



INDIAN MEDICAL ASSOCIATION (HQS.)

(Registered under the Societies Act XXI of 1860)

Mutually Affiliated with the British & Nepal Medical Associations

I.M.A. House, Indraprastha Marg, New Delhi-110 002

Telephones: +91-11-2337 0009, 2337 0250, 2337 8680, 2337 0473, 2337 0492, 2337 8424

Fax: +91-11-23379470, 23370375, 23379178

Website: www.ima-india.org; Email: hsg@ima-india.org

Press Release

IMA adopts Aao School Chalen Project

- *Emphasizes on the importance of imparting public health education in schools*
- *Fifth day of every month to be designated to activities under this project*

New Delhi, 23 July 2017: According to statistics, about 60% of the country's population is below the age of 45 including the sub-group of schoolchildren. The health and well-being of the country's young people is not a matter of luck and neither is it a chance or random event. It must be a planned outcome. Considering this, the IMA has adopted the "Aao School Chalen Project" initiated by Delhi Medical Association in the recent past as a National Project.

Under the project, the 5th day of every month has been designated for any activity related to this project. The IMA has always stressed on the importance of imparting public health education in schools and this is a step in that direction. As a part of the 'Aao School Chalen' project, lectures and awareness campaigns will be held in schools to sensitize school children on various public health issues.

Speaking about this, **Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement**, said, "School health is very important as schools are not just centers that impart formal education, but also influence overall development of a child. To enjoy good health during adulthood, healthy lifestyle including hygiene habits must be inculcated in childhood itself. These habits learned during childhood last through to adulthood and then through life. Moreover, children are naturally inquisitive and keen learners. Thus, they are not only beneficiaries of any health-related activity but also agents of change in their family."

School health education programmes can help reduce health risk behaviors such as tobacco use, poor nutrition, lack of physical activity, drug and alcohol use. It is imperative to impart quality public health education in schools and promote positive health behavior among children and adolescents alike.

Adding further, **Dr Aggarwal**, said, "Visit your old school if you can or any nearby school during the school assembly and interact with students and teachers to sensitize them on issues of public health importance. Speak to the principal of the school beforehand about this. It need not be a long-drawn talk, but a short talk of 10 to 15 minutes. Get a certificate (proforma) signed by the Principal. Send

the proforma to IMA HQs along with the photographs taken with students during assembly for records.”

The schedule of the lectures to be organized is as under.

- 5 August - Vector-borne diseases
- 5 September – Lifestyle
- 5 October - Menstruation myths
- 5 November - Health and hygiene
- 5 December – Substance abuse

-Ends-

About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

For further information please contact:

Sanjeev Khanna - 9871079105

Md Adib Ahmad – 9873716235

mediaimahq@gmail.com

IMA Public & Media Advocacy Cell