



INDIAN PUBLIC HEALTH ASSOCIATION

(Founder Member, World Federation of Public Health Associations, Geneva)

IPHA Newsletter

Volume 01 / Issue 02

October – December '24

President

Dr. Sanghamitra Ghosh

Secretary General

Dr. Kaushik Mitra

Editor

Dr. Prasad Waingankar

Editorial Team

Dr. Arup Chakraborty

Dr. Anirban Dalui

Dr. Ashlesha Tawde

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Head Quarters

Indian Public Health Association
110, Chittranjan Avenue, Kolkata
West Bengal, India. PIN - 700073

Mobile: +91 79809 73966

Landline: +91 332257 3373

E-mail: iphahq@gmail.com

IPHA Bhaban

Block – AQ, Plot – 13/5, Salt Lake,
Sector – V, Kolkata – 700091

Website: www.iphaonline.org

Email: office@iphaonline.org

69TH

IPHACON



'Transforming Public Health in India: Innovations, Challenges, Diplomacy and Future Horizons'

2K25

BELAGAVI, KARNATAKA

Welcome to the 69th Annual National Conference of the Indian Public Health Association in Belagavi. This significant event focuses on Transforming Public Health in India: Innovations, Challenges, Diplomacy, and Future Horizons." Together, we will explore solutions to shape a healthier India through collaboration and innovation. Join us at IPHACON 2025 for an enriching experience as we embrace the power of collective expertise to overcome challenges and create a brighter future. Let us innovate together!



Dr. Sanghamitra Ghosh
President IPHA

Dear friends and colleagues, Greetings from the Indian Public Health Association! We are delighted to welcome you to the 69th Annual Conference of IPHA (IPHACON 2025), taking place at Jawaharlal Nehru Medical College, Belagavi, Karnataka, from 21st to 23rd March 2025. The theme, Transforming Public Health in India: Innovations, Challenges, Diplomacy, and Future Horizons," will guide discussions, orations, and presentations. Join us for this exciting platform to exchange insights and updates in public health. Looking forward to seeing you at IPHACON 2025 in Belagavi.



Dr. Kaushik Mitra
Secretary General IPHA

It is with great pride and enthusiasm that I extend a warm welcome to each of you to the 69th Annual National Conference of the Indian Public Health Association (IPHACON 2025), to be held in Belagavi from 21st to 23rd March 2025. The theme of this year's conference, "Transforming Public Health in India. Innovations, Challenges, Diplomacy, and Future Horizons," reflects our collective vision to shape the future of public health in our country and beyond. As we gather in the vibrant city of Belagavi, a historic hub of culture and innovation, this conference will serve as a critical platform for experts, policy makers, and practitioners to engage in robust discussions. Our distinguished panel of speakers and delegates brings a wealth of experience and expertise. We will engage in thought-provoking discussions on critical issues such as the integration of technology in healthcare, the role of diplomacy in health policy, and overcoming the systemic challenges that impact health outcomes in India and beyond. IPHACON 2025 is designed to bring forward new ideas, foster meaningful partnerships, and highlight the solutions that can help us overcome current challenges in healthcare. Whether it is addressing health inequities, strengthening the healthcare workforce, or integrating global best practices, the sessions planned will provide deep insights and actionable takeaways. On behalf of the organizing committee, I urge all participants to immerse themselves in the discussions, network with peers, and explore the vibrant city of Belagavi, which has a rich tradition of artisanship and culture, something you will experience throughout the conference. Let us work together, with renewed passion and purpose, to lay the groundwork for a healthier and more resilient future for India. I look forward to your active participation and a fruitful exchange of ideas.



Prof. (Dr.) Mubashir Angolkar
Org Secretary, IPHACON 2025

Lifestyle Disorders in Adolescents

Dr. Prasad Waingankar

Professor & Head, Community Medicine, MGM Medical College, Kamothe, Navi Mumbai

Over 1.5 million adolescents and young adults aged 10–24 years died in 2021. In 2021, the probability of dying among those aged 10–24 years was highest in sub-Saharan Africa and lowest in Europe and Northern America. The patterns of death in those aged 10 to 24 years reflect the underlying risk profiles of the age groups with those of 10–14-year-olds dominated by infectious diseases among older adolescents and young adults, a shift away from infectious diseases of childhood is seen. Injuries, including road traffic injuries and drowning, interpersonal violence, self-harm and maternal conditions are the leading causes of death among adolescents and young adults.

Lifestyle disorders encompass a range of health conditions, primarily linked to an individual's daily habits and behaviors. These disorders are often preventable, making them a critical focus for public health initiatives. In adolescents, lifestyle disorders can manifest in various forms, affecting physical, mental, and emotional well-being. Adolescence is a crucial phase of life characterized by rapid physical, psychological, and social changes. During this developmental stage, adolescents establish habits and behaviors that significantly influence their health throughout adulthood.

However, modern lifestyles, characterized by sedentary behaviors, poor dietary choices, and increased exposure to various stressors, have contributed to the rise of lifestyle disorders among adolescents. Low physical activity, higher level of experimentation with alcohol and smoking and even drugs has been found increasing. High prevalence of obesity and hypertension in school children is noted. There is association between BMI and systolic and diastolic blood pressures amongst children and other lifestyle factors.

1. Nutrition-related Disorders

Adolescents frequently face issues related to poor nutrition, including obesity,

eating disorders, and nutrient deficiencies. Unhealthy dietary habits during this critical period can have long-lasting consequences on overall health. Inappropriate dietary practices, fast food consumption, low fruit consumption, low leafy vegetable consumption contributes, obesity and related conditions.

The rise in obesity among adolescents has become a global concern. Obesity contributes to the development of various physical health issues, including type 2 diabetes, cardiovascular diseases, and joint problems. Physical inactivity and poor dietary choices adversely affect cardiovascular health. Early signs of cardiovascular diseases may manifest in adolescence, setting the stage for long-term health risks.

2. Physical Inactivity related Disorders

Sedentary lifestyles and insufficient physical activity contribute to numerous health problems in adolescents, such as cardiovascular issues, obesity, and muscular-skeletal disorders. Globally, in 2016, only 1 in 5 adolescents are estimated to meet WHO guidelines on physical activity. Prevalence of inactivity is high across all WHO regions, and higher in female as compared to male adolescents.

The study, published in The Lancet Child & Adolescent Health journal and produced by researchers from the World Health Organization (WHO), finds that more than 80% of school-going adolescents globally did not meet current recommendations of at least one hour of physical activity per day – including 85% of girls and 78% of boys.

In children and adolescents, physical activity improves physical fitness, cardiorespiratory and muscular fitness, cardiometabolic health, blood pressure, dyslipidemia, glucose, and insulin resistance, bone health, cognitive outcomes, academic performance, executive function, mental health, reduced symptoms of depression, reduced adiposity.

To assess physical activity among schoolchildren WHO has collaborated on a questionnaire module which has been integrated into the Global school-based student health survey (GSHS). GSHS is a WHO/US CDC surveillance project designed to help countries measure and assess the behavioral risk factors and protective factors in 10 key areas among young people aged 13 to 17 years.

3. Substance Abuse-related Disorders

Tobacco use, alcohol consumption, and illicit drug use are prevalent among adolescents, leading to both immediate and long-term health consequences, including addiction and mental health disorders.

Association of mental disorders with an outgoing 'non-traditional' lifestyle, including frequent partying, going to the cinema, shopping for fun and having a boyfriend or girlfriend, difficulties with studies, lack of safety in the neighborhood, a history of physical or verbal abuse and tobacco use has been found.

The fast-paced, demanding nature of modern life puts adolescents at risk of experiencing high levels of stress and anxiety. Lifestyle choices, such as inadequate sleep and poor nutrition, exacerbate mental health issues. Adolescents engaging in substance abuse often face mental health challenges, including depression and anxiety disorders. The interconnectedness of substance abuse and mental health highlights the need for a holistic approach to prevention and intervention. Half of all mental health disorders in adulthood start by age 14, but most cases are undetected and untreated.

Early onset of substance use is associated with higher risks of developing dependence and other problems during adult life, people of younger ages are disproportionately affected by substance use compared with people of older ages. The vast majority of people using tobacco today began doing so when they were adolescents. Globally in 2018, at least 1 in 10 adolescents aged 13–15 years uses tobacco, although there are areas where this figure is much higher. E-cigarettes are particularly risky when used by children and adolescents. Nicotine is highly addictive & young people's brains develop up to their mid-twenties.

Drinking alcohol among adolescents is a major concern in many countries. Worldwide, more than a quarter of all people aged 15–19 years are current drinkers, amounting to 155 million adolescents. Prevalence of heavy episodic drinking among adolescents aged 15–19 years was 13.6% in 2016, with males most at risk.

Cannabis is the most widely used psychoactive drug among young people with about 4.7% of people aged 15–16 years using it at least once in 2018. Alcohol and drug use in children and adolescents is associated with neurocognitive alterations which can lead to behavioral, emotional, social and academic problems in later life.

Road traffic accidents

In 2019, 115 000 adolescents (10–19 years) died as a result of road traffic accidents. Many of those who died were vulnerable road users, including pedestrians, cyclists or users of motorized two-wheelers.

Drowning

Drowning is also among the top causes of death among adolescents; more than 30 000 adolescents, over three quarters of them boys, are estimated to have drowned in 2019.

Interpersonal violence

It is among the leading causes of death in adolescents and young people globally. It causes nearly a third of all adolescent male deaths in low- and middle-income countries in the WHO Region of the Americas. Violence during adolescence also increases the risks of injury, HIV and other sexually transmitted infections, mental health problems, poor school performance and dropout, early pregnancy, reproductive health problems, and communicable and noncommunicable diseases.

HIV

An estimated 1.7 million adolescents (age 10–19 years) were living with HIV in 2021 with around 90% in the WHO African Region. While there have been substantial declines in new infections among adolescents from a peak in 1994, adolescents still account for about 10% of new HIV infections, with three-quarters amongst adolescent girls. Additionally, while new infections may have

fallen in many of the most severely affected countries, recent testing coverage remains low, suggesting that many adolescents and young people living with HIV may not know their status.

Early pregnancy and childbirth

Approximately 12 million girls aged 15–19 years and at least 777 000 girls under 15 years give birth each year in developing regions. Complications from pregnancy and childbirth are among the leading causes of death for girls aged 15–19 years globally.

Prevention and Intervention Strategies

A. Education and Awareness

To address lifestyle disorders effectively there must be a focus on educating adolescents, parents, and educators about the importance of healthy lifestyle choices. This includes promoting balanced nutrition, regular physical activity, and stress management techniques.

B. School and Community Programs

Incorporating health and wellness programs into school curricula and community activities can significantly impact adolescents' habits. Such programs can promote physical activity, provide nutritional education, and create supportive environments for overall well-being.

C. Family Involvement

Parents play a crucial role in shaping their children's habits. Encouraging healthy behaviors at home, such as family meals, outdoor activities, and open communication about mental health, can positively influence adolescents' lifestyle choices.

D. Healthcare Initiatives Collaboration

Collaboration between healthcare professionals, schools, and communities is essential for comprehensive preventive measures. Regular health check-ups, screenings, and counselling services can identify potential issues early and guide adolescents towards healthier choices.

Future Outlook

A. Emerging Trends and Challenges

As society continues to evolve, new challenges and trends emerge in the realm of adolescent health. The impact of technology,

changing social norms, and environmental factors must be considered in ongoing efforts to address lifestyle disorders.

B. Technology's Role in Promoting Healthy Lifestyles Technology

When used responsibly, it can be a valuable tool in promoting healthy lifestyles among adolescents. Mobile apps, online resources, and virtual communities can provide support and guidance for making positive lifestyle choices.

C. Ongoing Research and Developments

The field of adolescent health is dynamic, with ongoing research exploring innovative approaches to address lifestyle disorders. Staying informed about the latest developments ensures that interventions remain relevant and effective.

Conclusion

lifestyle disorders in adolescents pose significant challenges to their current and future well-being. Understanding the causes, impact on health, and effective preventive measures is crucial for developing comprehensive strategies to address these issues. By fostering education, implementing targeted interventions, and encouraging collaboration among various stakeholders we can create a healthier environment for adolescents, setting the foundation for a lifetime of well-being.



Evidence shows that social connection is a force for **health, well-being, and economic good.**

It's time to harness the **#PowerOfConnection.**



INDIAN PUBLIC HEALTH ASSOCIATION Head Quarter's Nationwide Essay Contest on World Health Day 2024 Theme

A nationwide essay competition was organized by IPHA Headquarters for its members on the occasion of World Health Day 2024. The competition featured two categories: Category A for participants under 35 years old and Category B for those above 35. The themes for the respective categories were 'Health is a Right: Facts & Myths' for Category A & 'Freedom from discrimination in health: evidence & pathways' for Category B. The competition received an overwhelming response, with over 70 essays submitted via email across both categories.

All essays were reviewed by eminent judges, ensuring a fair and rigorous evaluation process. The results were declared on December 11, 2024, and the awardees included winners, runners-up, and five special awardees.

The winner and runners-up will receive cash prizes, a medal, and an appreciation certificate, which will be presented at the inaugural program of IPHACON 2025 in Belagavi, Karnataka. The five special awardees will receive appreciation certificates.

INDIAN PUBLIC HEALTH ASSOCIATION

Nationwide Essay Contest

Announcement of Results

WORLD HEALTH DAY CONTEST

Category A	Category B
Champion *	Champions *
<p>Dr. Srishti Chauhan Motilal Nehru Medical College</p>	<p>Prof. Dr. Niraj Pandit SBKS MIRC</p>
1st <small>First place</small>	1st <small>First place</small>
Runner-ups *	Runner-ups *
<p>Dr. Aishwarya Shivam JIPMER</p> <p>Dr. Shibaji Gupta Midnapore Medical College</p>	<p>Dr. Kapil Goel Post Graduate Institute of Medical Education and Research (PGIMER)</p>
2nd <small>Second place</small>	2nd <small>Second place</small>
Special Awards*	Special Awards*
<p>Maj. (Dr.) Preetham KS Gowda AFMC</p> <p>Dr. Madhumita Bhakta MKCG Medical College and Hospital</p> <p>Ms. Heaven Dahiya Lakshmi Bai Batra College of Nursing, Delhi</p>	<p>Dr. Narasimha Manoj T. NRI Institute of Medical Sciences</p> <p>Dr. Devipriya S AIIMS Nagpur</p>
<p>Dr. Robinson V Thomas AFMC</p> <p>Dr. Lucy George SAHS, N&D MRIIRS</p> <p>Dr. Mousumi Datta RGKMCH</p>	<p>Dr. Amrita Sarkar Tomo Riba Institute Of Health And Medical Sciences (TRIHMS)</p> <p>Dr Aarthy Ramasamy ICMR- National Institute of Epidemiology</p> <p>Dr. Frederick Vaz Goa Medical College</p> <p>Dr. Deepak B Sharma Pramukhswami Medical College, Bhaikaka University</p>
Dr Sanghamitra Ghosh President, IPHA HQ	Dr Kaushik Mitra Secretary General, IPHA HQ

My health, my right

Beyond Silos: A Comprehensive One Health Approach for AMR in India

CME: World AMR Awareness Week

19th November 2024

The Indian Public Health Association (IPHA) conducted a special lecture and panel discussion titled "**Beyond Silos: A Comprehensive One Health Approach for AMR in India**" to commemorate World AMR Awareness Week. The event took place on November 19, 2024, at 7 pm, featuring eminent panelists and resource persons, and was streamed live on IPHA's official YouTube channel. **Dr. Sanghamitra Ghosh**, President, and **Dr. Kaushik Mitra**, Secretary General of IPHA, delivered the welcome address. **Dr. Pritam Roy** introduced the panelists and resource persons.



Antimicrobial Resistance (AMR) Awareness Week, a distinguished panel of experts shared insights on combating AMR in India through a "One Health" approach.

The esteemed panelists included: - **Dr. Mahua Das**, Lecturer in International Health, University of Leeds, and Co-Investigator, MRC-COSTAR, **Dr. Robin Paul**, Technical Officer - AMR & Labs, FAO of UN, India, **Dr. Sagar Khadanga**, Associate Professor of General Medicine, AIIMS Bhopal, and Lead Faculty, MPSAPCAR. **Dr. Pallavi Mishra**, Senior Consultant, UKRI-GCRF One Health Poultry Hub, **Dr. Sandeep Ghatak**, Head of DAFS, Principal Scientist (Veterinary Public Health), and Head, Division of Animal and Fisheries Science, ICAR Research Complex for NEH Region.

The discussion was moderated by **Dr. Rajib Dasgupta**. The panel discussion covered challenges and potential solutions for addressing AMR in India, including community engagement, policy making, and multi-sectoral collaborations.



Panelists emphasized the importance of political will, tailored regional guidelines, veterinary roles, and environmental practices in combating AMR



Indian Public Health Association
Presents
Special Lecture and Panel Discussion on the occasion of World AMR Awareness Week 2024
Beyond Silos: A Comprehensive One Health Approach for AMR in India
19th November 2024, 7 pm

PATRONS
Dr. Sanghamitra Ghosh, President - IPHA
Dr. Kaushik Mitra, Secretary General - IPHA
Dr. Suneela Garg, Chairperson - IAPH

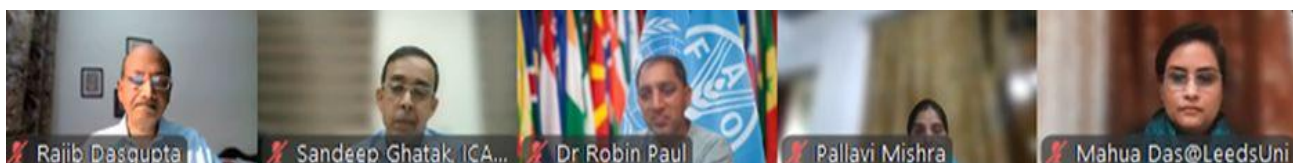
SPECIAL ADDRESS
Dr. Anuj Sharma, Focal point - AMR & IPC Team, WHO India

PANELISTS
Dr. Mahua Das, Lecturer, International Health, University of Leeds; Co-Investigator, MRC-COSTAR
Dr. Robin Paul, Technical Officer-AMR & Labs, FAO of UN, India
Dr. Sagar Khadanga, Associate Professor, General Medicine, AIIMS Bhopal; Lead Faculty, MPSAPCAR
Dr. Pallavi Mishra, Senior Consultant, UKRI-GCRF One Health Poultry Hub
Dr. Sandeep Ghatak, Head, DAFS, Principal Scientist, (Veterinary Public Health) & Head, Division of Animal and Fisheries Science, ICAR Research Complex for NEH Region

MODERATOR
Dr. Rajib Dasgupta, Chairperson & Professor, Centre of Social Medicine & Community Health, JNU
Editor, Indian Journal of Public Health

Live Streaming on: **YouTube**
<https://www.youtube.com/live/jxT0LammWcM?feature=shared>
<https://forms.gle/wUnz9n5B7Y2YTon6> or scan the QR code, and submit the feedback form that will be shared in the YouTube live event comment section.

The event commenced with a special address by **Dr. Anuj Sharma**, Focal Point - AMR & IPC Team, WHO India. Dr. Sharma emphasized the need for a collective approach and highlighted WHO's commitment to supporting AMR mitigation efforts in India. As part of the World



World AIDS Day 2024 Event IPHA HQ & WB Branch in collaboration with West Bengal State AIDS Prevention & Control Society (WBSAP&CS) 5th December 2024

IPHA HQ observed WORLD AIDS DAY at RG Kar Medical College & Hospital on 5th December 2024 themed on **"Take the Rights Path"**

The event was graced by the presence of distinguished guests, including Dr. Sanghamitra Ghosh (President, IPHA HQ), Prof. Dr. Manas Banerjee (Principal, RGKMCH), Prof. Dr. Kaushik Mitra (Secretary General, IPHA), Prof. Dr. Pradip Mitra (Former DME), Dr. Surajit Ghosh (President, IPHA WB), Dr. Kunal K. Majumder (MSVP, KPCMCH), and numerous other eminent public health professionals and students.

Ms. Aparna Majumder, independent consultant of HIV/ AIDS wonderfully discussed about the Status Disclosure. Mrs.

Sumita Samanta, DD IEC, WBSAP&CS extensively discussed the HIV/AIDS Act. Prof. Kalpana Datta, (In-charge PCOE & HOD, Pediatrics, Medical College Kolkata) nicely depicted the HIV Epidemic among children and adolescents. Dr. Yogiraj Roy, Associate Professor and Renowned Infectious Disease Specialist, highlighted the dilemma and perspectives of HIV physicians.

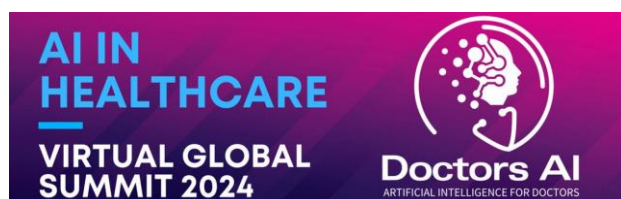
More than 100 delegates including Faculty, Residents, Nursing Staffs and students attended and interacted with the speaker. Dr. Mousumi Datta, Associate Professor, RGKMCH, moderated the event very effectively. Additionally, the program was broadcast live on IPHA's official YouTube channel, extending its reach to a broader audience.



"Health for (digit)all" Panel Discussion at AI in Healthcare Global Virtual Summit 2024 Doctors AI in collaboration with IPHA 15th December 2024

The Indian Public Health Association (IPHA) collaborated with the Doctors AI platform to host a panel discussion on "Health for (digit)all" at the Global Virtual Summit 2024.

On December 14 and 15, 2024, the Doctors AI Virtual Global Summit on AI in Healthcare was successfully conducted on the Medsynapse platform, marking a pivotal moment in the integration of AI into healthcare. The conference welcomed over 1,000 attendees, including more than 100 esteemed faculty members and 30 international experts, across 14 plenary sessions and 8 expert roundtable discussions.



The AI in Healthcare Global Summit 2024 was a groundbreaking platform, bringing together global leaders to discuss transformative AI solutions. The exchange of innovative ideas and networking opportunities truly underscored the event's impact on the future of medicine.



The session took place on December 15, 2024, and brought together esteemed experts in the field of public health and artificial intelligence (AI).

The panel discussion featured three distinguished experts:

1. **Dr. Kaushik Mitra**, Secretary General, Indian Public Health Association

2. **Dr. Prasad Waingankar**, President, Maharashtra state branch of Indian Public Health Association

3. **Dr. Arkaprabha Sau**, Deputy Director, Director General Factory Advice Service and Labor Institute

The discussion was moderated by **Major (Dr.) Ashlesha Tawde Kelkar**.

Highlights of the Discussion

The panel discussion focused on the potential of AI to bridge health disparities and create equitable healthcare solutions. The experts shared their insights on the following topics:

Initiatives to promote AI in public health

Dr. Kaushik Mitra highlighted the IPHA's efforts to promote AI in public health, including capacity-building programs for healthcare professionals and research initiatives to develop AI-powered solutions. He envisioned AI transforming the approach to public health and public health research in the next 5 years by enhancing disease surveillance and outbreak detection, improving health data analytics and decision-making, and developing personalized medicine and targeted interventions.

Addressing unique public health challenges in India

Dr. Prasad Waingankar emphasized the need for AI-powered solutions to address the unique public health challenges faced by urban populations, such as non-communicable diseases and mental health, environmental health and air pollution, and healthcare access and equity. He highlighted the importance of community medicine professionals in developing and implementing AI-powered solutions, particularly in urban areas.

He suggested that it is a need of time that the budding doctors need to get sensitized about use of Artificial Intelligence by including the topic at introductory level in

undergraduate medical curriculum and in more advanced fashion for postgraduate students of Public Health.

Role of community medicine professionals in AI-powered solutions

Dr. Arkaprabha Sau stressed the importance of community medicine professionals in developing and implementing AI-powered solutions, particularly in the context of occupational health and safety. He emphasized the potential of AI to transform the field of occupational health and safety in the next 5 years by enhancing workplace safety and risk assessment, improving health surveillance and monitoring, and developing personalized protective equipment and interventions.

Integrating AI-powered solutions into existing public health programs and policies

The panelists discussed the need for policymakers and practitioners to work together to integrate AI-powered solutions into existing public health programs and policies. They highlighted the importance of collaboration between stakeholders to promote the responsible use of AI in healthcare. Dr Prasad mentioned various AI tools available as productivity tools for facilitating the functioning of public health professionals.

Challenges and opportunities for using AI in occupational health and safety

Dr. Arkaprabha Sau highlighted the challenges and opportunities for using AI in occupational health and safety, particularly in industries with younger manpower and long-term effects on health and well-being. He stressed the need for policymakers and practitioners to work together to promote the responsible use of AI in occupational health and safety.

Conclusion

The "Health for (digit)all" panel discussion was a thought-provoking session that explored the potential of AI to transform public health in India. The experts emphasized the need for collaboration between policymakers, practitioners, and industry stakeholders to promote the responsible use of AI in healthcare. The IPHA is committed to continuing the conversation on AI and healthcare, and we look forward to exploring new opportunities for collaboration and innovation in the future.



Recommendations

Based on the panel discussion, we recommend the following:

Capacity building: The IPHA should continue to develop capacity-building programs for healthcare professionals to enhance their skills in AI and data analytics & promote inclusion of the topic in medical curriculum that will help it in the long run.

Research initiatives: The IPHA should support research initiatives to develop AI-powered solutions that address unique public health challenges in India.

Collaboration with industry stakeholders: The IPHA should collaborate with industry stakeholders to promote the responsible use of AI in healthcare and ensure that its benefits are equitably distributed.

AI IN HEALTHCARE
AI GLOBAL SUMMIT
14th-15th December, 2024

Doctors AI
AT THE INTERSECTION OF SCIENCE AND SOCIETY

Indian Public Health Association

Virtual Event

AI in Public Health

Rapporteur: Ashlesha Tawde Kelkar

Powered by
MedSynapse

For More Info:
<https://www.doctors-ai.org/global-summit>

Masterclass on Time Series Analysis for public health professionals

December 2024

The Indian Public Health Association organized a six-day online masterclass on **Time-Series Analysis** for public health professionals. The masterclass took place on December 10, 12, 14, 17, 19, and 21, 2024, and was facilitated by **Dr. Suman Guha**, Assistant Professor, Department of Statistics, Presidency University, Kolkata. The online sessions, held via Zoom, attracted over 50 pre-registered participants. The primary objective of this comprehensive masterclass was to equip participants with in-depth knowledge of time series analysis,



covering strategies, types, models, and mapping.



Hands-on training was provided using R Studio and Jamovi software, enabling participants to apply theoretical knowledge to practical scenarios.

IPHA Andhra Pradesh State Branch Activity

State Level Virtual PG QUIZ

IPHA Andhra Pradesh state branch with support of Departments of Community Medicine Conducted State Level Virtual Quiz for Post Graduate Students on last 10 years World Health Day Themes and related Public Health Topics in Andhra Pradesh. Total 21 Government and Private Medical College PG students participated in this Quiz, initially preliminary round conducted and 8 Colleges



were selected for Final Round. Three winners were selected. First Prize awarded to Andhra Medical College, Second Prize to GMC Ananthapuram and Third Prize to GSL Medical College Rajahmundry. These prizes were given to PG students in 29th State IPHA-IAPSM joint State Conference held in Tirupati.

World AIDS Day Rally

Department of Community Medicine, government Medical College, Ongole, Prakasam District Andhra Pradesh Conducted a Rally on World AIDS Day -1st December 2024 from College Portico to District Collector & Magistrate office as an



IPHA AP state branch Activity. More than 200 Medical Students have participated in this activity.

Awareness was created to public regarding preventive and control measures by giving slogans. Faculty and staff from all the Department participated.

This Rally was inaugurated by the Principal Dr. A. Yedukondala Rao, Professor & Head Dr. B. Sreedevi, IPHA Secretary AP State Branch Dr. B. Thirumala Rao were instrumental in organizing this event.

29th Indian Public Health Association (IPHA) & IAPSM Andhra Pradesh Joint State Conference 30th & 31st August 2024

The 29th AP State IAPSM & IPHA Joint state Conference, held on the 30th and 31st of August 2024 at S. V. Medical College, Tirupati. The conference, themed **“Working Together Towards One Health,”** brought together 425 delegates, including 300 postgraduate and undergraduate students from various medical institutions across Andhra Pradesh.



The event featured numerous key sessions, including orations, plenary discussions, and award paper presentations. Highlights included the Dr. B. Ram Murthy Memorial Oration and Dr. TSR Sai Oration. Plenary sessions on vital topics such as One Health Initiatives by WHO, Zoonotic Disease Surveillance, Nutrition Science Antimicrobial Resistance, and Digital Health Strategies enriched the discussions and knowledge-sharing.



Additionally, cultural programs, the General Body Meeting, and the IAPSM & IPHA State Body Elections were conducted successfully, with IPHA Secretary General Dr. Kaushik Mitra's presence ensuring a robust connection to IPHA's objectives.

Total 11 plenary sessions were conducted in the conference on following topics:

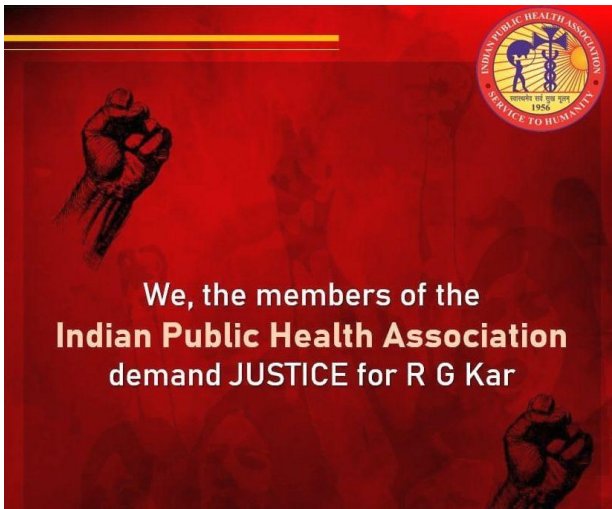
- Synergizing Human and Animal Health for a Unified One Health Approach in India.
- Community Health & Medical Education in the Context of CBME.
- One Health Initiatives By WHO
- Integrating Nutrition Science & Policy
- Zoonotic Disease Surveillance and Control: Addressing Emerging and Re-emerging Diseases through a One Health Approach in India
- Community engagement & Inter-disciplinary collaboration – a comprehensive care approach for prevention of Non-communicable Diseases”
- Healthy Environment for Healthy Children
- Collaborative Research
- Antimicrobial resistance & international health concerns and the Role of IAPSM in combating anti-microbial resistance
- Adult Vaccination- Update
- Digital health strategies & Role of AI in Public health strategies

The total number of abstracts received were 155 and 122 papers were accepted for Oral presentation while 27 papers were accepted for Poster presentation.



Dr. Sunita Sreegiri, Organizing Secretary
Professor & Head, Community Medicine
Dr. G. Ravi Prabhu, Organizing Chairperson
Addl DME, Professor, Community Medicine
S.V. Medical College, Tirupati

IPHA West Bengal Branch Activity




In protest against the murder and rape of an on duty PGT in her work place at R G KAR Medical College and Hospital on 9th August 2024, IPHA West Bengal State Branch took active part in all forms of protest launched in the State. A Federation of the State branches

of all the Specialist organization of West Bengal has been formed in this situation. IPHA West Bengal State Branch is an important and active member of this Federation. IPHA West Bengal Branch has written to Chief Minster seeking intervention.




In demand of Abhaya's Justice and against all corruptions in health

'Federation Of Medical Associations' (FEMA) supports the Maega Rally by WBJDF



On 2nd October , 2024 | 1 PM Onwards

Starting from College Square to Esplanade



Dr Surajit Ghosh
President – West Bengal State Branch, IPHA

IPHA Odisha State Branch Activity

Cervical cancer awareness and Vaccination among Medical Students

Burla, Odisha – 12/7/24 – An awareness camp coupled with a vaccination drive for cervical cancer was conducted at the Urban Health Training Centre (UHTC) in Gouda Pali, Burla. The event was led by **Dr. Sanjeeb Kumar Mishra the General Secretary of the Indian Public Health Association (IPHA) Odisha** along with PGs of Community Medicine department Dr Swagatika Tripathy, Dr Kripa Sagar Minz and Dr Khiraj Kumar Durga and was organized under the IPHA Odisha banner.

Dr Swagatika motivated the young girls about the awareness and the camp saw the participation of 50 young lady doctors, who received both critical education on cervical cancer and vaccinations aimed at preventing the disease. This initiative is part of IPHA Odisha's ongoing efforts to promote public health awareness and preventive measures within the community.

"We are committed to enhancing public health through proactive measures such as these awareness camps," said Dr. Sanjeeb Kumar Mishra. "Cervical cancer is a significant health issue, and through education and vaccination, we can make substantial strides in reducing its incidence."

The event highlighted the importance of early detection and vaccination in combating cervical cancer, providing attendees with valuable information and resources.

Cervical cancer Awareness among Rotary Members of Sambalpur.

Awareness camp was organized among Rotary members of Sambalpur District. **Dr. Sanjeeb Mishra** Convened the event where Dr. Pranati Pradhan and Dr. Subrat Kumar Pradhan deliberated about Cervical cancer and its prevention strategies. It was resolved to donate money for Vaccination of young girls in Slums.



DRIVE TO SENSITISE WOMEN ON CERVICAL CANCER HELD IN BURLA

EXPRESS NEWS SERVICE
 In a bid to sensitise women on the importance of early detection and vaccination for preventing cervical cancer, the Indian Public Health Association (IPHA) Odisha organised an awareness camp and vaccination drive for cervical cancer at the Urban Health Training Centre (UHTC) in Gouda Pali, Burla, Odisha, on Sunday.
 The camp saw participation of 50 young lady doctors, who received both critical education on cervical cancer and vaccinations aimed at preventing the disease. The event was led by Dr. Sanjeeb Kumar Mishra, General Secretary of IPHA Odisha, along with PGs of Community Medicine department Dr Swagatika Tripathy, Dr Kripa Sagar Minz and Dr Khiraj Kumar Durga. The camp was organized under the IPHA Odisha banner. Dr. Sanjeeb Kumar Mishra said, "We are committed to enhancing public health through proactive measures such as these awareness camps. Cervical cancer is a significant health issue, and through education and vaccination, we can make substantial strides in reducing its incidence." The event highlighted the importance of early detection and vaccination in combating cervical cancer, providing attendees with valuable information and resources. It was resolved to donate money for Vaccination of young girls in Slums.

**Dr Sanjeeb Kumar Mishra
 Secretary, IPHA ODISHA**

IPHA Maharashtra Branch Activity

World Diabetes Day Event

The event was conducted on 13th November at RHTC Shirur by Department of Community Medicine, B.J. Government Medical College (BJGMC), Pune, in collaboration with the Indian Public Health Association (IPHA) Maharashtra Branch



Objective:

The primary goal of the celebration was to raise awareness about diabetes, its risk factors, prevention, and management among patients, healthcare workers, and community members.

Event Highlights:

1. Health Talk:

The event commenced with a health talk by Dr. Malangori Parande, who highlighted the significance of early diabetes detection and the role of lifestyle changes in managing the disease. Dr. Parande emphasized the importance of understanding diabetes risk factors, the benefits of regular physical activity, and dietary adjustments to help control blood sugar levels.



2. Skit and Poster Exhibition:

Interns, Medical Officers, and Junior Residents (JRs) actively participated by organizing a skit to convey key messages about diabetes in an engaging manner. They also presented a poster exhibition, showcasing information on diabetes symptoms, complications, preventive measures, and role of healthy habits. Both Skit and Poster exhibition is done in Rural hospital and RHTC, Shirur.



3. Food Awareness Program and Food Plate Exhibition:

The nursing staff organized a Food Awareness Program alongside a Food Plate Exhibition. These activities focused on educating participants about balanced diet choices, portion control, and foods beneficial for managing diabetes. This interactive session helped the community understand the impact of diet on diabetes and offered practical examples of a healthy eating plans.





4. Diabetes Screening:

A free diabetes Screening camp was set up as part of the event, allowing patients and their relatives, staff, interns, and junior residents to have their blood sugar levels tested. This Screening provided participants with a convenient opportunity to assess their health and reinforced the importance of regular check-ups.

Outcomes:

Increased Awareness: The health talk and exhibitions raised awareness about diabetes, helping participants understand both preventive and management strategies.

Engagement and Education: The skit, poster displays, and food-related programs engaged the audience and conveyed critical health messages in an approachable way.

Health Insights from Screening: The diabetes screening service enabled early identification

of high blood sugar levels among some participants, highlighting the need for follow-up.

Positive Response from Attendees: Feedback from participants indicated high levels of interest and appreciation for the educational content and activities provided.



Conclusion:

The World Diabetes Day celebration at RHTC Shirur was a comprehensive and impactful event. It successfully educated and engaged the community on diabetes prevention, management, and lifestyle changes.

The event's interactive format helped participants retain valuable health information, while the screening provided immediate health insights, contributing to a more health-conscious community.

Dr. Malangori Parande
Associate professor, community medicine
B.J. Government Medical College, Pune

26th ANNUAL MAHARASHTRA STATE JOINT CONFERENCE OF IAPSM & IPHA 2025

Bridging Gaps and Expanding Boundaries towards Right to Health

Pre - Conference Workshop : 16th Jan 2025
Conference: 17th & 18th Jan 2025

Organised by
DEPARTMENT OF COMMUNITY MEDICINE
Dr. Ulhas Patil Medical College, Jalgaon. Kh.

Empowerment of NSS Youth **– An alternate additional human resource for health promotion** **Dr Gajanan D Velhal**

**Professor & Head, Community Medicine, B K L Walawalkar Rural Medical College,
At post – Savarda, Taluka - Chiplun, District - Ratnagiri, Maharashtra**

Public health experts strongly respect the theorem ‘prevention is better than cure’. It highlights that it is always advisable to undertake preventive measures against the occurrence of the disease than getting the disease and then curative measures to get rid of it. It is true that almost 60 to 70% of the common illnesses are easily preventable, however the existing reality is far from the said truth.

When we introspect this dilemma, it becomes very clear that majority of people are not aware about essential preventive measures to protect themselves from the common illnesses such as, diarrheal diseases, malnutrition, sexually transmitted diseases (STDs), HIV infections, diseases associated with poor personal hygiene and various addictions, etc. People take services of available medical facilities for treatment of these diseases. However, in our country with population more than 140 crores and around 65% of them residing in rural/tribal areas, there are limitations of availability of medical services to all, at all times and at all the places accessible to the beneficiaries.

This situation justifies the importance of health promotion and preventive services in order to at least reduce the burden of preventable diseases and the need for medical treatment services.

On the background of persistent scarcity of health manpower at all the levels of health care delivery network, and heavy workload of curative services at all places to the available human resources, the question is who should take the leadership role for health promotive and preventive measures and how this can be ensured on sustainable basis.

Individuals in the late adolescent age group and young adults (age group 15 to 25 years, may be considered as an alternate option to entrust some leadership role for promotive and preventive services in the

community. This becomes justifiable on following grounds

1. They are enthusiastic, interested and determinant to undertake such roles
2. Their inclination to undertake social responsibility for the benefit of society and mindset to devote some time to such activities
3. Dedication and devotion to the work accepted
4. Strong feeling of creating self-identity in society by participating in good work
5. Ability to overcome all adverse situations while accomplishing pre-decided work and
6. Social acceptability, if motivated individuals are ready to bear responsibility

Around 15 to 18% of the individuals in the country belong to the age group of 15 to 25 years. However, it is not possible to persuade everybody to opt for some leadership role within their capacity for health promotive and preventive services and spare some time for the same. Who would be the young adults who can be motivated for this, I personally feel, students involved in National Service Scheme (NSS) would be the best option. Public health specialist/officials may consider involvement of NSS volunteers, as an alternate source of mobilizing health manpower for promotive and preventive services at almost no cost or very marginal cost.

The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports. It provides opportunity to the student youth of 11th & 12th Class of schools at +2 Board level, student youth of Technical Institutions, Graduate & Post Graduate colleges in the country to take part in various government led community service activities & programs. Today, it is one of the largest youth development programs in India. Although

initially (1969) it was launched in 37 Universities involving about 40,000 volunteers, currently 3987781 (as on 31st March 2023) volunteers are enrolled in 39,695 NSS units spread over 391 Universities/ +2 Councils, 16,278 Colleges and Technical Institutions and 12,483 Senior Secondary Schools. Since its inception, over 4.78 crore students have benefited from NSS.

The exact number of medical colleges having NSS units and their student strength could not be retrieved. The motto of National Service Scheme is “NOT ME BUT YOU”. This reflects the essence of democratic living and advocates the need for selfless service. The sole aim of the NSS is to provide hands-on experience to young students in delivering community service. Each NSS volunteer is required to put at a minimum of 120 hours of service per year for two years, i.e., a total of 240 hours. This work is undertaken in villages/ slums adopted by NSS unit or in school/college campuses, usually after study hours or during weekends/ vacations. Besides, Each NSS unit organizes a Special Camp of 7 days’ duration in adopted villages or urban slums during vacations, with some specific projects, by involving the local communities. Each volunteer is required to participate in the Special Camp once during the 2-year period. Thus, about 50 percent of the NSS volunteers in a Unit participate in a particular Special Camp.

Usually, NSS activities are routed through local Non-Government Organizations (NGOs) or Community Based Organizations (CBOs). NSS students also have an option to choose public health or hospital services to render voluntary services as a part of NSS enrolment, besides other sectors like education, environmental sanitation etc. (Ref: www.nss.gov.in)

Even if we consider that 10% of NSS volunteers are motivated to opt for public health services, around 8,00,000 students will be available to the health sector every year and that too for all the years to come on a continuous basis. If each one of them spares 120 hours per year, around 9,60,00,000-man hours will be available to health sector every year, almost without any cost or at very marginal cost for operationalizing their services. Besides this each enrolled student will be sparing 7 full

days for residential camp, which means another 4,48,00,000 hours are also available for public health services. Thus, total number of man hours of working would be 14,08,00,000. This amounts to employment of around 62850 full-time employees in the health sector for 1 year, by considering that each full time employed person works for 8 hours per working day and for 280 working days in a period of one year. Remember that this source is available for all the years to come henceforth.

It is our experience while working in slums in urban areas and villages/tribal areas that school/college going and not going students (even if not enrolled in NSS programme) are also ready to devote one or two hours per day for at least 100 days in a year for health care related activities, if appropriately convinced and motivated. Around 20% of individuals are in the age group of 15 to 20 years in the total population. Thus, there is scope to mobilize huge number of men working hours/days for health care related activities at no or low cost, if there is political will and administrative skills for the same.

Following is the list of some of the activities which can be entrusted to our youth, contributing significantly towards health promotion of the people and society –

1. Communicating the importance of personal hygiene
2. Creating awareness about environmental sanitation and cleanliness
3. Preventive measures to avoid contracting infections from drinking water and outside food
4. Promote healthy dietary habits
5. Emphasize the importance of daily exercises
6. Provide information on avoidance of mosquito and fly breeding places
7. Undertake measures to increase utilization of basic health services – immunization, ANC/PNC care, pulse polio immunization, other public health drives and national Health programs
8. Create awareness about STDs and HIV infection
9. Prevention of addictions amongst young generation
10. Prevention of internet addiction

11. Provide information of first aid
12. Motivate people for blood donation in blood donation drives
13. Extend helping hand to normalize health services during disaster situation
14. Measures to enhance the reach of health services to the people in remotes areas and marginalized group in the community
15. Promote community participation in health services
16. Enlighten the people on health needs of self and community and available services to address these needs
17. Create groups of empowered individuals to ensure smooth functioning of available health services
18. Support disease surveillance measures for common infectious diseases
19. Extend helping hand for control of epidemics as and when required
20. Promote ideal village, clean village, healthy village, initiatives with available resources
21. Consider expansion of this list as per the requirement of local situations and under the guidance and supervision of health functionaries with long term goal of community empowerment
22. Undertake measures to increase the participation of a greater number of youths in health services.

Around 1,00,000 students are admitted in medical colleges in the country every year. It means around 1,00,000 interns are rendering their services as interns every year. During the posting in Community Medicine Department, if it is made mandatory to each intern to make at least 10 home visits along with local health worker (female), 10,00,000 home visits by qualified medical person are possible every year in the country.

If this is accomplished seriously, it will be of immense help to the community to promote their health and improve health indicators of the area. This would be another suggestion to expand our reach to the community, without incurring any cost. Medical colleges – Community Medicine Departments, should give serious consideration to this as a part of internship training. I have witnessed the involvement of NSS volunteers in health domain. Today it is

not well planned, without good supportive technical supervision and non-observance of good governance practices, even though huge manpower is at our hand.

What we need today is to understand the importance of youth power and brain storming of political and administrative stakeholders at National, State, district and local levels on strategies to harness this power for the benefit of the people to safe guard and promote their health with due consideration to strengthen community involvement, community participation, community ownership in long run as envisaged in principles of primary and universal health coverage. Health is wealth and healthy individuals are great assets to the country for national development. Hence on the background of scarcity of health manpower in the country, a serious thought should be given to streamline generation of additional man hours for health sector for health promotion and prevention measures by appropriately mobilizing youth power. The proposition is highly ambitious, but some initiatives are required on this front, to witness the benefits afterwards.

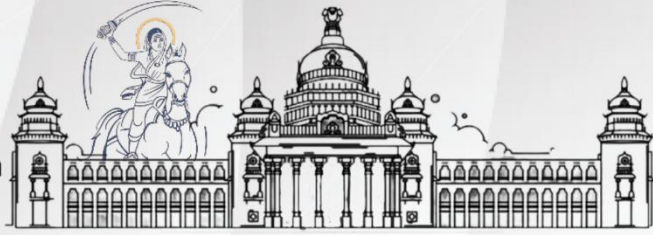
Objectives of National Service Scheme (NSS)

- i. understand the community in which they work
- ii. understand themselves in relation to their community
- iii. identify the needs and problems of the community and involve them in problem-solving
- iv. develop among themselves a sense of social and civic responsibility
- v. utilise their knowledge in finding practical solutions to individual and community problems
- vi. develop competence required for group-living and sharing of responsibilities
- vii. gain skills in mobilising community participation
- viii. acquire leadership qualities and democratic attitudes
- ix. develop capacity to meet emergencies and natural disasters
- x. practise national integration and social harmony

Source NSS Website



69th



IPHACON 2025

BELAGAVI ≡ MARCH 21 22 23

**'Transforming Public Health in India:
Innovations, Challenges, Diplomacy and Future Horizons'**

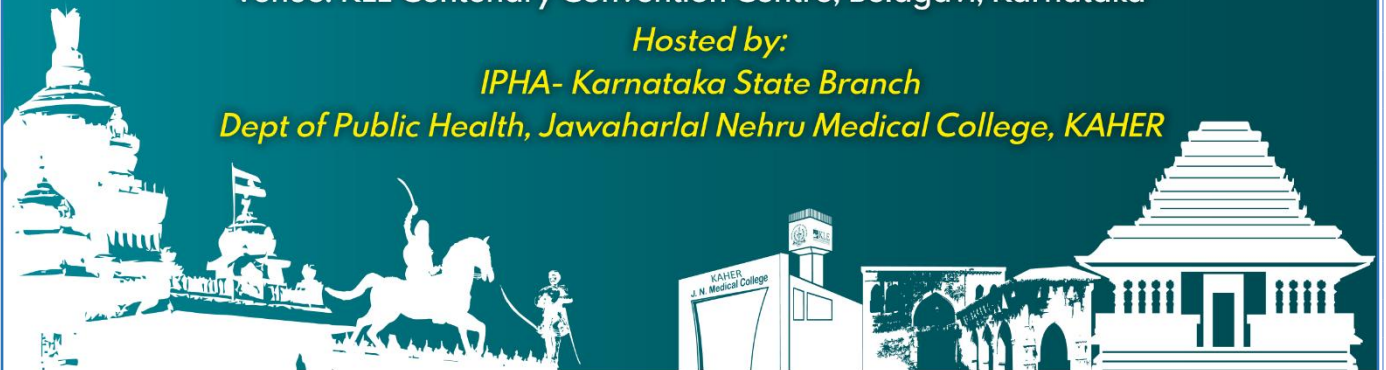


Conference: 21st-23rd March 2025 | Pre Conference: 20th March 2025
Venue: KLE Centenary Convention Centre, Belagavi, Karnataka

Hosted by:

IPHA- Karnataka State Branch

Dept of Public Health, Jawaharlal Nehru Medical College, KAHER





DR. DEOKI NANDAN MEMORIAL PUBLIC HEALTH QUIZ

FOR POST GRADUATE STUDENTS
OF PUBLIC HEALTH

Organized by IPHA HQ



VENUE:

KLE CENTENARY CONVENTION CENTRE,
BELAGAVI

FOR RULES AND REGISTRATION:

<https://forms.gle/jss2xG116wdA78Bu8>

Dear Members,

Greetings from Indian Public Health Association!!
IPHA HQ is going to organise Dr. Deoki Nandan Memorial Public Health Quiz for PG Students 2025, the National Quiz for Post Graduate students of Public Health during IPHACON 2025 like the previous year. We want to make this event a Gala one, with all your participation. There shall be a preliminary round followed by a Final round. Only with your active effort will the event be a major success. Kindly spread the word and register for the event.

To register for the QUIZ kindly click on following link:
<https://forms.gle/jss2xG116wdA78Bu8>

A rolling trophy instituted by Dr. Pankaja Raghav, Professor & Head, CMFM Department, AIIMS Jodhpur, along with Medals to Winners and Runner-ups and cash prizes will be conferred to the winners of Dr. Deoki Nandan Public Health Quiz.

Dr. Kaushik Mitra, Secretary General, IPHA

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Dr. Sanjay K Rai

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

E-mail IPHA Newsletter

lpha.newsletter@gmail.com