

Department of Community Medicine
Pt. J.N.M. Medical College Raipur, C.G.

Global Iodine Deficiency Disorders Prevention Day 2023
Report



Introduction:-

World Iodine deficiency awareness week is observed each year from 21st of October to 27th of October to highlight the significance of iodine in ensuring optimal health particularly for pregnant women and young children. On this occasion the faculties and students of department of Community Medicine, Pt. J. N. M. Medical college, Raipur conducted interactive and awareness activities at VHSND session at Saloni, Mundra, Raweli, Tekri, Khilora villages, block Abhanpur on 27th october 2023. With Aim of -

1. To educate about the importance of iodine for overall health and promote efforts to combat iodine deficiency worldwide.
2. To prevent and address the iodine deficiency disorder.
3. To Highlights the importance of iodized salt and proper nutrition.
4. Collaborative efforts to ensure a healthier future by combating iodine deficiency.
5. To educate about proper storage and uses of iodine salt.
6. To Create awareness among Pregnant women and lactating mother about benefits of Iodine for their self and to their children.
7. To educate them about iodine rich diet and sources of Iodine.
8. To demonstrate iodine testing kit to know amount of iodine for health benefits.


Iodine is an essential micronutrient required for physical and mental growth and development of human. On an average 100-150 micrograms of iodine is required for each individual per day. The demand increases to 220 mcg in pregnancy. Low iodine leads to various disorders like:


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Goitre, hypothyroidism. It has drastic effects on the outcome of pregnancy in women with low iodine. It can lead to abortions as well as various congenital anomalies and various other neurological deficits like cretinism. In adults, tiredness and loss of efficiency is the most common problem encountered. In India, currently 71 million people suffer from Iodine Deficiency disorder out of which 8.1 million are pregnant women & newborns. Around 350 million people are at a risk of developing iodine deficiency in India whereas 1.5 billion people globally are at risk of developing iodine deficiency disorder.

Event Details :-

Team	Location	Faculties	PG Scholar	UG Student
1.	Saloni	Dr Kamlesh Jain Dr Shailendra Agrawal	Dr. Yogesh K Singh Dr. Sarthak Nanda Dr. Arjuman Bano	Tejaswita Rawate Tejendra Kanwar Tushar Sahu Ujjawal Pandey Vaibhavi kashyap
2	Mundra	Dr. Mini Sharma Dr. Shelly Sharma	Dr. Sheikh Ahteshaam Sharif Dr. Geetika Markam Dr. Ikshit Singh	Vaishalee Dewangan Vaishali Sori Vedansh Dubey Veena Uikey Veerapaneni Shruti
3	Raweli	Dr. Nirmal Verma Dr. Prashant K Jaiswal	Dr. Barkha Thakur Dr. Dinesh Sahu Dr. Ramkrishna Mishra	Vibha Kurrey Vidit Kumar Soni Vikash Vishwakarma Vikash Saw Vikash Soni
4	Tekri	Dr. Tripti Dhurandhar Dr. Deepa Thakur	Dr. Shikha Soni Dr. Tarachand Sahu Dr Durga Das Dr. Ashutosh Koshle	Vikram Singh Virendra Kumar Painkra Vishal Kujur Vivek Kumar Ratre Vivek Kumar Sumer
5	Khilora	Dr. Shubhra A Gupta Dr. Manu Apurb	Dr. Sangram Kesari Sahoo Dr. Melisha Shilpy Lakra Dr. Diksha Kashyap	Yash Rajkotiya Yashasvini Mishra Yashdeep Sidar Yuvraj Sahu Anand Kosariya

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Activities Conducted-

Speech session:-

At Khilora:-

Dr. Kamlesh Jain gave the introductory session, provided the background of the iodine and its importance to the pregnant females, postnatal mothers, kids, adolescents boys and girls .

Dr. Nirmal Verma provided insights and importance of the iodine consumption, usage and how can we prevent the deficiency through daily routine changes in the practices. Solved queries of the audience in important aspects.

Dr. Shubhra A Gupta focused the importance of feeding infants and children, its practices and insisted on improving the nutritional quality of the female as they are the key to family health.

At Mundra

Dr. Mini Sharma: Developed and raised awareness about the importance of Iodized salt, its benefits, and how Iodine deficiency can impact health, especially among vulnerable populations. Promoting & highlighting the use of Iodine-rich ingredients to educate people on incorporating iodine into their diet.

Dr. Shelly Sharma: Encourage them to express their understanding of Iodine deficiency and the importance of Iodine through display/ video information.

At Paloud (Tekari)

Dr Tripti Dhurandhar – Emphasized awareness about the importance of salt storage and its way to uses.

Dr Deepa Thakur :- Told about sources of Iodine and its importance in pregnancy & Lactating Mother.

At Raveli

Dr Prashant :- Brief explanation about importance of Iodized salt and its significance in the diet. As well as its Deficiencies leading to various disorders and precautions taken at the time of buying salt.

At Saloni

Dr Shailendra Agrawal:- Discussed about various food containing iodine and its requirements in the diet per day and Explained about various factors leading to iodine deficiency.

Role Play Session :


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Role play session was done by UG students at every session site to illustrate real-life scenarios related to iodine deficiency and its consequences. This engaging method helped participants understand the issue in a practical context.

Poster Exhibition: A visually appealing poster exhibition was organized at VHSND centre Anganwadi at various location site. The posters emphasized the significance of iodine in maintaining good health and preventing iodine deficiency disorders. The exhibition aimed to engage attendees and educate them about the importance of iodine-rich diets.

Salt Iodine Demonstration:- A demonstration using iodine test kits was conducted at Various session site & test the iodine content in salt brings by the participants and show them the amount of iodine present in there salt by PG Scholars. This practical demonstration highlighted the importance of using iodized salt to ensure adequate iodine intake.

Question-Answer Session: Attendees had the opportunity to ask questions and seek clarification on iodine deficiency and prevention methods and team members interact with participants to addressed their queries and concerns.

Gift-Giving: Beneficiaries were given informative pamphlets and small gifts as tokens of appreciation for their active participation. These gifts served as reminders of the importance of iodine deficiency prevention.

Attendance:

The program was well-attended by the beneficiaries of VHNSD (Village Health, Nutrition, and Sanitation Day). Approximately [40 members including Faculties PG and UG students] beneficiaries participated in the even in each session sites .


Key Outcomes:

Enhanced Awareness: The beneficiaries showed a heightened awareness of the importance of iodine in their diets and its impact on overall health. They learned about the prevalence of iodine deficiency disorders and its preventable nature.

Knowledge Dissemination: The various activities, including speeches, role play, and salt iodine demonstration, provided valuable insights into the significance of iodine in the diet and how to prevent deficiency.

Positive Feedback: Beneficiaries expressed satisfaction with the event and found the program informative and engaging. They appreciated the practical demonstrations and interactive elements.

Recommendations:

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Continued Education: To ensure long-term impact, consider organizing follow-up sessions and incorporating iodine education into routine VHNSD activities.

Community Involvement: Encourage the involvement of local community leaders and influencers to help disseminate information about iodine deficiency prevention.

Expand Outreach: Utilize various communication channels, including social media, pamphlets, and community radio, to reach a wider audience and reinforce the message.

Conclusion:

The Global Iodine Deficiency Disorders Prevention Awareness Week on October 27, 2023, was a highly successful initiative that effectively promoted iodine awareness among VHNSD beneficiaries in Saloni, Mundra, Raweli, Tekri, Khilora villages, Abhanpur Block, Raipur. Through a combination of informative sessions, practical demonstrations, and interactive activities, the event contributed significantly to the prevention of iodine deficiency disorders and the promotion of healthier dietary practices.



Figure 1 Salt Usage Explanation By Dr Nirmal Verma at Khilora



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Figure 2 Introduction session By Dr Kamlesh Jain at Khilora



Figure 3 Felicitation by Dr Shubhra A. Gupta at Khilora


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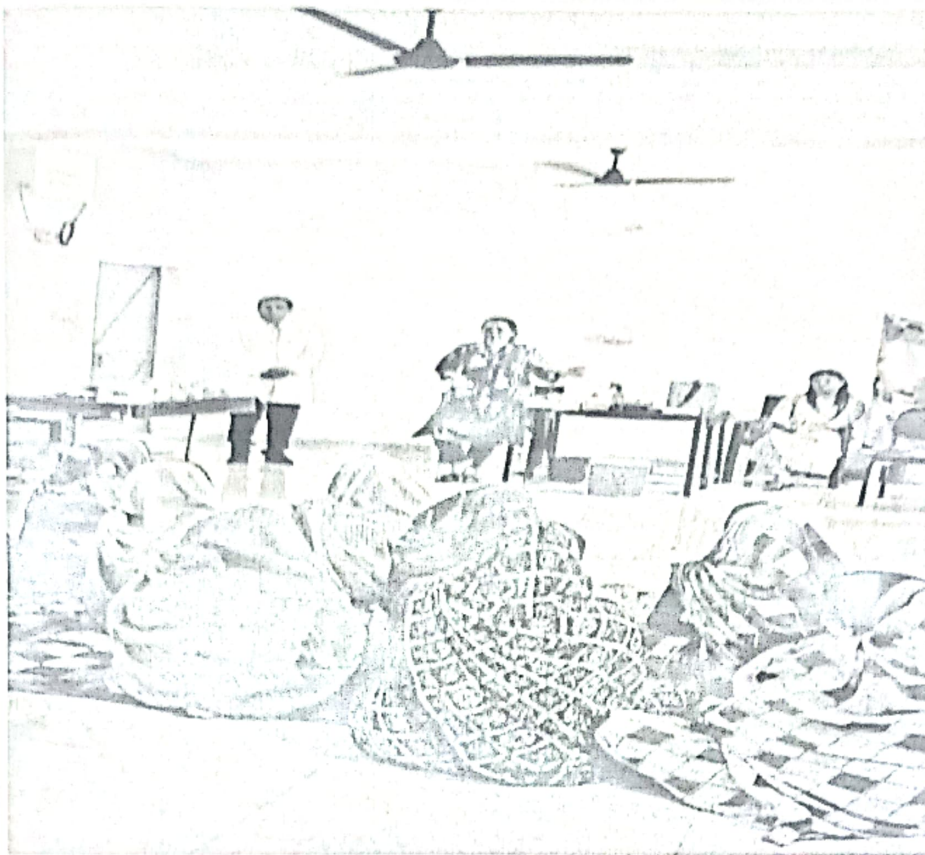


Figure 4 Discussion about Sources of Iodine and Dietary Intake by Dr Mini Sharma & Dr Shelly Sharma at Mundra



Figure 5 Demonstration of salt testing kit by Dr Ikshit Singh under Guidance of Dr Mini Sharma at Mundra



Figure 6 Role Play By UG Student to illustrate real life scenarios under guidance of Dr Manu Apurv at Khilora.

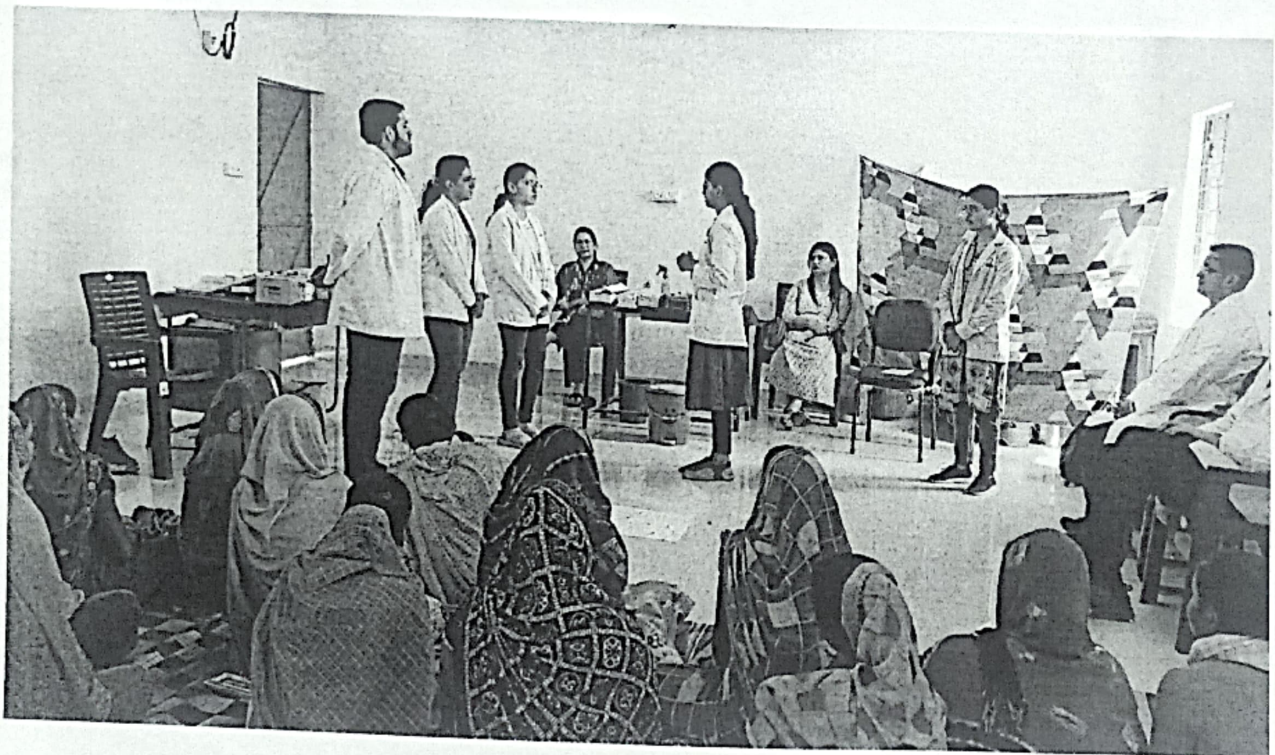


Figure 7 Role Play by UG Students under Guidance of Dr Mini Sharma at Mundra



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Figure 8 Community Participation at Khilora



Figure 9 Salt Testing By Dr Sangram Keshari Sahoo under Guidance of Dr Manu Apurv Sir at Khilora


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Figure 10 Question & Answer Session by Dr Tripti Dhurandhar and Dr Deepa Thakur at Paloud (Tekari)

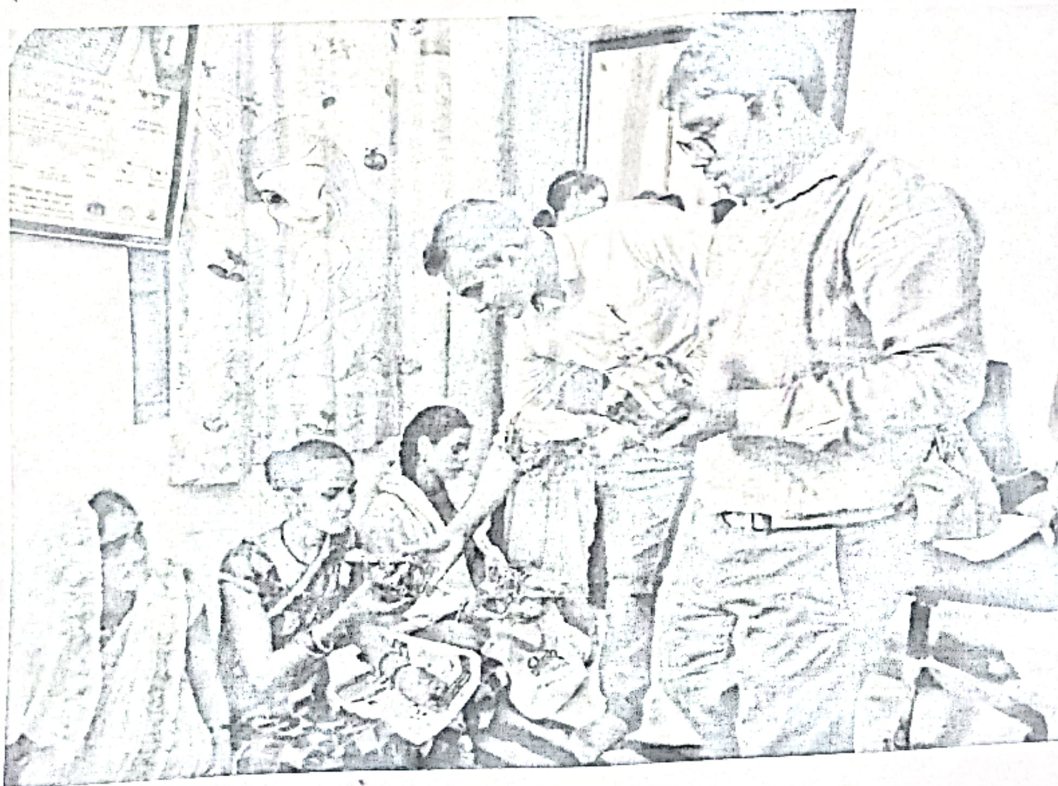


Figure 11 Elicitation by Dr Prashant Jaiswal at Raveli



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Figure 12 Vote of Thanks Given by Dr Shailendra Agrawal at Saloni


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