

## **WORLD HEALTH DAY 2015 COMMEMORATION AT HAMDARD INSTITUTE OF MEDICAL SCIENCES AND RESEARCH**

World Health Day is celebrated on 7 April every year to mark the anniversary of the founding of WHO in 1948. Each year a theme is selected that highlights a priority area of public health. The Day provides an opportunity for individuals in every community to get involved in activities that can lead to better health. The theme for 2015 is Food safety: From farm to plate. Thus, to create awareness about this issue among both, the service providers and the community, Department of Community Medicine carried out a series of events to celebrate World Health Day at HIMSR. We started with poster competition on 6<sup>th</sup> April, School health activity on 7<sup>th</sup> April, seminar on food safety by students on 8<sup>th</sup> April and training and sensitization of food handlers on 9<sup>th</sup> April 2015. Details of these programmes are as under:

**POSTER COMPETITION:** At HIMSR, in all programmes, we ensure participation of our MBBS students. Taking this further this World Health Day, a Poster painting competition was organised by the Department on 6th April, 2014.

We received a total of 9 shortlisted entries from students of first, second and third professional years of MBBS.

These immaculately made posters were not just a visual treat but also innovatively spread the message of safe food, from farm to plate. The judging of the competition was done by a panel of Professors of HIMSR, during which participants explained their posters.

The winning entries were by -

First Prize- Ms. Rafia Khan & Ms. Ifsheen Fatima

Second Prize - Ms. Ummay Kulsoon & Ms. Zaara Khan

Third Prize - Ms. Mansha Madan, Ms. Priyanka Dasgupta, Ms. Pooja Mohan, Ms. Sana Khan

The winners received attractive cash prizes while all participants were given certificates.

### **SCHOOL HEALTH ACTIVITY:**

World Health Day was celebrated on 7th April 2015 at Rani Jhansi Sarvodaya Kanya Vidyalaya Railway Colony, Tughlkabad, New Delhi, to encourage and create awareness among school students to make healthy food choices. This school comes under the catchment area of Urban Health Training Centre, Pul Prahladpur. Two activities were organized in schools to raise the awareness on the theme "Food Safety" for this year, among school students and teachers.

The details of activities conducted during this period are :

- ❖ Health Talk: A health-talk under the 2015's theme – From Farm to Plate make food safe was delivered by three Medical students (Neetu Choudhary, Parul Bansal, Pankhuri Goyal) of HIMSR, Jamia Hamdard .
  
- ❖ SKIT: Entertaining and educative skit on various aspects of food safety at community level was presented by the MSc Nursing students of Rufaida Nursing School, Jamia Hamdard .

At the end, Professor. S.Dwivedi, Dean HIMSR addressed the students with his enlightening words about safe food. Professor Kapilashrami and Dr. RambhaPathak , also highlighted the importance of Hygiene and food safety on good health.

Vote of thanks was proposed by Dr.Mamta, Assistant Professor (Incharge-UHTC, Pul Prahladpur).

**STUDENT SEMINAR ON FOOD SAFETY:** In continuation with the series of activities of World Health Day 2015 , a Medico-social seminar was delivered by MBBS sixth semester students on the Current theme given by WHO-Food Safety. on 8<sup>th</sup> April, 2015. The students highlighted the importance of food safety both at the farm and plate level. In addition, food borne illnesses, antibiotic resistance due to adverse farm practices, healthy food markets, street food and other relevant topics were discussed. The target audience was MBBS students, with an objective to sensitise them towards the current theme as well as to expose them to the health promoting efforts by international organizations. The event was attended by heads of Departments of HIMSR and faculty members from Unani Medicine.

### **SENSITIZATION WORKSHOP FOR FOOD HANDLERS**

More than 3000 people consume food in Jamia Hamdard complex everyday including students, staff, patients, visitors,etc. No programme on food safety therefore could be complete unless the food handlers in Jamia Hamdard itself are sensitized and trained on safe food handling.

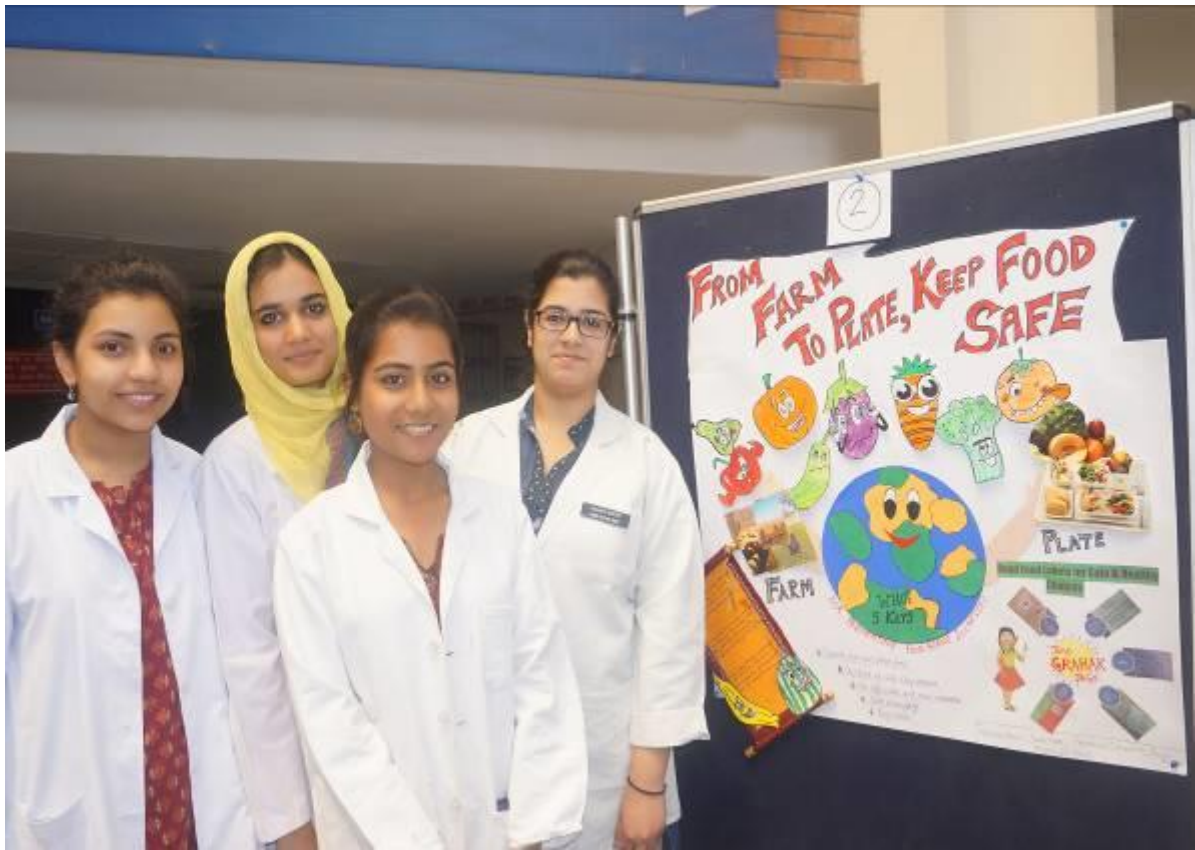
With this intention, a sensitization workshop for the food handlers of Jamia Hamdard complex was organised on 9th April, 2015 at Lecture Theatre -2 of HIMSR with the help of Registrar, Provost and Proctor.

A total of 52 food handlers with their supervisors participated in this workshop. The food establishments like mess at AMHR, International Hostel, Scholars House, V-Kitchen, Caffè Sipzzz and Tea Stall were represented.

Sessions were conducted by Faculty of Community Medicine Department to train food handlers on safe purchase and storage of food, safe cooking and safe serving of food. Also, the food handlers provided their feedback in this interactive session to improve upon the food safety.

Follow up of this training will be done through the regular bi-monthly sanitary Rounds undertaken by the department.

**Poster competition Held on 6<sup>th</sup> April at HIMSR.**



**MBBS students presenting poster at HIMSR.**



**Poster being judged by Prof.Raj Mehra,Prof.P.C.Dixit and Prof.Shobitha**



**MBBS student explaining the poster to the judges.**

**SEMINAR ON FOOD SAFETY AT RANI JHANSI SARVODAYA  
KANYA VIDYALA.**



**Healthtalk being delivered by MBBS student at Rani Jhansi Sarvodaya  
Kanya Vidyalaya**



**Skit presented by MSc nursing students of Rufaida nursing school at Rani  
Jhansi Sarvodaya Kanya Vidyalaya.**



**Dr.Rambha Pathak,Asso. Prof. guiding the students at Rani Jhansi Sarvodaya Kanya Vidyala.**



**Dr.M.C.Kapilashrami,HOD,Community Medicine,communicating with students.**



**Prof. S. Dwivedi, Dean HIMSR, addressing the students**

**Seminar on Food Safety by MBBS students at HIMSR.**



**MBBS student presenting seminar on food safety.**







**Prize distribution to winners of Poster competition.**

## **SENSITIZATION WORKSHOP FOR FOOD HANDLERS**



**Dr. MC Kapilashrami,HOD,Community medicine guiding food handlers.**



**Training of food handlers on food safety at HIMSR.**

