



## WORLD ARTHRITIS DAY AWARENESS CAMPAIGN

**Oriental College of Pharmacy, Sanpada.**

**Co-ordinator: - Imtiyaz Ansari**

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**Location :- Guru Krupa Old Age Home , Shivam Park , 4<sup>th</sup> Floor , Sector 21 , Plot No**

**25,Nerul,Navi Mumbai.**

DATE	TIME	ACTIVITY
12/10/17	3 pm – 6pm	World Arthritis Day Awareness Campaign.

**NO OF TARGET AUDIENCE :- 50**

**STUDENT INVOLVED IN THE ACTIVITY :- 22**

**LIST OF VOLUNTEERS AND THEIR CONTACT NO.**

NAME	CONTACT NO
SANA KALAVE	9768146781
LAXMI YADAV	7045542234
OLOHV VALLADARES	8108020092
ADITYA SINGH	9819973366
JOVITA D'SOUZA	9619989364



**As 12<sup>th</sup> of October is known For World Arthritis Day, We the student of Oriental College Of Pharmacy had planned to create an awareness about it.**

Since Arthritis is generally referred to as joint inflammation and occurs more frequently as people get older so we decided to visit an old age home to create awareness amongst them.

#### **FOLLOWING EVENTS CONDUCTED;-**

##### **1. Information Provided About The Diseases**



Dr. Sayyed Mateen delivered a talk and gave basic information about arthritis like symptoms, causes and treatment.

Sir also gave information about the routine to be followed and diet which should be included daily.

##### **2. Knee Pain Management through Yoga**



There were certain yoga poses that was shown through videos and some volunteers since Yoga poses enhance the flexibility of joints and help in relieving knee pain , thus help full in arthritis .

On the behalf of the college we decided to give multigrain flour, milk, electoral powder and some other nutritious food as a token of our love.



It was very satisfying to see that people were responded very well and there was a lot of interaction between students and the people in the old age home. It was a pleasant atmosphere they were pleased to see the students.