



IPHA MAHARASHTRA BRANCH

Newsletter

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Monkeypox New Threat?

Since early May 2022, cases of monkeypox have been reported from countries where the disease is not endemic, and continue to be reported in several endemic countries. Most confirmed cases with travel history reported travel to countries in Europe and North America, rather than West or Central Africa where the monkeypox virus is endemic. Since 1 January and as of 22 June 2022, 3413 laboratory confirmed cases and one death have been reported to WHO from 50 countries/territories in five WHO Regions. The majority of laboratory confirmed cases (2933/3413; 86%) were reported from the WHO European Region. Other regions reporting cases include: the African Region (73/3413, 2%), Region of the Americas (381/3413, 11%), Eastern Mediterranean Region (15/3413, <1%) and Western Pacific Region (11/3413, <1%). One death was reported in Nigeria in the second quarter of 2022.

Monkeypox virus is an orthopoxvirus that causes a disease with symptoms similar, but less severe, to smallpox. While smallpox was eradicated in 1980, monkeypox continues to occur in countries of central and west Africa. Two distinct clades are identified: the west African clade and the Congo Basin clade, also known as the central African clade.

Monkeypox is a zoonosis, a disease that is transmitted from animals to humans. Cases are often found close to tropical rainforests where there are animals that carry the virus. Evidence of monkeypox virus infection has been found in animals including squirrels, Gambian poached rats, dormice, different species of monkeys and others. Human-to-human transmission is limited. It can be transmitted through contact with bodily fluids, lesions on the skin or on internal mucosal surfaces, such as in the mouth or throat, respiratory droplets and contaminated objects.

Detection of viral DNA by polymerase chain reaction (PCR) is the preferred laboratory test for

monkeypox. The best diagnostic specimens are directly from the rash – skin, fluid or crusts, or biopsy where feasible. Monkeypox presents with fever, an extensive characteristic rash and usually swollen lymph nodes. It is important to distinguish monkeypox from other illnesses such as chickenpox, measles, bacterial skin infections, scabies, syphilis and medication-associated allergies.

The incubation period of monkeypox can range from 5 to 21 days. The febrile stage of illness usually lasts 1 to 3 days with symptoms including fever, intense headache, lymphadenopathy, back pain, myalgia, and an intense asthenia (lack of energy). The febrile stage is followed by the skin eruption stage, lasting for 2 to 4 weeks. Lesions evolve from macules to papules to vesicles to pustules, followed by scabs or crusts. However, the recent outbreak has shown atypical clinical presentation compared to this classical clinical picture. The proportion of patients who die has varied between 0 and 11% in documented cases and has been higher among young children.

Raising awareness of risk factors and educating people about the measures they can take to reduce exposure to the virus is the main prevention strategy for monkeypox. There are number of measures that can be taken to prevent infection with monkeypox virus:

- Avoid contact with any materials, such as bedding, that has been in contact with a sick person.
- Isolate infected patients from others.
- Practice good hand hygiene after contact with infected animals or humans.
- Use appropriate personal protective equipment (PPE) when caring for patients.

The public is to be reminded that rumours and incorrect information continue to circulate on social media and other platforms regarding the current outbreak, and that it is important to check facts with credible sources such as WHO or national health authorities. (Source: WHO Website);

Dr. Prasad Waingankar

EDITORIAL

Hypertension Prevention and Control: Community Awareness is the key

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High blood pressure (BP) is ranked as the third most important risk factor for attributable burden of disease in south Asia (2010) [1]. Hypertension (HTN) exerts a substantial public health burden on cardiovascular health status and healthcare systems in India [2,3]. HTN is directly responsible for 57% of all stroke deaths and 24% of all coronary heart disease (CHD) deaths in India [4]. The WHO rates HTN as one of the most important causes of premature death worldwide [5]. An estimated 1.28 billion adults aged 30-79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries. An estimated 46% of adults with hypertension are unaware that they have the condition. Less than half of adults (42%) with hypertension are diagnosed and treated. Approximately 1 in 5 adults (21%) with hypertension have it under control. Hypertension is a major cause of premature death worldwide. One of the global targets for noncommunicable diseases is to reduce the prevalence of hypertension by 33% between 2010 and 2030[6].

The prevalence of hypertension varies across regions and country income groups. The WHO African Region has the highest prevalence of hypertension (27%) followed by East Mediterranean region (26%), South East Asia Region (25%) while the WHO Region of the Americas has the lowest prevalence of hypertension (18%). The number of adults with hypertension increased from 594 million in 1975 to 1.13 billion in 2015, with the increase seen largely in low- and middle-income countries [6]. Prevalence of Hypertension in India among male was 24% & among female was 21.3% according to NFHS-5 (2019-2021) survey [7].

A systematic review on the prevalence of HTN in India, for studies published between 1969 and July 2011, reported a range between 13.9 to 46.3% and 4.5 to 58.8% in urban and rural areas of India, respectively [8]. This increase is due mainly to a rise in hypertension risk factors in those populations.[6]

Risk factors for hypertension:

Modifiable risk factors include unhealthy diets (excessive salt consumption, a diet high in saturated fat and trans fats, low intake of fruits and vegetables), physical inactivity, consumption of tobacco and alcohol, and being overweight or obese. Non-modifiable risk factors include a family history of hypertension, age over 65 years and co-existing diseases such as diabetes or kidney disease [6].

Common symptoms of hypertension:

Hypertension is called a "silent killer". Most people with hypertension are unaware of the problem because it may have no warning signs or symptoms. For this reason, it is essential that blood pressure is measured regularly. When symptoms do occur, they can include early morning headaches, nosebleeds, irregular heart rhythms, vision changes, and buzzing in the ears. Severe hypertension can cause fatigue, nausea, vomiting, confusion, anxiety, chest pain, and muscle tremors [6].

The only way to detect hypertension is to have a health professional measure blood pressure. Having blood pressure measured is quick and painless. Although individuals can measure their own blood pressure using automated devices, an evaluation by a health professional is important for assessment of risk and associated conditions [6].

Complications of uncontrolled HTN

Among other complications, hypertension can cause serious damage to the heart. Excessive pressure can harden arteries, decreasing the flow of blood and oxygen to the heart. This elevated pressure and reduced blood flow can cause: Chest pain, also called angina. Heart attack, which occurs when the blood supply to the heart is blocked and heart muscle cells die from lack of oxygen. The longer the blood flow is blocked, the greater the damage to the heart. Heart failure, which occurs when the heart cannot pump enough blood and oxygen to other vital body organs. Irregular

heart beat which can lead to a sudden death.

Hypertension can also burst or block arteries that supply blood and oxygen to the brain, causing a stroke. In addition, hypertension can cause kidney damage, leading to kidney failure [6].

Prevention & Management of HTN

Reducing hypertension prevents heart attack, stroke, and kidney damage, as well as other health problems. A reduction in systolic blood pressure of 10 mmHg is associated with a 22% reduction in coronary heart disease, and a 41% reduction in stroke in randomized trials, and a 41-46% reduction in cardio metabolic mortality in epidemiological studies [1].

Prevention: Reducing salt intake (to less than 5g daily), Eating more fruit and vegetables, Being physically active on a regular basis, Avoiding use of tobacco, Reducing alcohol consumption, Limiting the intake of foods high in saturated fats, Eliminating/reducing trans fats in diet.

Management: Reducing and managing stress, regularly checking blood pressure, treating high blood pressure, Managing other medical conditions.

STEPS is the WHO's recommended tool for surveillance of NCDs and their risk factors. It provides an entry point for low- and middle-income countries to get started on NCD surveillance activities. It is also designed to help countries build and strengthen their capacity to conduct surveillance. STEPS is a sequential process. It starts with gathering key information on risk factors with a questionnaire to obtain core data on socio-demographic information, tobacco and alcohol use, dietary behaviour, physical activity, history of NCD conditions and lifestyle advice & cervical cancer screening, then moves to simple physical measurements to build on the core data in Step 1 and determine the proportion of adults that are overweight and obese, have raised blood pressure and then to more complex collection of urine and blood samples for biochemical analysis to measure prevalence of high urinary sodium concentration, raised blood glucose, and abnormal blood lipids[9].

To support governments in strengthening the prevention and control of cardiovascular disease, WHO and the United States Centers for Disease Control

and Prevention (U.S. CDC) launched the Global Hearts Initiative in September 2016, which includes the HEARTS technical package. The six modules of the HEARTS technical package (Healthy-lifestyle counselling, Evidence-based treatment protocols, Access to essential medicines and technology, Risk-based management, Team-based care, and Systems for monitoring) provide a strategic approach to improve cardiovascular health in countries across the world [6].

The BP control among both urban and rural parts of India has been very poor (range of 6.5–15% in rural and 11.6–28.7% in urban). These findings have enormous public health significance for policy makers and physicians alike [10]. In September 2017, WHO began a partnership with Resolve to Save Lives, an initiative of Vital Strategies, to support national governments to implement the Global Hearts Initiative. Other partners contributing to the Global Hearts Initiative are: the CDC Foundation, the Global Health Advocacy Incubator, the Johns Hopkins Bloomberg School of Public Health, the Pan American Health Organization (PAHO) and the U.S. CDC. Since implementation of the programme in 2017 in 18 low- and middle-income countries, 3 million people have been put on protocol-based hypertension treatment through person-centred models of care. These programmes demonstrate the feasibility and effectiveness of standardized hypertension control programmes [6].

World Hypertension Day 2022

Measure Your Blood Pressure Accurately

Control It, Live Longer

The World Hypertension League - an affiliate of the International Society of Hypertension (ISH) designated and initiated the World Hypertension Day in May 2005. Ever since then, it has become an annual event crusading for increasing blood pressure awareness and prevention of related deaths. This year's theme is Measure Your Blood Pressure Accurately, Control It, Live Longer [11] It focuses on combatting low awareness rates worldwide, especially in low to middle income areas, and accurate blood pressure measurement methods.

To increase awareness of hypertension, there are two critical components: Establish high-capacity community screening programs for recognition of high BP in those at risk and

promote routine measurement of BP by health-care professionals at all clinical encounters. An important initial step for control of hypertension and achievement of the United Nations 2025 goal for a 25% reduction in uncontrolled hypertension is to improve hypertension diagnosis. Enhanced BP screenings through activities of the WHD will contribute to achieving this goal. WHL, with their member organizations and partners for national programs, will work to implement WHD screenings globally.

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INDIAN PUBLIC HEALTH ASSOCIATION - MAHARASHTRA

PADVIDHAR SANSHODHAN PRAKALP ANUDAN - 2022

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Congratulations to the students on selection of research proposals under the scheme for year 2022

Report of 49th Annual National Conference of IAPSM and 23rd joint State Conference of IAPSM Maharashtra Chapter and IPHA Maharashtra Branch - 2022 by

Organizing Chairperson Dr. Uday Narlawar

The 49th Annual National Conference of Indian Association of Preventive and Social Medicine (IAPSM) and 23rd joint IAPSM Maharashtra Chapter and Indian Public Health Association (IPHA) Maharashtra Branch State Conference - 2022, on the theme '**Beyond the Pandemic: Time to move**' was jointly organized by departments of Community Medicine of Government Medical college and Indira Gandhi Government Medical College, Nagpur from 3rd to 5th March 2022 with pre-conference workshops from 27th February to 2nd March and post - conference workshops on 6th and 10th March.



The selection of the theme of conference 'Beyond the Pandemic: Time to move' is apt, as it addresses the need of resilient health system for responding to challenges posed due to pandemics while effectively responding to the health needs of the communities.

Because of the prevailing pandemic situation, we were forced to hold the conference in online mode. The three-day scientific extravaganza evoked creative discussion in various areas of public health priority. There was enormous response from delegates in India as well as abroad with a total of 1750 registrations. Also, five pre-conference workshops and two post-conference workshops were organized which had resource persons of international acclaim.

To facilitate networking and interactions among post graduate students and to channelize their energy, various competitions were organized like Slogan writing, video making & critical appraisal of journal article etc. A post graduate quiz was also organized wherein the team from AIIMS Jodhpur emerged as winners. A trophy was donated by the organizing

committee of IAPSMCON Nagpur 2022 which will be rotated and given every year to the winning team in the valedictory function.

Pre & Post Conference Workshops

The first Pre-Conference Workshop was '*Bounce-back for Implementation of competency based curriculum including logbook and portfolio in Community medicine for undergraduate and post graduate students*' which was conducted on 27th February by - Dr. Pankaj B. Shah, Professor & Head, Dept. of Community Medicine, SRMC & RI, SRIHER, Chennai and his team. It was a full day CME covering various topics like Introduction to Newer Elements and their implementation, Skill training and its implementation, Compulsory Rotating Medical Internship Regulations 2021, etc. The total number of participants was 125.

The second Pre-Conference Workshop was '*Regression analysis using R software*' which was conducted by Dr. Prashant Kokiwar, Professor & Head, Community Medicine, MRIMS, Hyderabad on 28th February 2022. The following topics were covered - Understanding the concepts of linear regression, logistic regression, and practice in R along with group work and presentations. For this CME the total number of participants was 30.

The Third Pre-Conference Workshop was '*Fundamentals of agreement analysis*' which was conducted by Dr. Hemant Kulkarni, CEO - M&H Research, LLC, San Antonio, TX, USA on 1st March 2022. The resource person enlightened participants on topics like categorical versus continuous measurements, Cohen's kappa-unweighted and weighted, multiple rater agreement, latent class analysis for agreement data, Interclass correlation coefficient (ICC), Bland-Altman plots, etc. Various measures like quizzes & polls were used to make the session more interactive. This being a hands-on session, maximum participants allowed were 30.

The Fourth Pre-Conference Workshop was on '*Sex education-counselling & therapy*' conducted on 1st march 2022 by Dr. Sanjay Deshpande, Professor, Datta Meghe Medical College, Wanadongri, Nagpur and team. The speakers elaborated over the topic under various headings like, need and scope of sexual medicine, normal human



sexual response and sexual dysfunctions in males and females, pharmacotherapy in sexual medicine, history taking and sex counseling, sexuality education. It was half-day session with 100 participant strength.

The Fifth Pre-Conference Workshop was on 'Artificial intelligence in disease screening' conducted by Dr. Hemant Kulkarni, CEO - M&H Research, LLC, San Antonio, TX, USA on 2nd March 2022. The following topics were discussed - concepts in disease screening and terms in Artificial Intelligence, potential scenarios suitable for AI applications in disease screening and their ethical and practical issues, case studies on screening for COVID-19 using AI, publicly available AI data resources for research. This being a hands-on session, maximum participants allowed were 30.

The First Post-Conference Workshop was on 'Advancing Tobacco Control by Academic and Research Institutions of India' conducted on the 6th of March 2022 by Dr. Sonu Goel, Professor, Dept. of Community Medicine & School of Public Health, PGIMER, Chandigarh and team. Topics discussed were Tobacco Burden - Global and Indian Scenario, WHO-FCTC and MPOWER measures, National Tobacco Control Programme, new and emerging challenges in tobacco control (ENDS, TII), role of public health institutions in advancing tobacco control in academia and research, integrating tobacco control at PGIMER - a case study. The total number of participants was 100.

The Second Post-Conference Workshop was on 'Operational Research' and was conducted on 10th March 2022 by Dr. Rivu Basu, Associate Professor, Dept of Community Medicine, Bankura Sammilani Medical College, West Bengal & team. The total number of participants was 60.

Inauguration

The inaugural function was graced by the following dignitaries with their online/ offline presence-



- Hon'ble Shri Nitinji Gadkari (Minister for Road Transport & Highways Govt. of India)
- Hon'ble Padmashri Dr. Vikas Mahatme
- Dr. Madhuri Kanitkar (Vice Chancellor, MUHS Nashik)
- Dr. Sanjay Zodpey, Chief advisor
- Dr. Suneela Garg (President, National IAPSM)
- Dr. A. M. Kadri Secretary National IAPSM
- Dr. Raj Gajbhiye (Dean, GMC Nagpur)
- Dr. Bhawana Sonwane (Dean, IGGMC Nagpur)
- Dr. Uday Narlawar Organizing chairperson IAPSMCON 2022
- Dr. Ashok Jadhao Organizing Secretary IAPSMCON 2022
- Organizing vice chairperson Dr Sushama Thakre & Dr Pragati Rathod, member of scientific committee were the masters of ceremony for this event.



Souvenir of the conference was released by the auspicious hands of the dignitaries. Along with this IAPSM advisories on menstrual health & hygiene management, advancing tobacco control and COVID - 19 home isolation guidelines for vulnerable population were released.

Day 1 – 3rd March 2022

There were three orations and nine plenary sessions on day one of the conference. All the Orations were delivered by renowned personnel in the field of Community Medicine and Public Health.

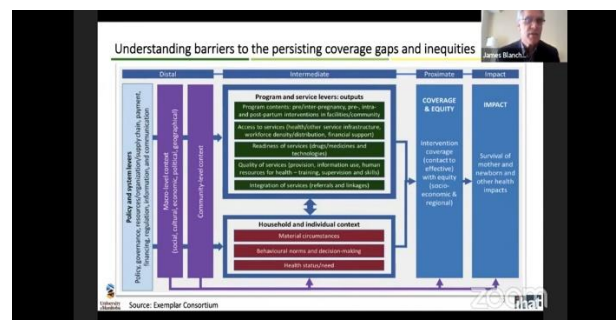
Harcharan Singh National IAPSM oration was rendered by Dr. Sunil Raina, Professor & Head, Department of Community Medicine, Dr. RP Govt. Medical College, Tanda, HP on the topic- *'Did we read the pandemic correctly or did we submit to the narrative – The role of precaution.'* In his oration he focused on background regarding covid-19 pandemic, various studies regarding COVID-19 pandemic, precautionary principles, probability of event association, standard risk management, precautionary approach etc.

Padma Bhushan Banoo Jehangir Coyaji IPHA Maharashtra State Branch Oration was delivered by Dr. Asha Pratinidhi, Director of Research, Krishna institute of Medical Sciences University (KIMSU) and the topic was *'Senile Dementia Syndrome.'* The several types of dementia and their curative measures and how the COVID pandemic has affected the elderly population in particular with respect to their behavioral and cognitive functions was discussed in detail in this oration.

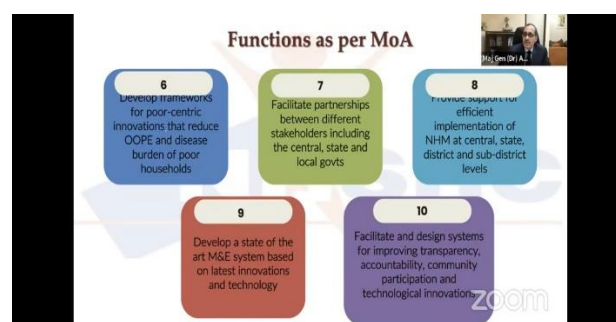
Padma Shree Dr. D. N. Pai Memorial IAPSM Maharashtra Chapter Oration was given by Dr. Gajanan Velhal, Prof & Head, Department of Community medicine, Seth G S Medical College & KEM hospital, Mumbai and the topic was *'Micro level reforms to enrich Public Health teaching expertise amongst faculties of Community Medicine.'* The oration covered various points like, good health is true wealth, advocacy for community health demand and utilization of health services, empowering community, etc.

Plenary session 1: It was organized by IHAT & UPTSU and University of Manitoba on the topic *"Integrated approach to enhance RMNCH in Public service in UP"* and Speakers for this session were Dr. Vasanth

Kumar N, Executive Director, Uttar Pradesh Technical Support Unit at University of Manitoba & Dr. James Blanchard, Physician & Director, Center for Global Public Health, University Of Manitoba and IHAT. Data of full immunization coverage, antenatal care, labor and delivery processes in public facility, in Uttar Pradesh and HMIS system of Uttar Pradesh were discussed.



Plenary session 2: It was from National Health Systems Resource Centre on the topic *'Beyond the pandemic: Futuristic and resilient public system in India.'* Speakers for this session were Maj Gen (Prof) Dr. Atul Kotwal, Dr. Himanshu Bhushan, Dr. J N Srivastava, Ms. Mona Gupta, Dr. (Flt Lt) M A Balasubramanya, Air Cmdre (Dr) Ranjan Kumar Choudhury, Dr. Ashoke Roy, Dr. Sandeep Sharma, Dr. Neha Dumka. Topics discussed were - Beyond the pandemic futuristic & resilient public health system in India, achievements of NHRSC, human resource for health, mental health and covid-19, healthcare technology division of NHSRC stepping towards self-reliance, north east region challenges regarding manpower, infrastructure, shortage of medical oxygen, changing healthcare financing, NHM framework of implementation.



Plenary session 3: It was from Access Health International on the topic *'Digital health for health system resilience'*. Speakers for this session were Dr. Krishna Reddy Nallamalla, Dr. Sujeet Kumar Singh, Dr. Harpreet Singh, Kiran Anandampillai, Dr. Vijay V. Yeldandi, Maulik Choksi. The topics discussed were - About IDSP, digital health research, health system in India.

Plenary session 4: It was from NITI Aayog on the topic '*Beyond the pandemic Time to move*' delivered by Dr. Madan Gopal, Senior Consultant (Health), NITI Aayog, He focused on the impact of COVID 19 globally and in India.

Plenary session 5: It was from UNICEF on topic of '*Early Childhood Development*'. Speakers for this session were Dr. Simin Irani, Dr. Abhishek Raut, Dr. Vaishali Nanavati. This session was chaired by Dr. Mangesh Gadhari, Health Officer - UNICEF Maharashtra. The following topics were discussed - science behind every childhood, brain growth v/s physical growth, threats of early childhood development, Arambh program in Maharashtra, nurturing care, early childhood development Kuposhit Maharashtra.

Plenary session 6: It was panel discussion conducted on Newborn care theme by PATH on the topic of '*The pandemic disruption to building resilience*' with eminent panelist - Dr. Vinod Kumar, Dr. Ajay Gambhir, Dr. Dinesh Baswal, Dr. Shailaja Mane, Tanuja Patil (ASHA) Ratul, Dr. Jayendra Kasar. The discussion was moderated by Dr. Sudhir Maknikar. Following points were discussed - a resilient system for newborn care at all the levels of health care, experiences and advances for the newborn care with focus on future areas of concern, maternal malnutrition abolition, an integrated approach involving machine learning accessibility of artificial intelligence at the grass root level for better new born and maternal care.



Plenary session 7: It was from IAPSM International on the topic '*Global Forum for Preventive, Community and Public Health Medicine*'. Speakers for this session were Dr. Debashis Basu, Dr. Jasmine Pawa, Dr. Suneela Garg, Dr. Marc Soethout, Dr. Jesne Kistan, Dr. David Weakliam, Dr. Erica Frank. The session was moderated by Dr. Sanjay Zodpey. Overview of the Global Forum for Preventive, Community and Public Health Medicine was discussed. The session also focused on Education & Continuing Professional Development (CPD),

Post-graduate training country profiles as well as free & WHO/CDC/APTP sponsored Preventive, Social Medicine training for undergraduate, graduate, and continuing medical education. It recommended formulation and strengthening of a Global Forum for Preventive, Community and Public Health Medicine.

Plenary session 8: It was from CTD & PATH on the topic '*Strategies for eliminating Tuberculosis in India by 2025*'. Speakers for this session were Dr. R P Joshi Dr. Vivekanand C Giri Dr. Raghuram Rao Dr. Shibu Vijayan. The following topics were discussed - Strategies for eliminating Tuberculosis in India by 2025, strengthening case finding, approach to TB Patient, Program Management.

Plenary session 9: It was from Nutrition International on the topic '*Quality initiative in maternal & new born health programme in India*'. Speakers for this session were Dr. Arun K Aggarwal Dr. Rakesh Vaidya Dr. Ravi Mishra Dr. Ashutosh Sarwa Dr. Sumita Ghosh. Experience and learning regarding managing and review of maternal and child deaths was discussed in detail taking experience from state like Tamil Nadu and others.

Day 2 - 4th March 2022

The morning session started with scientific session with presentation of the research papers on various topics of public health importance. For scientific session, we received total 665 abstracts of which 495 papers were for oral paper presentations and 170 for poster presentations. Out of 495 research papers 12 were for National awards, 18 for state awards and 10 for the best poster award.

Day 3 - 5th March 2022

On 5th March we had four Orations (three of IAPSM and one of IPHA) and eleven plenary sessions.

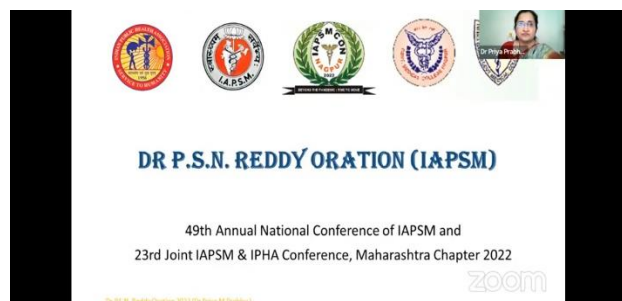
Padma Shree Suhaschandra Mapuskar IPHA Maharashtra State Branch Oration on the theme of '*Social psychology of pandemic*' was conducted by Dr. Pradeep Awate, State surveillance officer, IDSP, Maharashtra. It focused on the psychosocial study of epidemics and pandemics and their impact on human nature.

Dr. Mrunalini Pathak Memorial IAPSM Maharashtra Chapter Oration on the topic, '*Out of box thinking and performance as Healthcare provider (HCP)*

and Public health provider (PHP) in Health care system' was conducted by Dr. Subash Thakre, Professor and Head, Department of Community Medicine, GMC Gondia. Effective usage of several research opportunities for a health care worker being it private or public, the organizational development goals and the containment needed towards working was discussed in detail with a crisp of life experiences.

Dr. D. K. Ramadwar Memorial IAPSM Maharashtra Chapter Oration on the theme of 'Community Health Care & Community Medicine in Pandemic' was conducted by Dr. Rajendra T. Ankushe, Prof & Head, Dept of Community Medicine, GMC, Ambejogai. It focused on the administrative and technical issues faced during pandemic and also disaster management framework at international level and in India.

Dr. P. S. N. Reddy IAPSM Maharashtra Chapter Oration on the theme of 'The Missing Links in Pandemic Response' was conducted by Dr. Priya M. Prabhu, Associate Professor, GMC Miraj. It focused on the history of pandemic, COVID-19 pandemic control activities, lacunae, social media response and domains of preparedness.



Plenary session 10: It was from State IPHA on the topic 'Gandhi & Public Health' conducted by Dr. B. S. Garg, Director - Professor, Department of Community Medicine, MGIMS, Sewagram. It focused on the Gandhiji's engagement with the health and related issues.

Plenary session 11: It was sponsored by JHPIEGO on the topic 'Experience of quality improvement initiatives in public & private health facilities in India'. Speakers for this session were Dr. Kamlesh Lalchandani and Dr. Suranjeen Pallipamula. The speakers addressed the quality of child care services and interventions undertaken in the state of Rajasthan.

Plenary session 12: It was from Serum Institute, Pune on the topic of 'Role of immunoglobulins and mAbs in Rabies PEP'

conducted by Dr. Anirudha Potey, Senior Manager, Clinical Research, Serum Institute of India. The session mainly focused on Category 3 bites where giving rabies vaccine alone does not provide complete protection.

Plenary session 13: It was panel discussion conducted by eminent panelists - Dr. Anil Kumar Dr Rinku Sharma Dr Rajesh Sagar Dr Atreyi Ganguli. It was organized by MOHFW & WHO and the discussion was focused on the mental well-being and COVID-19. National Telemental health programme was explained. MOHFW and WHO resources for child health, suicide prevention, substance use disorder and Mental health care act was discussed. This session recommended that Quality mental health services should be provided and rights of people suffering from mental health issues should be taken care of.

Plenary session 14: It was from Alive & Thrive on the topic 'Maternal Infant & Young Child Nutrition in health professional's curriculum and beyond'. Speakers for this session were Dr. Sila Deb, Dr. Aruna Vanikar, Dr. Rambha Pathak, Dr. Satish Tiwari, Dr. Vidya Thobbi, Mrs. Evelyn Kannan and Dr. Pragati Chhabra. Many measures for identifying competencies related to MIYCN and preparation of facilitator's guide for teaching curriculum and the initiatives for technical modules for students were discussed in detail in this session.

Plenary session 15: 'Guidelines for Programmatic Management of Tuberculosis Preventive Treatment in India' by WHO & Nagpur Municipal Corporation. The speakers for this session were Dr. Ramji Adkar and Dr. Swarna Ramteke. Dr. Ramji Adkar discussed the status of NTEP in Maharashtra in comparison with rest of the country. He also discussed SDGs and National Strategic Plan (2017-2025). Dr. Swarna Ramteke gave a brief regarding Guidelines for Programmatic Management of Tuberculosis Preventive Treatment in India.

Plenary session 16: Panel discussion conducted by eminent panelists - Sh. Radhakrishnan B. Sh. Yogesh Kumbhejkar, Dr. Shashank Joshi, Dr. Sanjay Deshmukh, Ujwala Jeremiah, Mr. Rajiv Mehta and Dr. Jayendra Kasar. This Panel discussion was focussed on the Covid task force working, decision making, planning process and challenges experienced was discussed. Covid related challenges in

Paper & Poster Presentation Awards at Conference

Prize	Name of Winner	Title of Paper presentation
Vijay Narain Award	Dr Garima Singh LHMC, Delhi	An ambi-spective community-based survival study of common cancers in rural Jodhpur, Rajasthan
Kalu Ram Memorial Award	Dr Aravinda Chinnadurai AIIMS, Bhubaneswar	Challenges in implementing health promoting school's framework in government run schools in Odessa a community based qualitative study
Pyare Lal Sharma Award	Dr Anjali AIIMS, Rishikesh	Effectiveness of Diabetes Self-Management Education on Distress and HbA1c among Indian type 2 Diabetes Mellitus Patients: Randomised controlled trial
Dr Saroj Jha Award (National)	Dr Rina Tilak AFMC, Pune	Emerging paradigms of Gender Health - Sexual Harassment in Healthcare settings in India
Dr Sonaji Jogdand Prize	Dr Suraj Kapoor AFMC, Pune	Developing framework for Dengue Surveillance – Inferences drawn from Field survey and implications in prevention of dengue outbreaks
Dr Sharangdhar Kanhere Prize	Dr Abhishek Raut MGIMS, Sevagram	Brain wiring game: an innovative participatory learning act for demystifying science of synapse formation and brain development in Early Childhood Development
Dr Saroj Jha Prize (State)	Dr Kanchan Tembhurne GMC, Nagpur	Barriers and facilitators for respectful maternity care in tertiary care centre of central India, a qualitative study of maternity care providers
Dr Khergaonkar Prize	Dr Priyanka Shenoy GSMC, Mumbai	Perinatal factors influencing the health status of 1 year old children – A cross sectional study
Dr M V Kulkarni Prize	Dr Kanchan Tembhurne GMC, Nagpur	Present status of respectful maternity care in women availing maternity services at a tertiary care centre of central India - a cross sectional study.
Dr Bhalerao Prize	Dr Shreshtha Pandey GMC, Nagpur	Impact of COVID -19 pandemic on medical education and medical students - KAP regarding electronic learning in a tertiary care centre in central India - a cross-sectional study
IPHA MH Best Poster Award 1	Dr Prachiti Mhatre SSSSC, Navi Mumbai	A Community Based Cross- Sectional Study to Assess the Burden of Under-nutrition in 0 to 6 years Anganwadi Children of Panvel Block, Raigad District, Maharashtra
IPHA MH Best Poster Award 2	Dr Uma Maheswaran IGGMC, Nagpur	A Cross-Sectional Study on patient satisfaction in an urban health training centre affiliated with Indira Gandhi Government Medical College, Nagpur

urban and rural area including Nagpur were also focused upon.

Plenary session 17: Panel discussion conducted by eminent panelists – Dr. Anil Kumar, Dr. Gowri Nambiar Sengupta, Dr Vijay Kumar Gurjar, and Dr. Atreyi Ganguli. It was organized by WHO - MOHFW. The session was on the topic - ‘*UN Decade of Healthy Ageing 2021-2030*’. Following points were discussed - measures taken by MOHFW for the health care of the elderly, measures to tackle common aging problems through various actions by ministry at community level so far. This discussion recommended that an integrated approach at all levels is the need of hour for creating a healthy ageing.

Plenary session 18: It was from AIIMS Jodhpur on the topic ‘*Maternal Death Surveillance in India, Time to Review & Respond.*’ Speakers for this session were Dr. Pankaja Raghav, Dr. Dinesh Baswal and Dr. Ravleen Kaur Bakshi. Some important recommendations were that a strong referral system and more emergency obstetric care units should be established and staff shortage at every level of the system is to be addressed immediately.

Plenary session 19: Panel discussion conducted by eminent panelists - Prof. Dr. Suneela Garg, Brig. Dr. S. K. Kaushik and Dr. Aparajita Shukla organized by National IAPSM, and discussion was on the topic ‘*UG PG Syllabus.*’ This session was moderated by Dr. Pankaj Shah. Following points were discussed - The current revisions brought about by NMC in MBBS curriculum and the importance of public health and community medicine in curriculum. This discussion recommended that linking of theories to practical is essential to understand and practice the subject at the periphery.

Plenary session 20: It was on ‘Disaster Management’ by UNICEF. Speakers for this session were Mr. Nitin Wadhvani, Mr. Anil Parmar. This session recommended that WASH facility should be made available in all private and public areas.

Valedictory function was conducted in presence of eminent dignitaries as Dr. Sujeet Singh (Director NCDC, New Delhi), Dr. Sanjay Zodpey (Chief Advisor IAPSMCON 2022 and Vice President, PHFI).

Dr. Suneela Garg, Dr. A. M. Kadri, Dr. Lalit Sankhe, Dr. Gajanan Velhal, Dr. Purushottam Giri and Dr Prasad Waingankar graced the occasion virtually.

Dr Uday Narlawar (organizing chairperson) expressed his pleasure on the successful accomplishment of the event and acknowledged the untiring efforts of the organizing committee. All the prize winners from the award categories of oral paper & poster presentation along with Journal Article, Quiz and video competition were felicitated by giving cash prizes and certificates. The Chairperson of scientific committee Dr Sarita Wadhwa Sharma announced the awards for oral and poster presentations. The organizing vice chairperson Dr Sushma Thakre and Dr Pragati Rathod, member of scientific committee were the masters of ceremony for this event.



Lastly, Dr. Ashok Jadhao (Organizing Secretary) gave the vote of thanks and declared that 49th Annual National Conference of IAPSM and 23rd joint Maharashtra State Conference of Indian Association of Preventive and Social Medicine (IAPSM) Maharashtra Chapter and Indian Public Health Association (IPHA) Branch 2022 was a grand success.



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WORLD ENVIRONMENT DAY

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History

World Environment Day (WED) was established in 1972 by the United Nations at the Stockholm Conference on the Human Environment held from 5–16 June 1972, that had resulted in discussions on the integration of human interactions and the environment. One year later, in 1973 the first WED was held with the theme "Only One Earth"¹.

WED is celebrated annually on 5th June and is the United Nations' principal platform for raising awareness on environmental issues such as marine pollution, overpopulation, global warming, sustainable development, and wildlife crime. It is a global platform for public outreach, with participation from over 143 countries annually. Each year, the program has provided a theme and forum for businesses, non-government communities, governments, and celebrities to advocate environmental causes². Millions of people have taken part over the years, helping drive change in our consumption habits, as well as in national and international environmental policy.

Year	Theme	Host
2012	Green Economy: Does it include you?	Brazil
2013	Think. Eat. Save. Reduce Your Food print	Mongolia
2014	Raise your voice, not the sea level	Barbados
2015	Seven Billion Dreams. One Planet. Consume with Care.	Italy
2016	Zero Tolerance for the Illegal Wildlife trade	Angola
2017	Connecting People to Nature – in the city and on the land, from the poles to the equator	Canada
2018	Beat Plastic Pollution	India
2019	Beat Air Pollution	China
2020	Time for Nature	Colombia
2021	Ecosystem Restoration	Pakistan
2022	Only One Earth	Sweden

World Environment Day 2022

The year 2022 marks the 50th anniversary of the 1972 Stockholm Conference. And this year's host country is Sweden, the place where it all started. "Only One Earth" is the campaign slogan, with the focus on "Living Sustainably in Harmony with Nature". The idea of the theme of "Only One Earth" is to focus on the world's togetherness in the direction of creating an atmosphere conducive for peace, harmony, prosperity, and health by saving nature and life. The policy of the theme is to create and adopt a lifestyle that should be pollution-free and full of green land².

Adopting "Only One Earth" as the motto for World Environment Day 2022 emphasizes that time is running out to bring people and nature back into balance. We are in the Decade of action to achieve Sustainable development goals which would lead to increased momentum for the UN Decade on Ecosystem Restoration 2021-2030 to achieve the goal of protecting climate and biodiversity².

Need for the 2022 theme

Earth is facing a triple planetary emergency²:

- the climate is heating up too quickly for people and nature to adapt;
- habitat loss and other pressures mean an estimated 1 million species are threatened with extinction;
- pollution continues to poison our air, land, and water.

The way out of this dilemma is to transform our economies and societies to make them inclusive, fair, and more connected with nature. We must shift from harming the planet to healing it. "Only One Earth" is the campaign that calls for collective, transformative action on a global scale to celebrate, protect and restore our planet.

Effect of climate change on health³

- Climate change affects the social and environmental determinants of health –

clean air, safe drinking water, sufficient food and secure shelter.

- Between 2030 and 2050, climate change is expected to cause approximately 2,50,000 additional deaths per year, from malnutrition, malaria, diarrhoea and heat stress.
- The direct damage costs to health (i.e. excluding costs in health-determining sectors such as agriculture and water and sanitation), is estimated to be between USD 2-4 billion/year by 2030.
- Areas with weak health infrastructure – mostly in developing countries – will be the least able to cope without assistance to prepare and respond.
- Reducing emissions of greenhouse gases through better transport, food and energy-use choices can result in improved health, particularly through reduced air pollution.

Role of the Government on WED 2022 ⁴

Whether at global, national, or regional levels; government plays important role in drafting policies and implementing crosssectoral transformative change at a large scale to make a step toward sustainable living. Along with regulating and setting the financial framework for human activities, and implementing environmentally-friendly policies, Governments decide on how to use public funds to create more opportunities. Some key areas of work involve:

1. Close the emissions gap

To avoid a climate catastrophe, greenhouse gas emissions need to fall 45 percent by 2030 and reach net zero by 2050. It can be done if all governments ramp up their commitments under the Paris Agreement and take strong action now to slash emissions.

2. Protection and Restoration of Nature:

Governments need to take strong action globally and nationally to halt the decline of nature and restore terrestrial and marine ecosystems. UN Decade on Ecosystem Restoration 2021-2030 pledges to take action to revive the 1 billion hectares of restoration globally.

3. Clean up our air and water:

- a. Ban, restrict, or tax the use of single-use plastics such as plastic bags, packaging, bottles, and cutlery.
- b. Improve waste management systems so that the right infrastructure is available

to receive waste and ensure a high proportion can be reused or recycled.

- c. Reduce deadly air pollution by adopting the latest WHO air quality guidelines and closely monitor and incentivize compliance.
- d. Support the development of clean and affordable renewable energy, including for cooking, heat and light.
- e. Launch and implement cleaner transport policies, to enable citizens and products to move around their towns and country without causing air pollution.

Role of cities and local authorities in WED 2022 ⁴

1. Climate action

- Make the day-to-day operations of all local government agencies carbon neutral by 2030
- Create sustainable and efficient public transit systems as well as safe and effective routes for pedestrians and cyclists to reduce car use, travel times and congestion.
- Set climate-smart building codes to incorporate better insulation and ventilation, solar panels, heat pumps, vehicle charging points and more – blaze the trail by retrofitting public buildings.

2. Nature action

- Restore urban ecosystems and deploy nature for sustainable development in areas such as urban wetlands and green corridors to provide habitat for biodiversity, counter threats like heatwaves and floods, and make cities more livable.
- Provide clean water and sanitation for all to cut the pollution of waterways and ecosystems within and beyond urban areas, as well as to prevent disease.

3. Pollution action

- Collect, separate and safely dispose of waste to protect land and water while encouraging waste reduction and recycling by both citizens and businesses.
- Capture gas from landfills and organic waste to use as a substitute for fossil fuels.

Transformative action taken by our country to protect earth

- India launched the LiFE initiative on WED 2022 to raise awareness about sustainable lifestyles. 'LiFE', short for 'Lifestyle for the Environment

Movement', invites ideas and suggestions from scholars around the globe on ways to adapt an environmentally conscious lifestyle. This initiative will promote the much-needed environment-conscious lifestyle that focuses on "mindful and deliberate utilization" instead of "mindless and destructive consumption⁵."

- Campaign to get rid of single use plastic - States and UTs have been asked to take up a range of activities to make the country free of single-use plastic (SUP). The activities will include large-scale cleaning and "plogging" drives to collect plastic waste⁶
- Large-scale tree plantation drives with the participation of students, volunteers, NGOs, corporate groups, etc.
- Swachh Bharat Mission or programs related to waste to wealth
- Construction of modern sewage treatment plants in cities under AMRUT mission
- Ganga cleanliness campaign under *Namami Gange*

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APPEAL

The Indian Public Health Association (IPHA) existing since 1956 is a professional registered body (Society Act No. S/2809 of 1957 - 58) committed to promotion and advancement of public health and allied sciences in India, protection and promotion of health of the people of the country, and promotion of co-operation and fellowship among the members of the association. IPHA has local branches in almost all states of the country.

Any professional graduate, MBBS or any equivalent degree recognized by any Indian university in Indian System of Medicine / Dentistry (BDS) / Engineering (BE) / Nursing (B Sc Nursing) / Veterinary (BV Sc & AH) are eligible to be ordinary & life member of the association after paying the necessary subscription.

We, the executive committee members of IPHA - Maharashtra Branch sincerely appeal the eligible qualified individuals to become the life members of the organization and enhance our strength and visibility. Kindly visit National IPHA website, www.iphaonline.org to download the application form and for further official procedures of payment of membership fee.

If you need any help in this regard, please feel free to contact Secretary, IPHA - Maharashtra Branch on phone (022 - 2743 79 96 / 97)
OR on email - iphamahabbranch@rediffmail.com

World Hand Hygiene Day: 5th May 2022: Unite for safety: Clean your hands

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Problem Statement:

Hospital Acquired Infections (HAIs), including surgical site infections (SSIs) and device (line or catheter) associated infections, occur worldwide, affecting hundreds of millions of patients annually. The rate of transmission in the health care setting has led to increases in avoidable infections, which can lead to death if not treated. WHO and UNICEF estimate that globally 3 billion people lack hand hygiene facilities at home and two out of five health care facilities lack hand hygiene at points of care.

Evidence suggests that as little as 50% of surgical teams comply with hand hygiene best practice throughout a surgical patient's hospital stay. SSIs are the most frequent type of infection in low- and middle-income countries, with a pooled incidence of 11.8%, compared to 1.2 – 5.2% in developed countries.

Importance of Hand Hygiene campaign: Infection prevention and control (IPC), which includes hand hygiene, is fundamental to safe and effective health care systems. Hand hygiene is relevant to all health workers, patients and their families at every single health care encounter. It contributes to quality universal health coverage, meeting Sustainable Development Goal (SDG) 3.8 and also strongly supports the water, sanitation, hygiene and health (WASH) and global antimicrobial resistance (AMR) agendas.

Each year, WHO identifies specific health care needs and proposes a 'theme' for targeted action to tackle the spread of avoidable infections. Hand hygiene campaigning as part of an IPC programme, in any setting, supports IPC and reduces an avoidable burden on health systems.

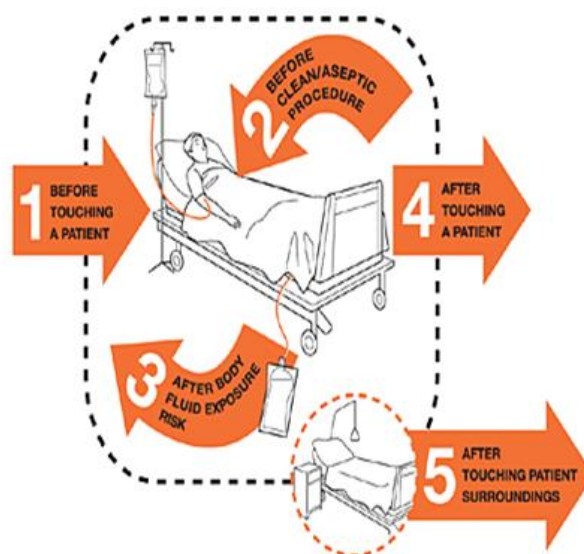
Theme 2022:

This year's theme for World Hand Hygiene Day, 5 May 2022, is focused on recognizing that we can add to a facility's climate or culture of safety and quality through cleaning our hands but also that a strong quality and safety culture will encourage people to clean hands at the right times and with the right products.

Unite, talk and work together on hand hygiene for high quality safer care everywhere.

CALL TO ACTION

Follow evidence-based guidelines for hand hygiene. Improve the prevention of infections in all health care settings throughout the patient's care journey by understanding and applying the WHO 'My 5 Moments for Hand Hygiene'. Improve IPC by championing hand hygiene best practice and educating all health workers on the importance of clean hands.



Improper Disposal of Face mask: A New Threat to Public Health & Environment

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The corona virus disease-19 (Covid-19) is an infectious disease caused by the severe acute respiratory syndrome coronavirus-2 (SARSCov-2). The causative virus COVID-19 is transmitted through droplets when an infected person coughs, sneezes, or exhales. India is one of the worst hit country across the globe by the COVID-19 pandemic. India confirmed its first case of the novel coronavirus (Covid-19) in March 2020.¹ The health scare during the times made people adopt non pharmaceutical interventions like use of facemask at public places and healthcare facilities, isolation or quarantine. According to one report people around the world are using approximately 129 billion face masks & 69 billion plastic containing gloves.²

One of the areas where the environmental impacts of COVID-19 are most pronounced is in waste management. The poor and inadequate waste management strategies within developing and least developed countries contribute to a higher threat of community spread of covid-19. The total daily face mask used in India are 381,179,657.³ The number of mask wastes generated in India is 4640 Million/week.⁴

As per the Central Pollution Control Board (CPCB), India produced 47,200 tons of COVID-19-related biomedical waste between August 2020 & June 2021: these include PPE Kits, face masks, gloves, needles, and other medical items contaminated with blood/body fluids. This is over & above the average 600 tons/day of biomedical waste that was being produced in pre-COVID-19 times.

However, there is no specific waste stream for these products if it is used by the public. The urgency of this comes in people's violations of rules when it comes to disposing of masks they used. It has now become common to see used masks scattered everywhere on sidewalks and parking lots. Although rampant littering of plastic bottles, papers and banana skins was the norm before the pandemic, the magnitude of the problem is worsening with the throwing of potentially COVID-19 infected masks in public and open spaces. In the case of covid-19 pandemic,

researchers & scientists have promoted the use of face masks in mass which leads to a severe problem in the environment as a solid waste and as micro plastic pollution in the marine as well as freshwater ecosystems. The improper disposal of facemasks creates a possible health hazard for people, animals and the environment. Disposable masks that have been worn, breathed into and touched by others can contain germs and infectious particles which could then cross contaminate the surfaces they touch and infect anyone who picks it up. The improper disposal of masks is a threat to the Public health and the environment. Public health experts say that improperly discarded masks could be potential sources of the virus infection/disease outbreaks, since they can act as a medium for propagating microbes such as invasive pathogens. The masks littered in the soil can adversely affect the animals causing entanglement and death. The mask can be mistaken for food by animals which can also cause death in the animals. The mask poorly disposed can end up in the marine water creating plastic pollution in the aquatic medium which can poison the marine animals, which ingest plastic. The improper disposal of mask also induces climate change by affecting land and groundwater affecting the environment severely.



The proper facemask usage is one of the most important parts of comprehensive strategies to reduce transmission risk especially after the withdrawal of lockdown, it is equally important to give guidelines /guidance on how to dispose of or recycle

them safely. Protecting ourselves shouldn't mean we harm the lives of others around us. These are some easy and implementable solutions for the safe disposal of face masks:

- Keep the used mask in our cars, luggage or plastic bag until we get a rubbish bin where we can safely dispose them.
- If we do not find one on our way, we can throw them into the bin when we get back home.
- Creating awareness programs on proper disposal of face masks should be done.
- Awareness programs in the form of short videos & posters presenting the harmful effects of improper face mask disposal on people & environment should be focused on.
- It should be enforced upon people not only to throw their masks in the closed trash bins, but also to cut the strings that secure around each ear to prevent

marine animals, birds and other animals from becoming entangled.

In the face of COVID-19, sustainable health care waste management is more important than to ever protect communities, health workers, and the planet and prevent pollution.

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INTERNATIONAL YOGA DAY: 21 JUNE

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As we witnessed International Day of Yoga being celebrated across length and breadth of the country along with special celebrations at 75 spectacular and significant locations in the country to commemorate the 'Azadi ka Amrit Mahotsav'. The 8th IDY, the theme of which is "Yoga for humanity" is also celebrated all over the world under the concept of 'the Guardian Ring' representing the universality of Yoga and its benefits.

The word Yoga is derived from the Sanskrit root yuj meaning 'to bind, join, attach'. Yoga also means 'Union or Confluence'.

Yoga chitta vritti nirodhaanaa

The concordance of both mind Soul with the soul of the universe or the supreme being. It means the discipline of the intellect, mind, emotion and the will. Yoga is one of the Six Orthodox systems of Indian philosophy which is largely systematized by Patanjali in his classical work 'Yoga Sutras'. Yoga chitta vritti nirodhana

In the Bhagavad Gita, Shri Krishna explains to Arjun, the meaning of yoga as a deliverance from pain and sorrow. The man is closer to yoga when his mind, intellect and self are under control, freed from restless Desire so that they rest in the spirit within. The Geeta emphasizes upon 'Karmayog': Yoga by Action and that 'Work alone is one's privilege, never the fruits thereof.' Kathopanishad aptly describes yoga as steady control of senses and mind. The eight Limbs or aspects of Yoga are: Yama & Niyama, Universal moral Commandments Asana Pranayama posture control of breath Pratyahara withdrawal and emancipation Dharana concentration meditation Samadhi status super consciousness through profound meditation.

In modern systems, health is defined as a state of complete physical mental and social well-being to which spiritual wellbeing and that health is not merely absence of a disease has been incorporated to it by the WHO. The concept of psychosomatic diseases is relatively new for the modern clinical sciences. Ancient

Indian medical and surgical practices however, discuss at length, the entity i.e., Psychosomatic diseases and the progression, its effects not only on individuals but on the family and on a community as well. Practice of yoga is described as a shield that would protect the community against such evils.

What are the objectives of the International Yoga Day?

- Make people aware of the benefits of Yoga and connect them with nature.
- To reduce the inci of health-challenging diseases in the world.
- Spreading growth, development, and peace throughout the world.
- Making people aware of physical and mental illnesses and providing solutions through Yoga.
- It also aims to develop a habit of meditation for peace of mind and self-awareness which is necessary to survive in a stress-free environment

On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga. Hon. Prime Minister, Shree Narendra Modi during his address stated that Yoga is an invaluable gift of India's ancient tradition to the world. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature". June 21, which is the Summer Solstice, the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world, was proposed as the International Day of Yoga.



Folding both hands in the logo symbolizes Yoga, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind and body, man and nature, the holistic approach to health and wellbeing. The brown leaves in the logo symbolize the earth element, the green leaves of nature, blue the fire element while the sun symbolizes the source of energy and inspiration. The logo reflects harmony and peace for the humanity which is the essence of Yoga.

Various themes of Yoga Day

- 2015 Yoga for harmony and peace
- 2016 Connect with the Youth
- 2017 Yoga for Wellness
- 2018 Yoga for peace
- 2019 Yoga for Heart
- 2020 Ghar Ghar mein Yoga. Yoga with family
- 2021 Be with Yoga Be at home

As highlighted in WHO's Global Action Plan on Physical Activity 2018-2030, the routine practice of Yoga – a 5000-year-old tradition – is a valuable tool for people of all ages to make physical activity an integral part of life and reach the level needed to promote good health.

Role of Yoga in Cardiac health:

Yoga and relaxation have been successfully used to check high blood pressure and coronary artery disease. Yogic therapy not only reduces high blood pressure, but also reduces serum cholesterol, triglycerides, free fatty acids, blood glucose, and body weight. Yogic practice also improves physical fitness and helps to improve one's efficiency including Asanas, Pranayama and yoga meditation /yoga nidra along with appropriate dietary modifications.

Gastric /Duodenal Ulcers:

Yoga and mind- body techniques such as meditation, deep relaxation and stress management may alleviate symptoms and enhance healing. Diet and naturopathy form supportive measures.

Yoga and other lifestyle disorders and chronic illnesses:

As the advances in science and technology take place, newer drugs, treatment modalities are introduced. The industries that thrive on these spend large amount of resources on the innovations, strategies that could address the epidemics of diabetes, cardiovascular diseases, obesity and secondary damages due to them harming human beings in both body and mind as well as to the environment. diseases such as cancers and HIV/AIDS etc; pose grave danger to humanity at multiple levels including reduction in physically fit workforce, genetic mutations as well as mental illness. Once diagnosed with, many patients experience hopelessness, stigma, and socio economic marginalization, including suicidal tendency and poor compliance with treatment. On the other hand, we are

challenged with increasing incidence of environmental illnesses, antimicrobial resistance and emerging infections such as COVID-19.

The advancement can never be unidirectional. Identifying and accepting the ill effects of industrial dynamism and deploying Yoga based lifestyle modifications to improve immune resilience in healthy population groups as primordial prevention can be a wise approach to contain the damage yet continue the progress in science. Researches also suggest that patients are more disciplined and their immune systems are in a position better withstand the side-effects of longterm drug treatments with a better mind and body coordination.

YOGA THERAPY FOR ANXIETY DISORDERS.

Yoga is a natural way which is helpful to remove or overcome these deep-rooted worries and fears. It is a mind - body connection. Yoga includes asana, breathing techniques and pranayama, meditation and relaxation techniques, used to counter the effects of stress and anxiety.

Yoga for pregnancy childbirth and post-natal well-being of mother:

It is documented that yogic Asana Pranayama and other aspects such as diet modifications Lifestyle adaptations according to Yogic ways of Living have positive effect on pregnancy and the outcome. as the modern science of medicine documents through various researchers, the foetus is able to perceive changes in the heartbeat and mental state of mother & the mental condition of a pregnant woman does effect overall growth and development of the foetus in her womb. During childbirth, women who are known to practice yoga, are able to go through the process of childbirth more comfortably. Also, during Postpartum period practice of Yoga helps in regaining that tone of muscles faster Including involution of uterus and perennial skeletal muscles. Along with regular ANC and PNC visits, Yoga can become an effective method to address the Postpartum depression and its side effects. Thereby reducing maternal and neonatal mortality and improving the nutritional status of both mother and child.

Research in the field of Yoga:

Scientific organizations all over the world have delved into research on various techniques of yoga and its effects on the human body as well as mind. Although,

the current model of Yoga research resembles the researches in pharmaceutical industry, trying to associate a single posture with a given benefit. As a result, people who follow it expect similar results. The principle of yoga advocates holistic approach and a preventive approach to illnesses. Researches have to be taken up to understand Yoga as a tool for community health improvement the role of Yoga in Health Promotion and prevention of diseases is although known since ancient times, documented evidences from various settings in the community. Extensive studies have been conducted in the past and are ongoing understanding the relation between the mind and the body and its effect on a disease process. Yoga as an intervention must be scientifically utilized and documented time and again in science fraternity. Through sustained efforts of the government non-governmental and other educational professional organization by observing International day of Yoga, practicing Yoga as a part of employee wellbeing, student development etc.

Organizing workshops regarding Yoga meditation, spreading simple beautiful messages regarding Yoga and understanding the Yoga as a way of living is expected of this very movement of International Day of Yoga. Political leaders to local key opinion holders community health workers, teachers and elder in the family must look at Yoga as an instrument to improve the physical mental wellbeing of the individuals of a family, of a community and of the country at large.

Recent International Day of Yoga encouraged many to take up Yoga as way of life. Through various social media many pictures, videos emerged all across the globe where school children, elderly population, politicians, celebrity stars, Sports persons, army man women Community Health workers celebrating Yoga in home settings organizations and individuals teaching and training Yoga are encouraged by the government of India through competitions, quizzes, pledge taking by which knowledge can reach large number of people and get visibility across the globe.

As public health leaders it is our duty to study, evaluate, critically challenge and scientifically analyze the techniques of Yoga as a tool, a method for improving the physical mental and social wellbeing along with spiritual aspects. As the society is constantly subjected to change in the pattern of Living, the inter-personal relationships, the nature of work, the stressers faced by individual as well as the

group or community. The nature of diseases and standards of management of illnesses are subjected to constant evolution. So that technique that are lesser effective, knowledge that is out dated, are replaced by the ones which prove more beneficial, scientifically viable in all respect, at individual as well as at community level in course of time.



On this background, Yoga, age old ancient science from India, that although has withstood the test of time as well as innumerable cultural, social ideological challenges, variations and invasions must also be subjected to modern study techniques time and again by competent scholars to understand and demonstrate the validity, utility and relevance of it in today's frame of reference irrespective of its benefits documented in the past. This along with internalization of the techniques that are thus proven, promoting them to a society with a strong seat of knowledge and acumen for experiment, along with an open minded and positive approach can strengthen the weave of our diverse social fabric providing health, peace and harmony for generations to come. Isn't this the sustainable future that we strive for the humanity that resonates with ONE EARTH?

Zonal Rounds of **IPHA Maharashtra Inter Medical College Public Health Quiz Competition: 2022** for Undergraduate Medical Students were conducted on 28th June at Mumbai, Pune, Dhule, Nanded and Nagpur. The winners of each zone will participate in state level final round on 11th July at MGM Medical College, Navi Mumbai.

Best Wishes to All Finalists!

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[2021 - 2024]

Views expressed by the Authors in this Newsletter are their own and not official view / stand of IPHA

Zone	Zonal Winner	Zonal Runner Up
Mumbai (Konkan)	Seth G. S. Medical College, Mumbai	MGM Medical College, Navi Mumbai
Pune (Western MH)	B. J. Government Medical College, Pune	MIMER, Talegaon, Pune
Dhule (Northern MH)	Dr. BVP Rural Medical College, Loni	Dr. V P Medical College & RC, Nashik
Nanded (Marathwada)	Dr. S. C. Govt. Medical College, Nanded	MGM Medical College, Aurangabad
Nagpur (Vidarbha)	Government Medical College, Nagpur	Government Medical College, Akola