





Rajendra Academy for Teachers' Education
NAAC Accredited Teachers Training College (Grade B)
Recognised by NCTE, New Delhi & Affiliated to Burdwan University, WBBPE & WBUTTEPA




Rajendranath Group of Institutions
Gopalpur, Durgapur - 713212, Paschim Bardhaman. West Bengal

Welcomes
Specialist Doctor

Dr. Sanjoy Roy (Psychiatrist) & Dr. Hemant Kumar Garg (Cardiologist)
From IQ City Medical College & Hospital, Durgapur

Topic of the Motivation Speech
“Life Style diseases & Mental Stress”

Date & Venue : on 14.01.2020 at Multi Purpose Hall

 Rajendranath College of Polytechnic
Rajendra Academy for Teachers' Education
Rajendranath Engineering Pvt. ITI

Content: Health Awareness Report

Event: Health Awareness Program

Topic: Life Style Diseases & Mental Stress

Date of Event: 14.01.2020

Venue: Tapan Kumar Chakrabarty Memorial Hall

Address: Rajendra Academy for Teachers' Education

Gopalpur, Durgapur Pincode: 713212

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☀️ INTRODUCTION ☀️

Rajendranath Group of Institutions organized a One-Day Health Awareness program on **14.01.2020 (Tuesday)** with a collaborative effort of Rajendra Academy for Teachers' Education (RATE), Rajendranath College of Polytechnic (RCP) and Rajendranath Engineering Private ITI. The Health Awareness program was organized with the main objective to promote health sensitive issues and also promote a sense of well being among the participants extensively.

The Topic delivered on the day of the event was upon ***Life Style Diseases & Mental Stress.*** The programme started with a welcome note and then proceeded towards the main function of the day. More than 150 participants attended the programme. Students and staff made efforts collaborately to make the programme a sure success. There were also eminent doctors who visited the campus from reputed Hospital named IQ City Medical College and Hospital, Durgapur.

Stress doesn't only make us feel awful emotionally, it can also exacerbate just about any health condition you can think of. Studies have found many health problems related to stress. Stress seems to worsen or increase the risk of conditions like obesity, heart disease, Alzheimer's disease, diabetes, depression, gastrointestinal problems, and asthma. Experiencing anxiety or depression can make it difficult to eat well, but good nutrition is necessary for your mental well-being.

A healthy lifestyle can be beneficial for one's mental health. Thus, identifying healthy lifestyle choices that promote psychological well-being and reduce mental problems is useful to prevent mental disorders. The aim of this longitudinal study was to evaluate the predictive values of a broad range of lifestyle choices for positive mental health (PMH) and mental health problems (MHP) mostly in Indian Students and especially the youth generation of our country. Besides imparting motivational speeches, the college authority arranged for health check-up programme for the students and staff respectively.

The College Authority is very enthusiastic about introducing life skill strategies and fantastic opportunities where the students and the staff can accumulate positive vibes from the programmes. Honourable Chairman Sir said that the one way to regain a sense of control when you are diagnosed with depression or a related illness is to educate yourself about your illness. You can do this by talking with your doctors, learning from others who have depression, and by reading books and articles about depression. To convey the same message, a one-day awareness programme was organized at the TKC Memorial Hall, RATE with over 150 participants.

The eminent doctors suggested and also focused upon important objectives. They insisted that regular physical activity such as walking, running, or playing sports can improve your mood, distract you from worries, and relieve tension and stress. Exercise can also improve your general

health. One can benefit most from regularly exercising for 30 minutes or more, but it's okay to build up to it gradually. The awareness programme was to educate the mass about the ways to combat the mental stress along with the physical weaknesses and move ahead in life with a much enthusiastic spirit and energy.

☀️ **ABOUT THE INSTITUTION** ☀️



The area is under the jurisdiction of the Gram Panchayat of Gopalpur, Kanksa. It is our extreme pleasure to introduce RATE (Rajendra Academy for Teachers' Education) under Rajendranath Educational and Welfare Trust (REWT), established in the year 2012. Since its inception, Rajendra Academy for Teachers' Education affiliated to WBUTTEPA, The University of Burdwan, and West Bengal Board of Primary Education runs its composite unit of professional Teachers' Training courses of M.ED, B.ED and D.El.Ed.

Rajendra Academy For teachers' Education with the help of Rajendranath College of Polytechnic and Rajendranath Engineering Private ITI organized a One-day Health Awareness Program under the umbrella of Rajendranath Group of Institutions. This is a matter of pride for the college that it can facilitate the environment with various evoking programmes and events. Awareness programs at College premises are to increase the level of thinking among the students and staff. The programs are finely crafted under the guidance of many teachers and experts and above all the College Authority.

Health and social awareness is defined as being aware of the problems that different societies and communities face on a day-to-day basis and to be conscious of the difficulties and hardships of society. Our social awareness societies at Rajendra Academy for Teachers' Education strive to achieve this through interaction and education. We base our conviction on the four Principles of Social Justice, Human Rights, Human Dignity, and the Right to Self-determination.

Furthermore the policies help in fighting the issues against indifference and apathy towards academic issues and extracurricular issues. Our ultimate vision is to see Rajendra Academy students united for the cause in the college. Health Awareness helps in increasing the interactive activities and manages the emotions judiciously.

☀️ ORGANIZED EVENT: HEALTH AWARENESS PROGRAMME ☀️

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Name of the Event: Health Awareness Program

Duration of the Event: One Day (01)

Date: 14.01.2020 (Tuesday)

Venue: Tapan Kumar Chakrabarty Memorial Hall, RATE Building

A Health Awareness programme was organized on 14th January 2020 at Tapan Kumar Chakrabarty Memorial Multi Purpose Hall. The Coordinators of the programme were Rajendra Academy for Teachers' Education (RATE), Rajendranath College of Polytechnic (RCP) and Rajendranath Engineering Private ITI. They conducted the awareness program upon Health and Security by arranging session of **Dr. Sanjoy Roy (Psychiatrist)** and **Dr. Hemant Kumar Garg (Cardiologist)** from **IQ CITY Medical College and Hospital, Durgapur**. The interactive session was regarding the awareness of Life Style Diseases and Mental Stress.

The Programme commenced with a welcome Note from The Respected Principal RATE, Prof. (Dr.) Baishnab Charan Swain and followed by his speech, the next motivating speech was from the Honourable

Chairman Sir, Shri Jayanta Kumar Chakrabarty. All the participants actively listened to the awareness strategies and tips. Gradually as the programme ascended forward, the doctors addressed to the audience with their valuable speech and strategies. The programme not only focused upon the wellness strategies but also put forward certain important causes that might cut down the level of stress from the human schedule of activities.

EVIDENCES OF EVENT

Dr. Sanjay Ray, (Psychiatrist) MBBS, Senior Resident, IQ City Medical College and Hospital, Durgapur presented a motivational speech upon staying healthy and its impact upon our mental state of well being. When one separates from negative public news, you'll be surprised at how much more optimistic the life becomes. Occasionally, we fall into perceived realities when we are constantly filling our brain with the information we read in newspapers which can, and often times is, extremely toxic. Dr. Ray said that it is very important that you really need to have a great exposure to your life's skills where you can easily make your own health benefiting views. He also adds to his speech that life is too difficult if we do not take care to improve our lifestyle.

In his speech he insisted that people should take care of their daily activities which count upon towards their health. Fitness and Health go hand in hand. A daily routine with some yoga practice is always one of the best shields to beat the ill effects from one's life. The need for positivity is essential. To maintain good health at its best all the time, we need to take care of hygiene and reduce the burden of mental health. This instead is going to cut down the stigma attached to psychic disorders. We must eat healthy and complete diet.

Dr. Hemant Kumar Garg, (Cardiologist), IQ City Medical College and Hospital speeches some important lines upon the topic of the day: Life Style Disease and Mental Stress. He said that Research has been found that heart diseases are the prominent diseases that are coming up in the present moment. This is due to many causes like obesity, Asthma, Depression, Anxiety, Alzheimer's disease. He also stressed upon health related diseases due to emotional and mental depression. The chronic disease develops within the human body and sudden emotional stress can trigger serious cardiac problems. Thus the foremost thing that all needs to do is to change the management of time to lifestyle.

Dr. Garg thanked the college authority to organize such an interactive session and inviting them. He said in praising words for the College that people who are conscientious, agreeable, and who like new and intellectual stimuli are less at risk. Everyone agreed to his concluding words and agreed that it was high time to change the lifestyle and prevent unnecessary diseases to cross the way.

Health Check-up programme was staged in order to record the status of the health report of their participants. Each and every one participated in the health check up to boost the enthusiasm among the participants. The evaluations were made so that suggestions can be imparted to increase the response rate. There were around 120+ participants who joined their hands and made this awareness program a success. The program commenced at 11:30AM in the morning and continued up to 3:30PM. In between there were arrangements of some snacks for the guests and also for the participants.



☀ OBJECTIVES OF THE PROGRAMME ☀

The objectives of the Health Awareness programme are widespread. The ultimate goal of health awareness programme is:

- To improve the health of the individual and community level
- To reduce the incidence of disease.
- To cut down the rate of reduction of disabilities and deaths
- To inform and educate the mass about their certain health issues

- To raise awareness regarding the targeted health issues
- To create awareness about the available wellness resources
- To share the adequate information upon health
- To achieve a much higher level with broad objectives
- To help listeners and their close ones choose a lifestyle that knocks down unhealthy ambiance
- To combat diseases like stress, mental unhealthiness,
- To promote individual health coaching and recommendations from the results

IMPACT OF THE EVENT

The awareness campaign, which was the intervention in this event, was effective in increasing the awareness of people and the participants present at the programme on 14.01.2020. However, as the topic and concept of life style diseases, especially the procedures of the care are although old yet the response was high. There were some participants who had doubts. The attitudinal change requires more than the persistent efforts and people may be better convinced when they witness the care services being effectively provided through volunteers and community coming forward to support.

Health awareness campaigns consisting of interactive sessions, man-to-man discussion and imparting of information can increase the awareness of people in the many parts rural parts of the care. But, to improve the attitude of the community about delivery of palliative care services, more sustained efforts are required to make them believe that palliative care can be provided by community volunteers also and not necessarily only by professionals.

☀ **OUTCOME** ☀

For all these, participants at the programme were encouraged to incorporate healthy habits and also take various preventive measures so that in the upcoming times they can stay safe and sound. In addition, people present there are also spurred to boost up their daily nutrition intake. They are also given information on how to integrate and maintain hygiene in their lifestyle. This programme is focused towards addressing issues of personal health care, vaccination, hygiene, and illness prevention. The key challenges in the health care domain are poor accountability, low-quality care, lack of health awareness and limited access to health facilities.



Health
through 
Awareness

☀ **FURTHER SUGGESTIONS** ☀

- A health awareness programme should be organized in a frequent interval. The knowledge should be parted amongst all. There should be awareness of health care among the mob.
- A health awareness programme is not only informative but also provides great opportunity to learn many health related information.
- Plan a programme which helps to develop a momentum that results in action. Empowering the audience and igniting the strong convey of message through the awareness campaign.

- It is right now the cost-effective as well as efficient way of spreading the message by reaching out to the mass. It is only through awareness campaign that can reinforce the message in a continued exposure.

