



SREE GOKULAM NURSING COLLEGE VENJARAMOODU REPORT ON EPILEPSY DAY OBSERVATION

Event Highlights: EPILEPSY Awareness Event

Date: 14th February 2025

Location: SREE GOKULAM MEDICAL COLLEGE VENJARAMOODU

Organized by: Medical Surgical Department and 3rd Sem BSc Nursing Students, Sree Gokulam Nursing College

“Early detection is a key but awareness is the lock that opens the door to survival”

February is globally recognized as Epilepsy month, dedicated to increase understanding of Epilepsy, promoting early detection, and supporting those affected by the disease. This month aims to increase knowledge about "brain and its function" and understanding risk factors to help reduce the impact of Epilepsy worldwide.

Epilepsy is a chronic brain disorder that causes seizures, which are abnormal electrical surges in the brain. Epilepsy is usually celebrated on the second Monday of February; in this year, Epilepsy Day was celebrated on 10th February 2025. A global prevalence of epilepsy, with estimates suggesting that around 50 million people worldwide are affected, and incidence rates vary across different populations and age groups. A complex etiology with a significant portion of cases having an unknown cause, while factors like brain injury, genetic predisposition, infections, stroke, and developmental abnormalities can contribute to its development, with the exact cause often varying depending on the individual and their specific circumstances.

In recognition of Epilepsy Day, the department of Adult Health Nursing along with 3rd semester BSc Nursing students took the initiative to organize various events on Epilepsy Awareness.

The 3rd Sem BSc Nursing students of Sree Gokulam Nursing College created a visual treat at the SREE GOKULAM MEDICAL COLLEGE with a skit performance, with raising awareness about EPILEPSY. Raising Awareness, Saving Lives through their energetic and informative performance, the students aimed to educate the public about the risks, symptoms, and prevention of EPILEPSY. The event was a huge success, attracting a large crowd and sparking meaningful conversations about lung health. Empowering the Community, the event was guided by Mr. ARUN AS, LECTURE, and Ms. SIVAPRIYA, TUTOR, from the Medical-Surgical Department of Sree Gokulam Nursing College. The students' efforts were commendable, and the event served as a shining example of community empowerment through education and awareness.

As we observe EPILEPSY Day, let us continue to prioritize Brain health, promote awareness, and support those affected by EPILEPSY. Together, we can make a difference!

The event took place at SREE GOKULAM MEDICAL COLLEGE Venjaramoodu. The programme aimed to raise awareness about EPILEPSY, a chronic noncommunicable disease of the brain that affects people of all ages. The performance captured the attention of people around the hospital.



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

**Recognised by Indian Nursing Council, Kerala Nurses and Midwives Council and
Affiliated to Kerala University of Health Sciences**

Students conducted an informative health education session of EPILEPSY in local language. Each students addressed different aspects of EPILEPSY. The session began with an introduction which aims to increase curiosity of people to know more about EPILEPSY. Following the introduction, the definition of EPILEPSY was described which helps the people to know more about the condition. The statistical data about the progress of conditions was explained on the session. Complication, risk factors, Etiology, First Aid, myths of EPILEPSY was explained to people via discussion sessions and also with the help of placards, charts. The session was ended with a proper conclusion.

