

Radio Chitkara's Special Talk: Your Health, Your Power

On World Radio Day, **Dr. Kanika** from the Department of Nursing, Chitkara School of Health Sciences, conducted a special radio talk show titled ***Your Health, Your Power***. The session aimed to enhance health awareness among villagers by focusing on preventive healthcare measures and daily wellness practices. Recognizing that health is a crucial aspect of life, the talk emphasized the importance of equipping individuals with knowledge to lead healthier lives. It covered essential health practices, including hygiene, nutrition, and physical activity, providing valuable insights into preventive healthcare and sustainable well-being. The discussion also encouraged listeners to adopt simple yet effective lifestyle changes that can significantly improve their overall health and well-being.



Objectives

- To create awareness among villagers about essential health practices.
- To educate the audience on the importance of hygiene, nutrition, and disease prevention.
- To encourage people to adopt a healthy lifestyle for long-term well-being.

Key Areas Covered

1. **Importance of Hygiene and Sanitation:** Explained the significance of clean drinking water, handwashing, and proper waste disposal to prevent diseases like diarrhoea, typhoid, and jaundice.
2. **Balanced Diet for a Healthy Life:** Highlighted the role of essential nutrients and the importance of consuming locally available nutritious food.
3. **Preventive Healthcare Measures:** Discussed the necessity of routine vaccinations, regular medical check-ups, and early disease detection as key steps for a healthier society.

4. **Role of Physical Activity:** Emphasized the risks associated with a sedentary lifestyle, such as diabetes and hypertension, and encouraged villagers to engage in daily exercises or yoga.

5. Conclusion

- Stressed that small lifestyle changes can prevent major health issues.
- Ended the session with the motivational slogan: “*Swasth sharir hi sabse bada dhan hai*” (A healthy body is the greatest wealth).

Outcomes

- **Increased Awareness:** Villagers gained essential knowledge about hygiene, nutrition, and preventive healthcare.
- **Adoption of Healthy Practices:** Encouraged listeners to implement simple health habits like regular handwashing and balanced diets.
- **Promotion of Preventive Healthcare:** Inspired people to prioritize their health through informed choices.

The impact of this talk extended beyond just awareness; it served as a call to action for individuals to take charge of their health. By adopting healthier habits and making informed choices, people can significantly enhance their well-being and prevent future health complications. The success of this session highlights the importance of continuous health education initiatives in rural areas, fostering a culture of wellness and self-care for a better and healthier future. Chitkara University remains committed to focusing on the Sustainable Development Goals (SDGs) by organizing such impactful initiatives, ensuring that education and health awareness reach every corner of society.

