



SHM Health Promotion Conference©

Meeting For Health



Bengaluru | Karnataka | September – 2023

Organized by: Swasth Hindustan Mission©

Mission To Make

KARNATAKA HEALTHY,

One Institution at a Time!

Support the Mission

“Health is the Real Wealth” – Mahatma Gandhi | “Treatment Without Prevention is Simply Unsustainable” – Bill Gates

Background & Purpose

Background

Karnataka, one of the most progressive and productive states in India, is witnessing a rapid rise in the chronic diseases. Preventable diseases like heart disease, diabetes, hypertension, stroke, cancer, and respiratory ailments kill lakhs of people in the State every year. In addition, there is growing problem of mental disorders, with a whopping 247% jump in the number of people seeking mental health treatment in 2022-2023. What is most alarming is the increase of chronic diseases in younger population. This dangerous trend is adversely affecting their career resulting in enormous emotional, physical, mental, and financial burden on the victim and the families. Our State depends heavily on the young productive population whose health deterioration may affect the economic potential of the State and the nation. Therefore, there is an urgent need to accelerate health promotion in Karnataka.

Purpose

The purpose of this conference is to take health promotion initiatives to masses by bringing together educational institutions, civil society organizations, community organizations, corporate and public leaders, health professionals, experts, cultural and religious organizations to collective work on health promotion. This conference aims to foster collaboration, exchange knowledge, and encourage best practices in promoting health in Karnataka State that serves as the model for nation's health. This conference is designed to empower all stakeholders to promote initiatives which reduce the risk of chronic diseases in their environment through healthy lifestyle changes utilizing locally available resources.

Overall, the purpose of the conference is to create a platform for sharing knowledge, fostering collaborations, and strengthening the collective efforts to improve health outcomes and well-being in the country.

Few Famous People who were Victim of Non-Communicable Disease



Puneet Rajkumar – 46
Actor- Sandalwood



Irfan Khan-53
Actor – Bollywood



Dr. Abdul Kalam – 83
Former President of India



Sidharth Shukla- 40
Actor- Bollywood

Objective

To reduce disease burden on the society, the state and the nation through Health Promotion Initiatives, with the involvement of educational institutions, students, youth organizations, civil society, community based organizations, religious and cultural organizations, media, corporate and public leaders.

Strategy

The focus of health promotion strategies

Awareness on prevention of non-communicable diseases through healthy lifestyle.

Awareness on prevention of communicable diseases through basic hygiene education.

Increased intake of healthy foods.

Increased physical activity/regular exercise.

Creating awareness about dangers of Alcohol.

Creating awareness about dangers of Tobacco.

Reduction of Obesity.

Awareness about warning signs of cancer.

Encouraging regular health check-up.

Stress management.

Reduce stigma associated with mental health conditions.

Regular mental health counselling and treatment.

Awareness about malnutrition.

Women and child health awareness

Campaign for life-saving vaccination.

Campaign for prevention of respiratory diseases including tuberculosis.

SHM Awards

SHM award was established in 2019 to recognize Health Promotion work done by individuals and organizations. Awards comes with cash price, trophy, and certificate of recognition from Swasth Hindustan Mission.

List of awareness efforts considered for award.

- Preventing communicable diseases
- Preventing Non-communicable diseases
- Promoting healthy lifestyle
- Eradication of tobacco and alcohol use
- Efforts to encourage intake of healthy diet.
- Encourage Physical activity and other healthy lifestyle behaviors.

Examples of health promotion activities include but not limited to:

- ✓ Health Lectures
- ✓ Health Pageants
- ✓ Health Quiz
- ✓ Health Camps
- ✓ Health Walk etc.
- ✓ Sports Events organized for health promotion.

Who is eligible for SHM- Award?

Community organizations including schools, Colleges, religious and social service organizations, NGOs, social clubs, and individuals are eligible for the award based on recent documented activities in health promotion in their society.

Selection Criteria

To be considered for the award, organizations and individuals are expected to perform and document recent Health promotion activities conducted by them and submit the same to SHM-Award committee. After the review, winners will be selected. Awards will be given at the SHM-Health Promotion Conference.

Support and Grants

Limited funding is available for needy Individuals and organizations to carryout health promotion activities. Contact us with the details of on-going or proposed activities for grants and other support.

Other Support

Swasth Hindustan Mission has a team of health experts, speakers and volunteers who are always ready to provide support and personnel required in organizing the events in your premises. Please contact us for more details.

Program and Participants*

SHM Health Promotion Conference | Bengaluru | September 2023

PATICIPANTS*

Participants: 500

Venue: Bangalore

Ministers of Government of Karnataka

State Health Administrators

Primary Health Centers across Karnataka

Speakers from Medical Institutions

Speakers From Hospitals

Heads of non-medical educational Institutions

Health care volunteers

Panchayaths and Corporators

Volunteers from Public and Students

Healthcare Industry Professionals

Digital and Print Media

*To be confirmed

PROGRAM

Refreshments & Lunch Served

- Highlights of Government Programs by Ministers
- Role of educational institutions in health promotion
- Role of healthcare centers by experts
- Effective health promotion strategies by Academics
- Role of corporate industry in health promotion.
- Evaluating infrastructure at public healthcare facilities
- Role of community leaders in promoting health.
- Students as leaders in health promotion campaign
- Media houses in health promotion

Contact

For more details about the conference

Please Call or WhatsApp

91-9164332216

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