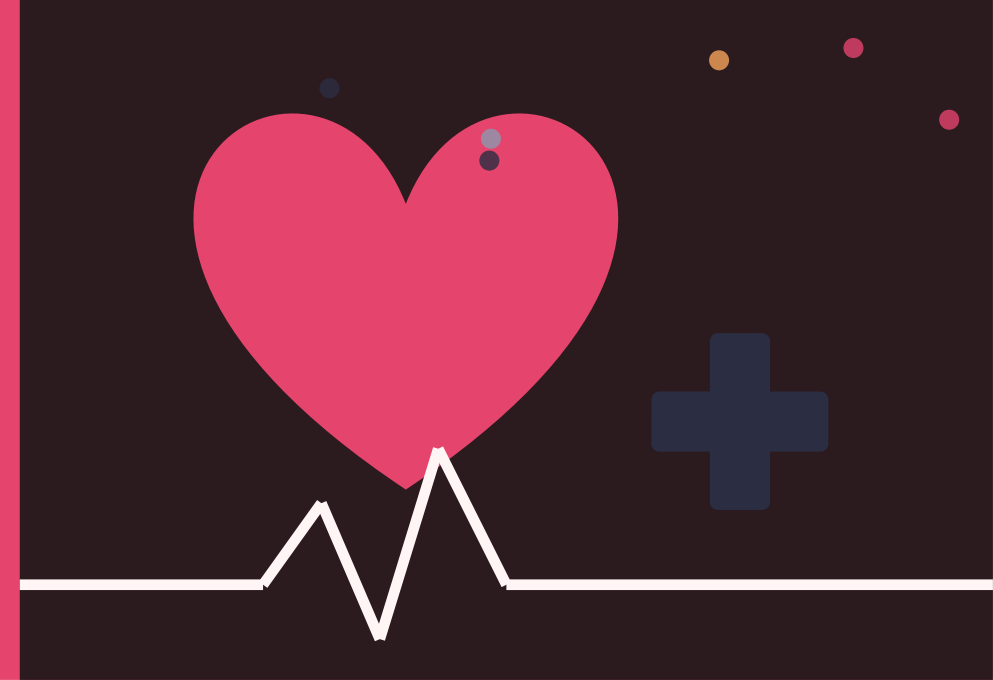


HEALTH PROGRAMME

Community Health Awareness Programme



Prevention, care and healthy habits

Presenter Name • 4 • 2026

Sessions

01

Understanding Diabetes

02

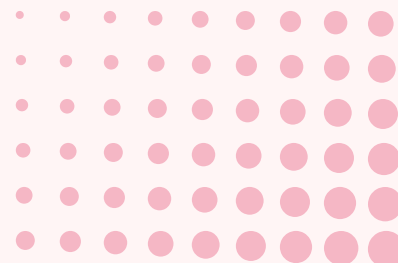
Nutrition for Teens

03

Heart Health Matters

04

Mental Health and Wellbeing



01

UNDERSTANDING DIABETES

Awareness, prevention and everyday management

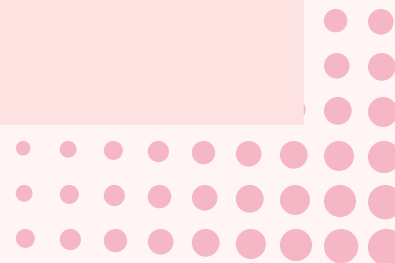
What is diabetes?

Diabetes is a condition in which blood sugar stays too high because the body does not make or use insulin properly.

Type 2 diabetes is the most common form and is closely linked to lifestyle. With early diagnosis and good habits, most people live full, active lives.



Medical illustration



Why it matters

1 in 10

adults may have diabetes
(illustrative)

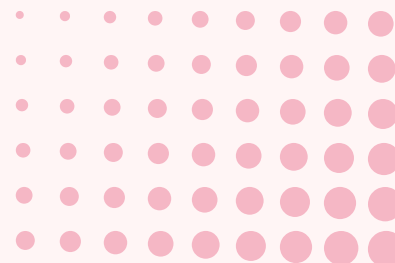
50%

may not know they have it

30 min

of daily activity helps

Illustrative figures — cite current guidelines for your audience.



Common symptoms

01

Thirst

Feeling thirsty and urinating often.

02

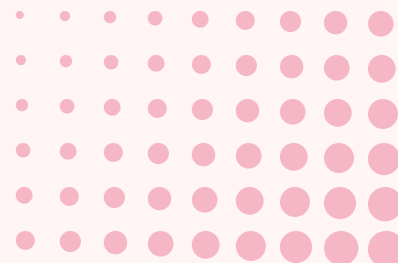
Fatigue

Tiredness and blurred vision.

03

Slow healing

Cuts and infections heal slowly.

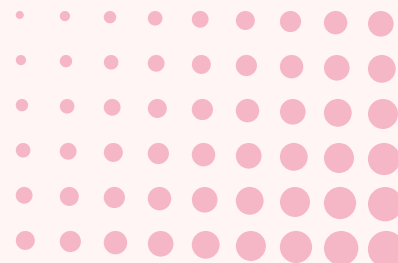


Risk factors

- Family history of diabetes
- Overweight and inactivity
- High blood pressure
- Unhealthy diet high in sugar

TIP

Get your blood sugar checked once a year after 30.



Diagnosis

01

Screen

Fasting blood sugar

02

Confirm

HbA1c test

03

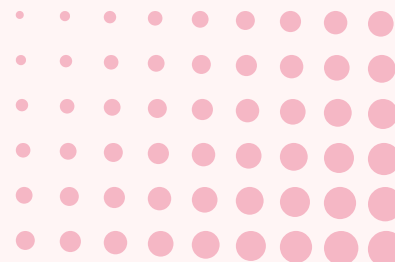
Assess

Check eyes, kidneys, feet

04

Plan

Diet, activity, medicines



Prevention and treatment

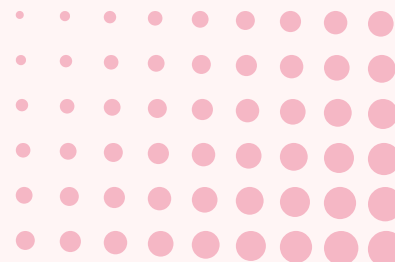
Prevention

- Eat more whole grains and vegetables
- Stay active every day
- Maintain a healthy weight
- Limit sugary drinks

vs

Treatment

- Lifestyle changes first
- Oral medicines as prescribed
- Insulin when needed
- Regular monitoring



When to see a doctor

Situation

Action

Very high thirst and weight loss

See a doctor this week

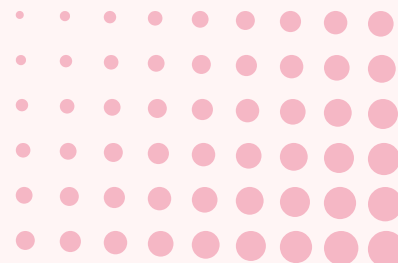
Wound not healing

Visit a clinic

Confusion or fainting

Seek emergency care

General information, not medical advice.



Healthy habits

01

Move

30 minutes of walking daily.

02

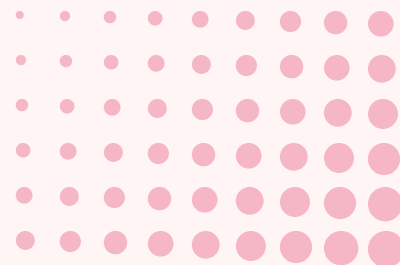
Eat well

Half the plate vegetables.

03

Sleep

7–8 hours every night.



02

NUTRITION FOR TEENS

Eating right for energy, growth and focus

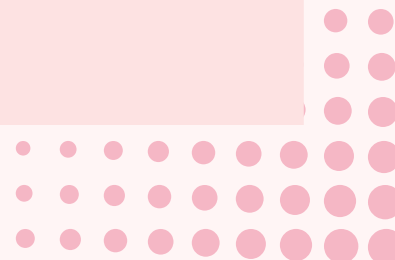
What is good nutrition?

Good nutrition means eating a balanced variety of foods that give the body the energy and nutrients it needs.

Teenage years are a time of rapid growth. Balanced meals improve energy, concentration, immunity and mood.



Medical illustration



Why it matters

5

food groups to include daily

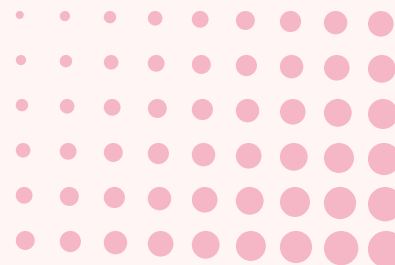
8

glasses of water a day

1

fruit with every meal

Illustrative figures — cite current guidelines for your audience.



Common symptoms

01

Low energy

Tired and unable to focus.

02

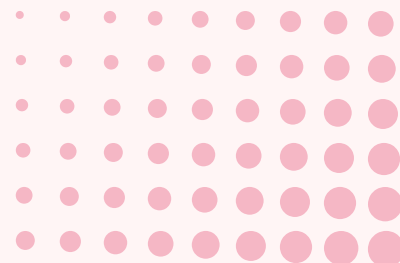
Frequent illness

Weak immunity.

03

Hair and skin

Dull skin, brittle hair.

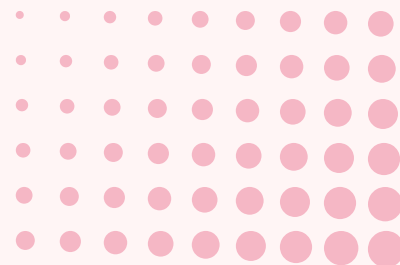


Risk factors

- Skipping breakfast
- Too much junk food
- Sugary drinks
- Crash diets

TIP

**Build a colourful plate
— more colours, more
nutrients.**



Diagnosis

01

Track

Write what you eat for a
week

02

Compare

Check against the food
plate

03

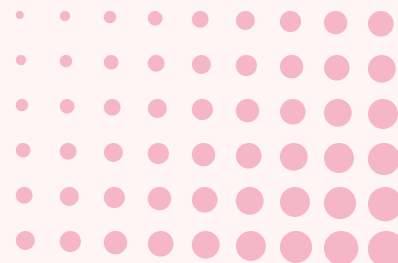
Adjust

Swap one item at a time

04

Review

Notice energy and mood



Prevention and treatment

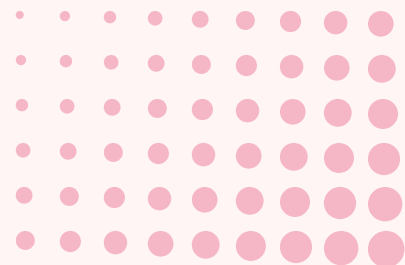
Prevention

- Eat breakfast every day
- Choose whole grains
- Add dal, eggs or paneer for protein
- Snack on fruit and nuts

vs

Treatment

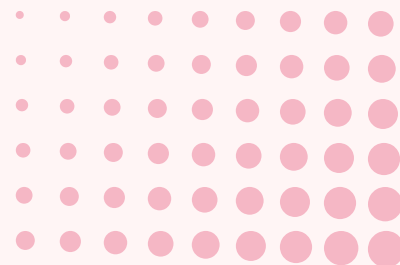
- Plan balanced meals
- Drink water, not soda
- Limit fried snacks
- Talk to a dietitian if needed



When to see a doctor

Situation	Action
Sudden weight loss	Talk to a doctor
Always tired	Check iron levels
Very restrictive eating	Seek support early

General information, not medical advice.



Healthy habits

01

Plan

Pack a healthy tiffin.

02

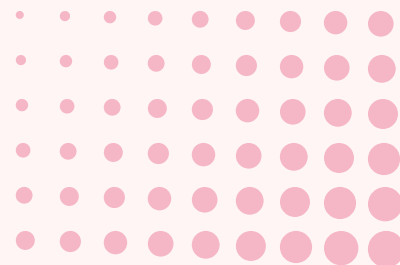
Hydrate

Carry a water bottle.

03

Balance

Half plate vegetables.



03

HEART HEALTH MATTERS

KEY IDEA

Know the risks, protect your heart

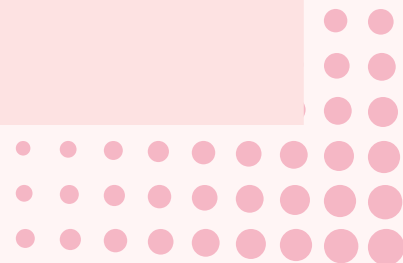
What is heart disease?

Heart disease covers conditions that affect the heart and blood vessels, such as blocked arteries and heart attacks.

Many heart problems can be prevented by controlling blood pressure, cholesterol, smoking and stress.



Medical illustration



Why it matters

#1

leading cause of death
worldwide

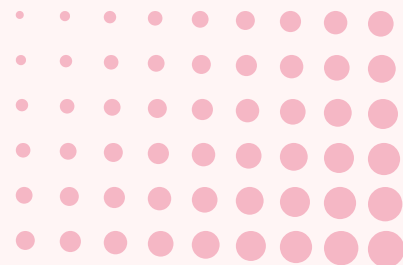
80%

of early heart disease is
preventable

120/80

healthy blood pressure

Illustrative figures — cite current guidelines for your audience.



Common symptoms

01

Chest pain

Pressure or tightness in the chest.

02

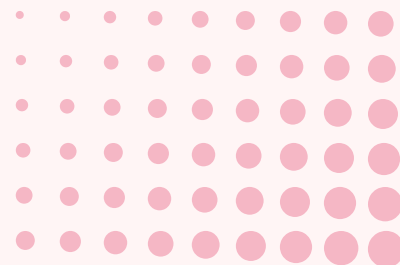
Breathlessness

Shortness of breath on exertion.

03

Fatigue

Unusual tiredness, sweating, nausea.

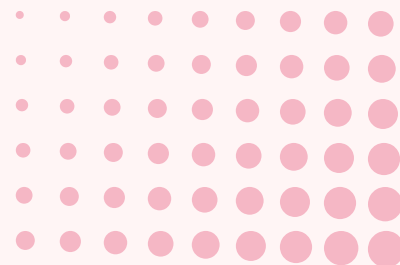


Risk factors

- Smoking and tobacco
- High blood pressure
- High cholesterol
- Diabetes and obesity

TIP

Learn the warning signs of a heart attack and call for help fast.



Diagnosis

01

Check

Blood pressure and pulse

02

Test

ECG and blood tests

03

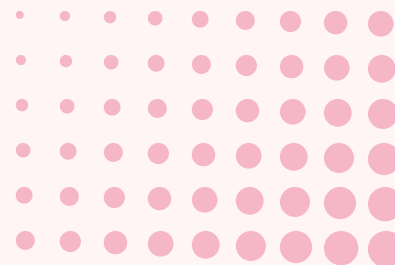
Image

Echo or stress test

04

Treat

Medicines or procedures



Prevention and treatment

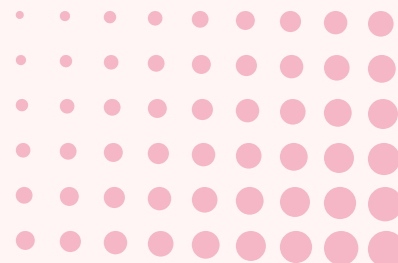
Prevention

- Quit tobacco completely
- Exercise most days
- Eat less salt and fried food
- Manage stress

vs

Treatment

- Medicines for BP and cholesterol
- Cardiac rehabilitation
- Angioplasty or surgery if needed
- Regular follow-up



When to see a doctor

Situation

Action

Chest pain lasting minutes

Call emergency services

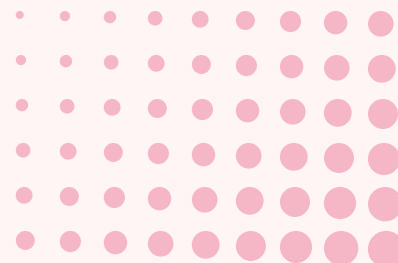
Breathless on light activity

See a doctor soon

BP above 140/90 often

Book a check-up

General information, not medical advice.



Healthy habits

01

Walk

10,000 steps a day.

02

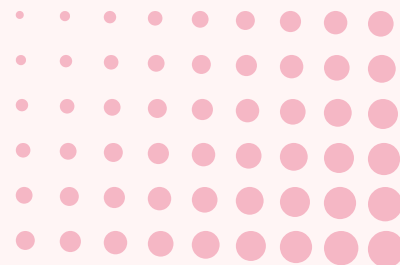
Less salt

Under one teaspoon a day.

03

Check-ups

Yearly heart health check.



04

MENTAL HEALTH AND WELLBEING

KEY IDEA

Talking openly, caring early

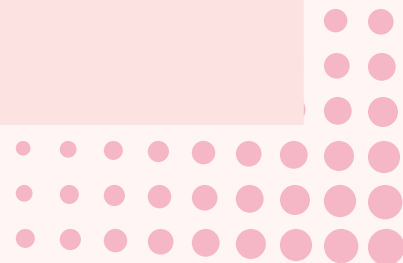
What is mental health?

Mental health is our emotional, psychological and social wellbeing – how we think, feel and cope with life.

Everyone has mental health, just like physical health. Stress, anxiety and depression are common and treatable, and asking for help is a sign of strength.



Medical illustration



Why it matters

1 in 7

people experience a mental
health condition (illustrative)

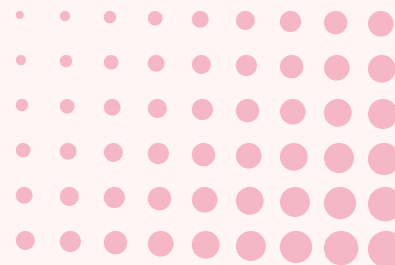
75%

of conditions begin before
age 25

Treatable

with support and care

Illustrative figures — cite current guidelines for your audience.



Common symptoms

01

Low mood

Persistent sadness or emptiness.

02

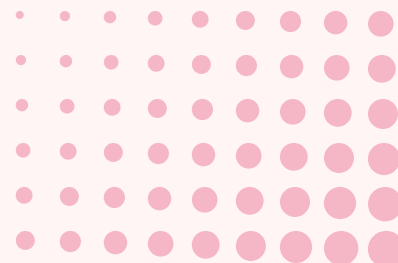
Anxiety

Constant worry or panic.

03

Withdrawal

Losing interest in people and activities.

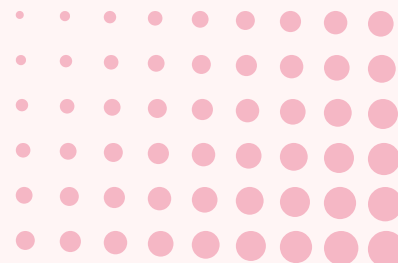


Risk factors

- Ongoing stress at work or study
- Isolation and loneliness
- Family history
- Major life changes

TIP

Talk to someone you trust — a friend, family member or counsellor.



Diagnosis

01

Notice

Changes in mood or
behaviour

02

Talk

Share with someone trusted

03

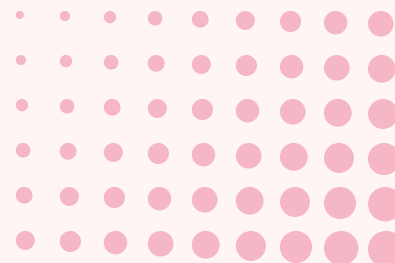
Assess

Meet a counsellor or doctor

04

Support

Therapy, self-care,
medicines



Prevention and treatment

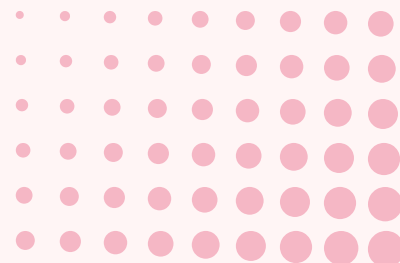
Prevention

- Regular sleep and exercise
- Stay connected with people
- Limit screen time at night
- Practise mindfulness

vs

Treatment

- Counselling and therapy
- Support groups
- Medicines when prescribed
- Workplace or school support



When to see a doctor

Situation

Action

Feeling low for two weeks

Talk to a counsellor

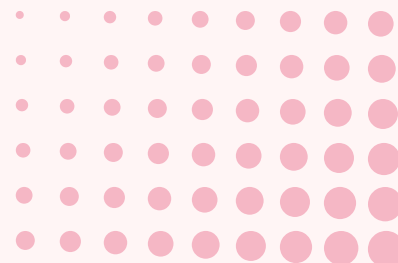
Panic attacks

See a doctor

Thoughts of self-harm

Contact a helpline immediately

General information, not medical advice.



Healthy habits

01

Pause

Five minutes of deep breathing.

02

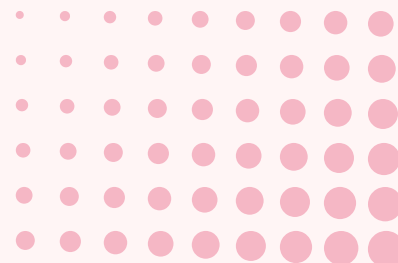
Connect

Call a friend this week.

03

Rest

Keep a regular sleep routine.



Thank you

Questions and discussion.

Presenter Name

hello@yourdomain.in

