



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Approved by Indian Nursing Council, Kerala Nurses and Midwives Council, and

Affiliated to Kerala University of Health Sciences

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 aim to knowledge about" lung and it's 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 celebrating 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 risk factors like tobacco smoke .While tobacco smoke is a primarily risk factors ,COPD s complex etiology involves genetic and environmental factors, beginning in utero and progressing through out life

In recognition of COPD day ,The department of Adult Health Nursing along with 3 rd semester Bsc nursing students took the initiative to organise various events on COPD Awareness

Event Highlights: COPD Awareness Event Date: COPD Day, November 19, 2024

Location: Venjaramoodu Panchayat and Bus Depot

Organized by: 3rd Sem BSc Nursing Students, Sree Gokulam Nursing College

Flash Mob and Skit Performance

The 3rd sem BSc Nursing students of Sree Gokulam Nursing College created a stir at the Venjaramoodu Panchayat and Bus Depot with a flash mob and skit performance, raising awareness about Chronic Obstructive Pulmonary Disease (COPD) on COPD Day.Raising Awareness, Saving Lives through their energetic and informative performance, the students aimed to educate the public about the risks, symptoms, and prevention of COPD. 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 Mrs. Sarika S R, Assistant Professor, 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 COPD Day, let us continue to prioritize lung health, promote awareness, and support those affected by COPD. Together, we can make a difference!

On November 19, 2024 a vibrant flashmob and an impactful health education session on COPD were

conducted by the third semester Bsc nursing students of Sree Gokulam Nursing College,Venjaramoodu under the guidance of Mrs.Sarika.S.R,Assistant professor,Medical surgical department,and Ms.Shivapriya Tutor, from the Medical-Surgical

The event took place at the Nellanadu Gramapanchayath compound and the KSRTC Bus stand Venjaramoodu

The programme aimed to raise the awareness about COPD,one of the main respiratory disease seen in common people.The event commenced with an engaging flashmob presented by the team members.The performance captured the attention of the members of the gramapanchayth,the people around the panchayat and also among the people on the ksrtc premises.





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Following the flashmob, the students conducted an informative health education session on COPD in the local language. Each student addressed different aspects of COPD, ensuring a comprehensive understanding of the topic. The session began with an introduction which aims to increase the curiosity of people to know more about COPD. Following the introduction the definition of COPD was described which helps the people to know more about the condition. The statistical data about the progress of the condition was explained on the session. Complications, Risk factors of COPD was explained to the people via discussion session and also with the help of placards. The session was ended with an proper conclusion which includes all the key points to remember about COPD. Adding to the awareness efforts, a dynamic flash mob performance and health awareness was held on November 12 at venjaramood bus stand by 3rd sem bsc nursing students. This creative performance served as a powerful medium to spread awareness and inspire change in the community. As a part of it awareness session was conducted on November 12 at venjaramood panchayat and bus stand by 3rd sem bsc nursing students. The session focused on raising awareness about COPD incidence etiology causes treatment understanding diagnosis and its management. A health talk was also conducted on the importance of COPD self examination. Following the flashmob, the students conducted an informative health education session on COPD with local language. The session began with an introduction by gopika rengish who provided the audience with concise overview of the forthcoming session which grew interest among the audience. Ms chitra g then defined the COPD and mr ashik read the incidence of COPD. Mr Devin explained the causes of COPD pointing out that while the exact causes are unclear he emphasized the importance of early detection through awareness of symptoms. Next Ms asna Khan emphasized the treatment options which are individualized based on the impact of COPD and ms aswathy ks explained about the management of COPD. Next Ms Gopika rengish explained the preventive measures for COPD. Towards the end of the session Ms devika summarised the key points stressing the importance of COPD early detection and treatment and its management. The students used vibrant visual aids and easy to understandable language to communicate critical information making the session accessible to the diverse audiences present at the panchayat.

