

# Department of Community Medicine PSG IMS&R



Get in Touch

Department of  
Community Medicine



Dr.Sandhiya: 8903488055  
Dr. Saranya: 9972021265  
Dr.Alif lam: 6381406960  
Dr.Aruna: 9025336770



psgcmhealthday@gmail.com

Share your views for  
#HealthierTomorrow

[https://docs.google.com/forms/d/e/1FAIpQLSfC5E0q1mWQ231UjCsUxuHILiDWfX-SIOzOSNeC5QIGk-jMw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfC5E0q1mWQ231UjCsUxuHILiDWfX-SIOzOSNeC5QIGk-jMw/viewform?usp=sf_link)



## Presents World Health Day Contest 7th April 2022

Poster  
&  
Photograph

Participants:  
Students, faculty &  
staff of PSG Health campus

### THEME



## Our Planet Our Health

Clean our air, water & food

#HealthierTomorrow



## POSTER

- Size : 59.4 \* 42cm (A2 Size)
- Hard copy should be displayed in front of Central Library before 9.30am on 7 April 2022
- Poster should be combination of images and descriptions
- Poster (Soft copy) should be in pdf format.

## REGISTRATION

- Registration is mandatory before participation using the following link

[https://docs.google.com/forms/d/e/1FAIpQLSc97XGBlo9twH3MEfhDw4Wo7Njl\\_3eu-3EhQ6gmlj-pucNSHA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSc97XGBlo9twH3MEfhDw4Wo7Njl_3eu-3EhQ6gmlj-pucNSHA/viewform?usp=sf_link)



## Guidelines

**Theme:  
Our Planet, Our Health**

**ALL CONTENT SHOULD BE ORIGINAL**

## GENERAL

- Poster and Photograph should be based on the above theme
- Mail your Poster and photograph to [psgcmhealthday@gmail.com](mailto:psgcmhealthday@gmail.com)
- Last date for submission of soft copy: **6th April 2022 by 5 pm**

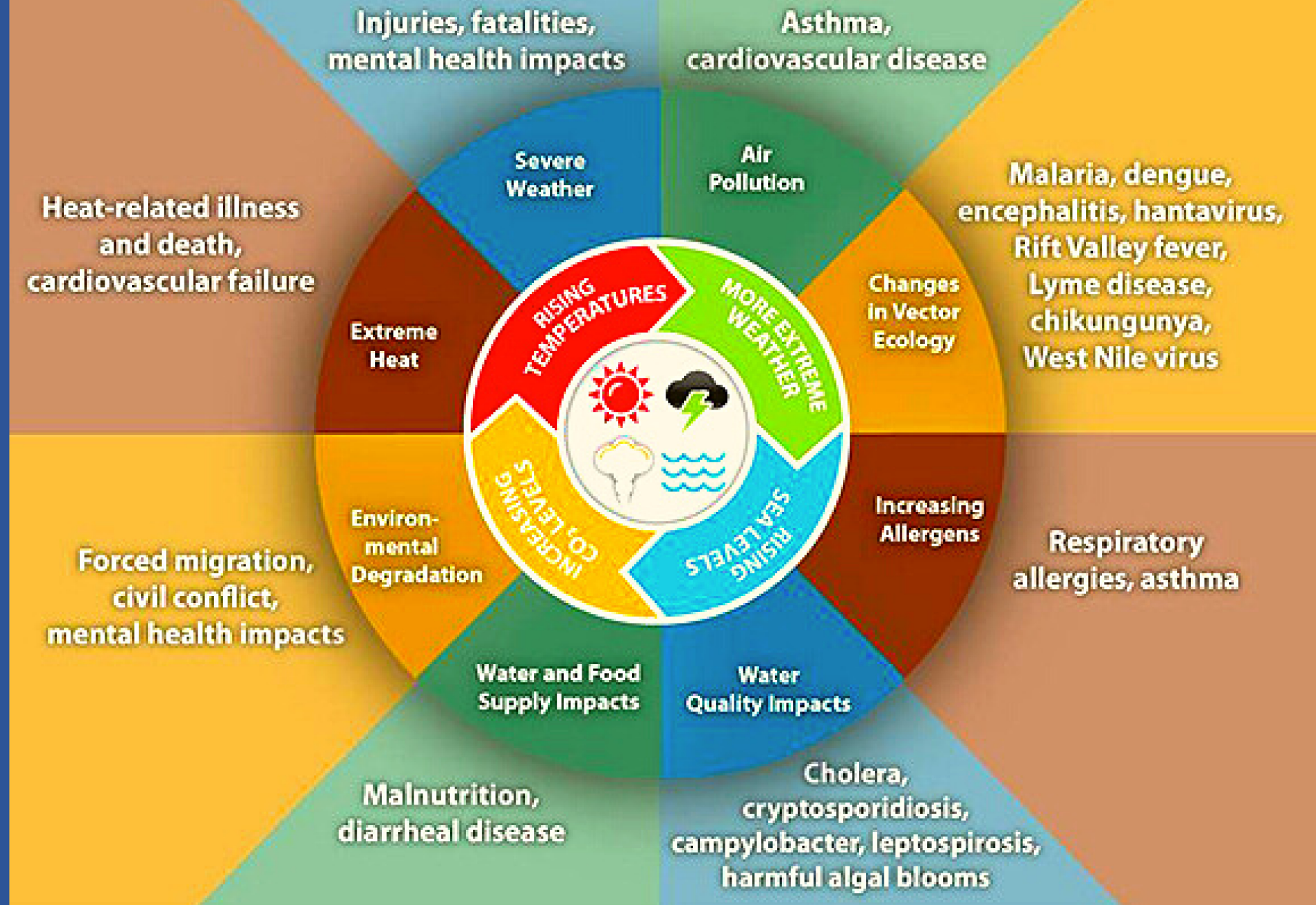
## PHOTOGRAPH

- Size : A4 Size
- Hard copy should be displayed in front of Central Library before 9.30am on 7 April 2022
- Photograph (Soft copy) must be of high resolution in jpeg or png format

## EXCITING PRIZES

- Best in each category will be selected and offered exciting prizes.
- 3 categories : Students, faculty and staff
- E-Certificate for all the participants and prize winners.

# Impact of Climate Change on Human Health





Transport

Walk or bike to work at least once a week. Use public transport.



Consumption and shopping

Buy less plastic. Use recyclable grocery bags.



Take action

and inspire others for a

#HealthierTomorrow



Energy

Change to a renewable energy provider; turn off the light when not needed.



Healthy Lifestyles

Quit smoking.



Nutrition

Buy your groceries from local producers and avoid highly processed food.