Calendar of Health Related Events

Dear Editor,

In all military stations, senior executive medical officers (SEMO) are responsible for conduct of health education and related activities in endeavours to promote health of the troops and their families, besides ensuring maintenance of hygiene and sanitation.

'Health Observances' are days or weeks devoted to promoting particular health concerns, and other issues which have an indirect relationship to maintenance of health. The most prominent of all these would be the World Health Day on 07th April and the World AIDS Day on 01 December every year.

Health professionals can use these special events to sponsor health promotion events, stimulate awareness of health risks, or focus on disease prevention. It provides an opportunity to interact with the clientele on an informal platform.

Schools should be made an area of special focus, as raising the level of awareness of children has far reaching effects on society. This could be as simple as organising a ten minute talk during the school morning assembly, to having debates, essay writing, poster

and slogan contests. A fringe benefit of this broad based health education initiative by the health authorities will be an up scaling of clientele satisfaction and an acceptance of AIDS/STD prevention oriented 'life skills education' initiatives.

Occasions like World Water Day, Environment Day, Ozone Day, can be utilised to bring to focus the interaction between humans and their environment and the need to safeguard our natural resources to ensure a healthy environment for the growth of society.

It is recommended that rather than blanket observance of all events, which might lead to over saturation, specific relevant 'days' be selected in conjunction with administrative authorities (client driven approach), so that not more than one or two days be celebrated every month, with rotation of target audiences and subject content delivery.

Lt Col MP Cariappa*. Col DK Wasunkar+

*DADH, +ADMS, HQ 8 Mtn Div, C/o 56 APO

Received : 29.09.2005; Accepted : 19.12.2005

Table

Calendar of Health Related Events

Date	Occasion	Date	Occasion
26 Jan	World Leprosy Day	16 September	International Ozone Day
31 Jan	National Anti Leprosy Day	19 September	World Prevention Day
08 Mar	International Women's Day	21 September	World Alzheimer's Day
22 Mar	International Water Day	Last Sunday of September	World Heart Day
24 Mar	World Tuberculosis Day	01 October	International Day of Older Persons
07 Apr	World Health Day	01 Oct	National Voluntary Blood Donation Day
22 Apr	Earth Day	Second Thursday of Oct	World Sight Day
First Tuesday of May	World Asthma Day	10 October	Mental Health Day
10 May	Global Move for Health Day	16 October	World Food Day
31 May	No Tobacco Day	20 October	World Osteoporosis Day
05 Jun	World Environment Day	21 October	Iodine Deficiency Disorders Prevention Day
14 Jun	World Blood Donor Day	07 November	Cancer Awareness Day
11 Jul	World Population Day	14 November	World Diabetes Day
1-7Aug	World Breast Feeding week	01 December	World AIDS Day
12 Aug	International Youth Day	03 December	International Day of Disabled Persons
10 Sep	World Suicide Prevention Day	10 December	Human Rights Day