

Health Week @PSBB, T.Nagar

As part of the Diamond Jubilee Celebrations, Health Week was celebrated from 9th October, 2017 to 16th October, 2017 at PSBB T.Nagar. Renowned doctors from different branches of medicine were invited to interact with the students. Their expert advice was the need of the hour.



When diet is wrong, medicine is of no use and when diet is correct, medicine is of no need was the advice given by **Dr. V. Mohan, an eminent diabetologist**. He advised children to have good balanced diet and to do physical exercises for a minimum of half an hour everyday. Importance of outdoor games and sports was also stressed. He referred to data collected from different schools in Chennai that showed obesity in children on the rise. Everybody should realize the importance and act accordingly, he said.



Dr. V. Varadarajan, a stellar pediatrician shared his views on how obesity and diabetes are interrelated –‘DIABESITY’. Diabesity is a metabolic dysfunction which has become very common in children these days due to change in food habits and lack of exercise. He added that food should include vegetables and fruits of different colours which will supply the required vitamins and minerals. Dr. Varadarajan cautioned that prevalence of type 2 diabetes in children is increasing and if this increase is not reversed, our society will face major challenges.



‘A smile is the light in the window of your soul’ – To smile confidently one should have sparkling and healthy teeth said **Dr. Aruna Mohan, a pediatric dentist and Orthodontist**. She kept the session interesting by sharing some important scientific facts about the teeth in snail, elephant and blue whale. Importance of oral hygiene was highlighted and she briefed the students on how essential it is to brush the teeth twice a day, especially before going to bed. She explained that when one goes to sleep saliva is not secreted, which encourages the attack of harmful bacteria and cause cavities.



Every human being is the author of his own health and disease. This was emphasized by **Dr.V.Ramasubramaniam, a specialist in infectious diseases**. He explained the reason for vaccinations to be taken by all, as a preventive care. He asked everyone to thank scientists Banting and Charles H. Best who discovered the hormone ‘ Insulin’ without which it would be difficult to solve the problem of diabetes. As dengue is on the rise, he asked the students to give more importance to civic hygiene and keep surroundings clean without waterlogging. He insisted on the fact that “Prevention is better than cure”.



Ophthalmologist, Dr. Vasumathy Vedantham cheered up the students with good news that they can watch TV and browse the internet . However she cautioned them about the rules to be followed while using the gadgets. She advised that they should restrict their viewing time, maintain prescribed distance and good posture, as the eyes are the mirrors of our soul. She elaborated about the ‘computer vision syndrome’ in the present generation. She encouraged the students to inculcate book reading habit, since it does not result in book reading syndrome. Usually one blinks eyes 20 times/minute, but while watching TV the eye stares and doesn’t blink which she said causes harm to the eyes. With Diwali approaching she cautioned the students to be careful while bursting crackers and also gave some tips for eye exercises and massage.



Tips for good skin – cleanse, exfoliate, moisturize, and apply sunscreen.

Dermatologist Mrs. Priya. R briefed the students about skin care and contagious skin diseases. Although we live in a tropical place like Chennai, Vitamin D deficiency seems to be on the rise and this is because we are not exposed to sunlight and are always indoors. She also spoke about hair care. It is advisable to wash hair thrice a week and to apply conditioners for strength and shine. Oiling and plaiting hair would lessen hair fall and prevent lice. Scalp is also a part of skin and hence should be taken care of or else would result in dandruff.

All the doctors answered queries put forward by the children.

Health & Wellness Club members presented an educative talk on obesity on World Obesity Day on October 11th. They also spoke about importance of good sleep and BMI – Body Mass Index and how it should be calculated. The ideal BMI range for healthy people was also highlighted.

All sessions were extremely interesting and informative and the adage “Health is Wealth” was understood by all.

IVY SCRIBES – Media Club

PSBB T. Nagar