

# DIRECTORATE OF HEALTH SERVICES KASHMIR



**DID YOU KNOW?**  
**MOST PEOPLE**  
**THAT ARE UNAWARE**  
**LEPROSY**  
**IS CURABLE**



**DID YOU KNOW?**  
**LEPROSY**  
**IS ONE OF THE**  
**WORLD'S**  
**LEADING CAUSES**  
**OF PREVENTABLE**  
**BLINDNESS**

JANUARY

2017

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In 2015, there were 210,758 reported new cases of leprosy.



127,326 of these cases - 60% - were in India.



14 countries reported more than 1,000 new cases. Together they represent 95% of total cases.



The highest proportion of child cases (11.28%) was found in Sri Lanka. The highest proportion of cases with visible disability caused by leprosy was found in Myanmar (13.61%).

12 National Youth Day  
30 World Leprosy Eradication Day  
31 Anti-Leprosy Day

26 Republic Day



Shri Bali Bhagat, Hon'ble Minister of Health & Medical Education flagged off 133 Ambulances for J&K Health Department along with 3 critical care ambulances.



Hospital for Leprosy patients at Srinagar.



House hold contact leprosy survey in detection of Multibacillary (MB) & child cases

Leprosy work is not merely medical relief; it is transforming frustration of life in to joy of dedication, personal ambition into selfless service  
-MK Gandhi-





## CANCER Global Killer

F E B R U A R Y

2017

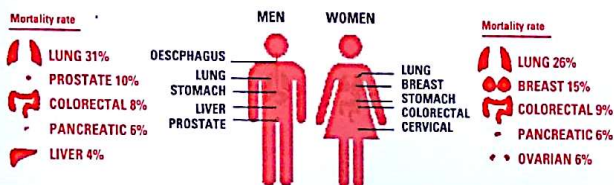


The disease accounts for 7.4 million deaths worldwide.  
It's the leading cause of death worldwide, causing around 13% of all deaths worldwide.

Leading types and their mortality rate each year



The most frequent types of cancer worldwide



There are more than 100 types of cancers; any part of the body can be affected.

In the developed world



70% of all cancer deaths occur in low and middle income countries.

More than 30% of cancer could be prevented, mainly by not smoking tobacco, having a healthy diet, being physically active and preventing infections that may cause cancer.  
Third of cancers could be cured if detected early and treated adequately.

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4 World Cancer Day

24 Mahashivratri



Hon'ble Minister of State for Housing & Urban Development Social Welfare, Health & Medical Education chairing a review of Health Care Facilities of Kashmir Division



Awareness camp being held at High School Thandipora Kralpora, Kupwara



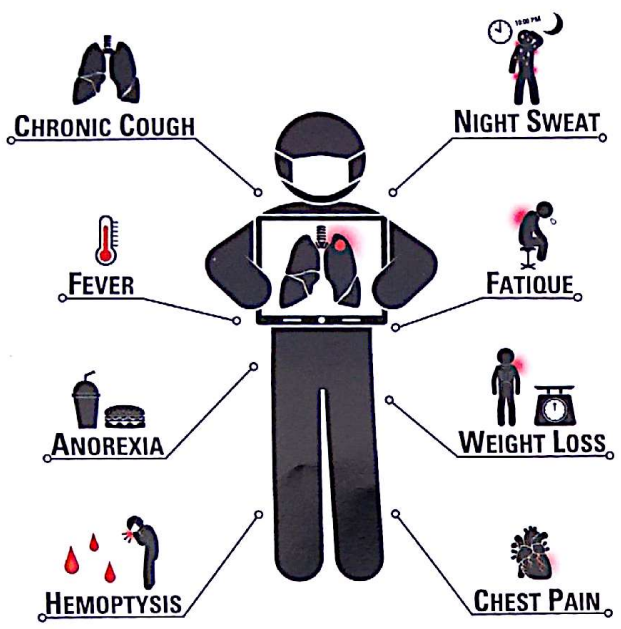
Emergency Trauma Care Room of District Hospital Pulwama

At least one-third of all cancer cases are preventable. Prevention offers the most cost-effective long-term strategy for the control of cancer

-World Health Organization-



## TUBERCULOSIS



MARCH

2017

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### THE FIGHT AGAINST TUBERCULOSIS

TB kills 3 people every minute worldwide.



- 6 Glaucoma Day
- 11 No Smoking Day
- 12 World Kidney Day
- 24 World Tuberculosis Day

- 12 Holi (Jammu Province only)
- 28 1st Navratri



World TB day being observed at Leh



Newer Technology - Line Probe Assay (LPA) for Diagnosis & Drug Sensitivity Test of Tuberculosis started at IRL Srinagar



World TB day being observed at Anantnag

TB anywhere is TB everywhere  
-World TB Day 2007 theme-





APRIL  
2017

Depression  
**Let's talk**

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**7** World Health Day

**11** World Parkinson Day / National Safe Motherhood Day

**17** World Hemophilia Day

**19** World Liver Day

**25** World Malaria Day

**1** Yearly closing of Banks (Banks only)

**13** Baisakhi

**14** Birthday of Dr. B.R. Ambedkar



Director Health Services Kashmir reviewing Health activities of various districts



Diabetes and Hypertension Screening cum Awareness Programme at Srinagar International Airport



Planning, Legal and Personal Section of Directorate of Health Services Kashmir

Once you choose hope, anything is possible

-Christopher Reeve-





## HEPATITIS

Symptoms can include:



Yellowing skin and eyes



Dark urine



Light-colored stools



Nausea and vomiting



Loss of appetite



Extreme fatigue



**Hep B (HBV)**  
is spread through infected body fluids.



**Hep E (HEV)**  
is transmitted via food or water.



**Hep D (HDV)**  
can only be contracted if you already have HBV.

MAY  
2017

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- 2 World Asthma Day
- 8 World Thalassemia Day
- 17 World Hypertension Day
- 19 World Hepatitis Testing Day
- 31 World No Tobacco Day

● May is Hepatitis Awareness month.

10 Buddha Purnima



BLS training being imparted at Srinagar International Airport



Annual Review meeting of Health Sector chaired by Shri Bali Bhagat, Hon'ble Minister for Health & Medical Education.



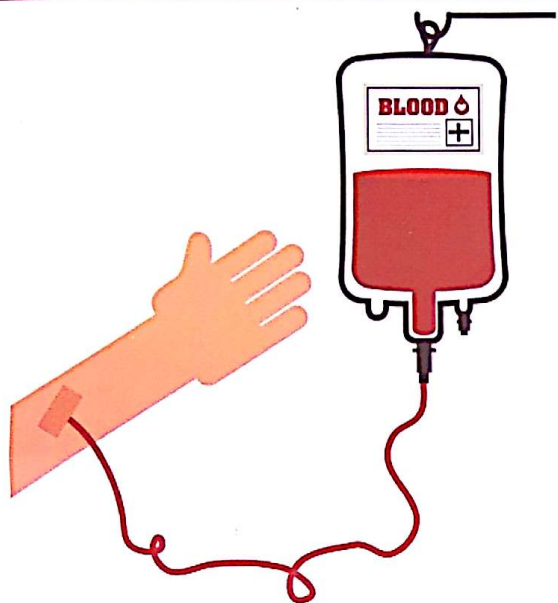
Rapid response team of DHSK during Hepatitis C outbreak

Globally, about 1.4 million people die each year from hepatitis. An estimated 95% of people with hepatitis do not know there are infected.  
---Get tested for Hepatitis - just a little prick---

-World Health Organization-



# DIRECTORATE OF HEALTH SERVICES KASHMIR



JUNE

2017

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## BLOOD DONATION ACTUALLY IMPROVES HEALTH!

- Improves overall cardiovascular health.
- Reduces the chance of heart attacks.
- Lowers the risk of stroke.
- Enhances the production of new blood cells.
- Lowers risk of cancer.

8 World Brain Tumour Day  
14 World Blood Donor Day  
26 International Day against Drug Abuse and Illegal Trafficking

22 Shab-i-Qadr\*  
23 Jumat-ul-Vida\*  
26 Eid-ul-Fitr\*

\* Subject to Appearance of Moon



Hon'ble Minister for Health and Medical Education,  
Shri Bali Bhagat, taking stock of health care facilities  
enroute Shri Amar Nath Ji Yatra 2016



High Altitude Medical Emergency training being  
imparted to Yatra Staff at Baltal Sonamarg



Blood donation camp held at SDH Uri

Your blood saved my life. Share life, give blood  
-World Health Organization-





## FOUR RULES OF TREATING DIARRHEA AT HOME

**IMMEDIATELY TEACH THE MOTHERS OF DIARRHEAL CHILD THE METHOD OF MAKING ORS ASK TO FEED THE SAME TO THE CHILD.**

**TEACH MOTHERS TO GIVE ZINC TABLETS FOR 10 DAYS ALONG WITH ORS.**



1. Give the child more fluids



2. Give Zinc tablets to the child, everyday for 10 days.



3. Continue feeding the child as usual.



4. Take the child immediately to a health centre if the condition doesn't improve or worsens; the child is unable to eat or drink, develops fever & passes blood in stool.

JULY

2017

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11 Doctors Day

11 World Population Day

29 ORS Day

5 Guru Hargobind Ji's Birthday

15 Martyr's Day



Hon'ble Minister for Health and Medical Education, Shri Bali Bhagat, taking stock of Health Care Facilities at Base Camp Hospital Baltal



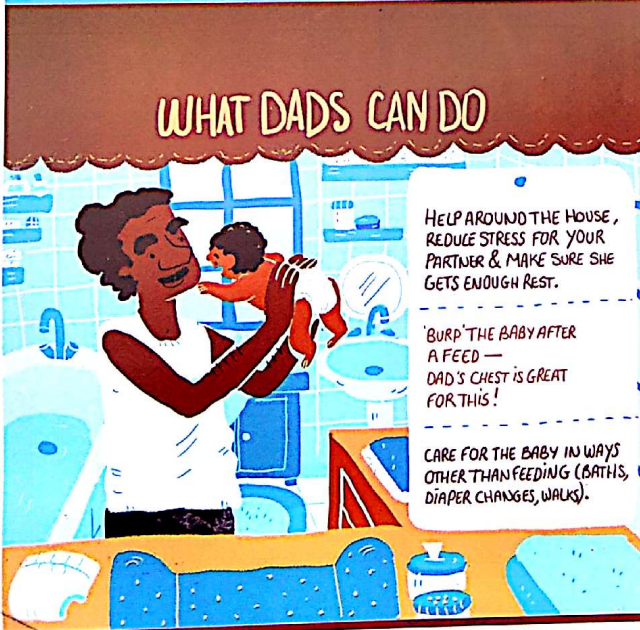
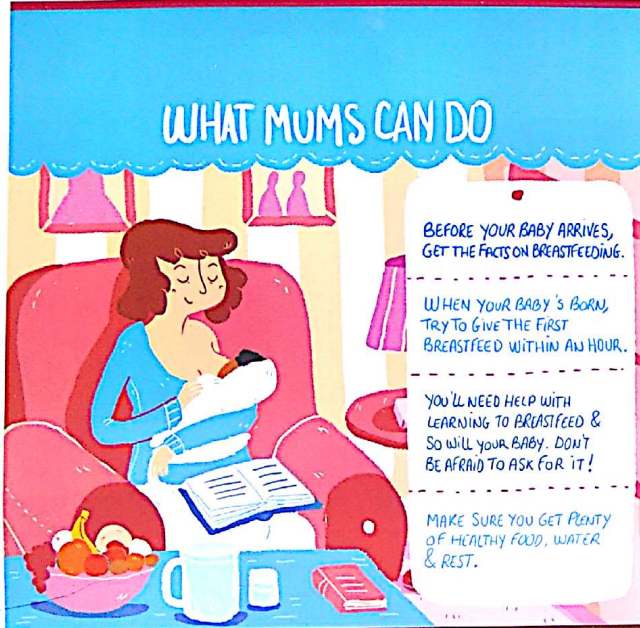
LSCS being held at SDH Uri



Dr Saleem ur Rehman, Director Health Services Kashmir, felicitating renowned Vitreo Retinal Surgeon Prof. Dr Natrajan

Acute diarrhoeal diseases are the major cause of mortality in infants and young children. In most cases, death is caused by dehydration. Dehydration from diarrhoea can be prevented by giving extra fluids at home, or giving patients by mouth an adequate Oral Rehydration Salts (ORS) solution  
-WHO Technical Report-





AUGUST  
2017

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17 World Breastfeeding Week

15 Independence Day / Janamashtami



Hon'ble Minister for Health and Medical Education, Shri Bali Bhagat, chairing meeting of J&K Medical Supplies Corporation Limited



SNC unit at JLNH Hospital Srinagar and SDH Uri



Visit of Dr MK Bhandari, Secretary Health and Medical Education Department, to RIHFW Dhoiwan Baramulla

A newborn baby has only three demands. They are warmth in the arms of its mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three.

-Grantly Dick-Read-

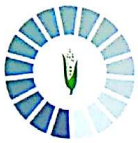




## THE DOUBLE BURDEN OF MALNUTRITION

### WHY ACT

THE DOUBLE BURDEN IS AN IMPORTANT OPPORTUNITY  
FOR ACTION ON MALNUTRITION IN ALL ITS FORMS



Addressing malnutrition is essential  
to achieve the Sustainable  
Development Goals

### GOOD NUTRITION



PROMOTES  
MATERNAL, INFANT  
AND CHILD HEALTH



Nutrition is critical to both health and  
economic development

IMPROVES SCHOOL  
& EDUCATION  
PERFORMANCE



Focus and investment for integrated  
solutions will tackle malnutrition in  
all its forms



SUPPORTS  
STRONGER  
IMMUNE SYSTEMS

REDUCES THE  
RISK OF DISEASE



SEPTEMBER

2017

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1-7 National Nutrition Week

21 World Alzheimer's Day

26 World Day of the Deaf

29 World Health Day

23 Eid-ul-Adha\*

30 Dussehra

\* Subject to Appearance of Moon



Immunization being held at Keran Sector near LOC



Immunization being held at Sogam Kupwara



Accounts and Purchase Section of Directorate of  
Health Services Kashmir

Let food be thy medicine and medicine be thy food.

-Hippocrates-





## What is elder abuse?

ELDER ABUSE IS A VIOLATION OF HUMAN RIGHTS AND A SIGNIFICANT CAUSE OF ILLNESS, INJURY, LOSS OF PRODUCTIVITY, AND DESPAIR.

## Types of Abuse

### Physical Abuse



USE OF PHYSICAL FORCE THAT MAY RESULT IN BODILY INJURY, PHYSICAL PAIN OR IMPAIRMENT.

### Sexual Abuse



NON-CONSENSUAL SEXUAL CONTACT OF ANY KIND WITH AN ELDERLY PERSON.

### Emotional Abuse



INFLECTION OF ANGUISH, PAIN OR DISTRESS THROUGH VERBAL OR NON-VERBAL ACTS.

### Abandonment



DESERTION OF AN ELDER BY A PERSON WHO HAS PHYSICAL CUSTODY OF THE ELDER PERSON.

### Financial Exploitation



ILLEGAL OR IMPROPER USE OF AN ELDER'S FUNDS, PROPERTY OR ASSETS.

### Neglect



REFUSAL OR FAILURE TO FULFILL ANY PART OF A PERSON'S DUTIES TO AN ELDERLY PERSON.

## Elder Abuse Warning Signs

BRUISES, PRESSURE MARKS, BROKEN BONES, ABRASIONS AND BURNS

UNEXPLAINED WITHDRAWAL FROM NORMAL ACTIVITIES

SUDDEN CHANGES IN FINANCIAL SITUATIONS MAY BE THE RESULT OF EXPLOITATION



BED SORES, UNATTENDED MEDICAL NEEDS, POOR HYGIENE AND UNUSUAL WEIGHT LOSS

BELITTLING, THREATS AND OTHER USES OF POWER AND CONTROL BY CAREGIVER

STRAINED OR TENSE RELATIONSHIPS, FREQUENT ARGUMENTS

OCTOBER

2017

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1 World Elderly Day

10 World Mental Health Day

16 World Anesthesia Day

20 World Malaria Day

24 World Polio Day

1 Ashoora\*

2 Mahatma Gandhi's Birthday

19 Diwali

\* Subject to Appearance of Moon



Eye camp for elderly people at Block Sogam, District Kupwara



Geriatric ward at DH Kargil



Health facilities during Holy Muharram procession

Your Lord has commanded that you worship none but Him, and that you be kind to your parents. If one or both of them reach old age with you, do not say to them a word of disrespect, or scold them, but say a generous word to them. And act humbly to them in mercy, and say, 'My Lord, have mercy on them, since they cared for me when I was small. -Al-Quran 17: 23-24-



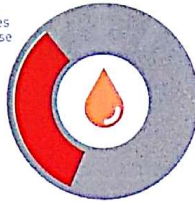
## DIABETES

DIABETES IS  
ON THE RISE

**422** MILLION  
adults have diabetes

3.7 MILLION  
deaths due to diabetes  
and high blood glucose

1.5 MILLION  
deaths caused  
by diabetes



THAT'S 1 PERSON IN 11



### Main types of diabetes



#### TYPE 1 DIABETES

Body does not produce enough insulin



#### TYPE 2 DIABETES

Body produces insulin but can't use it well



#### GESTATIONAL DIABETES

A temporary condition in pregnancy

### Consequences

Diabetes can lead to complications in many parts of the body and increase the risk of dying prematurely

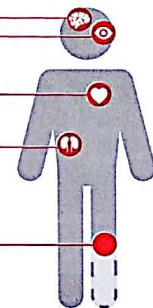
Stroke

Blindness

Heart attack

Kidney failure

Amputation



### Risk factors for type 2 diabetes

Genetics, age and family history of diabetes can increase the likelihood of becoming diabetic and cannot be changed. But some behaviours that increase risk can:



Unhealthy diet



1 in 3 is overweight



Physical inactivity



1 in 10 is obese

NOVEMBER

2017

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10 World Immunization Day  
14 World Diabetes Day  
18 World Epilepsy Day  
26 Anti Obesity Day

4 Guru Nanak Dev's Birthday



Shri Bali Bhagat, Hon'ble Minister for Health & Medical Education and MOS Health taking review of Health Sector.



Diabetes Screening cum awareness camp at District Hospital Pulwama



Visit of Dr Saleem ur Rehman, Director Health Services Kashmir, to State Motor Garage

Diabetes can be treated and its consequences avoided or delayed with diet, physical activity, medication and regular screening and treatment for complications.

-Eyes on Diabetes -WHO 2016-





DECEMBER

2017

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- 1 Eid-i-Milad-ul-Nabi (SAW)\*
- 5 Birthday of Sheikh Mohammad Abdullah
- 8 Friday following Eid-i-Milad-ul-Nabi (SAW)\*
- 25 Christmas Day

- 3 International Day of Persons with Disabilities
- 6 World AIDS Day

\* Subject to Appearance of Moon

"Disabilities is an umbrella term, covering impairments, activity limitations, and participation restrictions."



- 1 An impairment is a problem in body function or structure.
- 2 An activity limitation is a difficult encountered by an individual in executing a task or action.
- 3 A participation restriction is a problem experienced by an individual in involvement in life situation.

The World Health Organisation (WHO)

## A SNAPSHOT OF GLOBAL DISABILITY STATISTICS

1 billion +  
people live with a form of disability

200 million  
of these experience extreme difficulty in functioning.

The prevalence of disability is on the rise  
This is due to ageing populations, and a global increase in chronic health conditions.

2/3rds of all the years lived with a disability in low and middle income countries are due to chronic diseases.

### Issues Facing the Disabled Vs. the Non-Disabled

Issues	Disabled	Non-Disabled
Employment	The rate is lower for men at 53% and women at 20%. 	The rate is higher for men at 65% and women at 30%. 
Poverty	In low-income countries they are 50% more likely to experience catastrophic health expenditure.* 	The poverty rate is lower by comparison. 
Mortality	The rate is 2 to 4 times higher where a disaster occurs. 	Rate is lower by comparison. 

Note This is when people have to pay fees for health care and the amount is so high in relation to their income that it results in "financial catastrophe" for the individual or the household. Such high expenditure can mean that people have to cut down on necessities such as food.



Common Review Mission Team from GOI at Skill Lab Center RIFHW, Dhobiwan Baramulla



Visit of Dr MK Bhandari, Secretary Health and Medical Education Department, to Division of Epidemiology Barzulla Srinagar



General Administrative section of Directorate of Health Services Kashmir

My advice to other disabled people would be, concentrate on things your disability doesn't prevent you doing well, and don't regret the things it interferes with. Don't be disabled in spirit as well as physically.

-Stephen Hawking-