



HEALTHLINE

Health News from PIMS

Inspiring Better Health



5th June World Environment Day

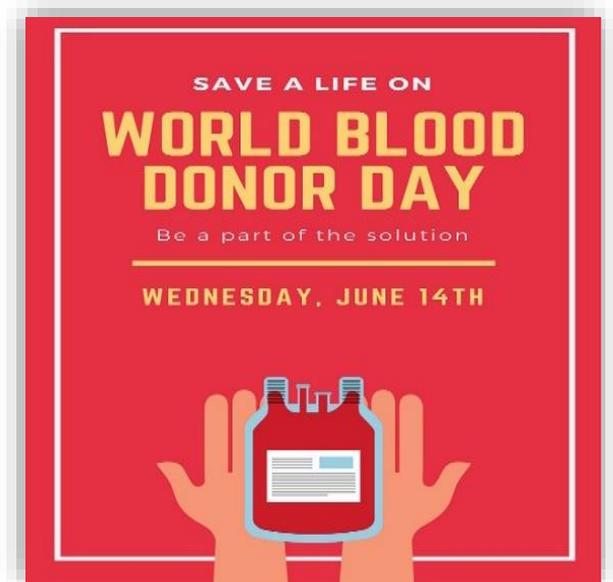
World Environment Day has been started celebrating as an annual event on every 5th of June since 1973 in order to raise the global awareness about the importance of the healthy and green environment in the human lives, to solve the environmental issues by implementing some positive environmental actions as well as to make aware common public worldwide that everyone is responsible for saving his environment and not only somebody, government or organizations working for it.

[Read More](#)

14th June World Blood Donor Day

World Blood Donor Day is celebrated, every year, on the birth anniversary of Karl Landsteiner, 14th June, who classified the blood groups, since its initiation and establishment by WHO, The International Federation Of Red Cross and Red crescent Societies in the year 2004.

[Read More](#)





26th June International Day Against Drug Abuse and Illicit Drug Trafficking

The United Nations General Assembly in 1987 decided to observe 26th June as the International Day against Drug Abuse and Illicit Drug Trafficking as an expression of its determination to strengthen action and cooperation to achieve the goal of an international society free of drug abuse.

[Read More](#)

News to Use

Tips Before Blood Donation

- In the days before your donation, eat healthy, iron-rich foods such as spinach, beans, iron-fortified cereals, raisins, etc. This will help maintain a healthy iron level
- At least 3 hours before donating, eat a balanced meal and avoid fatty foods
- Drink an extra 16 oz. of water and fluids before the donation; you can be deferred for dehydration

Tips After Blood Donation

- Drink plenty of fluids over the next 24-48 hours to replenish any fluids you lost during donation
- Avoid strenuous physical activity or heavy lifting for about 24 hours after donation
- If you feel light headed, lie down, preferably with feet elevated, until the feeling passes

World Environment Day

Man is both creature and moulder of his environment, which gives him physical sustenance and affords him the opportunity for intellectual, moral, social and spiritual growth. In the long and tortuous evolution of the human race on this planet a stage has been reached when, through the rapid acceleration of science and technology, man has acquired the power to transform his environment in countless ways and on an unprecedented scale. Each World Environment Day is organized around a theme that focuses attention on a particularly pressing environmental concern. The theme for 2017, 'Connecting People to Nature', urges us to get outdoors and into nature, to appreciate its beauty and to think about how we are part of nature and how intimately we depend on it. It challenges us to find fun and exciting ways to experience and cherish this vital relationship.



World Environment Day (also called as WED) has been started celebrating as an annual event on every 5th of June since 1973 in order to raise the global awareness about the importance of the healthy and green environment in the human lives, to solve the environmental issues by implementing some positive environmental actions as well as to make aware common public worldwide that everyone is responsible for saving his environment and not only somebody, government or organizations working for it. World environment day annual celebration campaign was started to address the huge environmental issues like wastage and losses of food, deforestation, increasing global warming and so many. Every year celebration is planned according to the particular theme and slogan of the year to bring effectiveness in the campaign all through the world.

Some of the objectives of the world environment day campaign are mentioned below:

- It is celebrated to make aware the common public about the environmental issues.
- Encourage common people from different society and communities to actively participate in the celebration as well as become an active agent in developing environmental safety measures.
- Let them know that community people are very essential to inhibit negative changes towards the environmental issues.
- Encourage people to make their nearby surroundings safe and clean to enjoy safer, cleaner and more prosperous future.

This year's World Environment Day is an ideal occasion to go out and enjoy your country's wilderness. Connecting to nature can involve all the physical senses; why not take off your shoes and get your feet (and hands) dirty; don't just look at the beautiful lake, jump in!!



Dr. Harshdeep Joshi
Assistant Professor
Department of Community Medicine

WORLD ENVIRONMENT DAY 5th JUNE

“THE THEME FOR 2017 IS CONNECTING TO NATURE-IN THE CITY AND ON THE LAND, FROM POLES TO THE EQUATOR”.



“NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED, IT’S THE ONLY THING THAT EVER HAS”.....

” SO LET’S GET TOGETHER TO ACHIEVE WHAT WE THINK OF THIS TASK AS LIMITLESS AND MAKE IT A PRIORITY”



MADE BY :- HARSIMRANJIT KAUR BATCH- 2015

World Blood Donor Day

When Blood connects us all

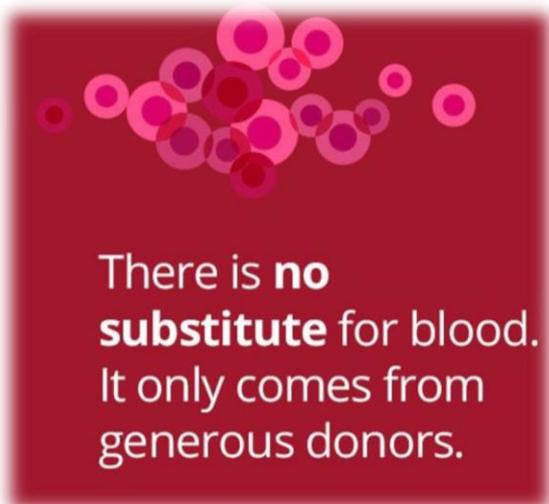
Blood is an important resource, both for planned treatments and urgent interventions. It can help patients suffering from life-threatening conditions live longer and with a higher quality of life, and supports complex medical and surgical procedures. Blood is also vital for treating the wounded during emergencies of all kinds (natural disasters, accidents, armed conflicts, etc.) and has an essential, life-saving role in maternal and perinatal care.



Blood is vital for treating the patients who are in its need. Since it can't be made artificially, its importance increases. Plus the lack of donations following the fear of needles, fear of the myths of blood transfusion such as getting weakness, contracting infections etc, whatever reason may it be, adds to its scarcity. Also its short shelf life and limited storage time means that it is difficult to have a stockpile of blood to prepare for a disaster. The subject was discussed at length after the September 11 attacks in the United States, and the consensus was that collecting during a disaster was impractical and that efforts should be focused on maintaining an adequate supply at all times.



And for that each fearful reason and each patient who needs the blood transfusion, WORLD BLOOD DONOR DAY (WBDD) is celebrated, every year, on the birth anniversary of Karl Landsteiner, 14th June, who classified the blood groups, since its initiation and establishment by WHO, The International Federation Of Red Cross and Red crescent Societies in the year 2004. The event serves to raise awareness of the need for safe blood and blood products and to thank blood donors for their life-saving gifts of blood which cannot be valued in monetary terms.



A blood service that gives patients access to safe blood and blood products in sufficient quantity is a key component of an effective health system. Ensuring safe and sufficient blood supplies requires the development of a nationally coordinated blood transfusion service based on voluntary non-remunerated blood donations. However, in many countries, blood services face the challenge of making sufficient blood available, while also ensuring its quality and safety.

Focus

The lives and health of millions of people are affected by emergencies every year. In the last decade, disasters have caused more than 1 million deaths, with more than 250 million people being affected by emergencies every year. Natural disasters such as earthquakes, floods and storms create considerable needs for emergency health care, while at the same time, often destroying vital health facilities as well. Man-made disasters such as road accidents and armed conflicts also generate substantial health care demands and the need for front-line treatment.

Blood transfusion is an essential component of emergency health care. Emergencies increase the demand for blood transfusion and make its delivery challenging and complex. Adequate supply of blood during emergencies requires a well organised blood service, and this can only be ensured by engaging the entire community and a blood donor population committed to voluntary unpaid blood donation throughout the year. This year's campaign will focus on blood donation in emergencies.

In crisis or emergency situation, the natural human response is "What can I do? How can I help?". Therefore, the slogan for the 2017 campaign is: **What can you do?**, with the secondary message: **Give blood. Give now. Give often.** The campaign underlines the role every single person can play in helping others in emergency situations, by giving the valuable gift of blood. It also focuses on the fact that it is important to give blood regularly, so that the blood stock is sufficient before an emergency arises.

Objective

- To encourage all people to strengthen the emergency preparedness of health services in their community by donating blood.
- To engage authorities in the establishment of effective national blood donor programmes with the capacity to respond promptly to the increase in blood demand during emergencies.
- To promote the inclusion of blood transfusion services in national emergency preparedness and response activities.
- To build wider public awareness of the need for committed, year-round blood donation, in order to maintain adequate supplies and achieve a national self-sufficiency of blood.
- To celebrate and thank individuals who donate blood regularly and to encourage young people to become new donors as well.
- To promote international collaboration and to ensure worldwide dissemination of and consensus on the principles of voluntary non-remunerated donation, while increasing blood safety and availability.

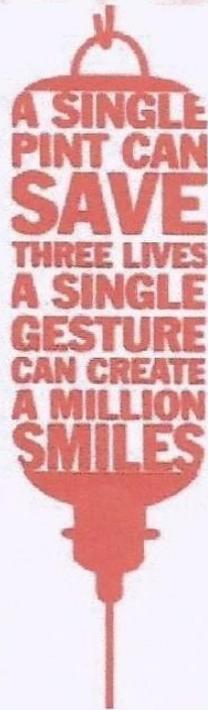


Dr. Ashish Gupta
Junior Resident
Department of Paediatrics

WORLD **BLOOD** DONOR DAY

14 th JUNE

SHARE LIFE GIVE **BLOOD**



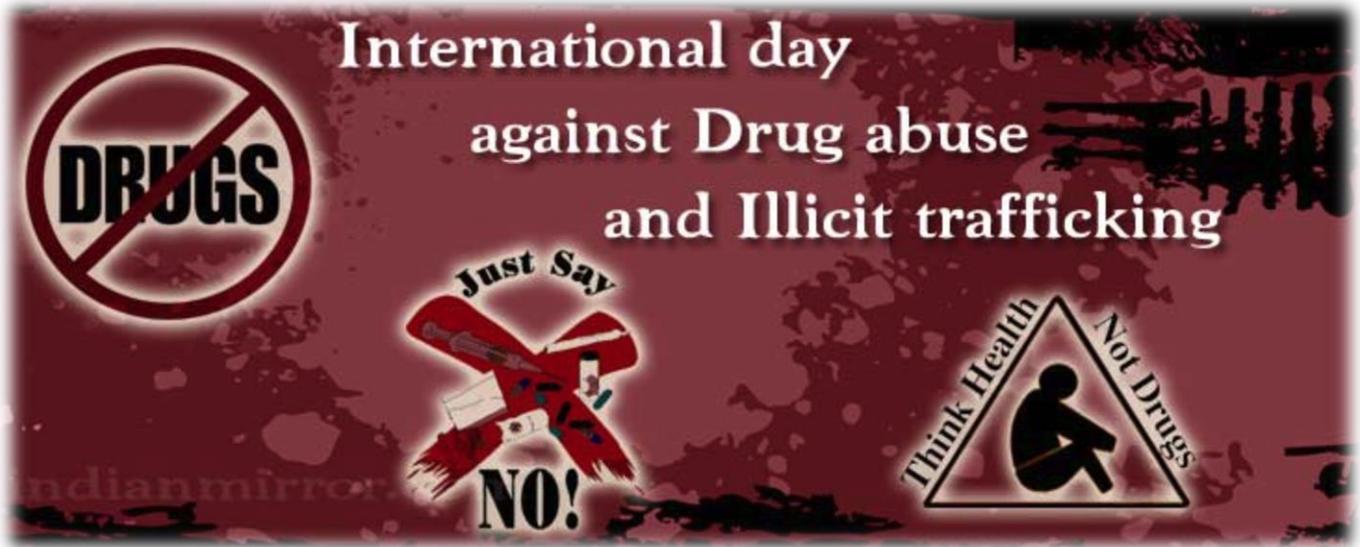
- BE SOMEONE'S HERO GIVE BLOOD
- JOIN BLOOD CENTRES ACROSS THE GLOBE IN SAVING LIFE
- BLOOD IS MEANT TO CIRCULATE PASS IT AROUND
- EXCUSE NEVER SAVE LIFE BLOOD DONATION DOES
- EVERY DROP COUNTS.GIVE BLOOD TODAY!
- GIVE A HAND TO THOSE IN SERIOUS NEED OF BLOOD



MADE BY :- GURBIR SINGH ;BATCH 2015

International Day Against Drug Abuse And Illicit Drug Trafficking

The United Nations General Assembly in 1987 decided to observe 26th June as the International Day against Drug Abuse and Illicit Drug Trafficking as an expression of its determination to strengthen action and cooperation to achieve the goal of an international society free of drug abuse.



The United Nations Office on Drugs and Crime (UNODC) selects themes for the International Day and launches campaigns to raise awareness about the global drug problem.



UNODC

United Nations Office on Drugs and Crime

The UN Office on Drugs and Crime (UNODC) has, over the years, been actively involved in launching campaigns to mobilize support for drug control. The UNODC often teams up with other organizations and encourages people in society to actively take part in these campaigns.

"Listen First - Listening to children and youth is the first step to help them grow healthy and safe." Its the theme for the year 2017.



Listen FIRST

Listening to children and youth
is the first step to help them
grow healthy and safe

The drug master plan is a single document covering all national concerns regarding drug control; summarising national policies authoritatively, and defining priorities and allocating responsibility for drug control efforts (United Nations Drug Control Programme). The National Drug Master Plan prioritises strategies on demand reduction, supply reduction and harm reduction. Governments, organisations and individuals in many countries, including Vietnam, Borneo and Thailand, have actively participated in promotional events and larger scale activities, such as public rallies and mass media involvement, to promote the awareness of dangers associated with illicit drugs.

Narcotics Control Bureau, India

The **Narcotics Control Bureau** being the nodal agency for drug law enforcement in India observe the **‘International Day against Drug abuse and Illicit trafficking on 26th June**, with many programs/activities to raise awareness among the public about the harmful effects of drug abuse in society. NCB through its field formations around the country takes this opportunity to organize various types of events every year in conjunction with local communities and state governments to celebrate the World Drug Day with full vigor.



DEDICATION ENFORCEMENT COORDINATION
निष्ठा नियमन समन्वय

NCB is also the nodal authority for coordination of actions of various Ministries, departments and States in respect of matters relating to Drugs.

Apart from the above NCB has also organising following programme all over the country through its field units to spread drug awareness among the masses:-

- Organisation of Seminars/Workshops/film shows on drug abuse prevention at different schools and colleges.
- Distribution of backdrops, flex banners, posters, signages, pamphlets and publicity through hoardings, slide shows in cinemas etc.
- Organisation of Pledges/Oath ceremonies against drug abuse.
- Awareness campaigns by coordinating with Schools/colleges/NGOs etc.
- Holding of Runs/Rallies/Padyatras/Street plays against drug abuse.

Things which can be done!!

- **Community support** is extremely important to prevent, treat, rehabilitate and accept those addicted to substances. Help break the stigma and promote faster recovery.
- Be a **good role model** and empower young people to deal with life challenges to buffer substance abuse.
- **Be a messenger** - provide factual information on the negative socio-economic effects of substance abuse to bring about behavioral changes.
 - *Don't drink and drive - Arrive Alive!*
 - *Celebrate year end festivities soberly and responsibly: Don't turn a night out into a nightmare.*
 - *Say NO to drugs.*
- **Partner with government volunteer and support rehabilitation programmes** to increase access to information for affected individuals and communities.



Facts About Drugs

- There is a burden of “secondary risks”, including injury, premature non-natural deaths, foetal alcohol syndrome (FASD).
- Research indicates that social costs of alcohol related trauma and accidents far exceed those of other countries and that intoxication was a major factor in road accidents.
- The UN's **2007 World Drug Report** puts the value of the illegal drug trade at **US\$322 billion** a year.
- The relationship between alcohol and illegal drugs, crime, and violence is both direct and complex. In **2007**, more than **47%** of victims of homicide tested positively for alcohol at the time of death. Alcohol makes people vulnerable to crime.



Dr. Jatin Kanda
Intern

“ILLICIT DRUG TRAFFICKING DAY 26TH JUNE”

“LISTEN FIRST”- LISTENING TO CHILDREN AND YOUTH IS THE FIRST STEP TO HELP THEM GROW HEALTHY AND SAFE.



International Day
against Drug Abuse
and Illicit Trafficking

“WASTED ? SO IS YOUR LIFE”

- LIFE DOESNOT REWIND SO SAY NO TO DRUGS
- MAKE HEALTH YOUR “NEW HIGH” IN LIFE NOT DRUGS

MADE BY :- GURBIR SINGH

BATCH:- 2015

