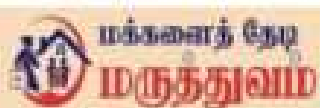




GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:01/08/2026



HEALTH EDUCATION

NCD AWARENESS AND PREVENTION



NCD AWARENESS

PREVENT TODAY, PROTECT TOMORROW

Non-Communicable Diseases (NCDs) are long-term diseases that **do not spread** from person to person.

The good news is - most NCDs are preventable and manageable. Small changes today can lead to a healthier, longer and happier life.



WHY IT MATTERS

- NCDs are responsible for **over 70%** of all deaths worldwide.
- They affect people of all ages and can cause lifelong disability and financial burden.
- But up to 80% of heart disease, stroke and type 2 diabetes, and many cancers can be prevented with a healthy lifestyle.

MAJOR NCDs



HEART DISEASE
Includes heart attack, stroke and diseases of blood vessels.



HYPERTENSION
Persistently high blood pressure that can lead to heart attack or stroke.



DIABETES
A chronic condition that affects the way the body uses blood sugar.



CANCER
Uncontrolled cell growth that can spread to other parts of the body.



CHRONIC LUNG DISEASES
Includes asthma, COPD and other long-term lung diseases.

YOUR HEALTH IS IN YOUR HANDS. ACT TODAY FOR A BETTER TOMORROW!



KNOW



PREVENT



PROTECT



LIVE WELL

COMMON RISK FACTORS



Tobacco use (smoking, chewing, snuff)



Unhealthy diet (high in salt, sugar, unhealthy fat)



Physical inactivity (sedentary lifestyle)



Overweight and obesity



Family history & genetics



Stress, poor sleep & mental health

HOW TO PREVENT NCDs



Eat a balanced diet



Be physically active (30 min. daily)



Avoid tobacco and alcohol



Maintain a healthy weight



Manage stress and get enough sleep



Get regular health check-ups

GET SCREENED. STAY AHEAD.

Early detection can save lives. Check your:



Blood Pressure



Blood Sugar



Body Weight



Cancer Screening (as appropriate)



KNOW THE WARNING SIGNS

Do not ignore these signs. Consult a doctor.



Chest pain, discomfort or heaviness of breath



Persistent headache, dizziness or weakness



Unusual fatigue, frequent thirst or urination



Unexplained weight loss



Persistent cough or haemoptysis (coughing up blood)



Lumps or swelling in body (liver, breast, neck, etc.)

CHOOSE A HEALTHY LIFESTYLE

Small steps today. Big difference tomorrow.



Eat Healthy



Be Active



Quit Tobacco



Get Screened



Stay Happy

Healthy choices build a healthy tomorrow.



AWARE TODAY. ACT TODAY. PREVENT NCDs.



Protect your heart



Control your sugar



Breathe better



Fight cancer

You can prevent NCDs. You can live better!



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY: 03/08/2026



HEALTH EDUCATION

HYPERTENSION AWARENESS AND PREVENTION



HYPERTENSION

— THE SILENT KILLER —

KNOW IT. CONTROL IT. LIVE LONGER.

Hypertension means high blood pressure. It makes your heart work harder and can lead to serious health problems if not controlled.



WHAT IS HYPERTENSION?

Blood pressure is the force of blood pushing against the walls of your blood vessels.

NORMAL BP

Below 120/80 mmHg

HIGH BP

140/90 mmHg or higher

You may have high BP for years without any symptoms. That's why regular check-ups are important.

SYMPTOMS (May or may not occur)



WHEN TO SEE A DOCTOR?

- If your BP is 140/90 mmHg or higher
- If you have frequent headaches, dizziness, or chest discomfort
- If you have diabetes, kidney disease, or heart problems



RISK FACTORS



HEALTHY LIFESTYLE HABITS



**CONTROL YOUR BLOOD PRESSURE TODAY,
LIVE A HEALTHY AND HAPPY LIFE TOMORROW!**



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:04/08/2026



HEALTH EDUCATION

DIABETES MELLITUS AWARENESS AND PREVENTION



DIABETES MELLITUS

— BE AWARE. TAKE ACTION. STAY HEALTHY. —

Diabetes is a chronic condition that occurs when the body cannot use **blood sugar (glucose)** properly.

BE AWARE OF THE SYMPTOMS



Increased thirst



Frequent urination



Fatigue



Blurred vision



Unexplained weight loss



Slow healing of cuts or wounds



Symptoms may be mild or absent. Get yourself checked even if you feel healthy.

WHO IS AT RISK?

- Family history of diabetes
- Overweight or obesity
- Physical inactivity
- Unhealthy diet
- High blood pressure or cholesterol
- Age above 40 years
- Smoking and excessive alcohol use



EARLY DETECTION
SAVES LIVES

HIGH BLOOD SUGAR CAN LEAD TO SERIOUS COMPLICATIONS



Heart Disease

Increases risk of heart attack and stroke



Stroke

Damage to blood vessels in the brain



Kidney Damage

May lead to kidney failure



Eye Damage

Can cause blindness or poor vision



Nerve Damage

Causes numbness, tingling or pain



Foot Problems

Poor healing of wounds may lead to amputation



GOOD NEWS:
DIABETES CAN BE PREVENTED
AND WELL MANAGED.

PREVENTION IS IN YOUR HANDS



EAT HEALTHY

Choose whole grains, fruits, vegetables, lean proteins and healthy fats. Avoid sugary drinks and processed foods.



STAY ACTIVE

Be physically active for at least 30 minutes a day, 5 days a week.



MAINTAIN A HEALTHY WEIGHT

Even a 5-10% weight loss can reduce your risk.



AVOID TOBACCO & LIMIT ALCOHOL

Say no to smoking. Drink alcohol only in moderation.



MANAGE STRESS

Practice yoga, meditation, deep breathing or hobbies you enjoy.



REGULAR CHECK-UPS

Monitor your blood sugar, blood pressure and cholesterol regularly.

PREVENT TODAY FOR A BETTER TOMORROW



Eat Healthy



Be Active



Maintain Healthy Weight



Manage Stress



Avoid Tobacco & Alcohol



Regular Check-ups

Diabetes is not just about sugar. It's about your future. Small steps today, lead to a **diabetes-free tomorrow.**



GET SCREENED. STAY INFORMED. STAY HEALTHY.



If you notice any symptoms or have concerns, **CONSULT YOUR DOCTOR WITHOUT DELAY.** Early detection. Timely care. Better outcomes.



STAY HEALTHY



STAY PROTECTED



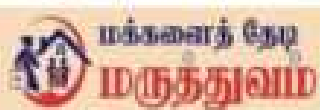
LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

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IEC ACTIVITY:05/08/2026



HEALTH EDUCATION

CA CERVIX AWARENESS AND PREVENTION



CA CERVIX

*Be Aware,
Stay Protected* ♥

EARLY DETECTION CAN SAVE LIVES

Cervical cancer is a cancer that develops in the cervix, the lower part of the uterus.

WHAT IS CA CERVIX?



Ca Cervix occurs when abnormal cells in the cervix grow uncontrollably. It is mostly caused by Human Papillomavirus (HPV) infection.

SYMPTOMS (MAY APPEAR IN ADVANCED STAGES)



- Unusual vaginal bleeding (after intercourse, between periods or after menopause)
- Foul-smelling vaginal discharge
- Pain during intercourse
- Pain in lower abdomen or pelvis
- Pain during urination



Note: Early stages may have no symptoms. Regular screening is the key!

RISK FACTORS

- Early age at first sexual activity
- Multiple sexual partners
- HPV infection
- Smoking
- Weak immune system
- Long-term use of oral contraceptives



**CERVICAL CANCER IS
PREVENTABLE.
TOGETHER, WE CAN END IT.**

REGULAR SCREENING CAN DETECT EARLY CHANGES



PAP SMEAR TEST

Recommended for women 21-65 years, once in 3 years.



HPV DNA TEST

Recommended for women 30-65 years, once in 5 years.



Consult your doctor to know the right test and frequency for you.

PREVENTION IS IN YOUR HANDS



GET HPV VACCINATED

HPV vaccine is safe and effective. Best given between ages 9-14 (can be given up to 26 years).



PRACTICE SAFE SEX

Use protection and limit the number of sexual partners.



EAT HEALTHY

Eat a balanced diet rich in fruits, vegetables and antioxidants.



STAY ACTIVE

Regular exercise strengthens your immune system.



AVOID TOBACCO

Smoking increases the risk of cervical cancer.



MAINTAIN GOOD HYGIENE

Practice good personal hygiene and safe habits.

**SCREEN TODAY.
LIVE TOMORROW.**

Early detection saves lives.



BE AWARE.

GET SCREENED.

STAY PROTECTED.



If you experience any symptoms, consult your doctor without delay.
EARLY DETECTION. TIMELY CARE. BETTER OUTCOMES.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE

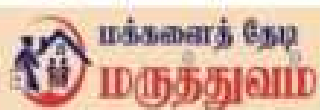


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IEC ACTIVITY:05/08/2026



HEALTH EDUCATION

CA CERVIX AWARENESS AND PREVENTION



CA CERVIX. *Be Aware, Stay Protected* ♥

EARLY DETECTION CAN SAVE LIVES

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**SCREEN TODAY.
LIVE TOMORROW.**

Early detection saves lives.



BE AWARE.

GET SCREENED.

STAY PROTECTED.



If you experience any symptoms, consult your doctor without delay.
EARLY DETECTION. TIMELY CARE. BETTER OUTCOMES.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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IEC ACTIVITY:06/08/2026



HEALTH EDUCATION
CA BREAST AWARENESS AND PREVENTION



BREAST CANCER
EARLY DETECTION CAN SAVE LIVES



EARLY
DETECTION
GIVES THE BEST
CHANCE OF
SUCCESSFUL
TREATMENT.

BE AWARE. GET CHECKED. STAY HEALTHY.

WHAT IS BREAST CANCER?

Breast cancer occurs when abnormal cells in the breast grow uncontrollably and form a lump or tumor. It can affect women of any age, but risk increases as you get older.



SIGNS AND SYMPTOMS



New lump or thickening in the breast



Change in size or shape of the breast



Nipple discharge (especially bloody)



Nipple changes or inversion



Dimpling or puckering of the skin



Pain or lump in the armpit



If you notice any of these changes, consult a doctor. Not all lumps are cancer, but every lump needs evaluation.

DO MONTHLY BREAST SELF-EXAM



1. LOOK

Look for changes in size, shape, or color in the mirror.



2. RAISE

Raise your arms and look for any changes.



3. LIE DOWN

Lie down and feel your breast with your fingers in a circular motion.



4. IN SHOWER

Feel for lumps while showering.



Do this once a month, a few days after your period.

PREVENTION & RISK REDUCTION



EAT HEALTHY

Eat more fruits, vegetables, whole grains and healthy fats.



STAY ACTIVE

Exercise regularly and stay physically active.



MAINTAIN A HEALTHY WEIGHT

Being overweight increases the risk.



AVOID TOBACCO & ALCOHOL

Smoking and alcohol increase the risk of breast cancer.



BREASTFEED IF POSSIBLE

Breastfeeding may lower the risk.



MANAGE STRESS

Take care of your mental health and get enough sleep.

REGULAR SCREENING IS IMPORTANT



- Women aged 40 and above should have a mammogram once a year or as advised by your doctor.



Early detection gives the best chance of successful treatment.



EARLY DETECTION. TIMELY TREATMENT. BETTER OUTCOME.
BE AWARE, TAKE CARE AND ENCOURAGE OTHERS TO DO THE SAME.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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IEC ACTIVITY:07/08/2026



HEALTH EDUCATION
LIFESTYLE MODIFICATION FOR NCD



NCD AWARENESS



PREVENT TODAY - LIVE TOMORROW

RISK ASSESSMENT

- High Blood Pressure
- High Blood Sugar
- Overweight / Obesity
- Unhealthy Diet
- Physical Inactivity
- Tobacco Use
- Excess Alcohol
- Stress
- Family History
- Age > 30 years
- Get regular check-up
Know your numbers

LIFE MODIFICATION

EAT HEALTHY



More fruits, vegetables,
whole grains and
balanced diet

BE ACTIVE



At least 30 minutes
of moderate
exercise daily

**MAINTAIN
NORMAL WEIGHT**



Keep your BMI
in normal range

AVOID TOBACCO



Quit tobacco
in any form

LIMIT ALCOHOL



Avoid or limit
alcohol
consumption

MANAGE STRESS



Practice yoga,
meditation and
relaxation



SLEEP WELL

7-8 hours of
quality sleep daily

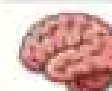
NCDs CAN LEAD TO



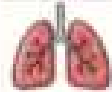
Heart Disease
(Heart Attack)



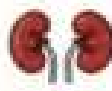
Diabetes
(High Blood Sugar)



Stroke



Chronic Lung Disease



Kidney Disease



Cancer

SMALL CHANGES TODAY,
BIGGER HEALTHY TOMORROW



CHOOSE HEALTH, NOT NCDs

REGULAR CHECK-UP CAN DETECT EARLY. TREAT EARLY & SAVE LIVES



EAT
HEALTHY



BE
ACTIVE



MAINTAIN
WEIGHT



AVOID
TOBACCO



LIMIT
ALCOHOL



MANAGE
STRESS



SLEEP
WELL



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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IEC ACTIVITY:08/08/2026



HEALTH EDUCATION PREVENTION AND AWARENESS FOR NCD



PREVENT NCDs, PROTECT YOUR FUTURE!

NON-COMMUNICABLE DISEASES ARE PREVENTABLE.

A HEALTHY TODAY, A BETTER TOMORROW.

Small
Changes
Big
Difference

WHAT ARE NCDs?

Non-Communicable Diseases are long-term conditions that are not passed from person to person.

They include:

- Heart Diseases (Heart attack, Stroke)
- Diabetes
- Chronic Respiratory Diseases (COPD, Asthma)
- Cancers
- Other Chronic Diseases (Kidney disease, Liver disease and more)

KEY RISK FACTORS



EARLY SIGNS – DON'T IGNORE

- Chest pain, breathlessness
- Frequent urination, increased thirst
- Persistent cough
- Unexplained weight loss or gain
- Severe fatigue, dizziness, headache

EARLY DETECTION
CAN SAVE LIVES!

ACT TODAY FOR A HEALTHIER TOMORROW



WHAT YOU CAN DO



GET SCREENED, STAY PROTECTED

Regular check-ups help detect NCDs early and prevent complications.



Health is your greatest wealth.
Choose a Healthy Lifestyle. Choose a Better Tomorrow.



Together, we can
build a healthier nation!

EAT WELL. MOVE MORE. LIVE TOBACCO-FREE. GET CHECKED REGULARLY. STAY HEALTHY. STAY HAPPY.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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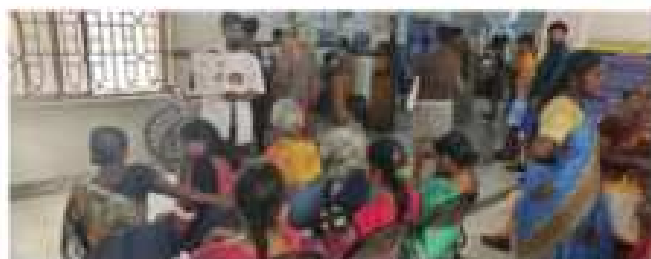


IEC ACTIVITY:10/08/2026



HEALTH EDUCATION

HYPERTENSION AWARENESS



HYPERTENSION



SILENT TODAY, SERIOUS TOMORROW.

BE AWARE. TAKE ACTION. STAY HEALTHY.

Hypertension (High Blood Pressure) is a long-term condition in which the force of blood against artery walls is too high.

Early detection and healthy habits can prevent complications.

KNOW THE SIGNS (Often No Symptoms)



Headache



Dizziness



Fatigue



Blurred vision



Shortness of breath



Chest pain

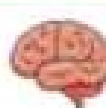


Many people have high blood pressure without any symptoms.
Get your BP checked regularly.

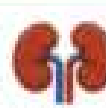
HIGH BLOOD PRESSURE CAN LEAD TO SERIOUS COMPLICATIONS



Heart Attack



Stroke



Kidney Disease



Vision Loss



Blocked Arteries



Heart Failure

WHO IS AT RISK?

- Family history of hypertension
- High salt diet
- Physical inactivity
- Overweight or obesity
- Stress, smoking and alcohol use
- Age above 40 years



CHECK YOUR BLOOD PRESSURE



Adults should check BP at least once a year.



If you have BP more than 140/90 mmHg, consult your doctor.



Take medicines regularly as prescribed. Do not stop on your own.

KNOW YOUR NUMBERS

CATEGORY	SYSTOLIC (mmHg)	DIASTOLIC (mmHg)
Normal	Less than 120	Less than 80
Elevated	120 – 129	Less than 80
Hypertension Stage 1	130 – 139	80 – 89
Hypertension Stage 2	140 or higher	90 or higher
Hypertension Crisis	Higher than 180	Higher than 120

(All per guidelines - Consult your doctor for diagnosis and treatment)

PREVENTION IS IN YOUR HANDS



EAT HEALTHY

Choose fruits, vegetables, whole grains, low-fat dairy. Eat less salt (45g per day) and less oily food.



STAY ACTIVE

Be physically active for at least 30 minutes a day, 5 days a week.



MAINTAIN HEALTHY WEIGHT

Loss extra weight and keep your BMI in healthy range.



AVOID TOBACCO & LIMIT ALCOHOL

Quit smoking. Drink alcohol only in moderation.



MANAGE STRESS

Practice relaxation techniques like yoga, meditation or deep breathing.



SLEEP WELL

Get 7-8 hours of quality sleep every night.



REGULAR CHECK-UPS

Check your blood pressure regularly. Follow your doctor's advice and take medicines on time.

Small steps today can prevent big problems tomorrow.
LIVE LONG. STAY STRONG!



GET CHECKED. | KEEP CONTROL. | LIVE BETTER.



If you have symptoms or concerns, **CONSULT YOUR DOCTOR WITHOUT DELAY.** Early detection. Timely care. Better outcomes.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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IEC ACTIVITY:11/08/2026



HEALTH EDUCATION

DIABETES MELLITUS AWARENESS



DIABETES MELLITUS

— BE AWARE. TAKE ACTION. STAY HEALTHY. —

Diabetes is a chronic condition that occurs when the body cannot use **blood sugar (glucose)** properly.

EARLY DETECTION CAN PREVENT COMPLICATIONS.



GOOD NEWS:
DIABETES CAN BE
PREVENTED,
MANAGED AND
CONTROLLED.

KNOW THE SYMPTOMS



Increased thirst



Frequent urination



Fatigue



Blurred vision



Increased hunger



Unexplained weight loss



Slow healing of cuts or wounds



Numbness or tingling in hands or feet



Symptoms may be mild or absent.
Get your blood sugar checked regularly.

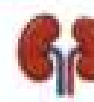
HIGH BLOOD SUGAR CAN LEAD TO SERIOUS COMPLICATIONS



Heart Disease



Stroke



Kidney Damage



Eye Damage (Retinopathy)



Nerve Damage (Neuropathy)



Foot Problems (Infections, Ulcers)

WHO IS AT RISK?

- Family history of diabetes
- Overweight or obesity
- Physical inactivity
- Unhealthy diet
- High blood pressure or cholesterol
- Age above 40 years



WHAT IS DIABETES?

When we eat, our food turns into glucose (sugar) that gives energy. Insulin, a hormone made by the pancreas, helps glucose enter the cells. In diabetes, either the body doesn't produce enough insulin or can't use it properly, causing high blood sugar.



CHECK YOUR BLOOD SUGAR



Everyone above 30 years should check blood sugar at least once a year. Early detection. Better management. Healthier life.

NORMAL BLOOD SUGAR LEVELS

Fasting (After 8 hours of fast)	70 - 99 mg/dL
Post Meal (2 hours after meal)	Less than 140 mg/dL
Random (Any time of the day)	Less than 200 mg/dL

SMALL STEPS TODAY, HEALTHY TOMORROW.

Together we can prevent diabetes and live a healthy life.



GET SCREENED. | STAY INFORMED. | STAY HEALTHY.



If you notice any warning signs or have concerns, **CONSULT YOUR DOCTOR WITHOUT DELAY.** Early diagnosis saves lives.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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IEC ACTIVITY:12/8/26



HEALTH EDUCATION CERVICAL CANCER AWARENESS



CERVICAL CANCER

— PREVENTION TODAY, PROTECTION FOREVER. —

Cervical cancer is preventable and treatable
if detected early.



EARLY DETECTION
SAVES LIVES.



CERVICAL CANCER
CAN BE PREVENTED,
SCREENED AND
TREATED EARLY.

KNOW THE RISK FACTORS



Early age of
first sexual
intercourse



Multiple
sexual
partners

Smoking



Weak immune system



Multiple
pregnancies



HPV infection

HPV – THE MAIN CAUSE



Persistent infection with
High-Risk HPV types
(especially 16 & 18)
can cause cervical
cancer.

SYMPTOMS



Abnormal vaginal
bleeding



Pelvic pain



Unusual vaginal
discharge

Symptoms may not
appear in early stages.

PREVENTION IS IN YOUR HANDS



GET VACCINATED

HPV vaccine is safe and
highly effective.



GET SCREENED REGULARLY

Pap smear / VIA test can
detect early changes.



PRACTICE SAFE SEX

Use protection and
limit sexual partners.



QUIT SMOKING

Smoking increases
the risk.



MAINTAIN HYGIENE

Good genital hygiene
supports reproductive health.

SCREENING SAVES LIVES

Women aged 30–65 years should
get screened:

- Pap smear – every 3 years
- VIA test – every 5 years



WHO IS AT RISK?

- Women who are sexually active
- Early sexual debut
- Multiple sexual partners
- Smoking women
- Women with low immunity
- Family history of cervical cancer



SMALL STEPS TODAY, HEALTHY TOMORROW.

Together we can
eliminate cervical cancer.



If you notice any warning signs or have concerns,
CONSULT YOUR DOCTOR WITHOUT DELAY.
Early detection saves lives.



GET SCREENED. | STAY INFORMED. | STAY HEALTHY.



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DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:13/08/2026



HEALTH EDUCATION

CARCINOMA BREAST AWARENESS



**BE AWARE
BE BRAVE**
Be a Survivor ♥

BREAST CANCER AWARENESS

EARLY DETECTION ♥ SAVES LIVES

Together, let's fight Breast Cancer
with Awareness, Screening & Support.

OCTOBER

is
**BREAST
CANCER
AWARENESS
MONTH**



RISK FACTORS

- Increasing age
- Family history of breast or ovarian cancer
- Early menstruation (before 12 yrs)
- Late menopause (after 55 yrs)
- No breastfeeding
- Obesity, physical inactivity
- Alcohol consumption
- Smoking
- Hormone replacement therapy

SIGNS & SYMPTOMS



SELF-BREAST EXAMINATION

- 1. LOOK**
Look in the mirror with shoulders straight and arms on hips. Then raise your arms and look for changes.
 - 2. FEEL - UP & DOWN**
Use the pads of your three middle fingers. Move up and down covering the whole breast.
 - 3. FEEL - SIDE TO SIDE**
Move your fingers side to side from the armpit to the breastbone.
 - 4. FEEL - NIPPLE**
Gently squeeze the nipple to check for any discharge.
- Do this once a month, a few days after your period.

Support patients
few days after your period.

**EARLY DETECTION CAN LEAD TO
BETTER TREATMENT & COMPLETE CURE**



Get screened
regularly



Consult a doctor
if you notice any
changes

SCREENING SAVES LIVES

- Clinical Breast Exam - by doctor
- Mammography - as advised (above 40 yrs or earlier if at risk)
- Regular Self Examination



*You are stronger
than you think.*
**DON'T IGNORE.
GET CHECKED.**
STAY SAFE. STAY HEALTHY.

SUPPORT. CARE. HOPE.

Your awareness today
can save a life tomorrow.

*Let's defeat
breast cancer together! ♥*



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:14/08/2026



HEALTH EDUCATION

Risk assessment score and life style
modification patient education



KNOW YOUR RISK, CHANGE YOUR LIFE!

Assess Today, Protect Tomorrow

Small changes
today can
prevent
big problems
tomorrow.



RISK ASSESSMENT SCORE – KNOW YOUR NUMBERS

This simple score helps estimate your risk of developing heart disease, diabetes and other chronic conditions in the next 10 years.

RISK FACTOR	WHAT IS ASSESSED	POINTS
AGE	< 40 years 40 - 44 years 45 - 49 years ≥ 50 years	0 1 2 3
BODY MASS INDEX (BMI) kg/m ²	< 25 25 - 24.9 25 - 29.9 ≥ 30	0 1 2 3
BLOOD PRESSURE (mmHg)	< 120 / 80 120 - 139 / 80 - 89 140 - 159 / 90 - 99 ≥ 160 / ≥ 100	0 1 2 3
BLOOD SUGAR (Fasting)	< 100 mg/dL 100 - 125 mg/dL 126 - 199 mg/dL ≥ 200 mg/dL / Known Diabetes	0 1 2 3
CHOLESTEROL (Total)	< 180 mg/dL 180 - 199 mg/dL 200 - 239 mg/dL ≥ 240 mg/dL	0 1 2 3
TOBACCO USE	- No - Yes	0 3
FAMILY HISTORY (Premature CVD)	- No - Yes	0 3

*CVD = Cardiovascular Disease (Heart Disease). *Known Diabetes ≥ 10 years of history adds 3 points to risk assessment score.

CALCULATE YOUR TOTAL SCORE

Add the points from all the factors.

INTERPRET YOUR RISK

0 - 4 POINTS LOW RISK		Keep it up! Maintain a healthy lifestyle.
5 - 9 POINTS MODERATE RISK		Take action! Lifestyle changes can prevent disease.
10 - 14 POINTS HIGH RISK		High chance of disease. Medical evaluation and lifestyle changes are essential.
≥ 15 POINTS VERY HIGH RISK		Very high risk! Consult your doctor immediately.

GET CHECKED REGULARLY



- Blood Pressure
- Blood Sugar
- Cholesterol
- Body Weight / BMI

Early detection
saves lives.

LIFESTYLE MODIFICATION – SMALL CHANGES, BIG BENEFITS

EAT HEALTHY



- Eat more fruits, vegetables, whole grains and proteins
- Choose healthy fats (nuts, seeds, olive oil)
- Limit salt, sugar, saturated and trans fats

BE PHYSICALLY ACTIVE



- At least 150 minutes of moderate exercise per week
- Brisk walking, cycling, swimming, yoga
- Avoid prolonged sitting

MAINTAIN HEALTHY WEIGHT



- Aim for Body Mass Index in the normal range (18.5 - 24.9)
- Even 5 - 10% weight loss improves health

QUIT TOBACCO



- Tobacco is a major cause of heart disease, stroke, cancer and lung disease
- Quitting today greatly lowers your risk

MANAGE STRESS



- Practice relaxation techniques – deep breathing, meditation, prayer
- Take enough sleep (7 - 8 hours)

LIMIT ALCOHOL



- Based on drink alcohol consumption
- If you drink, keep it within recommended limits



HEALTHY TODAY,
HEALTHY TOMORROW
Your health is in your hands.
Make the right choices, every day.



Stronger Heart



Better Mental Health



Stronger Immunity



More Energy & Productivity



Longer, Healthier Life

BENEFITS OF A HEALTHY LIFESTYLE

ASSESS YOUR RISK.
ADOPT A HEALTHY LIFESTYLE.
LIVE A LONG, HEALTHY LIFE.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:15/08/2026

HEALTH EDUCATION

NCD AWARENESS AND PREVENTION



NCD AWARENESS & PREVENTION

Small Steps Today, Healthy Life Tomorrow

Non-Communicable Diseases (NCDs) are long-term conditions that are not passed from person to person. They are preventable and controllable.

Make healthy choices. Protect your future.



41 MILLION
deaths every year
globally are due to NCDs
(74% of all deaths)



77%
of NCD deaths
occur in low- and
middle-income
countries



NCDs can affect
anyone, at any age,
but early prevention
can save lives



NCDs cost health
systems and
families billions
every year

WHAT ARE NCDs?

NCDs are chronic diseases
that typically have a slow
progression and long
duration.

- Heart Disease
- Stroke
- Cancer
- Chronic Respiratory Diseases
- Diabetes
- Hypertension
- and others



THE MAJOR NCDs

HEART DISEASES



Includes heart attacks,
coronary artery disease,
heart failure.

Key Signs

- Chest pain or discomfort
- Shortness of breath
- Fatigue
- Swelling in legs or ankles
- Irregular heartbeat

DIABETES



A condition that affects
how the body uses blood
sugar (glucose).

Key Signs

- Increased thirst
- Frequent urination
- Extreme fatigue
- Blurred vision
- Slow healing of wounds

CANCER



A group of diseases where
abnormal cells grow
uncontrollably.

Key Signs

- Unexplained weight loss
- Persistent fatigue
- Lump or thickening
- Unusual bleeding
- Change in bowel or bladder habits

CHRONIC RESPIRATORY DISEASES



Includes asthma, COPD and
other lung diseases.

Key Signs

- Chronic cough
- Shortness of breath
- Wheezing
- Chest tightness
- Frequent respiratory infections

HYPERTENSION



High blood pressure that
can lead to heart disease,
stroke and kidney failure.

Key Signs

- Often has no symptoms
- Sudden headache
- Dizziness
- Chest pain
- Shortness of breath

RISK FACTORS



TOBACCO USE

Smoking and smokeless tobacco
greatly increase the risk of NCDs.



UNHEALTHY DIET

High salt, sugar, and unhealthy fat
leads to obesity, diabetes, and
heart disease.



PHYSICAL INACTIVITY

Lack of regular exercise increases
the risk of many NCDs.



HARMFUL USE OF ALCOHOL

Excessive alcohol use causes liver
disease, cancer and heart problems.



OVERWEIGHT / OBESITY

Leads to diabetes, heart disease,
hypertension and certain cancers.



STRESS

Chronic stress can increase blood
pressure and lead to unhealthy
behaviors.



HIGH BLOOD PRESSURE

A major risk factor for heart disease
and stroke.



HIGH BLOOD SUGAR

Uncontrolled sugar damages organs,
blood vessels and nerves.



HIGH CHOLESTEROL

Leads to blockages in blood vessels
and increases heart attack risk.



These risk factors are largely preventable.
Small changes can make a big difference!

PREVENTION – THE KEY TO A HEALTHY LIFE



EAT HEALTHY

Eat a diet rich in
fruits, vegetables,
whole grains,
protein, nuts and
healthy fats.



BE ACTIVE

Be physically
active for at least
150 minutes
every day.



MAINTAIN HEALTHY WEIGHT

Achieve and
maintain a
healthy body
weight.



QUIT TOBACCO

Quit smoking
and avoid all
forms of tobacco.



LIMIT ALCOHOL

Limit alcohol
intake. Don't
drink and
drive.



MANAGE STRESS

Practice yoga,
meditation and
relaxation
techniques.



GET REGULAR CHECK-UPS

Regular screening
helps in early
detection and
treatment.



FOLLOW MEDICATION

Take prescribed
medications
regularly and
follow advice.

Remember: Prevention is always better, easier and cheaper than cure.

CHECK – CONTROL – PROTECT



CHECK

Know your
numbers:
• Blood Pressure
• Blood Sugar
• Cholesterol
• Body Weight



CONTROL

Keep your
numbers in the
normal
range.



PROTECT

Protect your heart,
brain, kidney and
bones by making
healthy choices.



A healthy you,
a happy family,
a strong nation.

EVERY SMALL STEP COUNTS

- Choose healthy, not toxic.
- Start today, stay healthy tomorrow.
- Your health is your greatest wealth.
- Together, let's build a healthier nation.



ACT TODAY. PREVENT NCDs. LIVE LONGER. LIVE BETTER.



Healthy Lifestyle



Early Detection

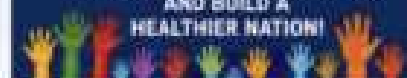


Timely Treatment



Better Quality of Life

LET'S UNITE TO PREVENT NCDs
AND BUILD A
HEALTHIER NATION!



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY: 17/08/2026

HEALTH EDUCATION

HYPERTENSION AWARENESS



KNOW YOUR RISK, CHANGE YOUR LIFE!

Assess Today, Protect Tomorrow

Small changes today can prevent big problems tomorrow.



RISK ASSESSMENT SCORE - KNOW YOUR NUMBERS

This simple score helps estimate your risk of developing heart disease, diabetes and other chronic conditions in the next 10 years.

RISK FACTOR	WHAT IS ASSESSED	POINTS
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CHOLESTEROL (Total)	< 160 mg/dL 160 - 199 mg/dL 200 - 239 mg/dL ≥ 240 mg/dL	0 1 2 3
TOBACCO USE	- No - Yes	0 3
FAMILY HISTORY (Premature CVD*)	- No - Yes	0 2

*CVD - Cardiovascular Disease (heart attack, stroke) before age 55 in male or before age 65 in female for first-degree relatives.

CALCULATE YOUR TOTAL SCORE

Add the points from all the factors.

INTERPRET YOUR RISK	
0 - 4 POINTS LOW RISK	Keep it up! Maintain a healthy lifestyle.
5 - 9 POINTS MODERATE RISK	Take action! Lifestyle changes can prevent disease.
10 - 14 POINTS HIGH RISK	High chance of disease. Medical evaluation and lifestyle changes are essential.
≥ 15 POINTS VERY HIGH RISK	Very high risk! Consult your doctor immediately.

GET CHECKED REGULARLY



- Blood Pressure
- Blood Sugar
- Cholesterol
- Body Weight / BMI

Early detection saves lives.

LIFESTYLE MODIFICATION - SMALL CHANGES, BIG BENEFITS

EAT HEALTHY • Eat more fruits, vegetables, whole grains and protein. • Choose healthy fats (nuts, seeds, olive oil). • Limit salt, sugar, saturated and trans fats.	BE PHYSICALLY ACTIVE • At least 150 minutes of moderate exercise per week. • Brisk walking, cycling, swimming, yoga. • Avoid prolonged sitting.	MAINTAIN HEALTHY WEIGHT • Aim for Body Mass Index in the normal range (18.5 - 24.9). • Even 5 - 10% weight loss improves health.	QUIT TOBACCO • Tobacco is a major cause of heart disease, stroke, cancer and lung disease. • Quitting today adds years to your life.	MANAGE STRESS • Practice relaxation techniques - deep breathing, meditation, prayer. • Take enough sleep (7 - 8 hours).	LIMIT ALCOHOL • Avoid or limit alcohol consumption. • If you drink, keep it within recommended limits.
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HEALTHY TODAY, HEALTHY TOMORROW
Your health is in your hands. Make the right choice, every day.



Stronger Heart



Better Mental Health



Stronger Immunity



More Energy & Productivity



Longer, Healthier Life

BENEFITS OF A HEALTHY LIFESTYLE

ASSESS YOUR RISK. ADOPT A HEALTHY LIFESTYLE. LIVE A LONG, HEALTHY LIFE.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY: 18/08/2026

HEALTH EDUCATION

DIABETES AWARENESS AND PREVENTION



World
Diabetes
Day
14 November

Diabetes Awareness & Prevention

— Small Choices Today, A Healthier Tomorrow —



What is Diabetes?



Diabetes is a long-term (chronic) condition that occurs when the body does not produce enough insulin or cannot effectively use the insulin it produces, leading to high blood sugar (glucose) levels in the blood.



Know Your Numbers

- Fasting Blood Sugar: 70–99 mg/dL
- Post Meal Sugar: <140 mg/dL
- HbA1c: <5.7% (Normal)

Types of Diabetes



Type 1 Diabetes

Usually diagnosed in children and young adults



Type 2 Diabetes

More common, usually in adults (also seen in younger people)



Gestational Diabetes

Occurs during pregnancy

Prevention Tips



Eat Healthy

Choose whole grains, fruits, vegetables, lean proteins



Be Physically Active

At least 150 minutes of moderate exercise per week



Maintain Healthy Weight

Avoid obesity



Quit Smoking

Protect your health



Limit Alcohol

Keep it in moderation



Manage Stress

Keep your mind healthy



Get Enough Sleep

7–8 hours daily

Risk Factors

- Family history of diabetes
- Overweight or obesity
- Physical inactivity
- Unhealthy diet
- Age (risk increases after 45 years)
- High blood pressure
- High cholesterol

Early Signs & Symptoms

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme tiredness
- Blurred vision
- Slow healing of cuts
- Frequent infections
- Tingling or numbness in hands/feet

Get Regular Screening

- Early detection and proper management can prevent complications.
- Check your blood sugar regularly – it could save your life.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:19/08/2026

HEALTH EDUCATION

CERVICAL CANCER AWARENESS AND PREVENTION



CERVICAL CANCER AWARENESS & PREVENTION

— Early Detection Today, Hope for Tomorrow —



BE AWARE
GET SCREENED
STAY SAFE



CERVICAL CANCER IS PREVENTABLE, TREATABLE & BEATABLE

WHAT IS CERVICAL CANCER?

Cervical cancer occurs in the cells of the cervix (the lower part of the uterus that opens into the vagina). It usually develops slowly and can be prevented with proper care and screening.



CAUSE



Persistent infection with **High-Risk Human Papillomavirus (HPV)** is the main cause of cervical cancer.

WHO IS AT RISK?

- Sexually active women
- Smokers
- Weakened immune system
- Early marriage & multiple sexual partners
- Multiple pregnancies & long-term use of oral contraceptives

Most cases occur in women aged **30-65 years**

PREVENTION IS POWER



HPV VACCINATION
Safe & effective vaccine for girls (9-14 years) can prevent most cervical cancers.



SAFE PRACTICES
Practice safe sex and be faithful to one partner.



QUIT SMOKING
Smoking increases the risk of cervical cancer.



HEALTHY LIFESTYLE
Eat healthy, exercise regularly & maintain good hygiene.

EARLY DETECTION SAVES LIVES

Regular screening can detect changes in cervical cells early, when treatment is most effective.



PAP SMEAR TEST
Every 3 years for women 21-65 years



HPV DNA TEST
Every 5 years for women 30-65 years



Talk to your doctor about the right time to start screening.



KEY SYMPTOMS

- Abnormal vaginal bleeding
- Unusual vaginal discharge
- Pain during intercourse

**SCREEN TODAY,
LIVE TOMORROW**



Don't Delay.
Get Screened.
Get Protected.



SPREAD THE WORD.
SUPPORT EACH OTHER.
BEAT CERVICAL CANCER.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:20/08/2026

HEALTH EDUCATION

BREAST CANCER AWARENESS AND PREVENTION



♥ EARLY DETECTION CAN SAVE LIVES ♥

BREAST CANCER AWARENESS

♥ AWARENESS. CARE. HOPE. ♥



Stronger Together

Breast cancer is the most common cancer among women worldwide. But when detected early, it is highly treatable.

Let's spread awareness, support each other and save lives.

KNOW THE SIGNS

- New lump or thickening in the breast or underarm
- Change in size or shape of the breast
- Nipple discharge (other than breast milk)
- Skin changes (itching, redness, or puckering)
- Nipple changes (inversion or retraction)
- Visible veins on breast or around the armpit
- Pain or tenderness in any part of the breast
- Swelling in armpit or around the collarbone

If you notice any changes, consult a doctor without delay.

RISK FACTORS

- Increasing age
- Family history of breast or ovarian cancer
- Genetic mutations (BRCA1, BRCA2)
- Early menstruation (before 12 years)
- Late menopause (after 55 years)
- No pregnancy or first pregnancy after 30 years
- Obesity, sedentary lifestyle, smoking & alcohol

SCREENING SAVES LIVES

- BBSE** (Self Breast Exam): Once every month 7-10 days after menstruation.
- CBSE** (Clinical Breast Exam): Every 1-2 years by a qualified health professional.
- MAMMOGRAPHY**: Every 1-2 years for women above 40 years (or earlier if high risk).

Early detection + Better treatment + Greater survival

DON'T IGNORE TODAY, TO BE HERE TOMORROW



**BE AWARE
BE CAREFUL
BEAT BREAST CANCER**

YOU CAN MAKE A DIFFERENCE

-  **SPREAD AWARENESS**
-  **SUPPORT SURVIVORS**
-  **ENCOURAGE SCREENING**
-  **SAVE LIVES**

You are stronger than you think. | #BreastCancerAwareness

LET'S SUPPORT, CARE & EMPOWER WOMEN EVERYWHERE.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:22/08/2026

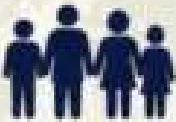
HEALTH EDUCATION

NCD AWARENESS AND PREVENTION



WHAT ARE NCDs?

Noncommunicable diseases are long-term conditions that are not passed from person to person. They develop slowly and can be prevented.



NCDs are the LEADING CAUSE OF DEATH WORLDWIDE

NCD

AWARENESS

NONCOMMUNICABLE DISEASES

Small Choices, Big Difference.
Act Today for a Healthier Tomorrow.



LIVE WELL
Make healthy choices every day.

PREVENT NCDs
Protect yourself, your family and your future.

COMMON RISK FACTORS

- Tobacco use
- Unhealthy diet
- Physical inactivity
- Harmful use of alcohol
- Stress

These risk factors increase the chance of developing NCDs.

You can change them!

WHAT YOU CAN DO

- Eat a healthy balanced diet
- Be physically active
- Maintain a healthy weight
- Quit tobacco in all forms
- Limit alcohol consumption
- Manage stress and sleep well

MAJOR NCDs

The 4 major NCDs account for **OVER 80% OF NCD DEATHS**

- CARDIOVASCULAR DISEASES
- DIABETES
- CHRONIC RESPIRATORY DISEASES
- CANCERS

KNOW THE WARNING SIGNS

- Chest pain, breathlessness, palpitations
- Increased thirst, frequent urination, fatigue
- Unexplained weight loss or gain
- Persistent cough, hoarseness, blood in sputum
- Unusual lumps or swelling, non-healing sores

Don't ignore symptoms. Get checked early.

EVERY ACTION COUNTS!

Take charge of your health today. Your family is counting on you.

HEALTHY TODAY, HEALTHIER TOMORROW.

TOGETHER, LET'S BEAT NCDs.

Get Regular Check-ups • Know Your Numbers • Live Longer, Live Better

EARLY DETECTION SAVES LIVES.

Screen. Prevent. Protect.

OUR HEALTH. OUR RIGHT. OUR RESPONSIBILITY.

#ActOnNCDs #HealthyLifestyle #ChooseHealth



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY: 24/08/2026

HEALTH EDUCATION

HYPERTENSION AWARENESS AND PREVENTION



KNOW YOUR NUMBERS, CONTROL YOUR BLOOD PRESSURE, LIVE LONGER!

Hypertension (High Blood Pressure) is a **silent killer**.
Early detection and control can save your life.

Measure Today,
Live Tomorrow.



Target
Below
140/90
mmHg



WHAT IS HYPERTENSION?



A condition where the force of blood against the artery walls is too high, persistently.

WHY IT MATTERS

Uncontrolled high blood pressure can lead to:



STROKE



HEART
ATTACK

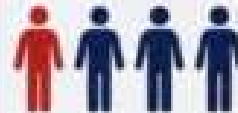


KIDNEY
FAILURE



VISION
LOSS

DO YOU KNOW?



1 in 4 adults
has high blood pressure,
but many don't even know!
Get checked. Stay in control.

RISK FACTORS



Sedentary
Lifestyle



Unhealthy
Diet



Overweight /
Obesity



Smoking



Excess
Alcohol



Stress



Family
History



Increasing
Age

WHAT YOU CAN DO

- Eat healthy: More fruits, vegetables, whole grains, less salt and sugar.
- Exercise regularly: At least 30 minutes a day.
- Maintain healthy weight.
- Avoid tobacco and limit alcohol.
- Manage stress and get enough sleep.
- Check your blood pressure regularly.



**GET CHECKED
REGULARLY!**



Regular monitoring helps in
early detection and effective control.
Know your numbers.
Control your blood pressure.
Protect your life.

— Your Heart  Your Life —
Take Care!



AWARENESS



PREVENTION



EARLY DETECTION



LONGER LIFE



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:25/08/2026

HEALTH EDUCATION DIABETES AWARENESS AND PREVENTION



DIABETES CONTROL TODAY, PREVENT TOMORROW!



Small Steps Today. Lifelong Health Tomorrow

WHAT IS DIABETES?

Diabetes is a chronic condition in which the body either does not produce enough insulin or cannot use it properly, leading to high blood sugar levels.



RISK FACTORS

- Family history of diabetes
- Overweight / Obesity
- Physical inactivity
- Unhealthy diet
- High blood pressure
- High cholesterol
- Smoking and alcohol
- Stress and poor sleep



KEEP YOUR BLOOD SUGAR IN CHECK

For a Healthy, Happy
and Longer Life!

CONTROL YOUR DIABETES

- MONITOR**
Check your blood sugar regularly.
- MEDICATION**
Take medicines as prescribed. Do not skip or stop.
- HEALTHY DIET**
Eat balanced meals with more vegetables, whole grains, and fiber.
- BE ACTIVE**
Exercise at least 30 minutes a day.
- MANAGE STRESS**
Practice relaxation, meditation and get enough sleep.
- REGULAR CHECK-UPS**
Visit your doctor regularly. Early detection prevents complications.



HIGH BLOOD SUGAR CAN LEAD TO:

- Heart Disease
- Kidney Failure
- Nerve Damage
- Eye Problems
- Foot Ulcers and Amputation

PREVENT DIABETES – MAKE HEALTHY CHOICES TODAY



EAT HEALTHY
Choose fresh, whole, and natural foods. Limit sugar, salt and unhealthy fats.



BE ACTIVE
Stay active every day. 30 minutes of exercise makes a big difference.



MAINTAIN WEIGHT
Keep your weight in a healthy range. Even 5–10% weight loss helps.



AVOID
Say NO to smoking and limit alcohol consumption.



SLEEP WELL
Get 7–8 hours of quality sleep every night.



MANAGE STRESS
Stress can increase blood sugar. Stay calm, stay healthy.

KNOW YOUR NUMBERS

Fasting Blood Sugar	70–99 mg/dL (Normal)
Post Meal (2 hrs)	< 140 mg/dL (Normal)
HbA1c	< 5.7% (Normal)

*Targets may vary. Consult your doctor.

Healthy Lifestyle + Regular Monitoring + Timely Treatment = Diabetes Under Control
Take Care Today, Stay Healthy Forever!



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:26/08/2026

HEALTH EDUCATION

CA CERVIX AWARENESS



CERVICAL CANCER AWARENESS & PREVENTION

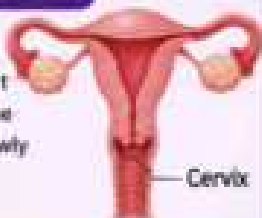
— Early Detection Today, Hope for Tomorrow —

CERVICAL CANCER IS PREVENTABLE, TREATABLE & BEATABLE



WHAT IS CERVICAL CANCER?

Cervical cancer occurs in the cells of the cervix (the lower part of the uterus that opens into the vagina). It usually develops slowly and can be prevented with proper care and screening.



CAUSE



Persistent infection with **High-Risk Human Papillomavirus (HPV)** is the main cause of cervical cancer.

WHO IS AT RISK?

- Sexually active women
- Smokers
- Weakened immune system
- Early marriage & multiple sexual partners
- Multiple pregnancies & long-term use of oral contraceptives

Most cases occur in women aged **30-65 years**

PREVENTION IS POWER



HPV VACCINATION
Safe & effective vaccine for girls (9-14 years) can prevent most cervical cancers.



SAFE PRACTICES
Practice safe sex and be faithful to one partner.



QUIT SMOKING
Smoking increases the risk of cervical cancer.



HEALTHY LIFESTYLE
Eat healthy, exercise regularly & maintain good hygiene.

EARLY DETECTION SAVES LIVES

Regular screening can detect changes in cervical cells early, when treatment is most effective.



PAP SMEAR TEST
Every 3 years for women 21-65 years



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STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:27/08/2026

HEALTH EDUCATION



BREAST CANCER AWARENESS AND
PREVENTION



♥ EARLY DETECTION CAN SAVE LIVES ♥

BREAST CANCER AWARENESS

♥ AWARENESS. CARE. HOPE. ♥



Stronger together ♥

“Breast cancer is the most common cancer among women worldwide. But when detected early, it is highly treatable.”

Let's spread awareness, support each other and save lives.

”

KNOW THE SIGNS

- New lump or thickening in the breast or armpit
- Change in size or shape of the breast
- Nipple discharge (other than breast milk)
- Red, itchy, scaling, redness, or peeling
- Nipple changes (enlarged or inverted)
- Widespread or unusual lumpy appearance
- Painful area in any part of the breast
- Swelling or warmth in the armpit

If you notice any changes, consult a doctor without delay.

RISK FACTORS

- Increasing age
- Family history of breast or ovarian cancer
- Genetic mutations (BRCA1, BRCA2)
- Early menstruation (before 12 years)
- Late menopause (after 55 years)
- No pregnancy or first pregnancy after 30 years
- Obesity, sedentary lifestyle, smoking & alcohol

SCREENING SAVES LIVES

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- MAMMOGRAPHY** Every 1-2 years for women above 40 years (or earlier if high risk)

Early detection = Better treatment = Greater survival

DON'T IGNORE TODAY, TO BE HERE TOMORROW.

**BE AWARE
BE CAREFUL
BEAT BREAST CANCER**

YOU CAN MAKE A DIFFERENCE

- SPREAD AWARENESS
- SUPPORT SURVIVORS
- ENCOURAGE SCREENING
- SAVE LIVES

You are stronger than you think. #BreastCancerAwareness

LET'S SUPPORT, CARE & EMPOWER WOMEN EVERYWHERE.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY: 28 / 08 / 26

மக்களின் தேடி
மருத்துவம்

HEALTH EDUCATION

Risk assessment score and life style
modification patient education



KNOW YOUR RISK, CHANGE YOUR LIFE!

Assess Today, Protect Tomorrow

Small changes
today can
prevent
big problems
tomorrow.



RISK ASSESSMENT SCORE - KNOW YOUR NUMBERS

This simple score helps estimate your risk of developing heart disease, diabetes and other chronic conditions in the next 10 years.

RISK FACTOR	WHAT IS ASSESSED	POINTS
AGE	< 45 years	0
	45 - 54 years	1
	55 - 64 years	2
	≥ 65 years	4
BODY MASS INDEX (BMI) kg/m ²	< 20	0
	20 - 24.9	1
	25 - 29.9	2
	≥ 30	3
BLOOD PRESSURE (systolic)	< 120 / 80	0
	120 - 139 / 80 - 89	1
	140 - 159 / 90 - 99	2
	≥ 160 / ≥ 100	3
BLOOD SUGAR (Fasting)	< 100 mg/dL	0
	100 - 125 mg/dL	1
	126 - 199 mg/dL	2
	≥ 200 mg/dL / Known Diabetes	3
CHOLESTEROL (Total)	< 160 mg/dL	0
	160 - 199 mg/dL	1
	200 - 239 mg/dL	2
	≥ 240 mg/dL	3
TOBACCO USE	No	0
	Yes	3
FAMILY HISTORY (Premature CVD*)	No	0
	Yes	2

*CVD - Coronary Heart Disease, stroke. Defined before age 55 in men, or before age 65 in women. In all 4 categories, 1 point is assigned.

CALCULATE YOUR TOTAL SCORE

Add the points from all the factors.

INTERPRET YOUR RISK

0 - 4 POINTS LOW RISK		Keep it up! Maintain a healthy lifestyle.
5 - 9 POINTS MODERATE RISK		Take action! Lifestyle changes can prevent disease.
10 - 14 POINTS HIGH RISK		High chance of disease. Medical evaluation and lifestyle changes are essential.
≥ 15 POINTS VERY HIGH RISK		Very high risk! Consult your doctor immediately.

GET CHECKED REGULARLY



- Blood Pressure
- Blood Sugar
- Cholesterol
- Body Weight / BMI

Early detection
saves lives.

LIFESTYLE MODIFICATION - SMALL CHANGES, BIG BENEFITS



- Eat more fruits, vegetables, whole grains, and pulses.
- Choose healthy fats, such as seeds, olive oil.
- Limit salt, sugar, saturated and trans fats.



- At least 150 minutes of moderate exercise per week.
- Break walking, cycling, yoga, dancing, etc.
- Avoid prolonged sitting.



- Aim for Body Mass Index in the normal range (18.5 - 24.9).
- Even 5 - 10% weight loss improves health.



- Tobacco is a major cause of heart disease, stroke, cancer and lung diseases.
- Quitting today adds years to your life.



- Practice relaxation techniques - deep breathing, meditation, yoga.
- Take enough sleep (7 - 8 hours).



- Avoid or limit alcohol consumption.
- If you drink, keep it within recommended limits.



HEALTHY TODAY,
HEALTHY TOMORROW

Your health is in your hands.
Make the right choice, every day.



Stronger Heart



Better Mental Health



Stronger Networks



More Energy & Productivity



Longer, Happier Life

BENEFITS OF A HEALTHY LIFESTYLE

ASSESS YOUR RISK,
ADOPT A HEALTHY LIFESTYLE.
LIVE A LONG, HEALTHY LIFE



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IEC ACTIVITY:29/08/2026

HEALTH EDUCATION

NCD AWARENESS AND PREVENTION



THE NCD BURDEN

Non-communicable diseases are the leading cause of death and disability worldwide.

- Cardiovascular Diseases (Heart Diseases, Stroke)
- Diabetes Mellitus
- Chronic Respiratory Diseases (COPD, Asthma)
- Cancer
- Chronic Kidney Disease & Others

COMMON RISK FACTORS

Unhealthy diet
Physical inactivity
Tobacco use
Harmful use of alcohol
Obesity / Overweight
Stress
Hypertension, Dyslipidaemia, Hyperglycaemia

FOCUS ON PREVENTION

Global	Primary	Secondary	Tertiary
Healthy diets, physical activity, tobacco, alcohol	Prevention of NCDs	Early detection and prompt treatment	Reduce complications and improve quality of life

LIFESTYLE MODIFICATION OF NON COMMUNICABLE DISEASES (NCDs)

Small daily changes • Lasting habits • Better health • Longer life

1. HEALTHY DIET

- Eat a variety of whole foods
- Vegetables, fruits, whole grains, legumes, fish
- Choose healthy fats (olive oil, nuts, seeds, fish)
- Limit salt (1 tsp/day), sugar, and processed foods
- Read food labels
- Minimise saturated fats & trans fats

2. BE PHYSICALLY ACTIVE

- Increase the number of moderate-to-vigorous activities
- Minimise sedentary time & screen time
- Reduce sedentary time - stand sitting every 30 minutes

3. MAINTAIN HEALTHY WEIGHT

- Achieve and maintain ideal body weight
- Monitor waistline
- Limit sugary drinks, alcohol, and tobacco
- Remember diet is equally as healthy as weight

4. QUIT TOBACCO & LIMIT ALCOHOL

- Quit all forms of tobacco
- Smoking, chewing tobacco, vaping
- Reduce alcohol intake
- Limiting alcohol intake to 1-2 drinks (women) or 2-3 drinks (men) per week
- Read labels for % alcohol

5. MANAGE STRESS & SLEEP WELL

- Stress management techniques: meditation, yoga, deep breathing
- 7-9 hours of quality sleep every night
- Establish a sleep routine
- Use relaxation techniques

6. FOLLOW MEDICAL ADVICE & STAY ADHERENT

- Take prescribed medicines regularly
- Do not self-medicate
- Follow medical advice
- Get recommended vaccinations
- Review your medicines

HEALTHY LIFESTYLE FOR A HEALTHY LIFE

WHY LIFESTYLE MATTERS

- Up to 80% of premature heart disease, stroke and type 2 diabetes, and 40% of cancers can be prevented by addressing modifiable risk factors
- Improves quality of life and wellbeing
- Prevents or delays onset of NCDs
- Reduces complications, hospitalisations and cost
- Promotes healthy aging and productivity

DAILY HEALTH CHECK

- Monitor healthy weight & BMI (18.5 - 24.9 kg/m²)
- Monitor BP < 120/80 mmHg
- Monitor Blood Sugar
- Monitor Lipids
- Regular health check-ups every 1-2 years (as needed)

REMEMBER

“Healthy lifestyle today, healthier tomorrow. Your choices today shape your future.”

DIET: EAT RIGHT

- Go green: vegetables & fruits
- Go yellow: whole grains
- Go purple: pulses, fish, lean meat, eggs
- Go red: oil
- Go white: curries, soups, salads
- Go brown: whole grains, pulses, oil & processed foods
- Go orange: dairy & fruit

PHYSICAL ACTIVITY IDEAS

- Walking
- Cycling
- Swimming
- Yoga
- Dancing
- Badminton
- Table Tennis

Work from - 50 min
Go and exercise 10 minutes after 1 hour of work

STRESS MANAGEMENT TIPS

- Practice meditation & yoga
- Spent time in nature
- Revise hobbies & interests
- Talk about your feelings
- Laugh and stay positive
- Seek professional help if needed



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LIVE A HEALTHY LIFE



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IEC ACTIVITY:31/08/2026
HEALTH EDUCATION
HYPERTENSION AWARENESS



HYPERTENSION

PREVENTION & CONTROL

Small Steps Today. Healthy Heart Tomorrow

Hypertension (High Blood Pressure) is a **"silent killer"**. It often has no symptoms but can lead to heart attack, stroke, kidney failure and other serious complications.

AWARE TODAY, HEALTHY TOMORROW!

KNOW YOUR NUMBERS

Normal BP:
< 120/80 mmHg

Hypertension:
≥ 140/90 mmHg

PREVENT HYPERTENSION – ADOPT A HEALTHY LIFESTYLE

EAT HEALTHY Eat more fruits, vegetables, whole grains and pulses. Reduce salt intake (5g/day).	BE ACTIVE Do at least 30 minutes of brisk walk or any physical activity daily.	MAINTAIN HEALTHY WEIGHT Keep your BMI in normal range. Lose weight if overweight.	AVOID TOBACCO & LIMIT ALCOHOL Quit smoking. Avoid alcohol or consume in moderation.	MANAGE STRESS Practice yoga, meditation, deep breathing and spend time with family and friends.
REDUCE SALT Too much salt increases blood pressure. Avoid pickles, papad, processed and fast foods.	EAT POTASSIUM RICH FOODS Include banana, coconut water, leafy greens, beans and curries.	DRINK ENOUGH WATER Stay hydrated throughout the day.	SLEEP WELL Get 7-8 hours of sound sleep every night.	REGULAR HEALTH CHECKUP Check your BP regularly even if you feel healthy.

BE AWARE – WARNING SIGNS
(Most or may not be present)

Headache	Stress	Fatigue
Chest pain	Blurred vision	Palpitations

Do not ignore these signs. Consult a doctor and check your BP.

CONTROL HYPERTENSION – FOLLOW 3 KEY STEPS

CHECK Monitor your BP regularly. Keep a record.	TREAT Take medicines regularly as prescribed. Do not stop on your own.	FOLLOW Follow doctor's advice, healthy lifestyle and regular follow-ups.
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WHO IS AT RISK?

- Age > 40 years - Family history of Hypertension - Overweight / Obesity - Unhealthy diet & physical inactivity	- Stress - Smoking - Excess alcohol - Diabetes / Kidney disease
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CONTROL YOUR BP. CONTROL YOUR LIFE!

Healthy Blood Pressure for a Healthy Life. Let's Join Hands for a Hypertension Free Future.

Get your BP checked at least once in 6 months.

Early detection and control can prevent complications.

Your Heart. Your Health. Your Life.