

Record of Health Talk on “Iodine Deficiency Disorders (IDD) and their Prevention” organized as a part of series of “Theme Based Health Talks” on 30th August, 2018 in the Resource Centre (Room No. 445 A wing) Nirman Bhawan, Dte.GHS.

In furtherance to the Swasth Bharat Initiative, as envisioned by Hon'ble Prime Minister, the Directorate General of Health Services (Dte.GHS) organized a Health Talk on “**Iodine Deficiency Disorders (IDD) and their Prevention**” on 30th August, 2018 in the Resource Centre of Dte.GHS. On this occasion, a talk on “Role of Iodine in Diet, NIDDCP Programme, common Iodine Deficiency Disorders (IDD) and their Prevention” was organized for the officials of Dte.GHS and MoH&FW. The talk was organized as a part of series of “**Theme Based Health Talks**” planned for creating awareness among the officials of Dte.GHS and MoH&FW. Dr. Tanu Jain, ADG, Dte.GHS and Nodal Officer for the Awareness Programme, coordinated and anchored the session. Dr. Promila Gupta, Principal Consultant, Dte GHS Chaired the session.



2. First, a brief talk was delivered by Dr. Pradeep Saxena, Addl.DDG, Dte. GHS, who briefed about the Role of Iodine, National Iodine Deficiency Disorders Control Programme (NIDDCP) - its Objectives, important Activities and Major Achievements. Following this, Dr. Tarun Sekhri, Senior Consultant & Head, Division of Endocrinology & Thyroid Research, INMAS, Delhi explained about significance of Iodine in Diet especially in brain development during pregnancy and early childhood, its deficiencies prevalent in the community and preventive measure for Iodine Deficiency Disorders. He also discussed about various myths related to consumption of Iodised salt and its association with hypothyroidism/hyperthyroidism.

3. Approximately 90 officers and officials attended the event. The sessions were interactive, and during the Question-Answer session, the participants were encouraged to ask the experts for clarification on various issues being faced by them or their family members. Thereafter, a short demonstration was conducted on how to identify iodised salt at home by using boiled potato and lemon juice.



4. The Health Talk of the day was greatly appreciated by all the participants and they thanked Dte.GHS for this initiative.



5. Towards the end, Dr.Promila Gupta, Principal Consultant, Dte GHS thanked both the Speakers of the day for their talks and asked all the participants to look after the well being of their family and friends by utilizing the knowledge gained during this session.
