

School Health Lecture

A new initiative in the form of 'School Health Lectures' has been under taken by the Institute to appraise young class VIII-X students regarding common important illnesses. First such lecture was taken at Hamdard Public School in early 2012 on '**Harmful Effects of Tobacco and Healthy Life Style**'. The speakers were Prof. S Dwivedi, Dean/Principal & Professor of Medicine/Preventive Cardiology. Dr. Amitesh Aggarwal, Assistant Professor of Medicine, UCMS- GTB Hospital and Dr. Ramesh Aggarwal, Assistant Professor of Medicine, HIMSR & HAHC Hospital .

Second lecture was given at Ahlcon International School, Noida on 17th December, 2013 on following topics.

1. Healthy Life Style - Prof. S Dwivedi, Department of Medicine/Preventive Cardiology, HIMSR
2. Healthy Posture - Dr. Sandeep Kumar. Associate Professor, Department of Orthopedics, HIMSR.
3. Sports Injury - Mr. Deepak Malhotra, Assistant Professor, Rehabilitation Sciences, HIMSR.

Next in series has been scheduled in first week of January, 2014 at Hamdard Public School. Following topics are to be addressed:

1. Personal Hygiene – Dr. Aruna Nigam, Associate Professor, Obst & Gynae, HIMSR & HAHC Hospital.
2. How to prevent cold in winter season? – Dr. M C Kapilasharmi, HOD/Professor, Community Medicine, HIMSR.
3. Promoting Cardiovascular Health – Prof S Dwivedi, Professor of Medicine/Preventive Cardiology, HIMSR & HAHCH.

These lectures or in addition already running 'Chacha Nehru Sehat Yojna' as part of Govt. of National Capital Territory Delhi.