

	<p style="text-align: center;">SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION & RESEARCH</p> <p style="text-align: center;">SRI DEVARAJ URS MEDICAL COLLEGE Tamaka, Kolar</p>	
	DEPARTMENT OF COMMUNITY MEDICINE	

World ORS Day 2025 – Health Education Programme

The Department of Community Medicine, Sri Devaraj Urs Medical College, observed World ORS Day 2025 by organizing two impactful health education sessions on 28th and 29th July 2025 at Keeluholali Anganwadi and Kothamangala Anganwadi under RHTC, Devarayasamudra. The initiative aimed to raise awareness on the effective use of Oral Rehydration Salts (ORS) and Zinc in preventing and managing dehydration caused by diarrhea, especially in children under five years of age.

On both days, sessions were led by Dr. Varun R, Senior Resident and RHTC Incharge, with support from first-year postgraduate residents Dr. Chaturya V. Dev and Dr. Muthamil. The team educated Anganwadi workers, ASHAs, mothers, and caregivers using practical demonstrations, interactive discussions, and IEC materials.

Dr. Varun R emphasized the signs and symptoms of dehydration and the timely use of ORS and Zinc. Dr. Chaturya demonstrated correct ORS preparation and hand hygiene practices. Dr. Muthamil highlighted the role of Zinc supplementation in reducing illness duration and severity. The sessions were well received, with over 165 participants across both days. The program successfully promoted community-based prevention strategies and reiterated the importance of accessible, low-cost solutions in child health.

Faculty Coordinator: Dr. Varun R, Senior Resident and RHTC Incharge, Department of Community Medicine, SDUMC, Kolar.

Speakers / Judges / Chairman / Panel Team:

1. Dr. Varun R, Senior Resident and RHTC Incharge, Department of Community Medicine, SDUMC, Kolar.
2. Dr. Chaturya V. Dev, PG, Department of Community Medicine, SDUMC
3. Dr. Muthamil, PG, Department of Community Medicine, SDUMC