

HEALTH AWARENESS DAYS GUIDELINES

"अस्तौ मा सद्गमय ॥ तमसो मा ज्योतिर्गमय ॥ मृत्योर्मा अमृतं गमय ॥"



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INTRODUCTION

Ayurveda has very clearly recognized the need to remain healthy in every stage of life:-

‘धर्मार्थकाममोक्षाणां आरोग्यं मूलमुत्तमम् ।

रोगस्तस्यापहर्तारः श्रेयसो जीवितस्य च ॥ (च.सू. 1 / 15)

But today’s lifestyle has become so erratic, fast and unhealthy that physical and mental stress has now become a part of our life. “HEALTH IS WEALTH” is a fact that is accepted by all, but practiced by few these days. All this has opened the doors to various lifestyle diseases, most of which are non-communicable in nature.

Looking at the widespread impact of such medical issues in society, the medical profession has now a wider responsibility of looking not only after the health problems of an individual person, but of the whole community as well. Observation of various international days for awareness is one such potent method, which serves to ensure that globally at least once a year the attention of people is caught hold on an important health issue. Their intrinsic aim is thus to spread knowledge on health issues, so as to empower people in making right and timely decisions on health diagnosis, medical treatments and adopting preventive strategies as well. WHO is the central agency in identifying those health issues which need to be focussed globally, and accordingly designates a specific day/week/month each year, to draw worldwide attention to a subject of major importance to global health each year, which is thus celebrated as a World/ International health day, by organizing international, regional and local events on the day related to a particular theme (disease/health issue).

The alternate medical treatments such as AYUSH, Yoga, etc. are now gaining worldwide popularity and are now increasingly being viewed as impressive answers to a large number of medical issues. Considering all these facts, Uttarakhand Ayurved University, Dehradun has decided to engage itself in promoting this specific global health agenda of WHO in community medicine, by observing some of these days as mandatory health events to be celebrated by all its affiliated colleges.



HEALTH DAYS TO BE OBSERVED IN ALL THE COLLEGES AFFILIATED TO UTTARAKHAND AYURVED UNIVERSITY



FEBRUARY

4th: World Cancer Day

MARCH

Second Thursday: World Kidney
Day

20th: World Oral Health Day

24th: World Tuberculosis Day

APRIL

2nd: World Autism Awareness Day

7th: World Health Day

MAY

First Tuesday: World Asthma Day

28th: International Day of Action
for Women's Health

JULY

28th: World Hepatitis Day

AUGUST

1st-7th: World Breastfeeding Week

SEPTEMBER

1st-7th: National Nutrition Week

21st: World Alzheimer's Day

29th: World Heart Day

OCTOBER

Breast Cancer Awareness Month

10th: World Mental Health Day

12th: World Arthritis Day

18th: World Menopausal Day

NOVEMBER

10th: World Immunisation Day

14th: World Diabetes Day

DECEMBER

1st: World AIDS Day

3rd: Disability Day or

International Day of Persons
with Disabilities





GENERAL PLAN OF ORGANIZING THE AFORESAID HEALTH AWARENESS DAYS

1. Display On UAU website:

University campuses and affiliated colleges will develop a 1-2 min video and/or a pictorial theme denoting that day and send them to University (uauhealthdays@gmail.com), about 7 days before the event. The best video/digital poster will be displayed on the University website. Involved faculty/ students will be acknowledged.

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One page information about the disease relevant for that day, its preventive measures and management [mainly Ayurvedic and briefly mentioning the modern management in a line or two (without the dosing of drugs)].

2. Activities in colleges: Some activities are being suggested here and may be opted as per the convenience of the college

- i) Camps: Camps will be organized in college hospital /community (urban or rural areas or both), with a focus on that day.
- ii) Seminars: Organize technical seminars and/or seminars for general public.
- iii) Quiz competition, poster competition, etc. should be organized.
- iv) Print media: Publish the reports and/or write columns in relevance to that day.
- v) TV: Talk shows should be organized on TV channels.
- vi) Arrange cultural and/or public events at places of relevance.

3. Reporting of activities:

- i) Send news in newspapers.
- ii) Upload pictures on your college website.
- iii) Prepare a 2 minute video (summary) about the program and share it with University. Send a brief report of the activities organized, along with supporting good quality photographs to the university (uauhealthdays@gmail.com).



ORGANIZING THE SPECIFIC HEALTH AWARENESS DAY

The primary responsibility of activities for a particular health day shall be of the 'main department' (as stated below). The role of 'supporting departments' will be to additionally organize activities and/or support the main organizing department, in relevance to their department. Any additional support and suggestions from other departments should also be welcomed. Every campus/college should nominate a faculty as 'Nodal officer' to coordinate all these activities smoothly.

1 4th February: World Cancer Day

Objectives

- Bringing awareness towards the signs and symptoms of Cancer (especially the early ones).
- General preventive strategies (focussing on lifestyle).
- Diagnosis & Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

All the age groups.

Departments involved

Main department: Shalya.

Supporting departments: 1.Rog Nidana, 2.Kaya Chikitsa, 3.Stree Prasuti, 4.Kaumarbhritya 5. Swasthavritta & Yoga, 6.Panchakarma, 7. Dravya Guna, 8. Rasa shastra, 9. Agad Tantra.

2 Second Thursday of March: World Kidney Day

Objectives

- Bringing awareness towards the signs and symptoms of Renal Diseases (especially the early ones).
- General preventive strategies (focussing on lifestyle).
- Diagnosis & Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

All the age groups.

Departments involved

Main department: Kaya Chikitsa

Supporting departments: 1. Shalya, 2. Rog Nidana, 3.Panchakarma, 4. Kaumarbhritya, 5. Swasthavritta & Yoga, 6. Dravya Guna.

3 20th March: World Oral Health Day

Objectives

- Bringing awareness towards the signs and symptoms of common oral diseases (especially the early ones).
- General preventive strategies (focussing on lifestyle).



- Diagnosis & Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

All the age groups.

Departments involved

Main department: Shalakyā.

Supporting departments: 1.Kaumarbhṛitya, 2. Swasthavṛitta & Yoga, 3. Dravya Guna.

4 24th March: World Tuberculosis Day**Objectives**

- Bringing awareness towards the signs and symptoms of tuberculosis (especially the early ones).
- General preventive strategies.
- Diagnosis & Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

All the age groups.

Departments involved

Main department: Kaya Chikitsa.

Supporting departments: 1.Rog Nidana, 2.Stree Prasuti, 3.Kaumarbhṛitya, 4.Swasthavṛitta & Yoga, 5.Panchakarma.

5 2nd April: World Autism Awareness Day**Objectives**

- Bringing awareness towards the signs and symptoms of Autism.
- Preventive strategies.
- Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre(s) to visit; Ayurvedic management options.

Beneficiaries

Children.

Departments involved

Main department: Kaumarbhṛitya.

Supporting departments: 1.Swasthavṛitta & Yoga, 2. Dravya Guna.

6 7th April: World Health Day**Objectives**

- Bringing awareness towards healthy lifestyle (as per department), focussing especially on Ayurvedic guidelines.
- Simple ways/tests to check own's fitness. Prakriti parikshana, Mutra pariksha, Mala Pariksha, etc.



Beneficiaries

All the age groups.

Departments involved

1. Swasthavritta & Yoga, 2. Dravya Guna, 3. Rog Nidana, 4.Panchakarma, 5.Kaya Chikitsa, 6.Stree Prasuti, 7.Kaumarbhritya.

7 First Tuesday of May: World Asthma Day

Objectives

- Bringing awareness towards the signs and symptoms of Asthma (especially the early ones).
- General preventive strategies.
- Diagnosis & Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

All the age groups.

Departments involved

1. Kaya Chikitsa, 2.Rog Nidana, 3.Kaumarbhritya, 4.Swasthavritta & Yoga, 5. Dravya Guna.

8 28th May: International Day of Action for Women's Health

Objectives

- Bringing awareness towards healthy lifestyle, focussing especially on Ayurvedic guidelines.
- Simple ways/tests to check own's fitness.
- Vaccination (Awareness ± Camp) for Rubella and Cervical Cancer

Beneficiaries

Females.

Departments involved

Main department: Stree Prasuti.

Supporting department: Swasthavritta & Yoga.

9 28th July: World Hepatitis Day

Objectives

- Bringing awareness towards the signs and symptoms of hepatitis (especially the early ones).
- Preventive strategies.
- Diagnosis & Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

All age groups.

Departments involved

1.Kaya Chikitsa, 2.Rog Nidana, 3.Kaumarbhritya, 4.Stree Prasuti, 5.Swasthavritta & Yoga, 6.Dravya Guna, 7.Panchakarma.



10 1st-7th August: World Breastfeeding Week

Objectives

- Bringing awareness towards the importance of population control (and the ill effects of rising population).
- Population control methods.

Beneficiaries

Pregnant females and lactating mothers.

Departments involved

Main department: Kaumarbhritya.

Supporting department: Stree Prasuti.

11 1st-7th September: National Nutrition Week

Objectives

- Bringing awareness towards importance of taking health food and balanced diet (as per department), also touching the Ayurvedic guidelines. Pictorial representation of relevant charts/figures, e.g., BMI, weight to height chart, RDA allowance, Food pyramid, Dinacharya, Ritucharya, healthy diet in pregnancy, Nutritional deficiency pictures, etc.
- Simple ways/tests to check own's fitness, as a measure of consumption of healthy and balanced diet. E.g., BMI, Sara, Samhanana, Vyayama shakti, Mutra pariksha, Mala Pariksha, etc.

Beneficiaries

All the age groups.

Departments involved

Main department: Swasthavritta & Yoga.

Supporting departments: 1. Stree prasuti, 2. Kaya chikitsa, 3. Kaumarbhritya.

12 21st September: World Alzheimer's Day

Objectives

- Bringing awareness towards the signs and symptoms of Alzheimer's disease (especially the early ones).
- General preventive strategies (focussing on Ayurveda & Yoga).
- Diagnosis & Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

Elderly.

Departments involved

Main department: Kaya Chikitsa.

Supporting departments: 1. Rog Nidana, 2. Swasthavritta & Yoga, 3. Panchakarma, 4. Dravya Guna.



13 29th September: World Heart Day

Objectives

- Bringing awareness towards the signs and symptoms of heart disease (especially the early ones).
- General preventive strategies.
- Diagnosis & Management: Simple ways/tests to diagnose/suspect one having a cardiac problem; Appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

All the age groups (but mainly adults).

Departments involved

Main department: Kaya Chikitsa.

Supporting departments: 1.Rog Nidana, 2.Kaumarbhritya, 3.Swasthavritta & Yoga, 4.Panchakarma, 5. Dravya guna.

14 October: Breast Cancer Awareness Month

Objectives

- Bringing awareness towards the signs and symptoms of Breast Cancer (especially the early ones).
- General preventive strategies.
- Diagnosis & Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

Females.

Department involved

Main department: Stree Prasuti

Supporting departments: 1.Swasthavritta & Yoga, 2. Panchakarma

15 10th October: World Mental Health Day

Objectives

- Bringing awareness towards the signs and symptoms of mental illness and its spectrum (especially the early ones; focus on commonly prevalent disorders).
- General preventive strategies.
- Diagnosis & Management: Simple ways/tests to diagnose/suspect one having a health issue; appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

All the age groups.

Departments involved

Main department: Kaya Chikitsa

Supporting departments: 1.Rog Nidana, 2.Kaumarbhritya, 3.Swasthavritta & Yoga, 4.Panchakarma.



16 12th October: World Arthritis Day

Objectives

- Bringing awareness towards the signs and symptoms of arthritis (especially the early ones).
- General preventive strategies.
- Diagnosis & Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

All the age groups.

Departments involved

Main department: Panchakarma.

Supporting departments: 1. Kaya Chikitsa, 2.Rog Nidana, 3.Swasthavritta & Yoga.

17 18th Oct: World Menopausal Day

Objectives

- Bringing awareness towards the Menopausal issues.
- Management: Simple measures to manage menopausal problems; appropriate health centres to visit; Ayurvedic management options.

Beneficiaries

Females.

Departments involved

Main department: Stree Prasuti

Supporting departments: Swasthavritta & Yoga

18 10th November: World Immunisation Day

Objectives

- Bringing awareness towards importance of vaccination.
- Vaccination schedule + Immunization camp.
- Ayurvedic add-on measures to vaccination.

Beneficiaries

Children.

Department involved

Kaumarbhritya.

19 14th November: World Diabetes Day

Objectives

- Bringing awareness towards the signs and symptoms of diabetes (especially the early ones).
- General preventive strategies.
- Diagnosis & Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre to visit; Ayurvedic management options.



Beneficiaries

All the age groups.

Departments involved

Main department: Kaya Chikitsa

Supporting departments: 1.Rog Nidana, 2.Swasthavritta & Yoga, 3.Stree Prasuti, 4.Kaumarbhritya, 5.Dravya Guna, 6. Rasa Shastra.

20 1st December: World AIDS Day

Objectives

- Bringing awareness towards the signs and symptoms of having HIV infection (especially the early ones).
- General preventive strategies.
- Diagnosis & Management: Simple ways/tests to diagnose/suspect the disease; appropriate health centre to visit; Ayurvedic management options.

Beneficiaries

All the age groups.

Departments involved

Main department: Kaya Chikitsa

Supporting departments: 1.Rog Nidana, 2.Swasthavritta & Yoga, 3.Stree Prasuti, 4.Kaumarbhritya, 5.Dravya Guna.

21 3rd December: Disability Day or International Day of Persons with Disabilities

Objectives

- Bringing awareness towards the Ayurvedic management options available for disabled persons.
- General preventive strategies (focussing on lifestyle).
- Appropriate health centre to visit.

Beneficiaries

All the age groups.

Departments involved

Main department: 1.Shalya, 2.Panchakarma

Supporting departments: 1. Swasthavritta & Yoga, 2.Kaya Chikitsa, 3.Kaumarbhritya.

