



First Issue (January-June 2023)

Updates in Physical Activity and Health

A Biannual Newsletter

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Welcome Message from the President, SPPAH



Dr (Prof) Sunil Dutt Kandpal

President, SPPAH &
Professor and Head, Dept of Community
Medicine, Dr Ram Manohar Lohia Institute of
Medical Sciences, Lucknow

Dear Friends and Colleagues,

I am delighted to extend my warm greetings to each and every one of you as we embark on this exciting journey together. It is with great pleasure that I introduce the inaugural edition of our SPPAH newsletter, dedicated to advancing our mission of promoting physical activity and fostering good health.

In today's fast-paced world, where sedentary lifestyles have become the norm, our society's role in advocating for physical activity has never been more crucial. With the increasing prevalence of chronic diseases related to inactivity, it is imperative that we work tirelessly to encourage individuals of all ages and backgrounds to prioritize their well-being.

Through this newsletter, we aim to create a platform where we can share knowledge, insights, and success stories that inspire and motivate. We will provide you with updates on our initiatives, highlight research breakthroughs, and offer practical tips to incorporate physical activity into our daily lives. We also invite you to contribute articles, personal experiences, and testimonials to enrich the content and engage with fellow members.

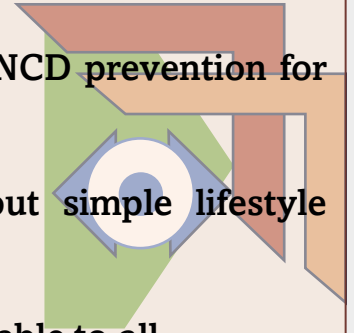
At SPPAH, we firmly believe that small steps can lead to significant changes. By promoting physical activity, we can positively impact not only our individual lives but also the communities we serve. Our collective efforts can pave the way for a healthier future, filled with vitality, joy, and well-being.

As the President of SPPAH, I am incredibly grateful for your unwavering support and dedication. Together, we can make a difference in the lives of countless individuals, empowering them to embrace an active lifestyle and prioritize their health. I encourage you to spread the word about SPPAH and invite others to join our movement.

Society for promotion of Physical Activity and Health (SPPAH): Vision and Mission

Our society envisions an India where....

- Each and every person understands the need of NCD prevention for himself and for the nation as a whole.
- Each inhabitant has sufficient information about simple lifestyle interventions to prevent occurrence of NCDs.
- Opportunities for being physically active are available to all.
- Morbidity/mortality due to NCDs is minimal, specially in young population and where geriatric population is able to enjoy functional autonomy and good health to the maximum extent possible.



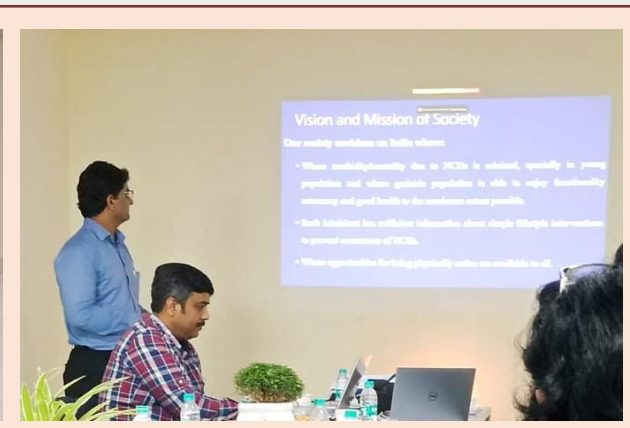
Our Mission

- To inspire and empower individuals of all ages and backgrounds to lead healthier lives through regular physical activity.
- To provide resources, education, and advocacy to encourage people to incorporate physical activity into their daily routines, ultimately improving overall health outcomes and quality of life.
- To raise awareness, provide evidence-based information, and collaborate with healthcare professionals, policymakers, and communities to make physical activity a fundamental part of public health initiatives.
- To advocate creation of supportive environments that encourage physical activity in schools, workplaces, neighborhoods, and recreational spaces, aiming for an active and healthier society.
- To bridge the gap between research, policy, and practice in the field of physical activity and health, promoting evidence-based strategies and effective interventions.
- To promote equity and inclusivity in physical activity opportunities, addressing disparities and barriers, and ensuring access for all.

Recent Activities from SPPAH

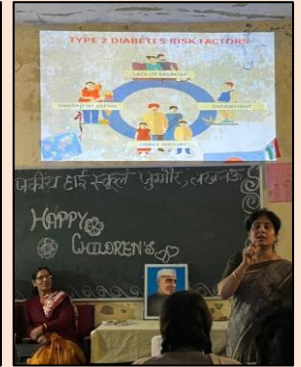


Poster Competition for MBBS students on World Physical Activity Day- 06/04/2022

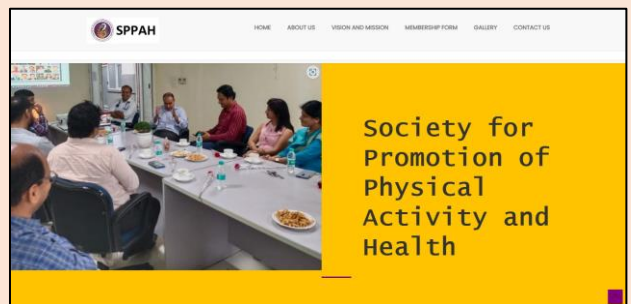
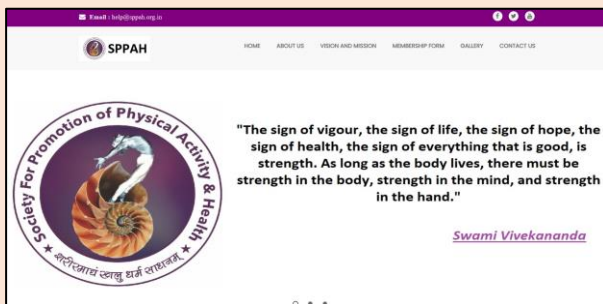


First General Body Meeting and Launch of Vision Statement of the Society 07/10/2022

Recent Activities from SPPAH



Awareness Activities in School about Prevention of Diabetes on World Diabetes Day: 14/11/2022



The Official Website of the Society sppah.org.in was launched on 30/12/2022



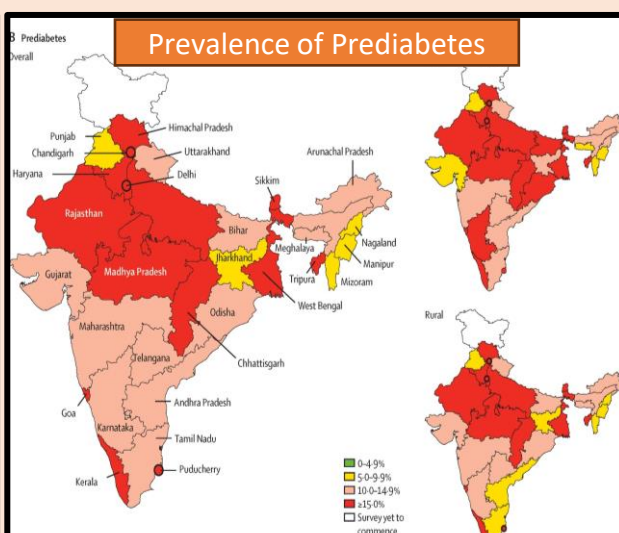
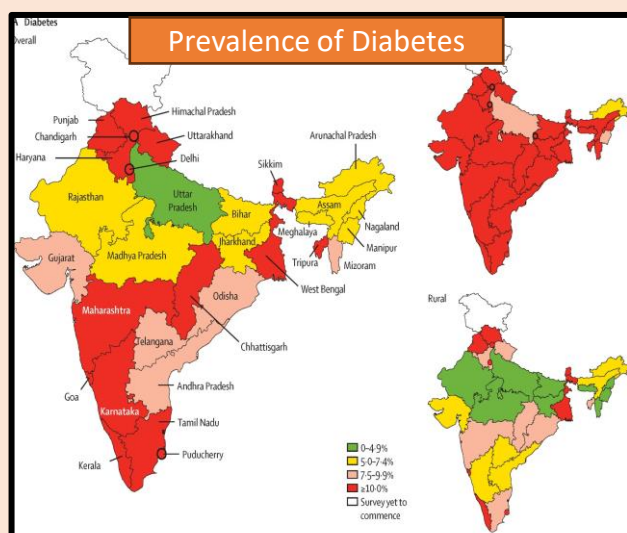
Nukkad Natak by MBBS students on World Physical Activity Promotion Day: 06/04/2022

Highlights from ICMR-INDIA Diabetes (ICMR-INDIAB-17) Study

ICMR-INDIA Diabetes (ICMR-INDIAB-17 Study) is a nationwide cross-sectional population-based study which was conducted on a representative sample of adults over 20 years of age drawn from urban and rural areas using three levels of stratification based on geography, population size, and socioeconomic status of each state.

The study was aimed to quantify the prevalence of various metabolic NCDs in India and to analyze interstate and inter-regional variations.

About 1.13 lakh participants were recruited between October 18, 2008 to December 17, 2020, and it was found that about **11.4% had diabetes, 15.3% had prediabetes, 35.5% had hypertension, 28.6% were obese, 39.5% had abdominal obesity, and 81.2% had dyslipidemia.**

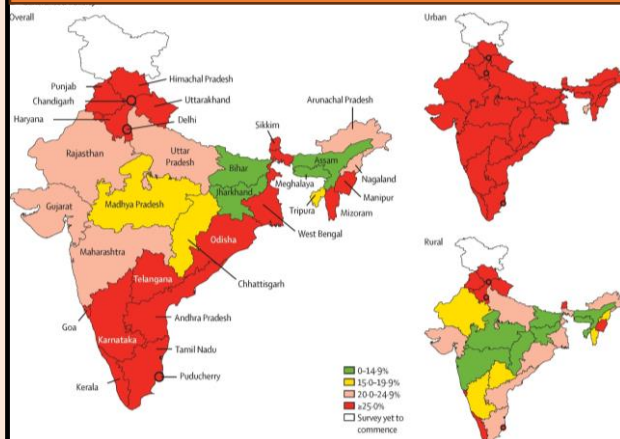


Residence	
Urban: 16.4% (14.6-18.2)	Rural: 8.9% (8.1-9.7)
Sex	
Male: 12.1% (10.9-13.3)	Female: 10.7% (9.6-11.8)
Inter-state variation	
Lowest: Uttar Pradesh (4.8%)	Highest: Goa (26.4%)
Low in Central and North-Eastern regions	High in southern and northern regions

Residence	
Urban: 15.4% (13.6-17.2)	Rural: 15.2% (14.1-16.3)
Sex	
Male: 15% (13.6-16.5)	Female: 15.5% (14.2-16.7)
Inter-state variation	
Lowest: Mizoram (6.8%)	Highest: Puducherry (25.8%)
Low in Punjab, Jharkhand and some North-Eastern states	High in Central and Northern regions

Highlights from ICMR-INDIA Diabetes (ICMR-INDIAB) Study

Prevalence of Generalised Obesity



Residence

Urban: 39.6% (37.1-42.1)
Rural: 23.1% (21.8-24.4)

Sex

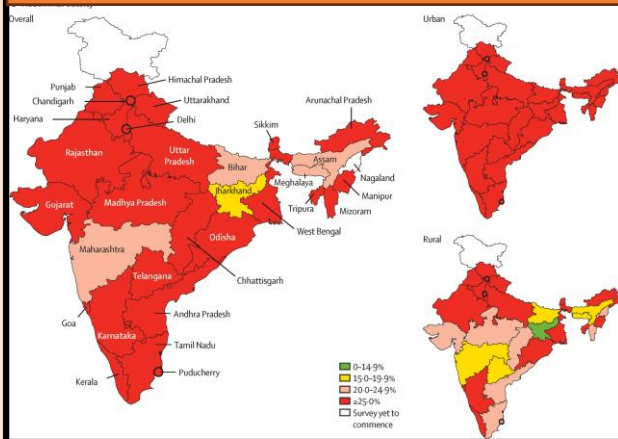
Male: 25.4% (23.7-27.1)
Female: 31.6% (30-33.3)

Inter-state variation

Lowest: Bihar (12.5%)
Highest: Puducherry (53.3%)

Low in Bihar, Jharkhand, Assam, Meghalaya
Delhi, Kerala, Punjab Chandigarh and Sikkim having a prevalence over 40%

Prevalence of Abdominal Obesity



Residence

Urban: 51.6% (49-54.1)
Rural: 33.5% (32-34.9)

Sex

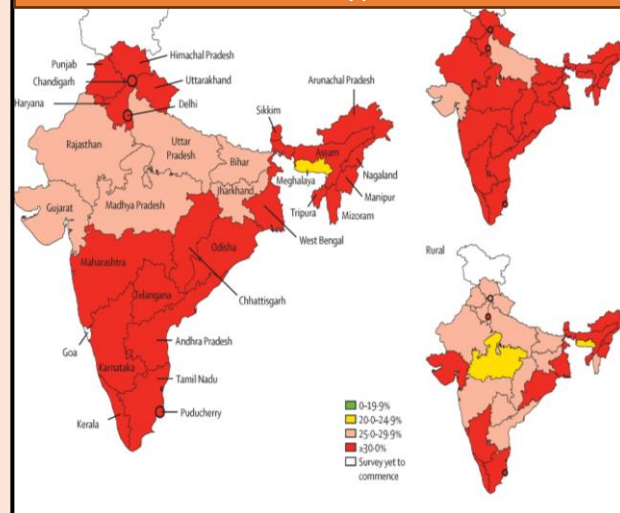
Male: 28.8% (27-30.7)
Female: 49.6% (47.8-51.4)

Inter-state variation

Lowest: Jharkhand (18.4%)
Highest: Puducherry (61.2%)

Low in Eastern region and Maharashtra
Delhi, Haryana, Punjab, Kerala and Himachal Pradesh had a prevalence over 55%

Prevalence of Hypertension



Residence

Urban: 40.7%
Rural: 33.0%

Sex

Male: 38.7%
Female: 32.6%

Inter-state variation

Lowest: Meghalaya (24.3%)
Highest: Punjab (51.8%)

Low in Central and Western regions
High in Northern, Southern and Northeastern regions

Precautions for Engaging in Physical Activity in Extreme Weather Conditions

When participating in physical activity during extreme weather conditions, it is crucial to take appropriate precautions to ensure personal safety and well-being.

This article provides scientific guidance on how to mitigate risks and maintain optimal health while engaging in physical activity in hot and cold climates.

Health Risks in Hot Weather:

1. **Excessive Sweating:** Engaging in physical activity during hot weather can lead to excessive sweating, which can cause dehydration and electrolyte imbalances.
2. **Discomfort and Heat Exhaustion:** Prolonged exposure to high temperatures and inadequate hydration may result in heat exhaustion, characterized by fatigue, dizziness, nausea, and rapid heartbeat.
3. **Heat Stroke:** Severe heat exhaustion can progress to heat stroke, a life-threatening condition that requires immediate medical attention. Symptoms include confusion, unconsciousness, hot and dry skin, and high body temperature.

Hot Weather Precautions:

1. **Prioritize Hydration:** Adequate hydration is essential during hot weather physical activity. Regular water intake, regardless of thirst levels, should be maintained. Carrying a water bottle during outdoor exercises is recommended.
2. **Optimal Timing:** Choose relatively cooler hours of the day, such as early mornings, for physical activity. If outdoor workouts are not feasible, consider indoor activities in air-conditioned environments to minimize heat-related risks.
3. **Home-Based Exercises:** Engage in various indoor exercises, such as skipping rope, practicing sun salutations (Surya Namaskar), performing jumping jacks, calisthenics, running on a treadmill, practicing yoga, and performing breathing exercises.

Precautions for Engaging in Physical Activity in Extreme Weather Conditions

Health Risks in Cold Weather:

1. **Cardiovascular Risks:** Individuals with heart-related issues or a history of heart attacks should avoid going outdoors during the coldest hours of the day. The combination of low temperatures and constricted blood vessels can potentially lead to cardiovascular incidents such as a heart attack or brain stroke.
2. **Frostbite and Hypothermia:** Prolonged exposure to cold weather without adequate protection can result in frostbite (skin freezing) and hypothermia (abnormally low body temperature), which require immediate medical attention.

Cold Weather Precautions:

1. **Layered Clothing:** Dress in warm clothing, preferably in layers, to trap body heat and maintain thermal insulation. Adequately cover the head, hands, and ears to minimize heat loss from these vulnerable areas.
2. **Consider Fog Conditions:** Avoid cycling or engaging in outdoor activities during excessive fog, as it can significantly reduce visibility and increase the risk of accidents.
3. **Optimal Timing:** During winter, the evening hours before sunset are generally more suitable for outdoor physical activity. Temperatures are relatively higher, and fog is less prevalent.

Individuals with pre-existing medical conditions should consult their physician to determine the safest ways to remain physically active during winter.

Taking precautions while engaging in physical activity in extreme weather conditions is essential to ensure personal safety and well-being. Prioritizing hydration, choosing optimal timing, and dressing appropriately are key factors to consider in hot and cold climates. By following these guidelines, individuals can mitigate health risks and continue to enjoy physical activity throughout the year.

Introducing the National Programme for Non-communicable Diseases (NP-NCD): Transforming Healthcare in India

Formerly known as the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases, and Stroke (NPCDCS), NP-NCD has recently undergone significant developments to address the escalating burden of non-communicable diseases (NCDs) in our country.

NCDs, including heart disease, stroke, cancer, chronic respiratory diseases, and diabetes, have emerged as major contributors to mortality, accounting for a staggering 63% of all deaths in India. Not only do these conditions impact lives, but they also place a substantial economic burden on our society, with an estimated loss of \$3.55 trillion in economic output between 2012 and 2030.

Recognizing the urgent need to tackle this public health challenge, the Government of India has expanded the NP-NCD to encompass priority NCD conditions beyond the common ones. Chronic Obstructive Pulmonary Disease (COPD), Asthma, Chronic Kidney Disease (CKD), Non-Alcoholic Fatty Liver Disease (NAFLD), and the Pradhan Mantri National Dialysis Programme (PMNDP) have been integrated into this comprehensive program.

The objectives of NP-NCD are multi-faceted, focusing on health promotion through behaviour change, screening, early diagnosis, management, referral, and follow-up across all levels of healthcare delivery. Strengthening the capacity of healthcare providers, enhancing supply chain management, implementing state-of-the-art ICT applications for monitoring and evaluation, and fostering coordination with other programs and stakeholders are key priorities.

To achieve these objectives, NP-NCD has developed effective strategies that encompass health promotion for NCD prevention and risk reduction, screening and early diagnosis of common NCDs, capacity building of healthcare providers, evidence-based treatment protocols, seamless drug and logistics supply, robust information systems for data management, and comprehensive monitoring and evaluation mechanisms.

Introducing the National Programme for Non-communicable Diseases (NP-NCD): Transforming Healthcare in India

The service delivery framework of NP-NCD covers primary, secondary, and tertiary levels of healthcare. Primary care services are now being delivered through Ayushman Bharat-Health and Wellness Centres (AB-HWCs), while secondary-level facilities such as Community Health Centres (CHCs) and District Hospitals (DHs) are being strengthened to meet the growing burden of NCDs. The program also emphasizes the establishment of bi-directional referral linkages and the integration of teleconsultation services when appropriate and feasible.

Behaviour and lifestyle changes play a pivotal role in NP-NCD. Health promotion initiatives at the community level, spearheaded by frontline health workers such as ANMs, MPWs, and CHOs, form a crucial component of the program. Through organizing camps, facilitating interpersonal communication, and disseminating health education materials, these dedicated healthcare professionals contribute significantly to empowering individuals and communities to make informed decisions about their health.

NPNCN also aims to establish linkages with other health programs such as NMHP, NPCB&VI, NPPCD, NPPCF, NPHCE, NPTCDAT, NOHP, NPPMTBI, NOTP, NPPC, and NIDDCP to achieve desired results.

The fight against NCDs in India is dynamic and ever-evolving. By expanding the scope of NP-NCD and incorporating new priority NCD conditions, we are committed to reducing the burden of morbidity, mortality, and economic repercussions caused by NCDs across all strata of society.



Why take a Y- Break?

The world has celebrated the 9th International Day of Yoga on 21st of June 2023. The theme this year was “Vasudhau Kutumbakam” which translates as “The world is one family”. And indeed, Yoga is a form of physical activity which is being practiced all over the world. In correct supervision, it has something to offer to all at all ages and also to those with known illnesses.

In the line with WHO’s initiatives to ensure “Sports for All”, Yoga may play a crucial role as it is accessible to everyone and require minimal infrastructure. One mat, space enough to lie down, adequate training, some motivation and support is all that one needs.

To facilitate the same, the ministry of AYUSH had launched the Y-Break App on September 1, 2021, as a 5-minute yoga protocol for office goers.

What is Y-Break App?

The Y-Break App, also known as Yoga-Break Protocol, is an app developed by MDNIY (Morarji Desai National Institute of Yoga), which provides a 5-minute yoga protocol includes Asanas, Pranayam, and Dhyam. The App is built to help people de-stress, refresh, and re-focus with increased immunity at their workplaces.

How can Y-Break App benefit the office goers?

- Audio-video guided Asanas illustrated by the experts.
- Small (2 to 5 minutes) protocol.
- ‘Yoga on chair’ illustrates asanas that can be performed while sitting on office chairs.
- Includes pranayama and dhyam to better cope through the workplace stress.
- Other health tracking apps can be connected to this app to monitor daily physical activities and vitals of the user.
- The app is bilingual in Hindi and English.

Why take a Y- Break?

What does the Protocol include?

- First minute, the practitioner starts in a standing position with *Urdhva-hastottanasana* (lateral bending) followed by *Tadasana* (upward stretch).
- Second minute, practice *Skandhachalana* (shoulder rotation) followed by *Uttanamandukasana* (shoulder stretch).
- Third minute, *Ardhachakrasana* (backward bend) is followed by *Padottanasana* (forward bend).
- Fourth minute is dedicated to *Nadishodhana pranayama* (alternate nostril breathing).
- Fifth minute, *Bhramari pranayama* (humming bee breathing) followed by *Dhyana* (meditation).



YOGA BREAK

NAME *

AGE *

GENDER *
Male

COUNTRY *
India

CITY *

PHONE *

EMAIL *

REGISTER

Already registered? [Login](#)



Yoga Break at Workplace
Yoga Protocol

00:00 / 05:00

Tadasana - Urdhva
Hastottanasana - Tadasana

These practices can be performed either in standing or sitting in a chair.

Steps Overview

Step 0
Stand with feet 2 inches apart

Step 1
Adopt namaskar mudra.

Step 2
Interlock fingers, inhale and stretch the arms

1 Min



1 मिनट / Min

ताड़सन - ऊर्ध्व हास्तोत्तानसन - ताड़सन
Tadasana - Urdhva
Hastottanasana - Tadasana

12 मिनट / Min

स्कंध चक्र - उत्तान मंडूकासन - कटि परासन
Skandha Chakra - Uttana
Mandukasana - Kati Chakrasana

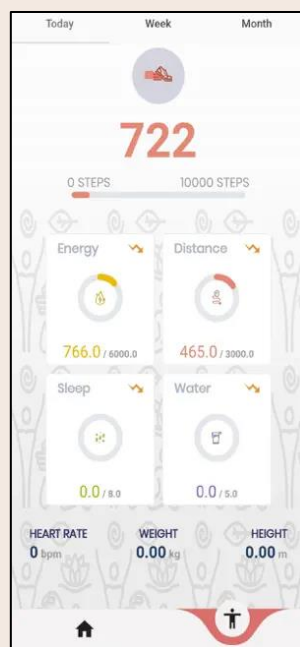
1 मिनट / Min

अर्धचक्रसन - प्रसारित पादोत्तानसन - दीर्घ शवास
Ardha Chakrasana - Prasrita
Padottanasana - Deep Breathing

0.45 मिनट / Min

नाडीशोधन प्राणायाम
Nadisho

Practice Mode



Messages from SPPAH Members



Dr Bhuwan Chandra Tiwari

Member of Governing Body, SPPAH &
Professor, Dept of Cardiology,
Dr RMLIMS, Lucknow

Dear Colleagues,

I am thrilled to address you all as a founding member of the Society for the Promotion of Physical Activity and Health (SPPAH) in our very first newsletter.

As a cardiologist, I have witnessed the profound impact that physical activity can have on our overall health and well-being. Through SPPAH, we aim to inspire and empower individuals to prioritize physical activity as a means to prevent cardiovascular diseases and promote a healthier lifestyle. Together, we can educate and motivate individuals to incorporate physical activity into their daily lives.

I encourage you to actively engage with the SPPAH community, share your experiences, and contribute to our collective knowledge. By working together, we can make a lasting difference in the lives of countless individuals.

Together, let's pave the way towards a healthier and more active future.

Messages from SPPAH Members



Dr Vikram Singh

Member of Governing Body, SPPAH &
Professor (Jr Grade), Dept of Medicine,
Dr RMLIMS, Lucknow

Dear Members and Supporters of SPPAH,

As the Head of General Medicine at Dr. RMLIMS and a proud member of SPPAH, I am thrilled to contribute to our inaugural newsletter.

Physical activity is key to good health, and its importance cannot be overstated. Through SPPAH, we have an incredible opportunity to make a meaningful impact and inspire positive change.

At Dr. RMLIMS, I have witnessed firsthand the transformative power of physical activity. Even small lifestyle changes can lead to remarkable improvements in overall well-being, reducing the risk of chronic diseases and enhancing mental health.

Let us empower individuals to take charge of their health, one step at a time. I encourage you all to actively engage, sharing your knowledge, experiences, and success stories.

I am grateful for your commitment to promoting physical activity and health. Together, we can bring about significant change in our lives and the lives of others. Let us inspire those around us to embrace an active lifestyle and prioritize their well-being.

Spread the word about our society and invite others to join us in this noble mission. Together, we can create a healthier future.

Messages from SPPAH Members



Dr Ajay Verma

Vice President, SPPAH, &
Professor (Jr Grade), Respiratory Medicine,
King George Medical University, Lucknow

Dear Friends,

As a founding member of the Society for the Promotion of Physical Activity and Health (SPPAH) and a Respiratory Physician, I am pleased to share my thoughts here.

Physical activity is not only crucial for our overall well-being but also plays a significant role in respiratory health. Through SPPAH, we aim to raise awareness about the positive impact of exercise on lung function and respiratory conditions.

In this newsletter, we will share valuable information, research updates, and practical advices. Join us in our mission to promote physical activity as a key component of respiratory health.

Together, let's breathe life into our communities and inspire a healthier future.

Messages from SPPAH Members



Dr Imran Rizvi

Member of Governing Body, SPPAH &
Associate Professor, Dept of Neurology,
KGMU, Lucknow

Dear Friends,

As a founding member of the Society for the Promotion of Physical Activity and Health (SPPAH) and a Neurologist, I am delighted to contribute to our first newsletter.

Physical activity plays a vital role in maintaining brain health and preventing neurological conditions. Through SPPAH, we strive to empower individuals to embrace an active lifestyle for the betterment of their neurological well-being.

In this newsletter, we will share valuable insights, research updates, and practical tips to inspire you on your journey towards a healthier mind and body.

Join us in our mission to promote physical activity as a powerful tool for neurological health. Together, let's create a positive impact on brain health and overall well-being.

Messages from SPPAH Members



Dr Vikram Kumar Gupta

Founding Joint Secretary, SPPAH &
Professor, Dept of Community Medicine, DMCH,
Ludhiana, Punjab

Dear Friends,

I am delighted to welcome you all to the inaugural edition of the newsletter for the Society for Promotion of Physical Activity and Health. As the Joint Secretary of this esteemed organization, I feel honoured to be a part of a collective effort aimed at promoting an active and healthy lifestyle.

Our society is committed to fostering a culture of physical activity and well-being among individuals of all ages and backgrounds. It is our sincere hope that this platform will serve as a valuable resource, inspiring and motivating each of you to prioritize your health and take positive steps towards leading an active lifestyle.

I encourage you all to actively participate in the activities and events organized by our society. Your involvement and support will not only benefit your personal well-being but will also contribute to the larger mission of spreading awareness and creating a healthier society.

Together, let us embark on this exciting journey, united in our passion for physical activity and the pursuit of optimal health.

Messages from SPPAH Members



Dr Sumeet Dixit

Founding Secretary, SPPAH &
Associate Professor, Dept of Community
Medicine, Dr RMLIMS, Lucknow

Respected Seniors & Dear Friends,

Warm greetings to all . I am thrilled to extend my heartfelt gratitude as I address you all in our very first newsletter.

SPPAH was founded with a clear mission in mind: to advocate for and promote physical activity as a fundamental component of a healthy lifestyle. We firmly believe that regular exercise and an active way of life are vital for preventing non-communicable diseases (NCDs), enhancing overall well-being and achieving the goal of positive health for each one of us.

This newsletter marks a significant milestone for our organization. It serves as a platform for us to share updates, insights, and valuable information related to physical activity and health promotion. Our aim is to create a vibrant community that engages in meaningful discussions and collaborates towards our shared vision of a healthier society.

Through our newsletter, we will keep you informed about the latest research, evidence-based practices, and success stories in the realm of physical activity promotion.

Contd..

Contd....

We will also highlight upcoming events, workshops, and initiatives organized by SPPAH and our esteemed partners. The newsletter will serve as a valuable resource for healthcare professionals, researchers, community leaders, and individuals passionate about promoting physical activity.

At SPPAH, we understand the importance of collaboration and knowledge exchange. We are actively seeking partnerships with national and international organizations that share our goals and values. By joining forces, we can harness collective expertise, resources, and networks to amplify the impact of our efforts. We welcome your suggestions and ideas for potential collaborations, as we believe that together, we can make a more profound and lasting impact on public health.

Furthermore, we highly value your involvement and active participation in our initiatives. Your support is vital to the success of our organization. We encourage you to contribute articles, success stories, and expert opinions to be featured in our future newsletters. Your contributions will help inspire others and foster a sense of community within SPPAH.

I want to express my deepest appreciation for your unwavering support and belief in our mission. Together, let us continue to advocate for physical activity, promote health, and work towards a future where every individual embraces an active lifestyle for their well-being.

Thank you once again for being a part of SPPAH, and I look forward to our journey together as we strive for a healthier and more active society.

From the Desk of Editorial Team



Dr Arvind Kumar Singh

Chief Editor,
Jt Secretary and Founding Member, SPPAH, &
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Co Editor,
Member, SPPAH &
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Medicine, GIMS, Greater Noida

Respected seniors and dear friends,

We are elated to present to you the first issue of our bi-annual newsletter. This is our effort to focus on "what's new going on" towards physical activity promotion. The newsletter is aimed at opening various avenues to promote physical activity through learning, research and awareness among the readers.

We are hopeful that we are on the right track to achieve this goal and through continued work, we will be able to contribute to the country's efforts of addressing lifestyle disorders.

Closing with the words of Swami Vivekananda,

“ The sign of vigor, the sign of hope, the sign of health, the sign of everything that is good is strength. As long as the body lives, there must be strength in the body and strength in the mind.”

Coming Soon....



A SHORT COURSE ON PUBLIC HEALTH STRATEGIES FOR NON COMMUNICABLE DISEASES

A course designed to bring a positive change for self and others

OCTOBER-NOVEMBER - 2023 (TENTATIVE)
DEPARTMENT OF COMMUNITY MEDICINE
DR RMLIMS, LUCKNOW

REGISTRATION LINK -

COURSE DIRECTORS: FOUNDING MEMBERS SPPAH

REGISTRATION LINK-COMING SOON

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Dr Ram Manohar Lohia institute of
Medical Sciences, Lucknow and
Society for Promotion of Physical Activity
and Health
(SPPAH)- Lucknow , UP





**Society for Promotion of Physical Activity and Health
[SPPAH]**

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