



Report of Salt Awareness Week 2022

Theme: Shake the Habit

Place: AC Giri PHC

Date: 14.03.2022

Time: 11 am to 12 Noon.

Salt Awareness Week was observed by the Department of Community Medicine, Adichunchanagiri Institute of Medical Sciences, BG Nagara at Adichunchanagiri Primary Health Center (PHC), AC Giri on 14th March 2022. The program was presided by Dr. Raghu, MO, AC Giri & attended by Dr. Soorya, MO, China, which was attended by around 40 AWWs & ASHAs.

The meeting was welcomed by Mr. Huche Gowda, Health Inspector.

Dr. Shashikiran M, Associate Professor, stressed the importance of salt in our daily diet, the utility of it in various biochemical reactions, the different functions in the body, recommended daily allowance of salt, effects of overconsumption & ways to reduce its usage. He also explained the advantages of salt & various forms of usage in our daily diet. A lot of questions were raised by the audience which was addressed quite effectively. Doubts were raised about iodized salt & the amount of iodine added to salt. Dr. Prabhudeva MC, MSW, added a few points in the social usage of salt & stressed on five white devils in the Indian kitchen.

Dr. Raghu spoke about the uses of salt in our diet. Vote of thanks was presented by ASHA. Others present in the meeting included Dr. Soorya, MO, China, who was on deputation for jaathre duty, Mr. Yathish BR, MSW, PHC staff members & House surgeons from Dept of Community Medicine, AIMS.