disposal. Few questions were raised by the housemates regarding alternatives of sanitary pads and their queries were clarified. They were also enlightened on the importance of maintaining personal hygiene.



10. Health education Water Borne diseases

On 22nd June, a health education programme was conducted at Sasihitlu as a part of Unnat Bharat Abhiyan by Anas Iqbal and Angel Maria Francis on “Water borne diseases” under the guidance of Dr. Amith Rao (Medical Officer) and was co-ordinated by Dr. Pawan Kumar B (PG community medicine) and Mr. Ranjith, MSW.

They were educated about how water borne diseases are spread through contaminated water, while drinking or exposing wounded areas to it. The different water borne diseases such as Typhoid, Cholera, Dysentery, Leptospirosis, Botulism and Giardia and then about the common symptoms such as Diarrhoea, Vomiting, Nausea, Loss of appetite, Skin issues and certain eye issues. The preventive measures such as hand hygiene, drinking of boiled water and not exposing wounds to contaminated water were also talked about along with the steps in hand hygiene. In the end, the presentation was concluded with a Q and A session and the group seemed to have a basic understanding of water borne diseases.

