



SPECIAL E-SOUVENIR FOR WORLD HEALTH DAY 2018

7th April

" UNIVERSAL HEALTH COVERAGE: EVERYONE, EVERYWHERE "



IIT Guwahati Hospital

Indian Institute of Technology Guwahati

Guwahati Assam

Pin Code: 781039

24x 7 emergency medical services available

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AIMS AND OBJECTIVES

"A healthy mind resides in a healthy body and a healthy individual can create a strong nation."

The Medical Section appreciates the positive response it got for its effort in organising World Health Day 2018 on an institutional level. So in order commemorate this event a special edition e-souvenir will be launched by Prof. Gautam Biswas, Hon'ble Director IIT Guwahati in the Hall No. 2, Conference Centre, IIT Guwahati on 7th April 2018. The aim and objective of this souvenir is to spread the awareness about the topic "health" and its various dimensions.

With regards,

Team, Medical Section
IIT Guwahati



भारतीय प्रौद्योगिकी संस्थान गुवाहाटी
Indian Institute of Technology Guwahati

Prof. Gautam Biswas
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MESSAGE

It gives me immense pleasure to know that IIT Guwahati Hospital is observing the "World Health Day" at IIT Guwahati on April 7, 2018. The Doctors, Nurses and staff of IIT Guwahati Hospital have extended yeoman's service to the hospital and to its patients. I am sure that they will continue their benevolent service in the years to come.

I congratulate the organizing team for making this event happen and wish a grand success for the event.

Gautam Biswas

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Prof. P.S. Robi
Deputy Director
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Message

I take this opportunity to first extend my greetings and best wishes to members of the IIT Guwahati community on the occasion of 'World Health Day' on April 07, 2018.

I am also extremely delighted to learn that the Medical Section, IIT Guwahati has decided to launch an *E-Souvenir* to commemorate this occasion. This is indeed a wonderful initiative as the *E-Souvenir* is meant to be used as a platform to spread awareness about day-to-day health issues, preventive measures and promote healthier living habits. I am sure that the IIT Guwahati community and others alike will find the souvenir immensely useful and benefit from the information that will be disseminated through it.

I convey my heartfelt gratitude to all the doctors, nurses and staff of the Medical Section who work selflessly in ensuring that the whole community gets timely medical care and attention. I wish them the best in all their future endeavors and once again congratulate all those involved in publishing this *E-Souvenir*.

Deputy Director
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DEPARTMENT OF CIVIL
ENGINEERING

WORLD HEALTH DAY MESSAGE

*Prof. Arup Kumar Sarma
Chairperson, World Health Day Celebration 2018
Indian Institute of Technology Guwahati*

We are just a visitor of this beautiful globe for a short period, and according to our ancient Indian philosophy, we keep on revisiting this fabulous planet time and again. This green earth is giving us a lot and our ancestors have contributed a lot through their innovative inventions with the hope that our living would be better. Therefore, I always feel that we have a moral responsibility to share our time judiciously between enjoying what our ancestors have created for us and in innovating something better so that our successor can enjoy their living in a much better way than we are doing now. As we are visiting for a short period and need to share time between enjoying and innovating, we hardly have time to spend uselessly. Therefore, time is very precious. If we fall sick, we not only lose our own time but consume time of all those who sacrifice their time for our care. Similarly if we can save a life we add several man-hours to this globe, which may be of very high value and precious depending on capability of the saved life. Therefore, maintaining a good health and saving life are of utmost importance for enjoying and innovating, which, to me, are the two broad objectives for which we are here on this globe.

Good health, many a time, is also a perception of mind. In spite of numerous exciting breakthroughs in life science, a living being with thousands of chemical processes going inside it, is still remaining a mystery, and the mind which is an integral part of each individual is yet to be understood. Our age-old Indian culture of yoga and meditation is perhaps the only way through which even a common individual can have control over mind. Moreover, from our childhood we all are reading the famous phrase that *prevention is better than cure*. I believe this is true for our health as well. However, prevention will not come just by saying; knowledge about precaution can be said as a pre-requisite for prevention. Some of such precautionary measures were taught in our school curriculum even during seventies. I still remember sneezing can carry germs from one to another, and therefore always take measures while sneezing. However, I was never taught, what I should immediately do if someone is getting a heart attack or brain stroke; what are the symptoms of heart attack; what should I do if someone is feeling giddiness; what needs to be done when someone is affected by burning; what are the right postures of sitting, standing or relaxing; when we should take a patient to a trained medical practitioner urgently, and so on. I think this list will not end in one page. Therefore, I sincerely feel, to make a difference in health care situation, we need to introduce a subject on preliminary health care at different levels of the school and should develop an appropriate course curriculum keeping in mind the age group, so that we can save life, remain healthy both physically and perceptually and can avoid self-medication for a healthy world.

(Arup Kumar Sarma)

भारतीय प्रौद्योगिकी संस्थान गुवाहाटी
Indian Institute of Technology Guwahati



Message from Registrar

I enjoy great pleasure in appreciating the effort put in by the employees of IITG Hospital and the Organizing Committee for celebration of World Health Day on 7th April, 2018. Health is the most important asset of a human being, after character. The initiative taken by IITG Hospital in promoting health amongst the IITG fraternity is really praiseworthy. I extend my heartiest congratulations and best wishes to all of you on this occasion and hope that this hospital of ours continues to serve the Institute fraternity for promoting better health for happy life.

A special message for all of us, "Let's walk for good health".


16/3/18

(U C Das)
Registrar

Indian Institute of Technology Guwahati



भारतीय प्रौद्योगिकी संस्थान गुवाहाटी INDIAN INSTITUTE OF TECHNOLOGY GUWAHATI

Dr. Anuj Kr. Baruah

CMO & HOS, Medical section

WHO and World Health Day

The World Health Organization (WHO) is a specialised, non-political health agency of the United Nations. Its headquarters is at Geneva. The constitution of WHO came into force on 7th April, 1948 which day is celebrated every year as "World Health Day". A World Health Day theme is chosen each year to focus attention on a specific aspect of public health.

Objective: The objective of the WHO is "the attainment by all peoples' of a highest level of health" which is set out in the preamble of the Constitution. The preamble of the constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". The current objective of WHO is the attainment by all people of the world a level of health that will permit them to lead a socially and economically productive life.

Work of WHO: WHO's first Constitutional function is to act as the directing and co-ordinating authority on all international health work.

World Health Day 2018: the theme for this year is "Universal health coverage: everyone, everywhere". This means ensuring that everyone, everywhere can access essential quality health services without facing financial hardship. The slogan is "Health for All". To attain it everyone has a part to play. Apart from government ministries, parliamentary health committees, political parties; we as an individual can use our own voices to demand good health services.

Universal health coverage (UHC): here universal means "for all", without discrimination, leaving no one behind. Everyone everywhere has a right to benefit from health services they need without falling into poverty when using them. For this year the messages are:

- UHC is about ensuring all people can get quality health services, where and when they need them without financial hardship.
- No one should have to choose between good health and other necessities.
- UHC is key to people's and nations' health and well-being.
- UHC is feasible.
- All countries will approach UHC in different ways: there is no one size fits all.

- Making health services truly universal requires a shift from designing health systems around diseases and institutions towards health services designed around and for people.
- Everyone can play a part in the path to UHC, by taking part in a UHC conversation.

What UHC is not:

- UHC does not mean free coverage for all possible health interventions, regardless of the cost, as no country can provide all services free of charge on a sustainable basis.
- UHC is not only about ensuring a minimum package of health services, but also about ensuring a progressive expansion of coverage of health services and financial protection as more resources become available.
- UHC is not only about medical treatment for individuals, but also includes services for whole populations such as public health campaigns.
- UHC is not just about health care and financing the health system of a country. It encompasses all components of health system.

World Health Day will shine a spotlight on the need for UHC – and the advantages it can bring. Throughout 2018, WHO will aim to inspire, motivate and guide Universal Health Coverage stakeholders to make commitments towards UHC.



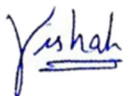
Dr. Anuj Kr. Baruah.
Convener, Organising Committee
World Health Day 2018

We are all living through what is supposedly the best phase of our lives, or so we're frequently told. As is often the case, we frequently take things for granted, and by the time we realise what we've lost, it's too late. One thing we take for granted more often than anything else is our body, treating it with a devil may care attitude. We put our body through messy sleep cycles, junk food, skipping meals, substance abuse and a lot of stress. In the long run, it takes a heavy toll on our health. Above all, health is the most important aspect of one's life. Only with a healthy body can someone be at their most productive. We don't put enough value to our health until we fall sick, only then do we realize it's importance. With a healthy body, also comes a fresh outlook on life.

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. Today, food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise cause more than 95% of all chronic diseases. And with our lifestyle turning more and more toxic with every new fast food joint popping up at the corner of our streets, it is now more important than ever that we start focusing on our health. Being healthy isn't just about being free from diseases, it is a state of mind. Too often we focus on just the physical aspect of health and ignore the risks our mental health might be facing. With the world becoming more competitive, it goes without saying that the average person is under a lot more stress than ever before. A lot of people are not aware of the serious harm that stress could do to us in the longer run, and the importance of stress management. Most educated people are not aware of just how intricately our physical and mental health are related. Stress can lead to clinical depression, which is proving to be another growing problem, hair fall, higher rates of heart conditions and even some neurodegenerative diseases.

Aside from the obvious effects on health in the long term, diseases can also seriously affect your work life. People who are stressed, or have any health condition in general, are a lot less productive and a lot less focussed than people who are fit, and it could possibly lead to you not getting that promotion you have been waiting for. For students, staying healthy is important because it puts you in the best frame of mind to learn, and work on your goals. As far as families are concerned, healthier families are often happier, as any form of illness can seriously affect the functioning of the family, and financially hurt the family.

It is hence obvious that, health is of utmost importance to everyone, and a healthy lifestyle is a necessity in today's world. This World Health Day, lets pledge to adopt a healthy lifestyle and make this world a healthier place, one person at a time.



Vishak Regu
3rd Year, Mechanical Engineering

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