



SREE GOKULAM NURSING COLLEGE

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Report on awareness session on COPD day
and flashmob on behalf of COPD

Awareness month

Introduction

“Early detection is a key but awareness is the lock that opens the door to survival” November is globally recognised as COPD month, dedicated to increasing understanding of COPD, promoting early detection, and supporting those affected by the disease. This month aims to increase knowledge about “lung and its function” and understanding risk factors to help

reduce the impact of COPD worldwide

Chronic obstructive pulmonary disease (COPD) is a preventable and treatable disease causing breathlessness, chronic sputum production and cough. COPD was celebrated on November 19 every year. It's a leading global killer especially prevalent in low resource countries. Annually COPD claims three million lives worldwide, a number projected to rise due to aging populations and continued exposure to risk factors like tobacco smoke. While tobacco smoke is a primary risk factor, COPD's complex etiology involves genetic and environmental factors, beginning in utero and progressing throughout life.

In recognition of COPD day, The department of Adult



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

Health Nursing along with 3rd semester Bsc nursing students took the initiative to organise various events on COPD Awareness

