Bone and Joint Health Day Celebrated at Sat Paul Mittal School

Sat Paul Mittal School in collaboration with Dayanand Medical College and Hospital celebrated Bone and Joint Health Day on 4th August 2023. A health awareness session was conducted by Dr Harpal Singh, Dr Tanveer Singh and Dr Shikha Gupta for students, parents, grandparents and the staff members. The workshop aimed specifically at promoting awareness and understanding of bone health and joint care.

Dr Harpal Singh, an Orthopaedic Surgeon with a rich experience of over 23 years who is presently a Professor, Unit Head and senior most orthopaedic surgeon at Dayanand Medical College and Hospital, appraised the gathering about the importance of equipping themselves with the knowledge about maintaining healthy bones in order to prevent joint related issues. He familiarised the gathering with Osteoporosis, its causes, risk factors, symptoms as well as preventive measures to promote bone health.

Dr Harpal Singh pointed out that bones serve as scaffolding for the human body. A balanced diet rich in Calcium, Vitamin D, Magnesium, and other essential nutrients, remains pivotal for bone health. He also emphasised that joints are an integral part of movement & function, enabling people to perform all flexible actions involved for survival. For adequate bone & joint health in all age groups, appropriate nutrition & Vitamin D levels, following a proper exercise regimen and keeping weight under control so as to stay fit throughout life is also essential for everyone.

Dr Tanveer, Associate Professor in Department of Anaesthesia, DMCH, and Dr Shikha Gupta, a certified instructor for American Heart Association and Indian Resuscitation Council appraising the Satyans with First Aid Skills and Basic Life Support Techniques.

The workshop was highly informative and all the attendees participated wholeheartedly in it. It was followed by an engaging doubt clearing session. The expert doctors very patiently answered all the queries. It was indeed a knowledgeable and a value adding session.