

## National Activity

# IAAH Indian Association for Adolescent Health

*Sonia Puri<sup>1</sup>, Amarjeet Singh<sup>2</sup>, Ravneet Kaur<sup>3</sup>, GP Thami<sup>4</sup>*

<sup>1</sup>Associate Professor, <sup>3</sup>PG Junior Resident, <sup>4</sup>Professor and Head, Department of Community Medicine, Chandigarh, Punjab, India.

<sup>2</sup>Professor and Head, School of Public Health, PGIMER, Chandigarh, Punjab, India.

## Breastfeeding Week Celebration

The pandemic COVID had limited the field activities. In 2021, the theme of the World Breastfeeding Week was “Protect Breastfeeding: A Shared Responsibility of All”. This year, the Breastfeeding week was celebrated in collaboration with the Indian Association of Adolescent Health (IAAH) Chandigarh branch and Nursing College GMCH. A street play was done by the nursing students to raise awareness related to breastfeeding.



**Nursing College of GMCH-32 doing Street Activities on the eve of Breastfeeding Week 2021**

## Other Health Promotional Activities

On the eve of Independence Day, Ek Kadam NGO, which is working in association with the IAAH Chandigarh branch, did a health promotional drive for under privileged children by distributing nutritious food. It was done to tackle malnutrition in peri-urban poor children. Also, awareness was generated about hygienic practices.





**Health Promotional Drive done by Ek Kadam NGO in collaboration with IAAH Chandigarh Branch for Underprivileged Children on the eve of Independence Day 2021**



**Health Promotional Drive done by Ek Kadam NGO in collaboration with IAAH Chandigarh Branch for Underprivileged Children on the eve of Independence Day 2021**

Hence, IAAH is taking a step toward strengthening the nation's future by educating them about the necessity of eating healthy foods and combating malnutrition.

## Poshan Mah

During the month of September, the National Nutrition Mission 2021 or Rashtriya Poshan Maah is celebrated. Every year the Poshan Maah is celebrated under POSHAN Abhiyaan (PM's Overarching Scheme for Holistic Nourishment), which was launched in 2018. Ministry of Women and Child Development, being the nodal Ministry for POSHAN Abhiyan, celebrates the Poshan Maah in convergence with partner ministries and departments, at the national, states/ UTs, districts, and grass-root levels.

This month, the relevance and role of proper nutrition in the human body were highlighted. A well-balanced diet rich in a variety of important nutrients is needed for the body's proper functioning and growth.

IAAH, Chandigarh branch in collaboration with PGIMER and CRHUP (Chandigarh Rural Health Upliftment Program, GMCH 32) too celebrated Poshan Maah in different anganwadis. We made an effort to raise awareness by implementing the following:

- Around 30-35 women were educated about the importance of nutritious food, in which they were willingly engaged
- Healthy recipes and simple strategies to build a kitchen garden were discussed
- Awareness was also raised through Nukkad Natak in an effort to expand the involvement of women
- Health lectures were conducted by our IAAH members



Poshan Mah Celebration in Community by IAAH Chandigarh Branch

## Breast Cancer Awareness Day

Every October, people from all around the world come together to show their support for anybody afflicted with breast cancer. We should be committed to speeding research and offering crucial assistance in any way we can - regardless of who you are or what your experience with this disease has been. This month is Breast Cancer Awareness Month, and

it's more vital than ever to let those who have been affected know they're not alone in their fights!

For raising awareness, Poster making competition was organised by our IAAH Chandigarh branch with the support of GMCH nursing students and nine students of the Nursing Institute of PGIMER. Every student actively participated in the competition, of which the best three were awarded IAAH certificates.



**Breast Cancer Awareness Celebration by Nursing Students of GMCH-32 Chandigarh**



**Breast Cancer Awareness Celebration by Nursing Students of GMCH-32 Chandigarh**

## National Cancer Awareness Day

Every year on November 7, India celebrates National Cancer Awareness Day. Dr Harsh Vardhan, the Indian Union Minister for Health and Family Welfare, originally declared National Cancer Awareness Day in September 2014. The date of November 7 was chosen to raise awareness about early detection and cancer-causing habits. The primary goal of the day is to emphasise the need of improved public knowledge regarding cancer prevention and early detection. Almost ten years later, the programme was updated to improve prevention and early diagnosis.

To celebrate National Cancer Awareness Day, we visited schools and conducted health talks on cancer, making the students aware of harmful chemicals, toxins, and the need of living a healthy lifestyle.



**Cancer Awareness Celebration in Schools of Chandigarh**

## Cancer Awareness Celebration in Schools of Chandigarh

To raise awareness regarding the side effects of COVID in adolescents, a health talk was organised by Dr Gagan Priya, a reputed endocrinologist. She gave an interesting, educative and interactive talk on “Is the COVID Era Pushing Adolescents towards Diabetes?” More than 100 students from different schools, nursing students, MBBS students, and faculty showed active participation by making the session interactive. The talk was given in an easy and understandable manner.