# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

## DEPARTMENT OFCOMMUNITYMEDICINE

### IEC ACTIVITY:01/10/2026

### HEALTH EDUCATION
### BREAST CANCER AWARENESS AND EDUCATION








STAY HEALTHY | STAY PROTECTED | LIVE A HEALTHY LIFE

# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

## DEPARTMENT OF COMMUNITY MEDICINE

### IEC ACTIVITY:02/10/2026

## HEALTH EDUCATION
## LIFESTYLE MODIFICATION









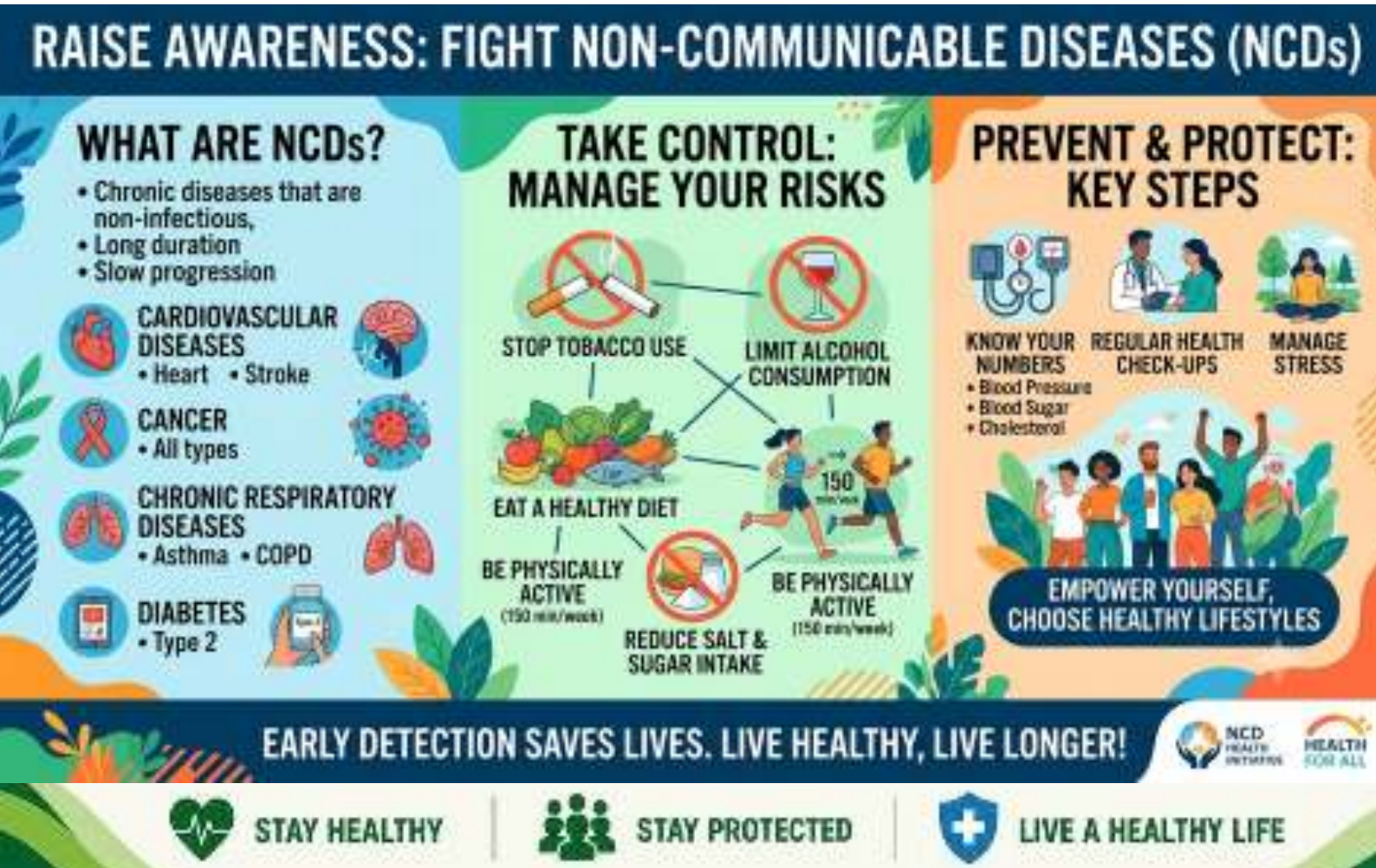

# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL
## DEPARTMENT OFCOMMUNITYMEDICINE

### IEC ACTIVITY:03/10/2026

### HEALTH EDUCATION
### NCD AWARENESS AND EDUCATION







# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

## DEPARTMENT OF COMMUNITY MEDICINE

## IEC ACTIVITY:5/10/2026

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### HEALTH EDUCATION
### CERVICAL CANCER AWARENESS AND EDUCATION





# 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 | HIGH BP |
|---|---|
| Below 120/80 mmHg | 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:06/10/2026

## HEALTH EDUCATION
## DIABETES MELLITUS AWARENESS








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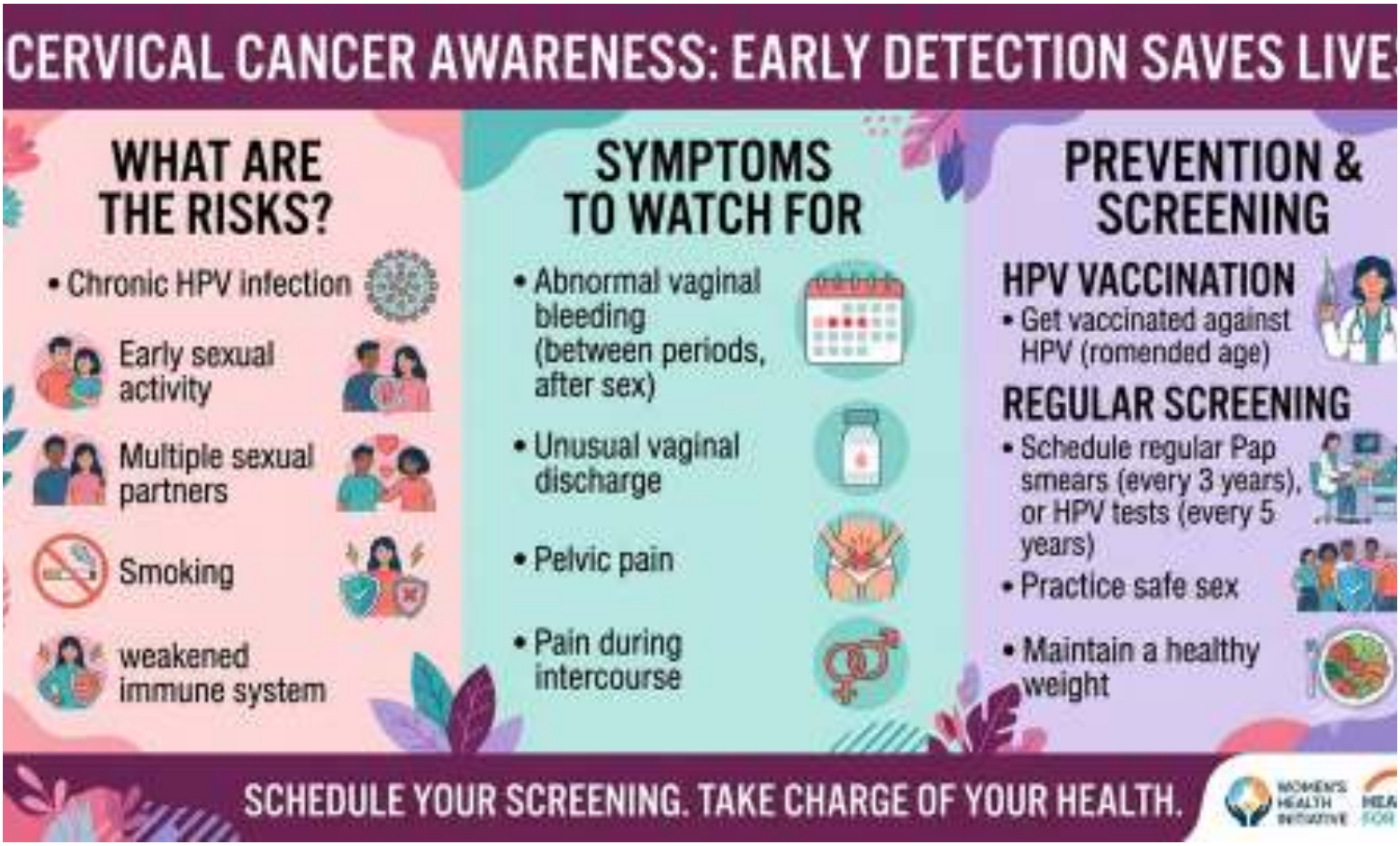
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## DEPARTMENT OFCOMMUNITYMEDICINE

**IEC ACTIVITY:07/10/2026**

## HEALTH EDUCATION
## CERVICAL CANCER
## AWARENESS AND EDUCATION








STAY HEALTHY | STAY PROTECTED | LIVE A HEALTHY LIFE

# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

## DEPARTMENT OFCOMMUNITYMEDICINE

### IEC ACTIVITY:08/10/2026

## HEALTH EDUCATION
## BREAST CANCER AWARENESS AND EDUCATION








STAY HEALTHY | STAY PROTECTED | LIVE A HEALTHY LIFE

# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

## DEPARTMENT OF COMMUNITY MEDICINE

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### IEC ACTIVITY:09/10/2026

# HEALTH EDUCATION

## BREAST CANCER AWARENESS AND PREVENTION





EARLY DETECTION CAN SAVE LIVES

# BREAST CANCER AWARENESS

AWARENESS. CARE. HOPE.






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



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




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




*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

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NATIONAL HEALTH MISSION

## IEC ACTIVITY:10/10/2026

## HEALTH EDUCATION NCD AWARENESS AND EDUCATION





# RAISE AWARENESS: FIGHT NON-COMMUNICABLE DISEASES (NCDs)

## WHAT ARE NCDs?

Chronic diseases that are non-infectious, long lasting and progress slowly.

**CARDIOVASCULAR DISEASES**
- Heart
- Stroke

**CANCER**
- All types

**CHRONIC RESPIRATORY DISEASES**
- Asthma
- COPD

**DIABETES**
- Type 2

## TAKE CONTROL: MANAGE YOUR RISKS

- STOP TOBACCO USE
- LIMIT ALCOHOL CONSUMPTION
- EAT A HEALTHY DIET
- BE PHYSICALLY ACTIVE (150 min/week)
- REDUCE SALT & SUGAR INTAKE

## PREVENT & PROTECT: KEY STEPS

**KNOW YOUR NUMBERS**
- Blood Pressure
- Blood Sugar
- Cholesterol

**REGULAR HEALTH CHECK-UPS**

**MANAGE STRESS**

**EMPOWER YOURSELF, CHOOSE HEALTHY LIFESTYLES**

**EARLY DETECTION SAVES LIVES. LIVE HEALTHY, LIVE LONGER!**

NCD HEALTH INITIATIVE | HEALTH FOR ALL

**STAY HEALTHY** | **STAY PROTECTED** | **LIVE A HEALTHY LIFE**

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IEC ACTIVITY :12.10.2026

# HEALTH EDUCATION

# HYPERTENSIVE AWARENESS AND PREVENTION



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

Measure Today, *Live Tomorrow*




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

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.

Small changes today, a healthier tomorrow.

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# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

## DEPARTMENT OF COMMUNITY MEDICINE

### IEC ACTIVITY: 13/10/2026

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NATIONAL HEALTH MISSION

# HEALTH EDUCATION

## DIABETES AWARENESS AND PREVENTION






# DIABETES

## CONTROL TODAY, PREVENT TOMORROW!

CHECK TODAY LIVE 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 miss or stop.
- **HEALTHY DIET** — Eat balanced meals with more vegetables, whole grains, and fibre.
- **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. BMI 18.5–24.9 kg/m².

**AVOID** — Say NO to smoking and limit alcohol consumption.

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

**MANAGE STRESS** — Practice relaxation techniques. 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!**

# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL
## DEPARTMENT OFCOMMUNITYMEDICINE

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NATIONAL HEALTH MISSION

### IEC ACTIVITY: 14/10/2026

## HEALTH EDUCATION
## CERVICAL CANCER
## AWARENESS AND EDUCATION








STAY HEALTHY | STAY PROTECTED | LIVE A HEALTHY LIFE

# மக்களைத் தேடி மருத்துவம்

## IEC ACTIVITY :15.10.2026

# BREAST CANCER AWARENESS AND PREVENTION





EARLY DETECTION CAN SAVE LIVES

# BREAST CANCER AWARENESS

AWARENESS. CARE. HOPE.






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

## 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

## SCREENING SAVES LIVES

**BSE** (Self Breast Exam)
Once every month 7–10 days after menstruation.

**CBE** (Clinical Breast Exam)
Every 1–3 years by a qualified health professional.

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

# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

## Community medicine

IEC Activity 16/10/2026

# HEALTH EDUCATION

## Risk assessment score and lifestyle modification





# Risk Assessment Score & Lifestyle Modification

*Know Your Risk – Take Control of Your Health*

## Risk Assessment Score

Helps to estimate the risk of developing cardiovascular disease (heart attack, stroke) in the next 10 years.

### Key Risk Factors

- Age
- Gender
- Blood Pressure
- Blood Cholesterol
- Blood Sugar (Diabetes)
- Smoking / Tobacco Use
- Physical Inactivity
- Obesity / Overweight
- Family History of Heart Disease

### Risk Score Interpretation

| Risk Score (10 Years) | Risk Level |
|---|---|
| < 10% | Low Risk |
| 10–20% | Moderate Risk |
| > 20% | High Risk |

Get your risk assessed by a healthcare provider and know your score. Early action can prevent future complications.

## Lifestyle Modification

*Small Changes, Big Benefits – A Healthier You*

### Healthy Diet

- Eat more fruits, vegetables, whole grains
- Choose lean proteins (fish, tofu, chicken)
- Limit salt, sugar and unhealthy fats
- Avoid processed and junk food

### Regular Physical Activity

- At least 150 minutes of moderate exercise per week
- Include walking, cycling, yoga or any preferred activity
- Stay active - stay healthy

### Maintain Healthy Weight

- Keep Body Mass Index (BMI) in normal range

### Quit Tobacco & Limit Alcohol

- Stop smoking – it reduces heart disease and cancer risk
- Avoid or limit alcohol consumption

### Manage Stress

- Practice relaxation techniques – yoga, meditation, deep breathing
- Spend time with family and friends, pursue hobbies

### Regular Health Check-ups

- Monitor blood pressure, blood sugar and cholesterol
- Follow medical advice and take medicines regularly

### Adequate Sleep

- 7–8 hours of quality sleep daily

*Know Your Risk • Make Healthy Choices • Live Longer, Live Better*

# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

## DEPARTMENT OF COMMUNITY MEDICINE

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## IEC ACTIVITY:17/10/2026

## HEALTH EDUCATION NCD AWARENESS AND EDUCATION





# RAISE AWARENESS: FIGHT NON-COMMUNICABLE DISEASES (NCDs)

## WHAT ARE NCDs?

Chronic diseases that are non-infectious, long lasting and progress slowly

**CARDIOVASCULAR DISEASES**
- Heart
- Stroke

**CANCER**
- All types

**CHRONIC RESPIRATORY DISEASES**
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- Type 2

## TAKE CONTROL: MANAGE YOUR RISKS

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- LIMIT ALCOHOL CONSUMPTION
- EAT A HEALTHY DIET
- BE PHYSICALLY ACTIVE (150 min/week)
- REDUCE SALT & SUGAR INTAKE

## PREVENT & PROTECT: KEY STEPS

**KNOW YOUR NUMBERS**
- Blood Pressure
- Blood Sugar
- Cholesterol

**REGULAR HEALTH CHECK-UPS**

**MANAGE STRESS**

**EMPOWER YOURSELF, CHOOSE HEALTHY LIFESTYLES**

**EARLY DETECTION SAVES LIVES. LIVE HEALTHY, LIVE LONGER!**

STAY HEALTHY | STAY PROTECTED | LIVE A HEALTHY LIFE

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# IEC ACTIVITY :19/10/26

# HEALTH EDUCATION
# HYPERTENSIVE AWARENESS AND PREVENTION



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

*Measure Today, Live Tomorrow*




Target Below 140/90 mmHg

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

### 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.

Small changes today, a healthier tomorrow.

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# 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.






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 (dimpling, redness, or puckering)
- Nipple changes (inversion or redness)
- Visible sores or unusual long appearance
- Persistent pain 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

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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 OFCOMMUNITYMEDICINE

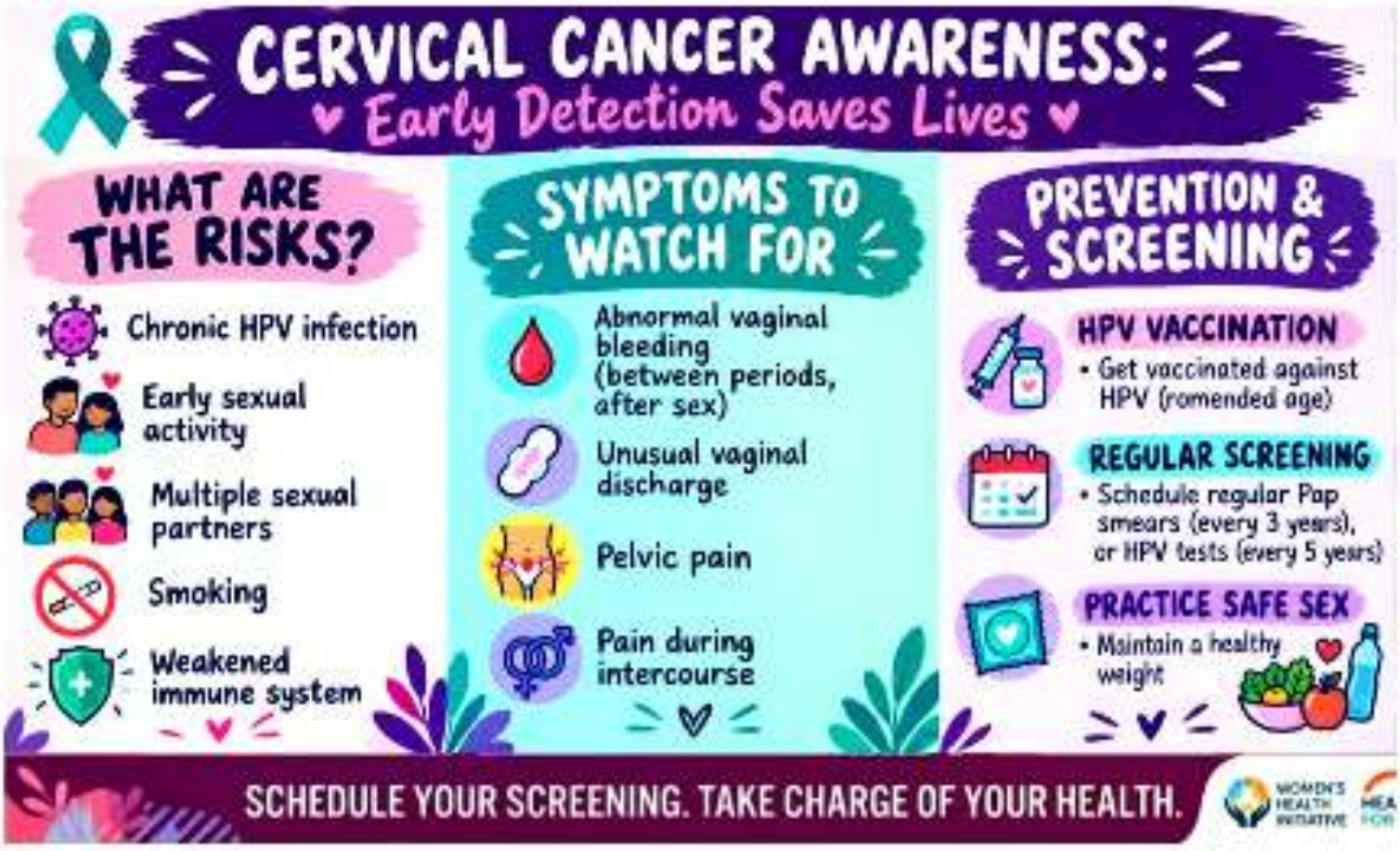
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**IEC ACTIVITY: 21/10/2026**

## HEALTH EDUCATION
## CERVICAL CANCER
## AWARENESS AND EDUCATION








STAY HEALTHY | STAY PROTECTED | LIVE A HEALTHY LIFE

# மக்களைத் தேடி மருத்துவம்

## IEC ACTIVITY :22.10.2026

# BREAST CANCER AWARENESS AND PREVENTION





EARLY DETECTION CAN SAVE LIVES

# BREAST CANCER AWARENESS

AWARENESS. CARE. HOPE.






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# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

## Community medicine

IEC Activity 23/10/2026

# HEALTH EDUCATION

## Risk assessment score and lifestyle modification



# Risk Assessment Score & Lifestyle Modification

*Know Your Risk – Take Control of Your Health*

## Risk Assessment Score

Helps to estimate the risk of developing cardiovascular disease (heart attack, stroke) in the next 10 years.

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Stay active - stay healthy

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- Stop smoking – it reduces heart disease and cancer risk
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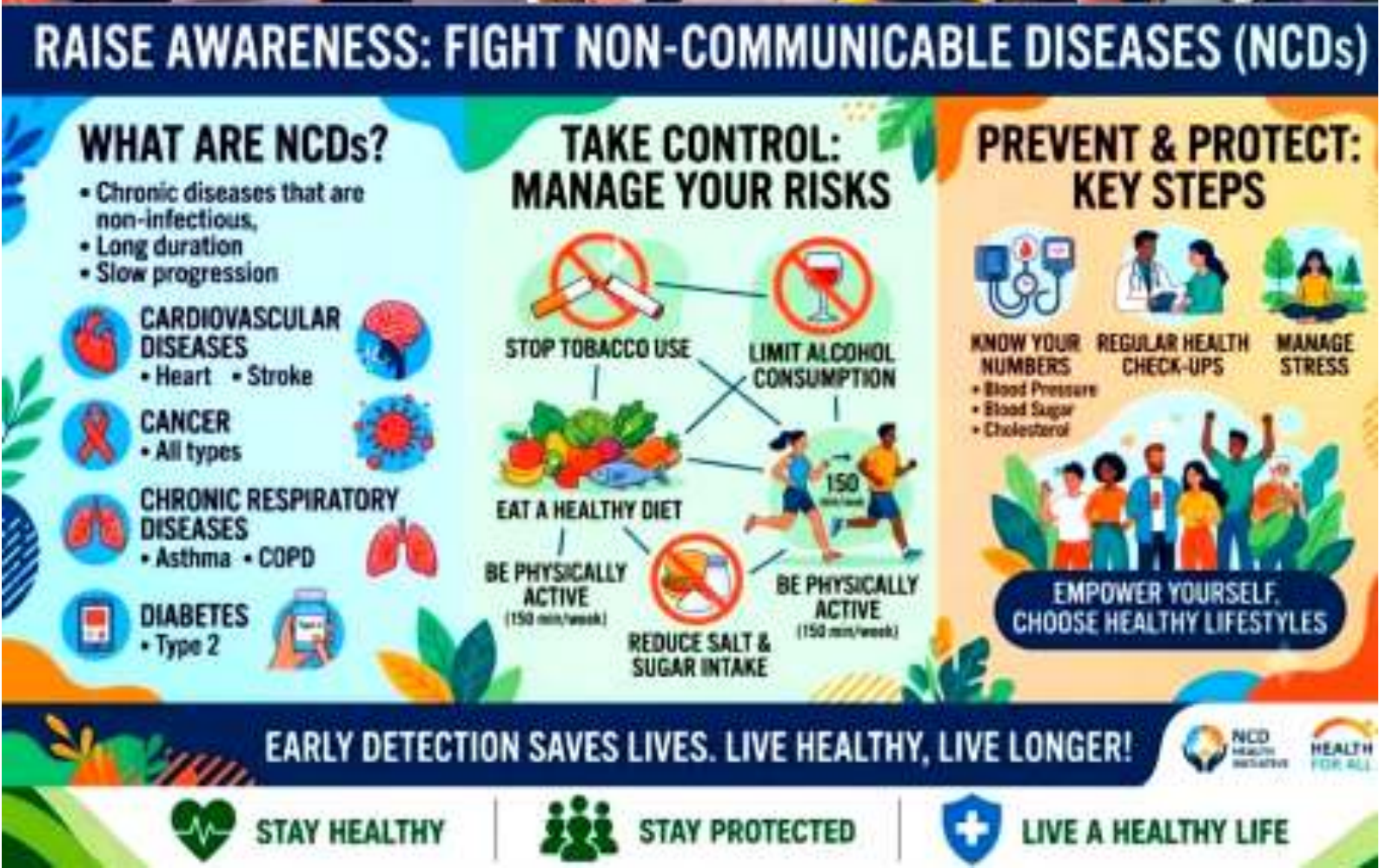
# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL
## DEPARTMENT OFCOMMUNITYMEDICINE

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**IEC ACTIVITY: 24/10/2026**

**HEALTH EDUCATION**
**NCD AWARENESS AND EDUCATION**





மக்களைத் தேடி மருத்துவம்

IEC ACTIVITY :26/10/26

# HEALTH EDUCATION
# HYPERTENSIVE AWARENESS AND PREVENTION



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

*Measure Today, Live Tomorrow*




Target Below 140/90 mmHg

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

### WHAT IS HYPERTENSION?

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

### WHY IT MATTERS

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- 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

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- Unhealthy Diet
- Overweight / Obesity
- Smoking
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- Stress
- Family History
- Increasing Age

### WHAT YOU CAN DO

- Eat healthy: More fruits, vegetables, whole grains, less salt and sugar.
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- Maintain healthy weight.
- Avoid tobacco and limit alcohol.
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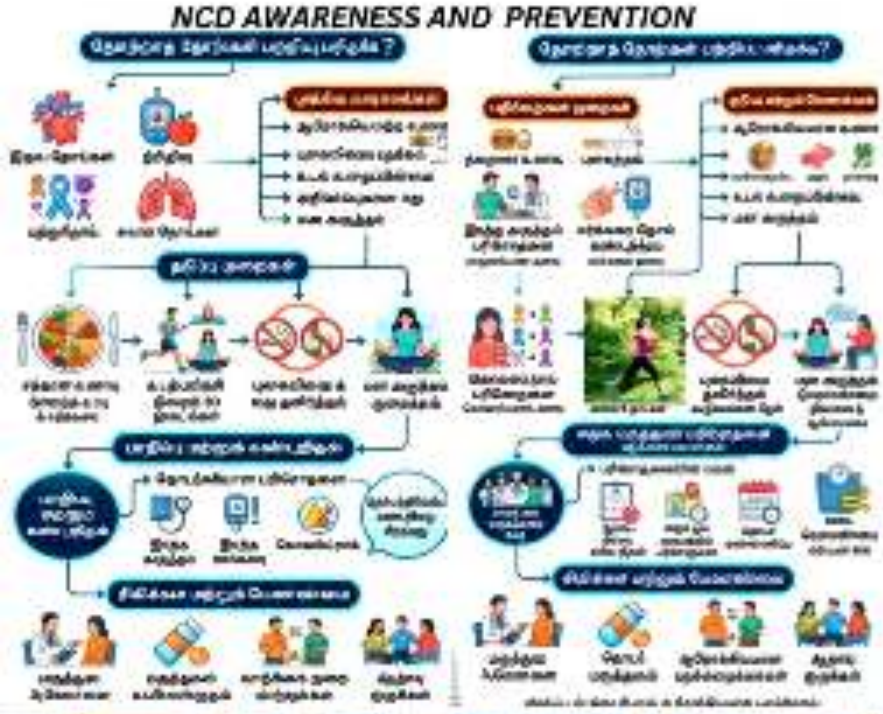
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IEC ACTIVITY 27/10/2026










# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL
## DEPARTMENT OFCOMMUNITYMEDICINE

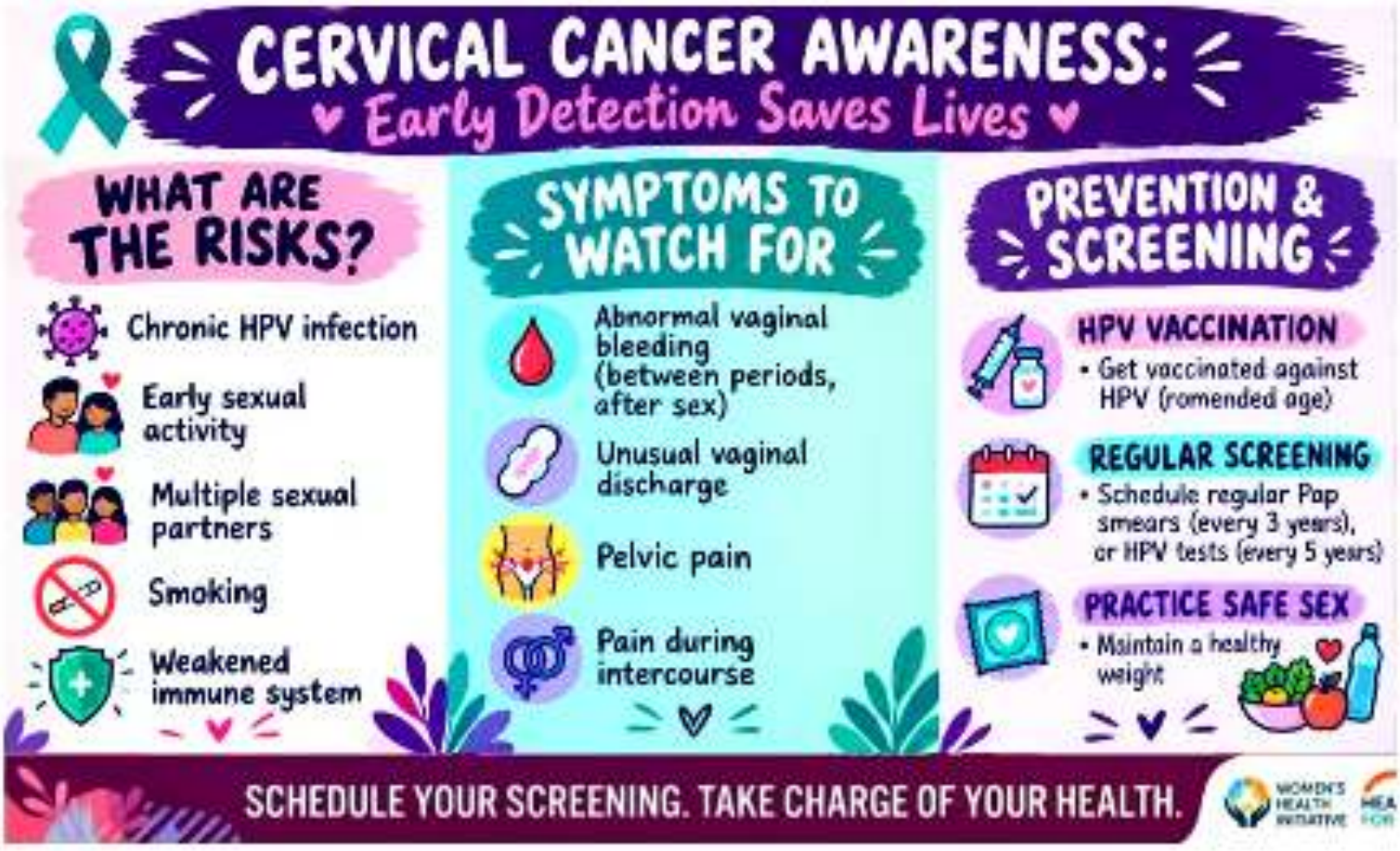
மக்களைத் தேடி மருத்துவம்

**IEC ACTIVITY: 28/10/2026**

## HEALTH EDUCATION
## CERVICAL CANCER
## AWARENESS AND EDUCATION








STAY HEALTHY | STAY PROTECTED | LIVE A HEALTHY LIFE

# மக்களைத் தேடி மருத்துவம்

## IEC ACTIVITY :29/10/26

# BREAST CANCER AWARENESS AND PREVENTION





EARLY DETECTION CAN SAVE LIVES

# BREAST CANCER AWARENESS

AWARENESS. CARE. HOPE.






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 (dimpling, redness, or puckering)

Nipple changes (inversion) or

Visible veins or increased lump

Persistent pain in any part of the

Swelling in armpit or around

## 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

## SCREENING SAVES LIVES

**BSE**
(Self Breast Exam)
Once every month 7–10 days after menstruation.

**CBE**
(Clinical Breast Exam)
Every 1–3 years by a qualified health professional

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

# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

## Community medicine

**IEC Activity 30/10/2026**

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# HEALTH EDUCATION

## Risk assessment score and lifestyle modification





# Risk Assessment Score & Lifestyle Modification

*Know Your Risk – Take Control of Your Health*

## Risk Assessment Score

Helps to estimate the risk of developing cardiovascular disease (heart attack, stroke) in the next 10 years.

### Key Risk Factors

- Age
- Gender
- Blood Pressure
- Blood Cholesterol
- Blood Sugar (Diabetes)
- Smoking / Tobacco Use
- Physical Inactivity
- Obesity / Overweight
- Family History of Heart Disease

### Risk Score Interpretation

| Risk Score (10 Years) | Risk Level |
|---|---|
| < 10% | Low Risk |
| 10–20% | Moderate Risk |
| > 20% | High Risk |

Get your risk assessed by a healthcare provider and know your score. Early action can prevent future complications.

## Lifestyle Modification

*Small Changes, Big Benefits – A Healthier You*

### Healthy Diet

- Eat more fruits, vegetables, whole grains
- Choose lean proteins (fish, dals, chicken)
- Limit salt, sugar and unhealthy fats
- Avoid processed and junk food

### Regular Physical Activity

- At least 150 minutes of moderate exercise per week
- Include walking, cycling, yoga or any preferred activity
- Stay active · stay healthy

### Maintain Healthy Weight

- Keep Body Mass Index (BMI) in normal range

### Quit Tobacco & Limit Alcohol

- Stop smoking – it reduces heart disease and cancer risk
- Avoid or limit alcohol consumption

### Manage Stress

- Practice relaxation techniques – yoga, meditation, deep breathing
- Spend time with family and friends, pursue hobbies

### Regular Health Check-ups

- Monitor blood pressure, blood sugar and cholesterol
- Follow medical advice and take medicines regularly

### Adequate Sleep

- 7–8 hours of quality sleep daily

*Know Your Risk • Make Healthy Choices • Live Longer, Live Better*

# GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL
## DEPARTMENT OF COMMUNITY MEDICINE

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NATIONAL HEALTH MISSION

## IEC ACTIVITY:31/10/2026

## HEALTH EDUCATION
## NCD AWARENESS AND EDUCATION





# RAISE AWARENESS: FIGHT NON-COMMUNICABLE DISEASES (NCDs)

## WHAT ARE NCDs?

Chronic diseases that are non-infectious, long lasting and progress slowly.

**CARDIOVASCULAR DISEASES**
- Heart
- Stroke

**CANCER**
- All types

**CHRONIC RESPIRATORY DISEASES**
- Asthma
- COPD

**DIABETES**
- Type 2

## TAKE CONTROL: MANAGE YOUR RISKS




## PREVENT & PROTECT: KEY STEPS




**EARLY DETECTION SAVES LIVES. LIVE HEALTHY, LIVE LONGER!**

STAY HEALTHY | STAY PROTECTED | LIVE A HEALTHY LIFE