



EDUQUEST-NGO

**MOBILE HEALTH
DISPENSARIES SERVICES
IN JHUGGI JHOPARI
-RESETTLEMENT
COLONY UNDER TPDDL
AREA OF OPERATION.**



ANNUAL REPORT-2018-2019

MESSAGE



From the Desk of the General Secretary of EDUQUEST

It gives me an immense pleasure in presenting the Annual report for the period April, 2018 to March, 2019. It is a honor for EDUQUEST to be a partner with TATA Power Delhi Distribution Ltd. The sincere efforts put in by the SIG Department of TPDDL and EDUQUEST are worth appreciation. Both the project partners have worked very actively with dedication and commitment to provide the humanitarian services to the underprivileged communities. In the year 2018-19, The four mobile dispensaries have attended 112637 beneficiaries have been treated and also provided awareness on various health related issues during this period. In addition to this 1658 awareness sessions on prevention of diseases, social issues and educational organized at vocational training centres and at locations. This also includes understanding their fears, anxieties as well as stresses, tensions and work towards finding right-based and community-centered solutions for them.

*In order to address this need for a deeper understanding of the preventive & curative health care, EDUQUEST established meaningful partnership TATA Power Delhi Distribution Ltd. and carried out an ambitious project on **“MOBILE HEALTH DISPENSARY SERVICES IN JHUGGI JHOPARIES / RESETTLEMENT COLONIES UNDER TPDDL AREA OF OPERATION**. This project has been implemented successfully extending health care services to deprived communities in and around the National Capital Territory of Delhi.*

*EDUQUEST strongly believes that **“together we can do this”**.*

Lastly and very importantly, I express my heartfelt thanks for receiving technical and financial support from TATA Power Delhi Distribution Ltd. I am also grateful to the project team of EDUQUEST for working sincerely with commitment and dedication to implement this project successfully. Finally, I owe my sincere thanks for the people of our communities for participating and gaining benefits from the project.

With warm regards.



*Dr. S L Rewaria
Physician & Social worker*

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Eduquest NGO based in Delhi and formed with a mission to empower the lives of the community in distress through education and awareness. It was established in 2001 and the main areas of focus are health , education and women empowerment. Eduquest has attended approx 500000 beneficiaries for health, education and vocational training till so far . The main target area is health and working on the project health at doorstep in j j clusters, resettlement colonies and rural in partnership with Tata Power Delhi Distribution Ltd. In North & North -West Delhi



Purpose

We believe that the dreams and compassion of change agents constitute a valuable, but underutilized resource for achieving inclusive and sustainable development of communities. Based on this belief, our purpose is to enhance capacities of budding change agents to harness their dreams and channel their compassion for impacting more human lives
Vision of the organization To promote community development through awareness on health. Education, women empowerment . To support and encourage the sustainable development of communities in distress.

Our Values

Empathy

Excellence

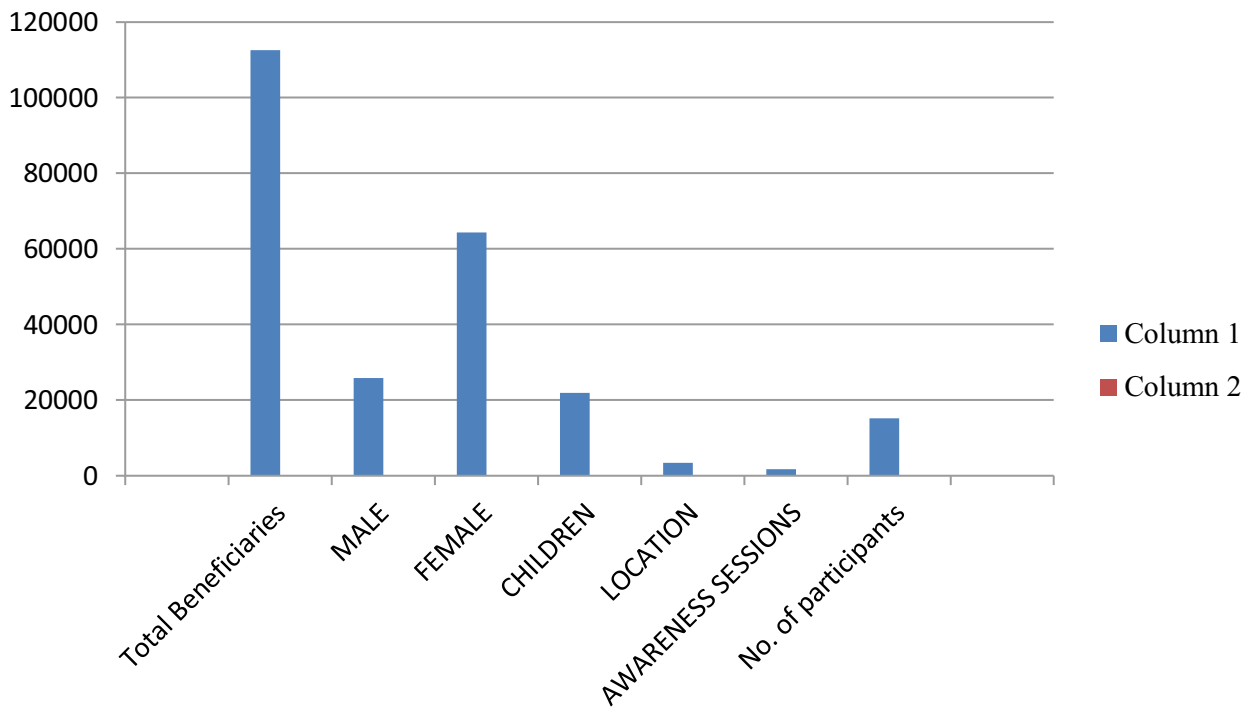
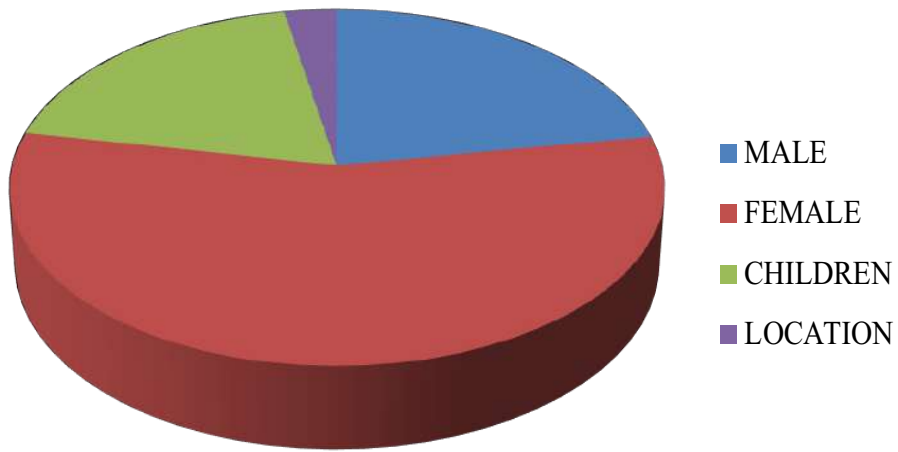
Continuous Learning

Social Consciousness



Fy-2018-19 DASH BOARD

BENEFICIARIES



Key Achievements Fy-2018-2019

Total beneficiaries 112637 attended in the year 2018-19

Total 6 Free Health camps organized for industrial workers-attended by 1300 beneficiaries.

Total Awareness sessions at Vocational Training Centers -519 attended by 5064 participants

Total 1139 awareness sessions organized at locations-attended by 10158 beneficiaries

One session organized on Work-Life balance for Contract Department, Hudson Lines.

Three awareness sessions organized for WLC Instructors at Gulabi Bagh, Attended by 337 Participants.

Participation in SAMMAN program organized two sessions on health promotion for elderly approximate 400 participants attended the sessions.

1. Total beneficiaries attended by each mobile dispensary

S.No.	Mobile van	BA	SCG	Total	Male	Female	Children	Location
1	Mobile van-DL-1L V 4934	173	28610	28783	6999	16255	5356	870
2	Mobile van-DL-1CM 4494	111	25951	26062	5817	15071	5063	791
3	Mobile van-3-DL-1L 5341	171	28227	28398	6174	16269	5784	818
4	Mobile van-4-DL-1LX6490	133	29261	29394	6786	16684	5791	877
	TOTAL	588	112049	112637	25776	64279	21994	3356

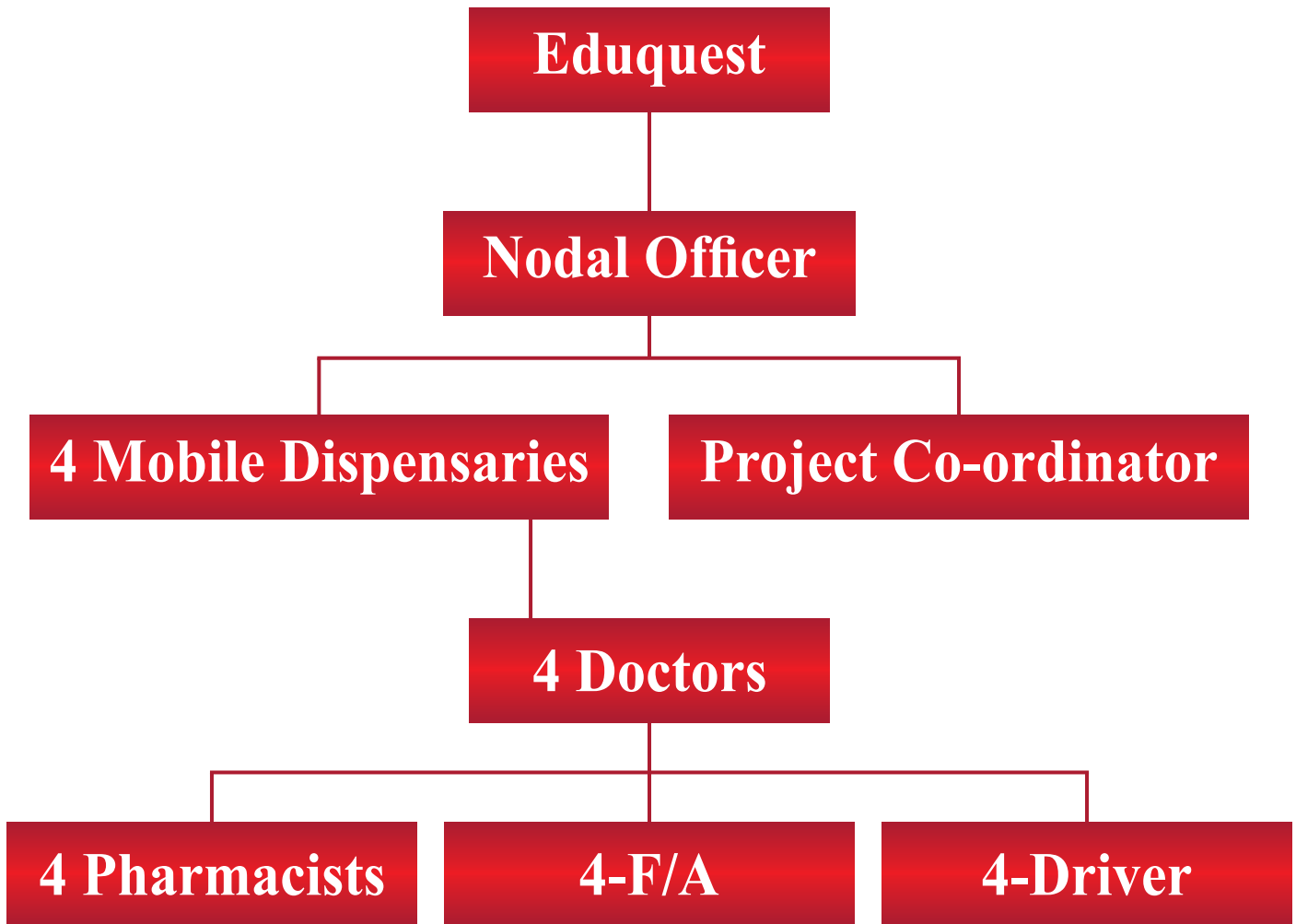
Total beneficiaries attended in the year 2018-19- 112637



NGO management, HOG Social Innovation Group (TPDDL) and Mobile dispensaries staff



Project Organizational Chart



ANEMIA

Anemia is a decrease in number of red blood cells (RBCs) or less than the normal quantity of hemoglobin in the blood. Anemia is actually a sign of a disease process rather than a disease itself.

Objective : To assess the level of awareness about causes, prevention and treatment of iron deficiency Anemia among adolescent girls and women of reproductive age at locations vocational training centers.

- Anemia is major killer in India
- Statistics reveal that every second woman is Anemic.
- One in every five maternal death is directly due to anemia
- Anemia affects both adult and children of both sexes, although pregnant women and adolescent girls are most susceptible and most affected by this disease.

The participants educated on:

- Symptoms of Anemia
- Causes of Anemia
- Anemia prevention
- Risk factors of anemia
- Medication and diet
- Hb% check- up

Risk factors of Anemia

- Poor socio economic class
- Multiparity
- Teenage pregnancy
- Menstrual Hygiene

Management of fatigue & Anemia

- Assist the patient to prioritize activities and establish a balance between activity and rest that is realistic feasible from the patient's prospective.
- Patient with chronic anemia need to maintain some physical activity and exercise to prevent the deconditioning that results from inactivity
- A healthy diet should be encouraged
- Avoid alcohol
- Dietary awareness including cultural aspects
- maintain adequate nutrition
- Hb% Check-up after 3 month to see the improvement.



Child Sexual Abuse



Child sexual abuse, also called child molestation, is a form of child abuse in which an adult or older adolescent uses a child for sexual stimulation. Forms of child sexual abuse include engaging in sexual activities with a child, indecent exposure, child grooming, or using a child to produce child pornography. We are educating the students attending the VT Centers and in community with their parents. We are educating them through KOMAL film on Sexual abuse. Educate the children and parents about strangers/ known people on the way or at home.

Children should Learn:

- Full name, address including city
- Phone number
- Parents name, work address & phone numbers
- How to make an emergency call to your parents
- Child help line -1098
- Never open the door for strangers.
- Know a neighbour to call if some one tries to get into the house.

At all time you should:

- Ask your parents permission to leave the home.
- Come home before dark.
- Always avoid dark or abandoned places
- Tell your parents if any adult asks you to keep a “ Secret ”
- Tell your parents if some one offer you gifts, money, drugs & want to take you picture.
- You have the right to say “ NO ” to any one if things make you feel uncomfortable in any way.



Adolescent Health For Girls

The adolescent girls are future mothers and house hold managers. This is the age on which foundation of strong motherhood is laid. Learning sexual health, pregnancy, infant and child health and basic preventive health measures, nutrition and sanitation help and prepare girls to raise healthy families and contribute to decreased maternal and infant mortality within community. Social topics typically included gender equality, the value of education, self-esteem, woman's rights, dowry and early marriages. In addition girls have the opportunity to learn self defence and income generation skills, such as sewing and tailoring, computer, parlor and mehandi (HEENA)



The Adolescents Health included

- ◆ Medical check-up , Diagnosis and treatment
- ◆ Counselling
- ◆ Parenting
- ◆ Dispelling of any misconception
- ◆ Educating them on about the merits of healthy life style
- ◆ Exercise and participation in sports in school and college
- ◆ Nutritional deficiencies
- ◆ Awareness on Menstrual Hygiene
Child Sexual abuse
- ◆ Awareness on personal Hygiene i.e Bathing, Hair wash. Head lice, Hand washing, Dental Hygiene, Foot care, Face wash etc
- ◆ Hemoglobin check-up for Anemia

Hygiene & Health

Hygiene is a term that refers to maintaining cleanliness and grooming of external body the steps you take to remain clean & healthy. One of the most effective way , we have to protect over selves and others, from a lot of illness is a good hygiene. People educated on Hand wash, Open defecation, Nails ,Feet care, safe drinking water, hair care, head lice, skin care etc.

Dental Hygiene

- Brush & floss daily, visit your dentist regularly and don't eat too many sweets.
- The best kind of tooth brush is soft round tipped bristles.
- The child need a smaller brush than an adult.
- Your child need your super vision up the age of 8-10 yrs.
- For a pre school child hold a mirror while you brush their teeth so your child can see what is being done

Head Lice: Tips for parents

- Head lice are transmitted among children when they share their caps and combs.
- A lice infestation is not a sign of poor hygiene.
- When screening for head lice infestation, remember that female lice lay their eggs, or "nits," in the hair.
- To distinguish between nits & dandruff, remember that nits are oval in shape.
- Wash Regularly with shampoo
- Don't scrub or rub too hard it may irritate your head and damage your hair
- Brush helps keep the scalp clean by loosing and removing dust and dead cells. It also add shine to hair

You should wash our hands with soap and water

- Before cooking
- Before eating and feeding the children
- After touching animals & anything dirty
- After eating
- Before breast feeding
- After visiting serious patients
- After using the latrine.



Menstrual Hygiene Management

Mobile health services are working in J J Clusters, resettlement colonies and rural area. As the medical and paramedical staff has observed the Menstruation is still a big taboo leads to serious restrictions on daily activities of menstruating women and girls. We are educating women and girls through Awareness on menstrual hygiene management and awareness raising communication approach for managing menstrual hygiene leading to women to capacity building, knowledge exchange on hygiene education. As a menstruation is neglected topic, women and girls do not speak out



about the topic and are not involved in decision-making as in so many cases to build a toilet and spend money on sanitary pads. If they not adopted hygiene during menstruation these affect their health and educational attainment. They sometimes even suffer from reproductive and urinary tract infection due to ignorance about proper menstrual hygiene practice. Adolescent girls are often reluctant to discuss the topic regarding menstruation with their parents and often hesitate to seek medical help regarding menstrual problems. All these can lead to serious complications such as ectopic pregnancy, infertility and chronic pelvic inflammatory diseases.

The medical and Para medical staff educated women and adolescent girls on:

- What is adolescent and puberty ?
- Why do female menstruate?
- What is Menstrual cycle ?
- How does a period usually last?
- How much blood does a women lose during every menstrual cycle
- What is PMS?
- Popular myths and existing realities?
- Why Menstrual Hygiene important?
- What are the sanitary products available for menstruating females?
- What to do in case of sanitary pad is not available?
- What are the Government programmers are in operation relating to menstrual hygiene in India

VIRAL FEVER

Chikungunya, Dengue, Swine flu

Viral Fever Illnesses caused by viruses are among the most frequent causes of fever in the community. Common symptoms can include a runny nose, sore throat, cough, hoarseness, and muscle aches. Viruses also may cause diarrhea, vomiting, or an upset stomach. The medical team of Eduquest organized awareness sessions at locations and educated people on:

- Transmission of Virus
- common symptoms of viral fever
- High Risk Groups
- Signs & Symptoms of Classical Dengue Fever, chikungunya, Swine flu etc
- Signs & Symptoms of Severe Hemorrhagic Dengue Fever
- Management of dengue fever is symptomatic and supportive
- Management of Chikunguniya.
- Prevention



Positive Attitude and Life skill education

The Mobile dispensary staff organising Awareness sessions for the students of vocational training centres once in a month on different subjects like Education, behavioural, social, Hygiene and prevention of diseases, work-life balance, stress management, NO Tobacco, Female foeticide

Positive attitude is a mirror of the mind and It reflects our thinking



Life Skill education is Life Skills are abilities for adaptive and positive behavior that enables individuals to deal effectively with the demands and challenges of everyday life like Self Awareness, empathy, critical thinking, decision making, problem solving, coping with stress etc.

Ethics: A set of principles of right conduct. The principles are Atma, Chakra, Visvastha, Sewa and Dharma.



WOMEN HEALTH

Women live longer so they have higher rates of disability and chronic health problems and lower income than men on average which puts them at a greater need for state and community resources such as medical aid. While poverty is an important barrier to positive health outcome for both men and women, poverty tends to yield a higher burden on women and girls' health due to for example malnutrition and use of unsafe cooking fuels (COPD).

Some of the social cultural factors also affect the women health are unequal power relationship, Potential or actual experience of physical, sexual and emotional violence, an exclusive focus on women's reproductive roles. The mobile dispensaries are visiting the community in which almost people migrated from nearby states. Mostly women are uneducated are some where up to primary level who are young. They are working as house maid, factory worker, labour in construction companies etc. They don't have even time for their health issues for visiting the dispensaries or hospitals. Mobile dispensaries providing health facilities like free treatment, medicine distribution,



investigations counseling and awareness on prevention of diseases at their step. Total 112637 beneficiaries attended in the year of 2018-19. Out of this we have treated and awarded 64279 women beneficiaries. The awareness provided on Pelvic inflammatory diseases, menstrual hygiene, Anemia, Breast self examination, Personal hygiene, Female feticide, Prevention of Cervical cancer, Gender equality, Joint pains, Low backache, Hypertension, Diabetes and many more.

TREE PLANTATION

Trees contribute to their environment by providing oxygen, improving air quality, climate amelioration, conserving water, preserving soil, and supporting wildlife. During the process of photosynthesis, trees take in carbon dioxide and produce the oxygen we breathe. Trees also help to reduce ozone levels in urban areas. Most importantly, trees sequester carbon, helping to remove carbon dioxide and other greenhouse gases from the air, which cools the earth. In fact, a mature canopy tree absorbs enough carbon and releases enough oxygen to sustain two human beings. Eduquest staff planted approximate 70 plants at various locations



SWATCH BHARAT ABHIYAN

“A clean India would be the best tribute India could pay to Mahatma Gandhi on his 150 birth anniversary in 2019,” said Shri Narendra Modi as he launched the Swachh Bharat Mission at Rajpath in New Delhi. On 2nd October 2014, Swachh Bharat Mission was launched throughout length and breadth of the country as a national movement. The campaign aims to achieve the vision of a ‘Clean India’ by 2nd October 2019.



Independence day-15th August, 2018

The Independence Day of India, which is celebrated religiously throughout the Country, on the 15th of August every year, holds tremendous ground in the list of national days, indian about the dawn of a new beginning, the beginning of an era of deliverance from the clutches of British colonialism of more than 200 years. It was on 15th August 1947 that India was declared independent from British colonialism, and the reins of control were handed over to the leaders of the Country. India's gaining of independence was a tryst with destiny, as the struggle for freedom was a long and tiresome one, witnessing the sacrifices of many freedom fighters, who laid down their lives on the line. The Eduquest organized program at various locations in jj clusters.



NEW YEAR 2019 CELEBRATION

The Eduquest NGO has celebrated Happy New Year 2019 with employees and volunteers at its office Shalimar Bagh NDPL Colony on 31st January 2019. The Eduquest has appreciated the team and volunteers for their hard work, commitments and determination towards the social well being of the community and presented memento s by HOG TPDDL. The occasion was graced by the presence of Shri Pankaj Kumar Singh Head of the Group, Social Innovation Group (CSR) TATA Power Delhi Distribution Ltd.



INAUGURATION OF MOBILE DISPENSARY

Shri Sanjay Banga, CEO Tata Power Delhi Distribution Ltd. Inaugurated a new Mobile dispensary van at Urja Mela.,2019 The mobile dispensaries providing health services in j j clusters, resettlement colonies and rural at doorstep. Four mobile dispensaries attending sixteen locations daily and attending approximate 8000 to 10,000 beneficiaries at doorstep monthly.



SANGAM NGO MEET-2019



Eduquest NGO participate in NGOsANGAM Meet2019 organised by TATA Power Delhi Distributio LTD. Honorable CEO TATA Power DDL Shri Snjay Banga presented the memento to Dr. Snehlata Rewaria General Secrety Eduquest



Best Emloyee award Shruti Sharma Pharmacist



Nukkad Natak Women Empowerment

International Women's Day : 8th March, 2019

International Women's Day-8th March, 2019

Eduquest NGO running four Mobile dispensaries in J J Clusters and resettlement colonies on health care and organized 4 events in J J Clusters & resettlement colonies The events were organized at four locations and attended approx 400 women and adolescent girls.



Awareness organised on :

- Women Empowerment
 - Pelvic Inflammatory diseases
 - Hygiene and Open defecation & women safety
 - Female foeticide
 - Adolescent health
 - Diabetes and Hypertension
 - Menstrual hygiene
 - Breast self examination
- Games for women and adolescent girls
Prize distribution
Refreshment



HEALTH CAMPS FOR INDUSTRIAL WORKERS

In continuation of its human endeavor and bring about health awareness to the people in the area working of Tata Power Delhi Distribution Ltd more than 1300 labours were attended six health camps in the industrial areas like Mangolpuri, Bawana, Narela and Wazirpur organized by mobile health dispensaries at six locations. The initiative was aimed at creating awareness and motivating them to adopt healthy lifestyle. The activities included in the camps were basic health check up and Blood pressure, Blood sugar checkup which is one of the most worrisome health issues prevalent now a days. It also included dental, orthopedic and dermatology. Free consultations and free distribution of the medicines.



Health Awareness sessions on Diabetes, Hypertension, hygiene, HIV/AIDS, STDs, Smoking and Chewing tobacco. Interactive sessions also organized by health professional Musculoskeletal problems, stress at work, anxiety, depression and personal hygiene.

Lots of beneficiaries were do not know about that they were diabetic and hypertensive. Screening was done and they have given advised by the doctor that they require follow up by specialist of the area. They have also given to understand about the ignorance of treatment and followup they will suffer from complications of the diseases.

The beneficiaries participated in these sessions and found them helpful in dealing with daily matters at work and accommodation



WLC SESSIONS ON WOMEN HEALTH



The Women Health Program was organized for WLC Instructors at Gulabi Office Date: 9th & 10th January 2019 by the SIG Department Total-337 WLC attended the sessions. The women's health is her total well-being, not determined solely by biological factors and reproduction, but also by effects of work load, nutrition stress, migration. The Slogan-Healthy women Healthy world: Embodies the fact that as custodian of the family health. woman play a

critical role in health and well being of their communities. With limited access education or employment, high illiteracy rates and increasing poverty levels are making health improvements for women exceedingly difficult. Supporting access to effective interventions such as reducing malnutrition, preventing anemia, and improving access to essential health services, including effective contraception, are not only important for ensuring women's well being but also for improving nutrition in the early years of children and as important. Although many of the issues around women's health relate to their reproductive health, including maternal and child health, gentle health and breast self examination and endocrine (hormonal) health like Thyroid diseases I menstruation hygiene management birth control and menopause, a broader understanding of women's health to include all aspects.

The topic taken in sessions were:

- Anemia and Work life Balance
- Menstruation Hygiene and Personal Hygiene
- Breast Self Examination and prevention of cancer cervix
- Menopause and pelvic Inflammatory Disease
- Thyroid Disease

SAMMAN PROGRAM

Participated in SAMMAN program organized by Tata Power DDL on Dated 20.9.2018 & 4.10.2018 at Moti Nagar and Shalimar Bagh district for the senior citizens. Eduquest has organized awareness session for senior citizen and awared them on :

- Health Promotion of elderly
- Psychological well being
- Hygiene for elderly
- Nutrition
- Periodic medical examination
- After 60 yrs- these actions should be avoided



- Objectives of health promotion

- Eliminate health disparities and dependency
- Improve (enhance) quality of life
- Increase quality and years of healthy life
- Maintain function
- Extend life expectancy → ↓ premature mortality caused by chronic & acute diseases

Total participants approx – 400



TRAINING FOR COMMUNITY CAPACITY BUILDING



Community capacity building is a continuous process. It is important to consider who is included in the "community" that is leading the process. These outcomes, however, can also be considered processes for community capacity building. They provide an indication of some of the things we might be doing when working with a community but our people do have skills, knowledge and experience! They are quite capable of looking after our aims and objectives for community in which Eduquest have been working for their future. So when we talk about

capacity building – The training time to time organized for them and focuses on

Building the skills and confidence of individuals and groups

Enhancing community decision making and problem solving processes

Creating a common vision for the future

Implementing practical strategies for creating change. Promoting inclusion and Improving the Quality of Life of people at doorstep and providing Health care with Commitment, Compassion and Care

Emphasis a strengths-based approaches to provided to ensure the treatment , awareness on Hygiene and preventions of various diseases

These outcomes, however, can also be considered processes for community capacity building. They provide an indication of some of the things we might be doing when working with a community like awareness on Hygiene, Promotive and preventive health care, Social issues like Female foeticide, Child sexual abuse, Positive Attitude and life skill education and Ethics

ABHA

- ❖ They are the local people of the community and having better communication with them.
- ❖ They co-ordinate between the mobile dispensary staff and different sites of the J J Clusters and resettlement colonies
- ❖ They are being trained by TPPDL regarding management of taking free treatment from mobile dispensary after showing the paid electricity bills.
- ❖ Their efforts gives us to reach more and more people and bring greater services to patients in need of better health services.
- ❖ They are helping mobile dispensaries for organizing the program in community



Experience of working with Tata Power Delhi Distribution Limited :

Eduquest is only having the experience of working with Tata Power Delhi Distribution Ltd. And its great. We have never felt that we are Not a part of TATA power DDL and got maximum regard from officers From SIG admin finance, security and other concerned department They resolved our problems either in the office or on the way without any dely. Thanks for everything

Difficulties and challenges faced during working: yr-2018-19

1. No Difficulties and challenges faced by mobile dispensaries during this period
2. Everything was well planned by SIG department and Eduquest NGO

New initiative for the year 2019-20

- Prevention of Non- Communicable diseases

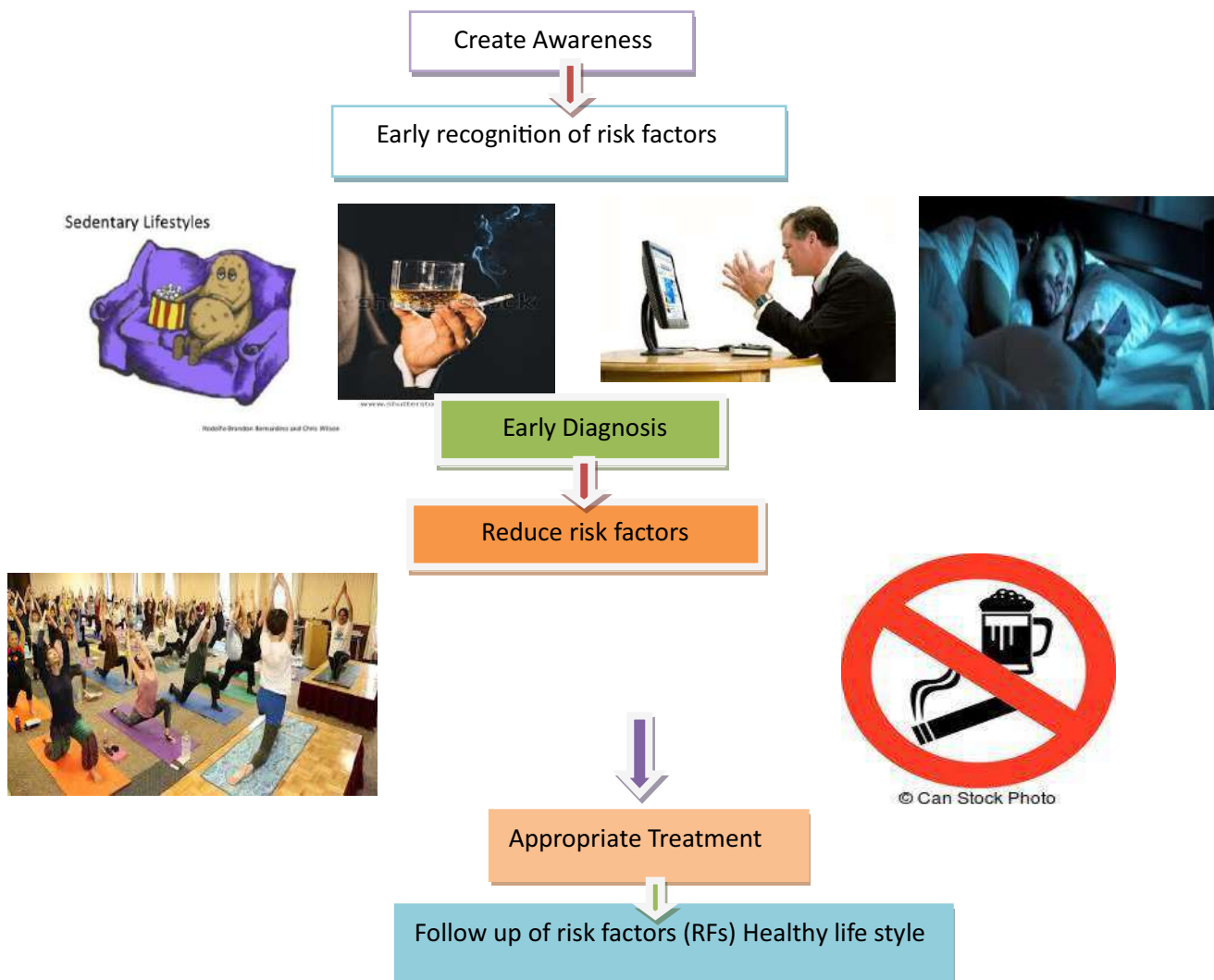
Dr. Snehalata Rewaria
Physician & Social Worker
General Secretary - Eduquest

Preventing of Non-Communicable Diseases

**‘NCDs tiny like ants to begin with,
Mammoth like tusker to end with.**

Non- Communicable diseases (NCDs) are the diseases that are caused or triggered by faulty lifestyle of a person and usually chronic in nature unlike communicable diseases (CDs) which are caused by infectious agents. India is a diverse country, increased industrialization, westernization, urbanization and changing lifestyle has changed the landscape of diseases profile, and has shifted it from the peak of communicable diseases to Non-Communicable diseases. NCDs include Hypertension (HTN), Diabetes mellitus (DM) Coronary artery diseases (CAD) stroke, Chronic obstructive pulmonary disease (COPD) and Cancer.

India is currently referred as the diabetic & oral cancer capital of the world. And it has been predicted that half of the cardiovascular diseases burden worldwide by 2020 will comprise Indians. NCDs progress slowly remains asymptomatic initially in most cases, therefore its early recognition is missed and It can be prevented by simple measures as below:

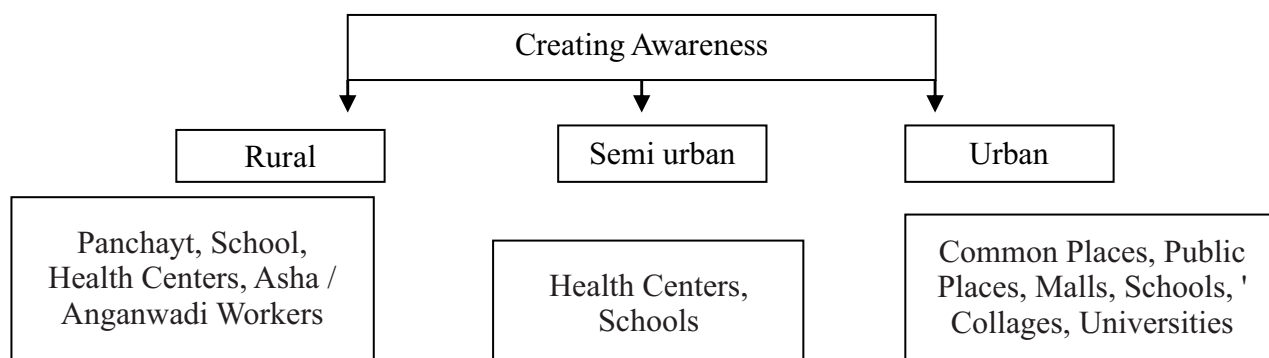


To control NCDs further we need to take following measures:

1. Awareness is the key

First step to prevent NCDs are to create mass awareness among all socioeconomic sections/ segments of the society. Giving information or educating children in rural and slum areas about what non communicable diseases and what are its ill effects, what are the risk factors and how to prevent it is essential & will be effective in long run. Giving information at mass level in the form of mass media broadcasting (TV, Radio, News paper, Magazines), print media, poster, banner or pamphlet at public places like bus stop, railway station, metro station, banks, local markets, cinema hall and shopping malls, highways, roadsides will be useful strategy to spread awareness among general public. In fact the posters, banners should be kept near tea stalls and saloons also, because people gather and discuss the current affairs or the current issue

In the process of alerting people the students should be our prime focus. Students of schools/ colleges/ universities/ institutions or the students of medical field or non-medical all will be equally important



2. Early Recognition of Risk Factors

Risk factors such as tobacco consumption/ smoking , junk food, physical inactivity, obesity, disturbed sleep hygiene, stress, raised blood pressure, diabetes and increased lipids start operating in adverse manner since early child hood. Therefore it is essential to detect them early in order to prevent the onset of NCDs.

Important risk factors are

Tobacco/ Smoking: Tobacco is harmful to almost every organ of the body directly or indirectly. It contains some 7000 toxic substances. Its main constituent, Nicotine is an alkaloid, which is found within the tobacco leaf and evaporates when the cigarette is lighted. It is highly addictive and causes rise in blood pressure (BP). Heart rate (HR) respiratory rate and peripheral vasoconstriction , smoking is directly linked with cardiovascular diseases. Several studies have shown that smoking increases risk of cardiovascular disease. Women who smoke are 1.5 fold greater risk to develop cardiovascular diseases than men.

Alcohol consumption: in 2016 alcohol consumption was considered as the 7th leading risk factor for both deaths and disability adjusted life style (DALYs). Reduction in the alcohol consumption is essential aspect for the reversal of the risk of coronary artery disease and to prevent several health complications .But recent researchers have suggested that only “NIL” amount of alcohol can be useful for the reverse of coronary diseases.

Sedentary Life Style: The increased urbanization has shifted the human lifestyle from physically active to sedentary behavior. Sedentary behavior influences over weight or obesity which in turn increases the occurrence of many adverse health conditions including NCDs and shortens the life expectancy. According to WHO insufficient physical activity causes approximately 3.2 million deaths each year worldwide.

Obesity: WHO has defined obesity as "accumulation of abnormal or excess fats that present with a risk to health. Obesity is a fast growing problem and has a multi factorial effect on health. Fast growing chronic metabolic disorder is associated with different cardiovascular disease, A plethora of mechanism including abnormalities in lipit metabolism insulin resistance, inflammation, endothelial dysfunction, adipokine imbalance and inflammatory activation have been suggested to underline the relationship between obesity and atherosclerosis which leads to coronary disease Obesity emerging as the leading cause of cardiovascular diseases mortality and morbidity.



Sleep Deprivation: Short duration sleep or poor quality sleep is associated with NCDs (Hypertension, Diabetes, Cardiovascular disease). Evidence from several studies suggested that poor quality and short duration sleep decreases glucose tolerance and reduces insulin sensitivity and so increases diabetes. Inadequate sleep is also associated with increased risk of cardiovascular diseases related mortality.

Stress: Long- term anxiety improves the sympathetic response by activating the sympathetic nervous system. Activation of the sympathetic nervous system reduces renal blood flow, increases renal water and sodium retention and increase blood pressure. Sympathetic activation causes abnormal lipid metabolism by decreasing HDL cholesterol resulting in endothelial dysfunction which initiates the formation atherosclerotic plaque and it leads to risk of coronary disease.

Diet: Diet is one of the most important approaches to prevent illness. It is considered as a modifiable risk factor for NCDs because its role in the etiology of the NCDs is extremely important. Limiting caloric intake to maintain a healthy weight and eating fruits and vegetables in abundance and exercising regularly are essential strategies. Eating polyunsaturated fats lower harmful LDL. Elevates protective HDL. Improves sensitivity to insulin, and stabilizes heart rhythms. Some studies reveal the habitual breakfast skipping increases the risk of Hypertension and coronary artery diseases. Skipping breakfast might induce deleterious changes in lipids parameter leading to increase in atherogenic lipid- LDL cholesterol. Breakfast skipper also tend to have higher hunger and lower satiety and they are highly addicted with other ill dietary products such as higher consumption of fatty snacks.

3. Steps to reduce Risk factors

Adopt healthy life style

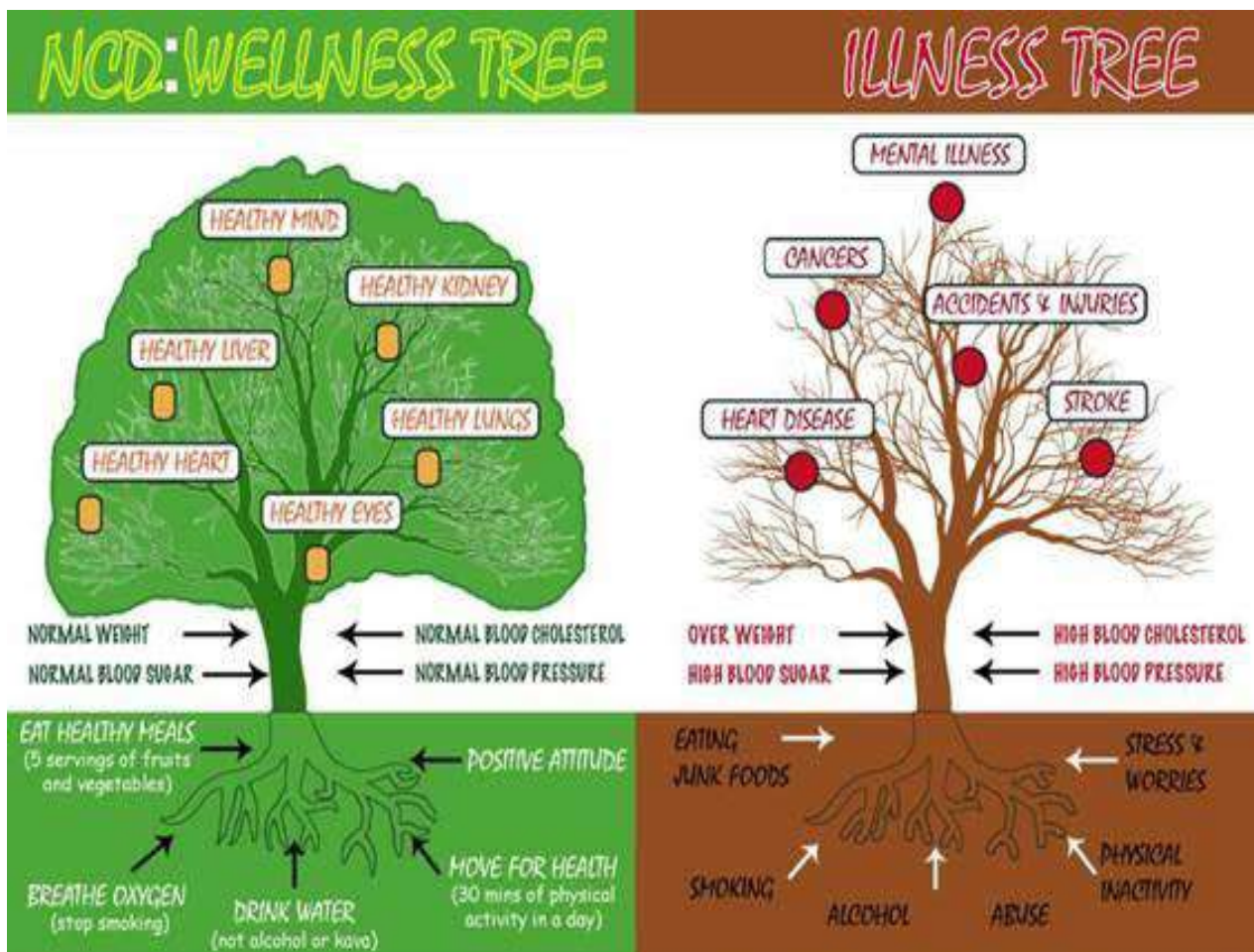
Enjoy healthy long life

- I. **Eating healthy:** Diet low consumption of sugar, salt and low trans fats along with no package and proceeds foods, and high fiber fruits, green vegetables and plenty of water consumptions play a crucial role in the prevention & profile axis of NCDs/
 - II. Some studies have suggested home cooked food with no television or mobile phones during meal time linked to lower risk of obesity
 - III. **Physical activity :** Physical activity is a behavioural factor that is referred to prevent the risk of NCDs. Individual engaging in light and moderate- vigorous physical activity and significantly lower risk of cardiovascular diseases
 - IV. **Proper discharge of duties:** It is essential to avoid any kind of stress or mental agony and it to calm the mind.
 - V. **Sleep Hygiene:** It is essential to have a good quality sleep. Inadequate sleep is also associated with increased risk of cardiovascular diseases development and cardiovascular diseases related mortality.
 - VI. **Yoga & meditation:** Yoga & meditation can be done anywhere by anyone irrespective of their age, gender, socioeconomic status & religion. It cost nothing. It is the most important mode of therapy to reduce stress, anxiety, hypertension & diabetes
4. **Early Diagnosis:** Early Diagnosis plays golden role for the treatment and reversal of the conditions. Early diagnosis with deep history is important. Because recent evidences have shown that more conditions like low birth weight might impact vascular endothelium properties and increased risk of obesity and diabetes and so is associated with cardiovascular diseases in this way. So they should be kept in mind and follow-up these individuals.
 5. **Appropriate Treatment :** We now have good number of drugs which controls diabetes, Hypertension and Ischemic heart diseases. Once diagnosis has been made one should follow treatment prescribed by competent doctor. In case of emergency like aute heart attack, acute

stroke sudden rise of blood pressure or acute breathlessness one can always go to nearby emergency of any hospital and get proper treatment and care.

6. **Follow up for Risk Factors:** Follow up of patient are not only important for the amelioration of established NCDs in a given individual but also for its further spread. This also ensures continuance of healthy life style. It has been observed that some patients discontinue the suggested medication and precautions after getting relief from their symptoms and again resort to their previous addictive habits of smoking tobacco/ or alcohol,

It is thus obvious that we can put a break on current epidemic of NCDs like diabetes, increased blood pressure, heart attack, stroke and /or cancer by creating mass awareness about risk factors in society and inculcating healthy life style comprising of no to smoking/ smokeless tobacco, No alcohol, healthy diet, doing some kind of physical exercise, positive attitude, good sleep hygiene and meditation.



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