



Clinical Awareness Series

Sessions on prevention, care and wellbeing

02 Course map

01 Nutrition for Teens

02 Understanding Diabetes

03 Hypertension: The Silent Killer

04 Mental Health Awareness

05 Heart Health Basics

06 Mental Health and Wellbeing



01

NUTRITION FOR TEENS

Eating right for energy, growth and focus

05 | 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



06 | 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.

07 | Common symptoms

1

Low energy

Tired and unable to focus.

2

Frequent illness

Weak immunity.

3

Hair and skin

Dull skin, brittle hair.

08 | Risk factors

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

TIP

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

09 | Diagnosis



Track

Write what you eat for a
week



Compare

Check against the food
plate



Adjust

Swap one item at a time



Review

Notice energy and mood

10 | 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

11 | 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.

12 | Healthy habits

1

Plan

Pack a healthy tiffin.

2

Hydrate

Carry a water bottle.

3

Balance

Half plate vegetables.

02

UNDERSTANDING DIABETES

Awareness, prevention and everyday management

15 | 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



16 | 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.

17 | Common symptoms

1

Thirst

Feeling thirsty and urinating often.

2

Fatigue

Tiredness and blurred vision.

3

Slow healing

Cuts and infections heal slowly.

18 | 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.

19 | Diagnosis



Screen

Fasting blood sugar



Confirm

HbA1c test



Assess

Check eyes, kidneys, feet



Plan

Diet, activity, medicines

20 | 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

21 | 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.

22 | Healthy habits

1

Move

30 minutes of walking daily.

2

Eat well

Half the plate vegetables.

3

Sleep

7–8 hours every night.

03

HYPERTENSION: THE SILENT KILLER

KEY IDEA

Measure, manage and live well

Session 3 · Hypertension: The Silent Killer

25 | What is high blood pressure?

Hypertension means blood pressure that stays at or above 140/90 mmHg, straining the heart and blood vessels.

It often has no symptoms, so regular checks matter. Untreated, it raises the risk of stroke, heart attack and kidney disease.



Medical illustration

26 | Why it matters

1 in 4

adults may have high BP
(illustrative)

120/80

is a healthy reading

5 g

daily salt limit advised

Illustrative figures — cite current guidelines for your audience.

27 | Common symptoms

1

Usually none

Many feel completely well.

2

Headache

Sometimes in severe cases.

3

Dizziness

Occasional light-headedness.

28 | Risk factors

- Too much salt
- Overweight
- Stress and poor sleep
- Family history

TIP

Check your blood pressure at least once a year.

29 | Diagnosis



Measure

Seated, rested reading



Repeat

On different days



Test

Kidney and sugar tests



Treat

Lifestyle and medicines

30 | Prevention and treatment

Prevention

- Cut salt and pickles
- Walk 30 minutes a day
- Keep a healthy weight
- Limit alcohol

vs

Treatment

- DASH-style diet
- Regular exercise
- Medicines as prescribed
- Home monitoring

31 | When to see a doctor

Situation

Action

BP above 180/120 with chest pain

Emergency care now

Readings above 140/90

See a doctor

Side effects from medicines

Talk to your doctor

General information, not medical advice.

32 | Healthy habits

1

Measure

Home BP log.

2

Less salt

Taste food before adding.

3

Relax

Daily breathing practice.

04

MENTAL HEALTH AWARENESS

Understanding, support and self-care

35 | What is mental health?

Mental health is our emotional, psychological and social well-being; it affects how we think, feel and act.

Conditions like anxiety and depression are common and treatable. Talking openly, early support and healthy routines make a big difference.



Medical illustration



36 | Why it matters

1 in 7

people live with a mental health condition (illustrative)

50%

of conditions begin by age 14 (illustrative)

Treatable

with the right support

Illustrative figures — cite current guidelines for your audience.

37 | Common symptoms

1

Low mood

Sadness lasting weeks.

2

Anxiety

Constant worry or panic.

3

Withdrawal

Avoiding friends and activities.

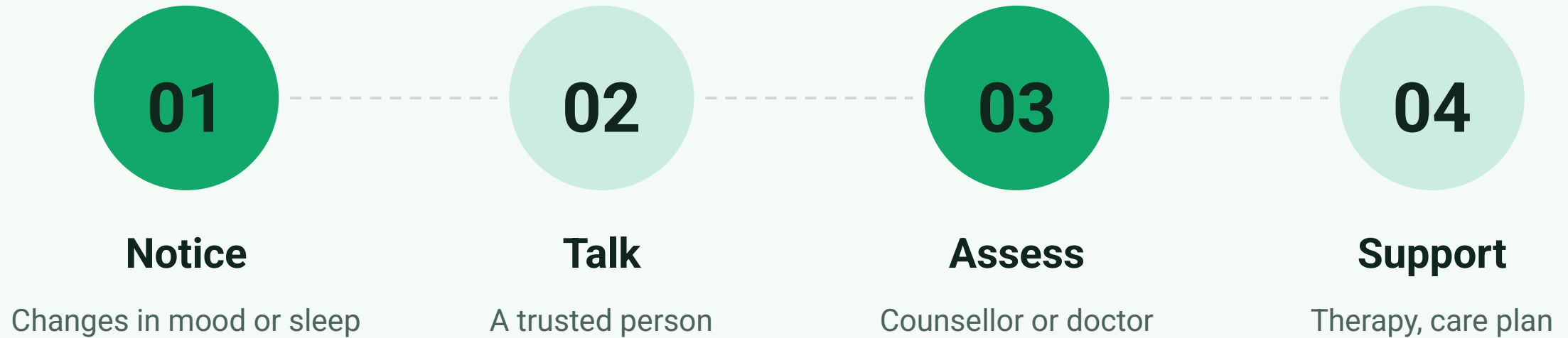
38 | Risk factors

- Stress at work or school
- Isolation
- Trauma or loss
- Family history

TIP

It is okay to ask for help – it is a sign of strength.

39 | Diagnosis



40 | Prevention and treatment

Prevention

- Sleep 7–8 hours
- Stay connected
- Move your body
- Limit alcohol and screens

vs

Treatment

- Talking therapies
- Self-help and support groups
- Medicines if prescribed
- Regular follow-up

41 | When to see a doctor

Situation	Action
Thoughts of self-harm	Contact a helpline or emergency services now
Low mood for over two weeks	See a counsellor or doctor
Panic attacks	Seek professional help

General information, not medical advice.

42 | Healthy habits

1

Connect

Talk to someone daily.

2

Rest

Protect your sleep.

3

Breathe

Two-minute calm breaks.

05

HEART HEALTH BASICS

Know the risks, spot the signs, protect your heart

45 | What is heart disease?

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

Most heart disease is linked to blood pressure, cholesterol, smoking, diabetes and inactivity. Many risks can be reduced with healthy habits and regular check-ups.



Medical illustration



46 | Why it matters

#1

cause of death worldwide
(WHO)

80%

of early heart disease is
preventable (illustrative)

30 min

of activity most days

Illustrative figures — cite current guidelines for your audience.

47 | Common symptoms

1

Chest pain

Pressure or tightness in the chest.

2

Breathlessness

Short of breath with little effort.

3

Fatigue

Unusual tiredness.

48 | Risk factors

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

TIP

**Know your numbers:
blood pressure, sugar
and cholesterol.**

49 | Diagnosis



Check

BP and pulse



Test

ECG and blood tests



Image

Echo or stress test



Plan

Lifestyle and medicines

50 | Prevention and treatment

Prevention

- Walk briskly every day
- Eat less salt and fried food
- Quit smoking
- Manage stress and sleep

vs

Treatment

- Healthy lifestyle first
- Medicines as prescribed
- Procedures when needed
- Cardiac rehabilitation

51 | When to see a doctor

Situation	Action
Chest pain spreading to arm or jaw	Call emergency services now
Breathless climbing stairs	See a doctor soon
BP above 140/90 repeatedly	Book a check-up

General information, not medical advice.

52 | Healthy habits

1

Move

30 minutes daily.

2

Eat smart

More vegetables, less salt.

3

Check

Annual health check.

06

MENTAL HEALTH AND WELLBEING

Talking openly, caring early

55 | 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

56 | 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.

57 | Common symptoms

1

Low mood

Persistent sadness or emptiness.

2

Anxiety

Constant worry or panic.

3

Withdrawal

Losing interest in people and activities.

58 | 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.

59 | Diagnosis



Notice

Changes in mood or
behaviour



Talk

Share with someone
trusted



Assess

Meet a counsellor or doctor



Support

Therapy, self-care,
medicines

60 | 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

61 | 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.

62 | Healthy habits

1

Pause

Five minutes of deep breathing.

2

Connect

Call a friend this week.

3

Rest

Keep a regular sleep routine.

07

NUTRITION FOR TEENAGERS

Eating right for growth, energy and focus

65 | What is teen nutrition?

Teen nutrition is about getting enough energy, protein, iron, calcium and vitamins for a fast-growing body.

The teenage years bring growth spurts, exams and sports. Balanced meals, regular breakfast and fewer junk foods support energy, focus and long-term health.



Medical illustration

66 | Why it matters

2,200+

kcal a day for many active teens (approx.)

1,300 mg

calcium needed daily

1 in 2

teen girls may be low in iron (illustrative)

Illustrative figures — cite current guidelines for your audience.

67 | Common symptoms

1

Tiredness

Low energy and focus.

2

Pale skin

Possible low iron.

3

Frequent illness

Weak immunity.

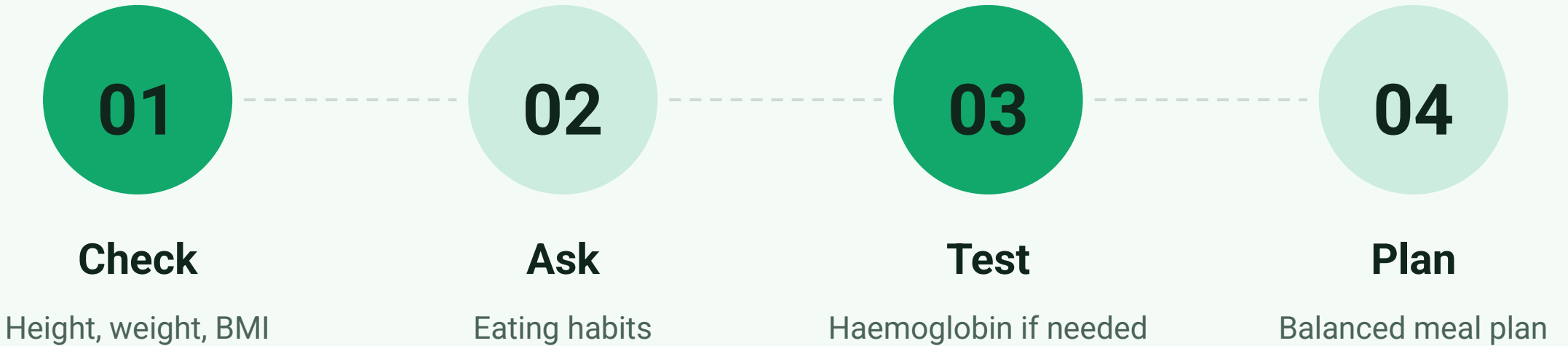
68 | Risk factors

- Skipping breakfast
- Too much junk food
- Crash dieting
- Low fruit and vegetable intake

TIP

Never skip breakfast before school.

69 | Diagnosis



70 | Prevention and treatment

Prevention

- Eat a rainbow of vegetables
- Include dal, eggs or paneer
- Drink milk or curd daily
- Choose water over soft drinks

vs

Treatment

- Balanced meals
- Iron-rich foods
- Supplements if advised
- Regular activity

71 | When to see a doctor

Situation	Action
Fainting or extreme tiredness	See a doctor
Rapid weight loss	Talk to parents and a doctor
Constant hunger and thirst	Get a check-up

General information, not medical advice.

72 | Healthy habits

1

Breakfast

Every single day.

2

Hydrate

Water bottle in your bag.

3

Snack smart

Fruit, nuts, chana.

Thank you

Questions and discussion.

Presenter Name

hello@yourdomain.in

