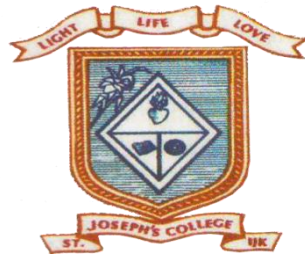


Report on World Lung Day Observance – “BREATH EASY”

Organized by

Department of Zoology
St. Joseph's College (Autonomous), Irinjalakuda



Speaker

Dr. Vimal Gangadharan
Pulmonologist
Program Leader – Disabilities and Mental Health
Kauri Academy, New Zealand

BROCHURE

<p>WORLD LUNG DAY 25 september</p>  <p><i>Organized by</i> Department of Zoology St. Joseph's College (Autonomous) Irinjalakuda, Kerala College with Potential for Excellence NAAC accredited with 'A' Grade</p> <p><small>Co-ordinator Dr. Gigi Poullose Assistant Professor & Head zoology@stjosephs.edu.in</small></p> <p><small>Organizing Committee Dr. Vidya G, Ms. Deepthi PD, Ms. Juliet OK, Ms. Vidya Sadanandan, Ms. Aswani Das, Ms. Athira VC, Ms. Athira Anand</small></p>	<p>INTERNATIONAL WEBINAR</p>   <p>Breath Easy – A Preventive Approach Dr. Vimal Gangadharan Pulmonologist Program Leader – Disabilities and Mental Health Kauri Academy, New Zealand</p> <p> 25-09-2021, 10.30 am</p> <p>Principal's Message Dr. Sr. Asha Therese</p> <p><i>To join</i> Register @ https://forms.gle/Aacy5V6Z7HbYJLkR6</p>
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CERTIFICATE

 <p>St. Joseph's College (Autonomous), Irinjalakuda, Kerala</p> <p>College with Potential for Excellence NAAC accredited with 'A' Grade</p> <p>Certificate ID 250928</p>	<p>CERTIFICATE</p> <p>This is to certify that of</p> <p>has participated in the online International <i>Webinar on World Lung Day on the topic Breath Easy - A Preventive Approach</i> organized by the Department of Zoology, St. Joseph's College (Autonomous), Irinjalakuda, Kerala on 25th September, 2021.</p> <p> Dr. Gigi Poullose Co-ordinator & HoD</p> <p></p> <p> Dr. Sr. Anis K. V. Convenor Principal</p>
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REPORT

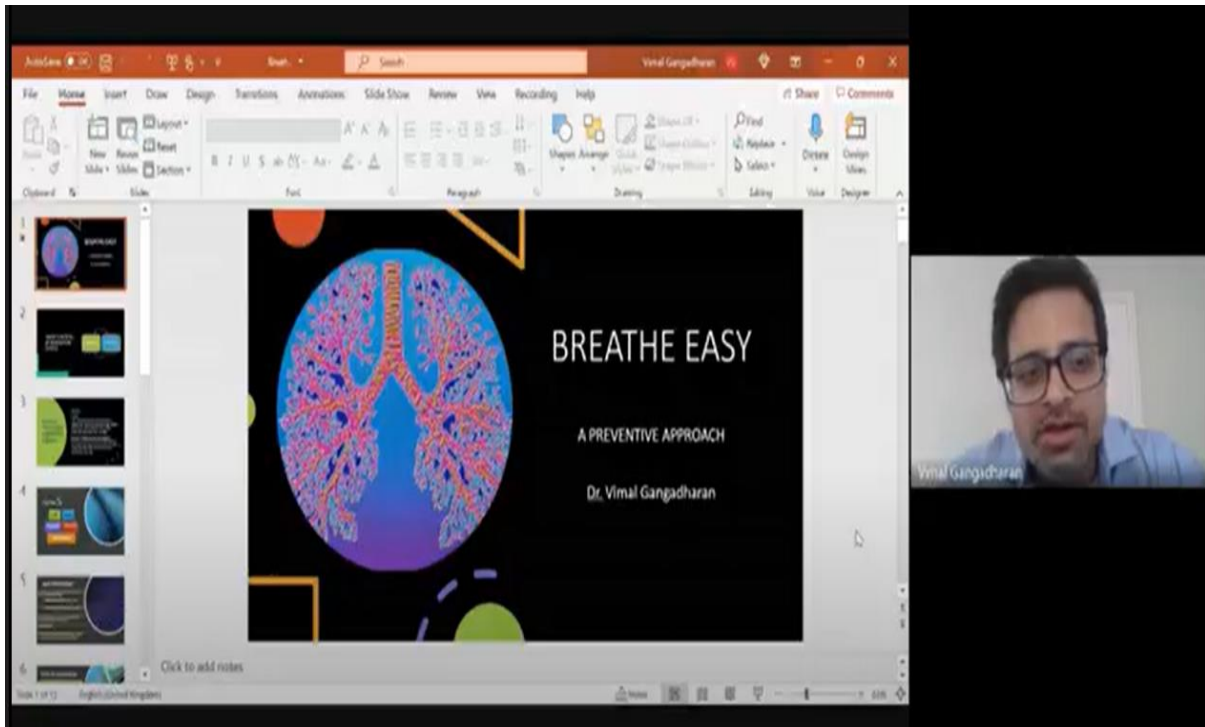
World Lung Day Observance – “BREATH EASY”

Organized by

Department of Zoology

As a part of “World Lung Day Observance” the zoology department of St. Joseph’s college Irinjalakuda conducted a webinar on the topic “BREATH EASY”. Dr. Vimal Gangadharan leads the class. Breathing is an almost an unconscious process that we do. Basic function of a respiratory system is same as purpose of a windows in a room-allowing air to come in and go out that is oxygen comes in for metabolic process called oxygenation and carbon dioxide washes out through the process called ventilation. Lung disease include Copd, Asthma, Lower respiratory tract infections, Tuberculosis, Lung Cancer. Why we prevent this? Because chronic disease is burden to both patient as well as health care system. Respiratory diseases account for more than 10% of DALY. Cost-effective preventing and combating respiratory disease is highly cost- effective best described by the WHO. Types of preventions are primary, secondary, tertiary, significance of health promotions in prevention. Health is a state of complete physical, mental, and social well- being and not merely the absence of disease or infirmity. Health is a destination that we reach up in the productivity of life. Importance of health living are Relationship, friends, social communication, education. Lung specific preventive targets are 1) I DON’T START SMOKING AND QUIT SMOKING- one billion of people will die from tobacco smoking in the twenty first century. 2) REDUCE EXPOSURE TO SECOND HAND SMOKE- In 1964 about 2.5 millions non-smokers die from health problem caused by exposure to second hand smoke.3) BREATHING CLEAN AIR - *Poor Indoor Air Quality- exposure to indoor smoke used for seating and cooking leads to Copd and Lung cancer and in children pneumonia and Asthma.* Outdoor Air Quality- There is a growing body of evidence that air pollutions affect the unborn child leading to enhanced susceptibility to infection ,respiratory, cardiovascular disease, later in life. 4) VACCINATION TO PROTECT FROM LUNG DISEASE – vaccination is the primary preventive approach to prevent the onset of disease. Vaccine is taken to protect from lung disease like whooping cough, flue, Tuberculosis, covid-19. 5) BE ACTIVE PHYSICALLY&INCLUDE YOUR BREATHING EXERCISE- There should be 30 minutes of physical exercise daily. The heart rate increases during exercise, the rate and depth of breathing increases -this makes sure that more oxygen is aborted into the blood and more carbon dioxide is removed from it. The specific strategies for achieving good health condition are health education, health communication & policy, system, and environment changes. The overarching barriers for good healthy conditions are understanding of health, Disseminational health information, Implementation of holistic approach of healthy living. * Healthy living is

much more than just being disease free. Implementation gap > information. Prevention is better than cure. VOTE OF THANKS was addressed by Nandita mk. First of all, she thanks the resource person Dr. Vimal Gangadharan -pulmonologist, program leader of disabilities & mental health kauri academy New Zealand. Next, she thanks our Dear principal Dr. Asha Theresa. Then HOD Gigi Poulose who has organized this program. Last but not the least she thanked the teachers and the zoologist who have been actively attended the session.



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