


Health talk (21 January 2020)

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Report | Health Talk 21st January
2 messages


NSS SVC <nss.svc2018@gmail.com> Fri, Jan 24, 2020 at 6:52 PM
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PRIMUS SUPER SPECIALTY HOSPITAL, in association with SRI VENKATESWARA COLLEGE, organised a Health Talk on 'CHEST PROBLEMS', on 21st January 2020 from 11:30 to 1:00 pm in the Seminar Hall of Sri Venkateswara College. (DR). SUJATA JHA (Medical in charge of SVC) was also there to grace the event with her presence. There was huge turn up by students of SVC accompanied by member of NSS SVC. PROF. (DR.) S K CHHABRA (HOD), was the speaker. He is a former Director- Professor, Vallabhbai Patel Chest Institute, Delhi. He is one of the top names in India and Internationally in Asthma, Chronic Obstructive Pulmonary Disease (COPD), other chest diseases and in Lung Function Testing.

He explained, as Delhi is becoming the Smog Capital of the World, so it's necessary to know about some diseases which are caused due to pollution so that if any of symptoms matches, you can consult a doctor before it's being late. He first elaborated about Asthma, its symptoms and importance of long term and short term Inhalers. Then he explained about Chronic Obstructive Pulmonary Disease (COPD) which is a type of obstructive lung disease characterized by long-term breathing problems and poor air flow. Then he discussed about Tuberculosis which is an infectious disease usually caused by *Mycobacterium tuberculosis* (MTB) bacteria. It generally affects the lungs, but can also affect other parts of the body. He strongly emphasized to go through the full course of medication for 6 months otherwise it will create drug resistant in the body which is becoming a major threat to life. He then revealed that many youths due to peer pressure, start smoking due to which they are more prone to these diseases. After that he discussed Sleep Apnea which is a sleep disorder where a person has pauses in breathing or periods of shallow breathing during sleep. Then there was a proper questioning session where students and other teachers cleared doubts of their health related issues. It was just a proper educating and amazing seminar where everyone learned a lot from the experienced speaker.

4 attachments

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