Dear SCOPHeroes across the world,

I, Dr. Zenia Poladia, National Public Health Officer 2015-16 am presenting to you our SCOPH booklet. I started out as a LOPH in my fourth year of medical school. Despite efforts on all our parts, SCOPH was unable to generate the kind of impact we’d hoped. In February, I was presented with a golden opportunity to become the NOPH.

This booklet presents the wide range of activities that we have accomplished in a short span of 4 months. It was under the purview of SCOPH that we conducted our first pan-India event, World Health Day. It involved over 230 medical students educating over 8300 school-going adolescents about Diabetes Mellitus and the hazards of a sedentary lifestyle. It was a landmark event in the history of MSA India and lead to massive team building. This event was the impetus that lead to a string of events, making SCOPH the best standing committee in MSA India. Another project in association with the same was Diabetic Retinopathy that has been selected for the Rex Crossley Awards.

World Health Day gave a boost to our creativity and we devised a number of projects. We started off with a Malaria camp and clean-up drive. The Malaria camp educated people about the disease and the importance of preventing stagnation of water. Post that, we organized a mega medical camp on handicap health and encouraged the physically disabled to approach government healthcare facilities. ‘Beat the heat’ was another campaign that we conducted, which involved explaining the masses about the importance of proper hydration. The state of Punjab carried out a campaign called ‘Be The Change’. A number of blood donation camps, nutritional guidance sessions and geriatric health camps were conducted under the same. The aim of the project was to motivate the youth to contribute to society in the most meaningful way possible. Other than these, we celebrated World Environment Day and No Tobacco Day with aplomb.

Personally, this journey has been very special to me because it has helped me mobilize my teams across the country and also, creating a better future for SCOPH and MSA India. I became the highest contributor for my NMO and was also the team head of Zika toolkit for general population. I hope you can love the enthusiasm and motivation that each SCOPHHero felt, through this booklet.

Yours always,
Dr. Zenia Poladia

Spreading SCOPH Love ❤️❤️
Understanding the medical point of view as to how ‘socially unacceptable’ most acts of women are considered unorthodox during their cyclical change, it simply made it harder for them to open up to such problems and address these issues to medical practitioners. So on 30th March 2016, with a skit and presentation, SCOPHeroes at Belgaum, Karnataka, debunked the myths and taboos associated with menstruation. The attendees were made to understand the physiology behind menstruation and hygiene practices were demonstrated by 21 MSAI volunteers.
WOMEN’S HEALTH WEEK
8TH - 14TH MARCH, 2016

At Mumbai, Solapur and Chennai, we conducted health sessions and camps, in association with NGOs that work for the upliftment of women, with an aim of increasing awareness among women, about various aspects pertaining to their health and areas of medical concern. Following were the topics that were addressed during the health session:

> Importance of a healthy diet and women nutrition
> Anemia
> Personal and menstrual hygiene
> Family planning and pregnancy
> Awareness on cervical and breast cancer
> Importance of self-examination for breast cancer and how to self-examine
> Common health issues

After the session, we provided a general health check-up for the women, which comprised the following:

> Checking their pulse, BP, weight
> History of any ailments
> Presenting complaints
> Treatment advice and personal counseling for medical and personal issues respectively.

A self-defence workshop was also conducted for the women at the end of the session.
WORLD HEALTH DAY 2016

230 SCOPHeroes.
Over 8500 adolescents across the country
And only one aim!

Halt the Rise. Beat Diabetes.
The SCOPHeroes of MSA India created history on **World Health Day**, 7th April, 2016.

More than **230 SCOPHeroes** conducted a questionnaire-based health session and discussion on Diabetes Mellitus for **over 8500 students across the country**, falling under the age group of 12-19 years.

The current knowledge of the students on diabetes was assessed with a pre-event questionnaire, following which we realized that their knowledge of the disease was predominantly negligible. Due to a high incidence of juvenile-onset diabetes mellitus and type II diabetes mellitus among adolescents, it was essential to raise awareness among students, about the types, incidence, risk factors, complications, and the preventive and intervention measures to curb the chronic illness. Our primary aim was to assess the prevalence of juvenile-onset diabetes mellitus and type II diabetes mellitus among the students and the various risk factors they were exposed to.

The students were very enthusiastic, eager to learn and extremely receptive to all that was being taught to them. A post-event quiz was conducted and it was gratifying to quantify the students increase in knowledge of the disease after the session.

We hope that in light of the newly acquired knowledge, the students will implement the preventive and interventional measures taught to them in their families and community. The session has also motivated the students to lead a better life-style, which is essential to combat any non-communicable disease.
WORLD HEALTH DAY 2016
Around **3000 people** from different economic strata residing in different parts of India filled out a validated questionnaire which tested them on their knowledge of and practices related to diabetic retinopathy. The study population included diabetics and non-diabetics above the age of 18. **80 volunteers established camps in 15 different cities** where they held awareness campaigns on diabetic retinopathy and prompted people to get regular eye check-ups so that the disease could be diagnosed at an early stage.
MSAI conducted a breast cancer awareness and breast self-examination session among approximately 200 female college students. Due to the fact that one in every nine women will be diagnosed with breast cancer, it is imperative to raise awareness about the benefits of early detection through breast self-examination.

The students were taught about the importance of early detection, the signs to look out for, and how to conduct the self-examination. Their skills and knowledge were tested before and after the session and the results show that there was a drastic increase in their knowledge.
’BE THE CHANGE’ CAMPAIGN

1) NUTRITION AND GENERAL HYGIENE

The team taught hundreds of school-going children in multiple schools about the importance of good hygiene, a balanced diet, and the proper hand washing technique.


2) GERIATRIC HYGIENE AND NUTRITION

Health and hygiene promotion talks were held at Red Cross Senior Citizen Home, Ludhiana in an individual as well as group setting for about 30 individuals. There were accompanied by doctors who provided free medical advice.
3) BLOOD DONATION & HEALTH CAMP

A blood donation and health camp was conducted at Baba Bakala Gurudwara near Amritsar in association with National AIDS Control Organization (NACO). Around 50 units of blood were collected and around 100 patients screened for basic health ailments. Most of the blood collected went to thalassemic children registered in the Dept. of Transfusion Medicine and Holy Heart Hospital.

4) VOLUNTARY ANAEMIA SCREENING CAMP

During the health camp, around 212 people were screened for anemia and estimation of their hemoglobin and hematocrit values. Those who were found to be suffering from anemia were referred to other labs, in order to carry out further blood tests to diagnose the cause. A lecture on anemia and other related physiological conditions and diseases like thalassemia, sickle cell disease was given and a special emphasis was put on the importance of the prophylactic intake of iron-rich food items, and iron and vitamin B12 complex tablets.
In congruence with World Environment Day, MSAI hosted an “environment celebration” at an orphanage in Surat, India. The children were taught about this year’s theme for environment day, i.e. - “Zero Tolerance for the Illegal Wildlife Trade”, the health implications of air, water, land pollution and global warming, and the steps that could be taken to prevent further deterioration of the planet.

The children were then divided into groups and with the help of our volunteers each group was made to plant a grand total of 30 saplings!
Heat, is a double-edged sword, provides vitality and yet is a reason for varied mortality and morbidity, especially in a country like India. 18 SCOPHeros from Karnataka, with the aim to Beat the Heat, set out on 5th May, 2016 to slay the beast. About 70 construction workers were educated and provided with simple hacks on how to deal with stroke, exhaustion, cramps, rashes and sunburn, their first aid, how to identify the warning signs. This was followed by the distribution of ORS sachet to all the workers.
Surrounded by water bodies and rivers, supplied with an inefficient drainage system Kozhumativakkam village, Mangadu, happens to be a mosquito breeding ground. On World Malaria Day-24th April, 2016- the team of 17, split themselves into 4 different groups and each of them conducted awareness sessions about Malaria, its vector, symptoms, complications, role of family, prevention and its control to over 200 villagers. Mosquito repellents, were distributed, bleaching powder (Antilarval) was scattered in shallow water puddles and stagnant water bodies in and around the village. Insecticidal liquid sprays were sprayed over the domestic waste waters which were draining into the sides of the village roads.
200 Differently Abled persons with their family members attended the MSAI camp on 1st May 2016 at Chennai, the seminar that was conducted by various prominent specialists. The camp provided free general health checkup and consultation for the differently abled and their family members, awareness sessions on hygiene. Free drugs, audiometry, glucose tests were done at site, with provision of hearing aids, wheelchairs, clothes and other necessities. The collected data reveal that within no more than 20 days of the camp, 18 were treated, 5 surgeries were performed, and a free followup consultation by specialists was conducted.
Children are the future, but unfortunately a large number are in the grips of malnutrition. 6 SCOPH members from Rajasthan on 30th June 2016, conducted a fun session with slum children under 14 years of age. Height, Weight, BMI, and other personal details were recorded. Undernourished kids total 20 – of the 90 who attended -were identified with planning of further providing them with required nutrition twice a week supported by NGO-. Kids were taught about various hygiene methods, monsoon related disease were discussed with their warning signs demonstrated.
‘NO TOBACCO’ CAMPAIGN

On World No tobacco Day, SCOPH Teams from Mumbai, Pune and Surat conducted a ‘No Tobacco’ campaign and the prime objective of the campaign was to urge workers and labourers to abstain from using tobacco products and raise awareness on the health hazards caused by tobacco.

Team Mumbai visited daily wages workers and labourers at Andheri West.

Team Pune conducted the awareness drive for Class 3 and 4 workers, and other ancillary staff, including the staff of the security, electrical and laundry departments of MIMER, Pune.

Team Surat conducted sessions with the Drainage Department of Surat Municipal Corporation at 4 different locations in the city, about ill-effects of tobacco.
UPCOMING
SCOPH
INDIA
PROJECT
GLOBAL CLIMATE CHANGE CAMPAIGN

INTERNATIONAL SWG
A Global Campaign dedicated to increasing student involvement with a special focus on Climate Change and Health

REGISTER BEFORE
10TH JULY 2016

A STEP AHEAD
An initiative that goes beyond textbooks, posters and slogans, to create an actual impact in the current scenario

IFMSA
International Federation of Medical Student Associations

SCOPH

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SPREADING SCOPH LOVE