

WORLD ASTHMA DAY

MAKE INHALED TREATMENTS ACCESSIBLE FOR ALL

HASTHA (HELPING HANDS) – 2025

07<sup>th</sup> May 2025 | 09:00 am to 12:30 pm

Keragundahalli



About the Program

In celebration of World Asthma Day 2024, the Global Initiative for Asthma (GINA) has selected the theme of “Asthma Education Empowers”. GINA emphasizes the need to empower people with asthma with the appropriate education to manage their disease, and to recognize when to seek medical help.

Objectives of the Program

- To raise awareness among community members about asthma, its symptoms, triggers, and long-term management.
- To educate on the correct use of inhaled medications and their importance in controlling asthma.
- To address misconceptions and stigma associated with inhalers and asthma treatment.
- To promote access to asthma care and inhalation therapy, especially for vulnerable or underserved populations.
- To empower individuals and caregivers to manage asthma effectively through lifestyle changes, medication adherence, and regular follow-up.

Expected Outcome of the Program

- Increased knowledge of asthma signs, symptoms, and preventive measures among community members.
- Improved inhaler technique among diagnosed individuals through live demonstrations.
- Reduction in stigma related to the use of inhalers in public, encouraging treatment adherence.
- Linkages established between patients and nearby health facilities for ongoing asthma management.
- Community engagement through active participation in screening, education, and support group activities.

Target Audience: COMMUNITY POPULATION

Committee Members

ADVISORY COMMITTEE			—
<ul style="list-style-type: none"><li>• Prof. Devi Nanjappan, Principal, Smt. Nagarathnamma college of Nursing, Bangalore</li></ul>			
FACULTY COORDINATOR			+
<ul style="list-style-type: none"><li>• Dr. Vijaya Malar S, Professor and Head of the Department of Community Health Nursing, SNCN</li><li>• Ms. Deepthi Ray, Asst. Lecturer, Department of Community Health Nursing, SNCN</li></ul>			
PROGRAM SCHEDULE			+
Time	Events /Activities	Place	
09:00 AM - 09:30 AM	Inauguration and Theme Introduction	Keragundahalli	
09:30 AM - 10:30 AM	<b>Health Talk:</b> Understanding Asthma – causes, triggers, and myths	Keragundahalli	
10:30 AM - 11:30 AM	Demonstration on Inhaler Use	Keragundahalli	
11:30 AM - 12:30 PM	Distribution of IEC Materials (Posters, leaflets) & Feedback Collection.	Keragundahalli	



Smt. Nagarathnamma College of Nursing

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Soladevanahalli, Bangalore - 560107, Karnataka, India.

LOCATE US

Event Coordinator

Dr. Vijaya Malar S,  
Professor and Head of the Department of  
Community Health Nursing, SNCN.