



**DEPARTMENT OF PUBLIC HEALTH DENTISTRY**  
**WORLD HEALTH DAY**

<b><u>DATE:</u> 22.03.2022</b>	<b><u>Venue:</u> KALAIVANI OLD AGE HOME</b>
<b><u>FACULTY:</u> DR.JAGANNATHA</b>	<b><u>ORGANIZING :</u>I batch</b>
<b>NO OF STUDENTS: 7</b>	<b><u>INTERNS</u></b>  1)Rakshanaa.J 2)Ram prasath.R 3)Ramu.G 4)Ranjani.T.S 5)Sai aditiya narayanan 6)Sanjana.D 7)Santra joseph

We, Department interns conducted a special event on 27/03/2022 –WORLD HEALTH DAY. The special event was conducted in Kalaivani Old Age Home .We gave awareness to the old age people and the children in the home. It was an interactive session where we explained them about healthy diet , sleep pattern , vitamin supplements which has an effect on our health.We also gave them awareness on how plants play an important role on health. We explained them with the help of our charts, model , pamphlets and flash cards and ppt.

The people were very supportive and they were very much interested .

We also clarified their doubts.





**WORK DONE**

**CHARTS**



விசயநாடு பல் மருத்துவக் கல்லூரி

விசய சுகாதார பல் மருத்துவம்

உலக சுகாதார தினம் - ஏப்ரல் 7 - நிர்மலா நேயம்

அறிவுறுத்தல்கள்

அறிவுறுத்தல்கள்	தற்படி மற்றும் சிகிச்சை	வினாவுகள்
அதிகரித்த நுகரம்	மருத்துவச் சோதனை	செய்திரோவாஸ்துவர் நோய்
அடிக்கடி சிறுநீர் கழித்தல்	உடற்பயிற்சி	கடுமையான நரவுகள் பிரச்சனை
பசி அதிகரித்தல்	அதிரைக்கியமான உணவு	நரம்பியல் பிரச்சனை
சொர்ந்து	சாதாரண எடை	உணர்வு கிழிப்பு
மங்கலாண் பாற்றல்	புணைபிடித்தல் மற்றும் மல அழுத்தல்	கால் புண்
கையில் வலி மற்றும் கூச்ச உணர்வு	மாத்திரை மற்றும் உணவு	கண் புரை
	குளிர் உணவு	கிசியத் மற்றும் சிவந்திரக நோய்





YOUR  
MENTAL HEALTH  
IS AS IMPORTANT  
AS YOUR  
PHYSICAL HEALTH

I - BATCH  
2016 - 17

HEALTHY LIFESTYLE

WORLD HEALTHY DAY

STAY HEALTHY

GET PLENTY OF SLEEP

EXERCISE DAILY

EAT HEALTHY

QUIT SMOKING

MAINTAIN HAND HYGIENE

REGULAR HEALTH CHECK UP

SPEND TIME OUTDOOR

MAINTAIN A HEALTHY WEIGHT

LOWER YOUR STRESS LEVEL

T - BATCH

**PAMPHLET**

DEPARTMENT OF PUBLIC HEALTH DENTISTRY  
CHETTINAD DENTAL COLLEGE AND RESEARCH INSTITUTE

### CANCER: AN ENIGMA

**Bladder**  
Yellow

**Brain Cancer**  
Purple

**Leukemia**  
Orange

**Liver Cancer**  
Emerald

**Lung Cancer**  
White

**Lymphoma**  
Lime

**Childhood Cancer**  
Gold

**Thyroid Cancer**  
Light Blue

**Bone Cancer**  
Light Green

Total: 1 157 294

**Age and Breast Cancer Risk**

By age 25: one in 19,608	By age 60: one in 24
By age 30: one in 2,525	By age 65: one in 17
By age 35: one in 622	By age 70: one in 14
By age 40: one in 217	By age 75: one in 11
By age 45: one in 93	By age 80: one in 10
By age 50: one in 50	By age 85: one in 9
By age 55: one in 33	Ever: one in 8

**Cancer-Fighting Foods**

Green Tea	Turmeric	Cauliflower
Blackberries	Cinnamon	Brussel sprout
Raspberries	Artichokes	Avocado
Blueberries	Garlic	Nuts & Seeds
Lemons	Tomato	Broccoli
Apples	Olive Oil	Mushrooms
Kale	Dark Chocolate	Ginseng
Green leafy-vegetables	Pomegranate	
	Ginger	

CANCER FIGHTING NOW

**7 Cancers That Are Very Much Curable**

For Information, Visit: [www.ePainAssist.com](http://www.ePainAssist.com)

**WHAT'S THE MOST COMMON TREATMENT FOR CANCER?**

Patients in England diagnosed early are more likely to have surgery than chemotherapy\*.

SURGERY CHEMOTHERAPY RADIO THERAPY

EARLIEST STAGE (Stage 1)	LATEST STAGE (Stage 4)
12%	13%
28%	39%
70%	25%

If surgery is an option, it often provides the best chance to cure the cancer and causes fewer side effects. But chemotherapy is still sometimes the best option for a patient.

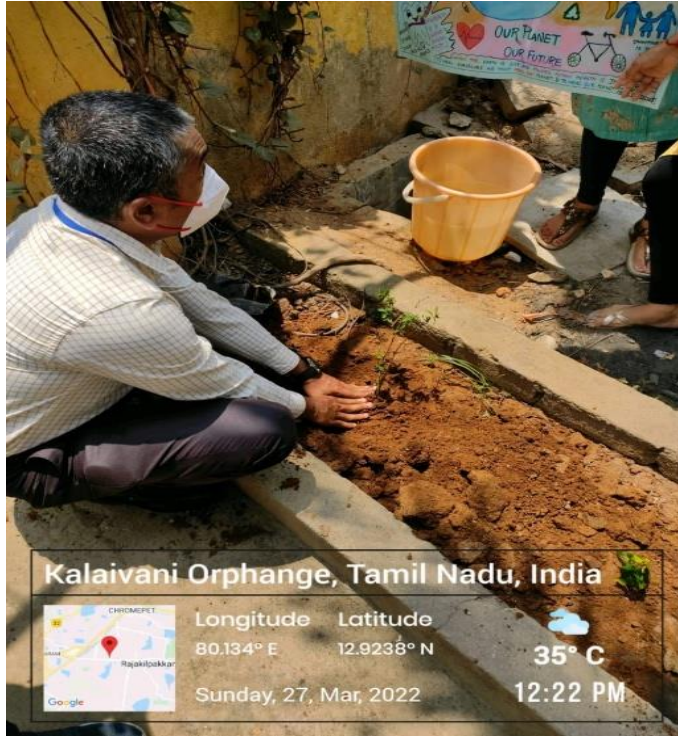
\*All cancers combined for radiotherapy and chemotherapy, 22 cancer sites for surgery.  
Source: Public Health England/Cancer Research UK

LET'S BEAT CANCER SOONER



## SEMINAR





**Kalaivani Orphanage, Tamil Nadu, India**



Longitude Latitude  
80.134° E 12.9238° N  
Sunday, 27, Mar, 2022

35° C  
12:22 PM



**Kalaivani Old Age Home, Tn, India**



Latitude Longitude  
12°47'42"N 80°13'4"E  
Sunday, 27, Mar, 2022

29° C  
12:01



**Kalaivani Old Age Home, Tn, India**



Latitude Longitude  
12°47'42"N 80°13'4"E 29°C  
Sunday, 27, Mar, 2022 12:01



**Kalaivani Old Age Home, Tn, India**



Latitude Longitude  
12°47'42"N 80°13'4"E 29°C  
Sunday, 27, Mar, 2022 12:01







**Chettinad**  
Dental College & Research Institute



Kalaiyani Old Age Home, Tn, India

Latitude

Longitude

12°47'42"N 80°13'4"E

29°C

Sunday, 27, Mar, 2022

12:01