5th KARNATAKA STATE CONFERENCE

IAPSM - KARCON 2025

Pre-Conference: 11th September 2025
Conference: 12th and 13th September 2025

Lifestyle For Holistic Health
Integrating Nutrition, Physical Activity, and Mental Well-being

SOUVENIR

Department of Community Medicine
Sri Madhusudan Sai Institute of Medical Sciences & Research (SMSIMSR)
Muddenahalli, Chikkaballapur-562101

Mail: commed.events@smsimsr.org

Aarogya Seva: Global Health Volunteer Alliance is a 501(c)3 not-for profit, transnational, humanitarian organisation aiming to provide Health for All by pioneering micro-volunteering. AarogyaSeva is bringing healthcare to those who need it most and may otherwise have never had access to healthcare.

Public Health Professionals Coalition for Global Impact- PHPCG is a dynamic community dedicated to addressing public health challenges through innovative solutions and evidence-based approaches. Our mission is to bridge the gap between public health information and the broader community, ensuring that everyone has access to vital knowledge and intervention

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· SDG 3: Good Health & Well-being – Medical Yatra, Health 4 India Fellowship, Rare Disease Hackathons.
· SDG 4: Quality Education – Internships, residential courses, skill-building workshops, capacity building for youth.
· SDG 5: Gender Equality – Menstrual hygiene training, women's safety campaigns, empowerment workshops.
· SDG 10: Reduced Inequalities – My3Online mental health access for refugees, migrants, and vulnerable groups.
· SDG 17: Partnerships for the Goals – Collaborations with NGOs, medical colleges, professional associations, and government bodies.

Medical Yatra 2026 - Assam

Yatra means a pilgrimage with a religious purpose. Our religion here being "OneHealth – Health and healthcare access for All'. Medical Yatra @ AarogyaSeva is a humanitarian expedition or quest with a group of dedicated, passionate, hard-working, humble enthusiastic, optimistic humanitarians with the goal of "Healingthe world one village at a time".
Dates: 18 – 28 Feb 2026
Location: Majuli Islands and Kaziranga, Assam
RSVP: Yatra@aarogyaseva.org or on the App

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· Access mentorship, research opportunities, and collaborations across disciplines.
· Strengthen your profile with meaningful, impact-driven work aligned with the SDGs.
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FROM HIGHER PRIMARY SCHOOL TO HIGHER EDUCATION IN THE UNIVERSITY

EACH ONE EDUCATE ONE

EACH ONE HIGHER EDUCATE ONE

EACH ONE MEDICAL EDUCATE ONE

Beneficiaries from rural underserved and socio-economically weaker sections of the society

Sri Sathya Sai Loka Seva Gurukulam Schools

2300 Students

23 Schools
Taking holistic residential education to the door steps of Rural India
(Grades 6 to 12)

Sri Sathya Sai University for Human Excellence

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Bachelors and Masters programs in Science, Arts, Humanities, Performing Arts, Vedic Studies, Agricultural Sciences, Sports & Physical Education

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MAKING QUALITY RESIDENTIAL EDUCATION ACCESSIBLE & AVAILABLE FREE-OF-CHARGE IN RURAL INDIA

CSR — CORPORATE SOCIAL RESPONSIBILITY

ESR — EMPLOYEES SOCIAL RESPONSIBILITY

ISR — INDIVIDUAL SOCIAL RESPONSIBILITY

E1E1 IS THE COMING TOGETHER OF INDIVIDUALS & CORPORATES FOR THE COLLECTIVE CAUSE OF EMPOWERING THE RURAL UNDERSERVED THROUGH EDUCATION

www.eachoneeducateone.org

THE CHALLENGE

India has the world's largest child population, yet millions of children in government schools begin their day hungry. Many depend solely on the mid-day meal, often missing breakfast as parents leave early for work. Morning hunger leads to poor attention, low attendance, and long-term malnutrition, affecting growth, immunity, and learning outcomes.

ANNAPOORNA SOLUTION

Annapoorna Morning Nutrition Program offers SaiSure Nutritional Supplements — Fortified Ragi-based and Malt-based health drinks, multi-millet cookies, and chikkis — to address morning hunger and malnutrition. Certified by FSSAI, CFTRI, and TUV Labs, this program uses a zero-touch automated process at SaiSure LLP. The 3S Model (Sarkara–Samaja–Samstha) ensures effective implementation with government, society, and organizational collaboration.

FOOTPRINT
(AS OF 2025)

State partnerships with Karnataka, Telangana, Assam, etc.

1 CRORE
Outreach to
1 Crore children

25 STATES
25 States & 4
Union Territories

1,47,000+
1,47,000+
schools covered

3,000+
3,000+ farmers
directly engaged

IMPACT OF THE PROGRAM

QUANTITATIVE

98.7%
of children showed
weight gain

UP TO
97%
Attendance improved

93%
improved in height

QUALITATIVE

Enhanced energy, focus, and academics

Empowered women and farmers

Strengthened rural livelihoods

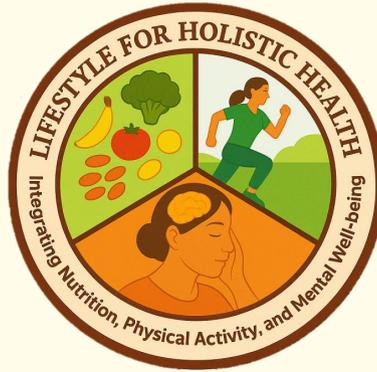**₹1 INVESTED = ₹19.2 SOCIAL VALUE CREATED**

SRI SATHYA SAI ANNAPOORNA TRUST
Muddenahalli, Chikkaballapur District, Karnataka, India
annapoorna.org.in

5th KARNATAKA STATE CONFERENCE
IAPSM - KARCON 2025

On 12th & 13th September 2025
Sri Madhusudan Sai Institute of Medical Sciences & Research
Muddenahalli, Chikkaballapur-562101

Theme:

Lifestyle For Holistic Health
Integrating Nutrition, Physical Activity, and Mental Well-being

Preconference Workshop: 11th September 2025
Workshop 1: Vital Choices: Eating Right for every age.
Workshop 2: Meta-analysis-Evidence Synthesis skills.

CHIEF PATRON

Sadguru Sri Madhusudan Sai
Global Humanitarian and Spiritual Leader
Chancellor, Sri Sathya Sai University for Human Excellence (SSSUHE)

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Immediate Past President, National IAPSM

Dr. Manish Singh
Secretary General, National IAPSM

ORGANIZING TEAM

Dr Annarao G Kulkarni
Senior Professor

Dr Deepa LN
Organizing Chairman

Dr Phaneendra M S
Organizing Secretary

Dr Nandish Kumar S
Joint Organizing Secretary

Dr Sandhya Gowthaman
Convenor - Scientific Committee

Ms Lavanaya B V
Convenor - Food, Accommodation &
Transport

Message

Sadguru Sri Madhusudan Sai
Global Humanitarian and Spiritual Leader
Chancellor, Sri Sathya Sai University for
Human Excellence(SSSUHE)

Medicine can treat illness, but only right living can create health

It gives me immense joy to share these words about the conference on *"Lifestyle for Holistic Health: Integrating Nutrition, Physical Activity and Mental Well-being."*

Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR) is envisioned to provide free and quality healthcare to the rural poor while simultaneously preparing young medical professionals who will embody competence and compassion in their service to society.

The guiding mission of our work rests on three verticals – health, education, and nutrition. These are not separate streams but complementary facets that together uplift the individual and the community. I am happy that the Department of Community Medicine has taken the lead in organising this conference.

The theme of this conference aligns seamlessly with our mission. By emphasizing healthy lifestyles, balanced nutrition, regular physical activity, and sound mental well-being, it addresses the very foundations of holistic health. It is only when we integrate these aspects that true wellness—of body, mind, and spirit—can be realized.

As prevention is better than cure, assessing people's health proactively and taking preventive measures can avert major tertiary care health burden that a large country like India cannot afford. Therefore, this conference is a timely and appropriate approach towards creating healthier individuals, families and communities.

I extend my heartfelt appreciation to the organizers, faculty, and participants who have come together for this noble cause. May this gathering inspire new knowledge, strengthen collaborations, and most importantly, translate into actions that benefit individuals, families, and communities across our nation.

With blessings,

Sri Madhusudan Sai

Message

Dr. Ragupathi A R

Director, Liaison and Strategic Growth
Sri Madhusudan Sai Institute of Medical
Sciences and Research

It gives me immense pleasure to extend my warm greetings to all delegates, speakers, faculty members, students, and organizers of the conference on **Lifestyle for Holistic Health: Integrating Nutrition, Physical Activity, and Mental Well-being** at Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR). This conference stands as a noteworthy milestone in our ongoing mission to strengthen academic excellence while deepening our engagement with communities, partner institutions, and national bodies committed to advancing holistic health across the country.

Lifestyle-related health concerns today occupy a central place in the discourse on public health. The challenges we face—ranging from persistent undernutrition and micronutrient deficiencies to the rising burden of obesity, physical inactivity, and mental health issues—call for coordinated, evidence-based, and community-centric strategies. This conference serves as a vital platform for bringing together experts from diverse fields, including medical sciences, nursing, home science, public health, physical activity sciences, mental health, and nutrition specialists.

At SMSIMSR, our strategic vision emphasizes collaboration, innovation, and service. As the Director of Liaison and Strategic Growth, I am particularly encouraged by the partnerships that this conference continues to foster—with government stakeholders, academic institutions, national research bodies, and community organizations. These collaborations form the cornerstone of sustainable progress. By aligning academic expertise with societal needs, we are better positioned to influence meaningful change in dietary practices, physical activity behaviors, mental well-being, and preventive health outcomes.

This conference reinforces our belief that improving health and nutrition requires collective responsibility, persistent effort, and compassionate action. I extend my best wishes to the organizing committee for their dedicated efforts, to the speakers for their enriching contributions, and to all delegates for their active engagement.

May this conference inspire continued collaboration, innovative research, and impactful outreach. Together, let us work towards building healthier communities and advancing the national agenda on holistic health through compassion, knowledge, and service.

Dr Ragupathi A R

Message

Dr. Vasudeva Upadhyaya
Director of Medical Education,
Sri Madhusudan Sai Institute of Medical
Sciences and Research

It gives me immense pleasure to convey my greetings and best wishes on the occasion of this conference on **'Lifestyle for Holistic Health: Integrating Nutrition, Physical Activity, and Mental Well-being'** organised at Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR). This gathering of experts, senior academicians, practitioners, scientists, and students from Community Medicine and related disciplines marks an important milestone in our collective endeavour to strengthen the discourse on holistic health and its vital role in shaping individual and community well-being.

Nutrition today is not merely an academic subject; it forms the foundation of physical, mental, and social health. In an era where metabolic disorders and lifestyle-related diseases are rapidly rising, this conference provides a timely platform to deliberate on evidence-based, practical strategies that promote healthier living. The focus on metabolic health, appropriate dietary practices, nutrition for NCD prevention, and the interplay between physical activity, yoga, mental health, and overall wellness is particularly relevant in the context of India's evolving health needs.

At SMSIMSR, our vision extends beyond conventional medical education and healthcare delivery. Conferences such as this enrich academic learning and inspire our students and faculty to engage in interdisciplinary collaborations that can translate knowledge into meaningful action at the grassroots. This collective engagement reinforces the importance of integrating nutrition science, physical activity promotion, behavioural change, and mental well-being into the broader framework of preventive care.

On behalf of SMSIMSR, I extend my heartfelt appreciation to the organizers, distinguished speakers, and delegates whose dedication and enthusiasm strengthen the purpose and potential of this conference. I am confident that the insights and recommendations emerging from these deliberations will guide future policy, practice, and pedagogy in the domains of lifestyle and metabolic health.

Let this conference serve as a renewed call to action—towards addressing malnutrition in all its forms, preventing lifestyle-related diseases, and fostering healthier communities through a balanced integration of nutrition, physical activity, and mental well-being. Together, let us work towards building a healthier and stronger India.

Dr. Vasudeva Upadhyaya

Message

Dr. Satish Babu

Director for Academics & Quality,
Sri Madhusudan Sai Institute of Medical
Sciences and Research

It is with great pride and deep satisfaction that I extend my warm greetings to all participants, contributors, organisers, and well-wishers of this conference on **Lifestyle for Holistic Health: Integrating Nutrition, Physical Activity, and Mental Well-being** at Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR). This event stands as a remarkable milestone in our collective journey of advancing knowledge, fostering innovation, and addressing pressing public health challenges through academic and collaborative efforts.

Nutrition and lifestyle, as we all recognize, form the bedrock of human development and long-term health. From early childhood into adulthood, appropriate dietary practices, sufficient physical activity, and mental well-being shape physical growth, cognitive potential, productivity, and resilience against disease. In today's context—where metabolic disorders, micronutrient gaps, and lifestyle-related NCDs are on the rise—this conference is both timely and relevant. It offers a valuable platform to deliberate on holistic and sustainable approaches to strengthening metabolic health across all age groups.

At SMSIMSR, our academic vision has always been to integrate high-quality education with socially meaningful service. This conference exemplifies that vision by bringing together experts from Community Medicine, senior academicians, postgraduates, and scientists from reputed research institutions. This confluence of perspectives has enriched our academic environment and generated insights that can be translated into impactful real-world action. This conference can pave the way for strategic interventions and preventive health initiatives that align with national priorities.

Academic gatherings such as this nurture inquiry, critical thinking, and collaborative learning—qualities essential for the holistic growth of our institution. The participation of representatives from research institutes and academic bodies underscores the importance of building strong bridges between education, evidence generation, and public health practice. Such partnerships are at the core of our commitment to academic excellence and societal relevance.

I extend my heartfelt appreciation to the organising committee, faculty members, and all those whose dedication has shaped this meaningful event. May the knowledge shared and the networks formed continue to inspire efforts towards strengthening metabolic health, preventing non-communicable diseases, and advancing the cause of holistic public health.

Dr. Satish Babu

Message

Dr Ashok Kumar Bharadvaj
MBBS, MD SPM
National President IAPSM 2025 - 26

It is a matter of great pride to witness the 5th IAPSM Karnataka State Chapter Conference being organized on the very timely and relevant theme "Lifestyle for Holistic Health."

In an era where non-communicable diseases, stress, and unhealthy living patterns are emerging as major public health challenges, the call for a holistic approach to health is both urgent and essential. Holistic health embraces not just the absence of disease, but complete physical, mental, social, and spiritual well-being. A balanced lifestyle rooted in healthy habits, preventive care, mental resilience, and social connectedness is the cornerstone of this vision.

By bringing together public health professionals, researchers, and students, this conference provides a platform to share innovations, best practices, and evidence that can guide communities towards healthier living. The deliberations here will no doubt inspire actionable strategies to integrate holistic health into our policies, programs, and daily lives.

I commend the organizers for choosing such a forward-looking theme and wish the conference grand success. May it pave the way for healthier individuals, stronger communities, and a brighter future.

I wish the Conference a Grand Success

Dr Ashok Kumar Bharadwaj
National President IAPSM

Message

Dr Manish Kumar Singh
MD (SPM- Gold Medalist KGMU), PGDHHM, ACME
FIAPSM, FIPHA, FIMSA, FIMAAMS, FAIMER Fellow, MAMS
Secretary General - IAPSM
Professor (Junior Grade),Community Medicine
Dr. RMLIMS, Lucknow, UP

Dear Esteemed Delegates,

It is my great pleasure and honour to welcome you all to IAPSM -KARCON 2025, the 5th Annual Conference of IAPSM Karnataka Chapter at Muddenahalli, Chikkaballapur, Karnataka, being organized by Department of Community Medicine, Sri Madhusudan Sai Institute of Medical Sciences & Research (SMSIMSR). I extend my best wishes and congratulate the entire organizing team of IAPSM -KARCON 2025, led by Prof. (Dr.) Deepa LN, Organising Chairperson and Dr Phaneendra MS, Organising Secretary for taking great pains to organize the conference.

The theme for the conference "Lifestyle for Holistic Health- Integrating Nutrition Physical Activity and Mental Well-being" is very aptly chosen. Holistic health is not a luxury—it is a necessity, in today's fast-paced world. By embracing holistic health, we shift the focus from simply living longer to living better — with energy, resilience, and joy. As we gather to exchange knowledge and inspire change, let us advocate for a lifestyle that promotes long-term vitality, mindfulness, and joy.

I am confident that the conference will offer a great learning experience for the delegates, who will be immensely benefitted from the meticulously planned scientific sessions covering a wide range of public health topics, with eminent speakers from across India. Precalculate workshops on Eating right for every age and evidence synthesis using meta-analysis are sure to enhance the skills of our young PG/ faculty. The insightful deliberations and discussions held during this conference will play a crucial role in generating, synthesizing, and disseminating evidence-based knowledge to promote holistic pproaches to health and well-being.

I wish IAPSM KARCON 2025 a grand success

Dr Manish Kumar Singh
Secretary General IAPSM

Message

Dr Atul Kothval
Maj Gen (Prof), SM, VSM
Executive Director, National Health Systems
Resource Centre,
Ministry of Health & Family Welfare,
Govt. of India (President Elect IAPSM)

I extend my heartiest congratulations to Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR) for hosting IAPSM KARCON 2025 in association with the Karnataka Association of Preventive and Social Medicine (KAPSM). The theme, "Lifestyle for Holistic Health: Integrating Nutrition, Physical Activity and Mental Well-being," is extremely relevant and timely, resonating with the unprecedented healthcare challenges of the 21st century. The rising burden of lifestyle-related diseases, fuelled by unhealthy diets, sedentary routines, and environmental factors, is a reality impacting both urban and rural populations. A recent study found that nearly one third (31%) of the world's adult population are physically inactive and do not meet the global recommendations of at least 150 minutes of moderate-intensity physical activity per week. According to WHO, people who are insufficiently active have a 20% to 30% increased risk of death compared to people who are sufficiently active.

It is imperative to promote health-seeking behaviour in the community by promoting healthier lifestyle practices, health and fitness-related interventions, and improved nutrition, which can enhance physical, mental, and social well-being. The combination of four healthy lifestyle factors - maintaining a healthy weight, exercising regularly, following a healthy diet, and abstaining from smoking - is associated with as much as an 80% reduction in the risk of developing the most common and deadly chronic diseases. Greater emphasis must therefore be placed on everyday actions that cultivate long-term wellness at the individual and societal levels.

Our healthcare system has witnessed a paradigm shift from a "selective" to a "comprehensive" approach, expanding its focus from the treatment of illness to the promotion of holistic wellness as per recommendations of our National Health Policy.

GoI has launched strategic interventions integrating health, nutrition and fitness. As India advances towards Amrit Kaal, this conference is poised to inspire collective action and reinforce the commitment to holistic health with a whole-of-government and whole-of-society approach. I wish the organizers, participants, and delegates great success in their deliberations and in carrying forward the spirit of this noble endeavor.

Dr Atul Kothval
Executive Director

Message

Dr Poonam R Naik
President, IAPSM-KSC
Professor, Community Medicine
Yenepoya Medical College, Mangaluru
FAIMER Fellow GSMC 2014. PGDBEME
Deputy Director, Rural Health care and
Development Centre
Unnat Bharat Abhiyaan - Nodal officer

Dear delegates,

It is with great pleasure that I pen this message for the 5th Karnataka State Conference of the Indian Association of Preventive and Social Medicine - Karnataka State Chapter, which is being planned out by the Department of Community Medicine, Sri Madhusudan Sai Institute of Medical Sciences and Research, Muddenahalli scheduled to take place from the 12th to 13th of September 2025, with Pre-conference workshops on the 11th of September 2025.

The overarching theme of the conference is "Lifestyle for Holistic Health: Integrating Nutrition, Physical Activity, and Mental Well-being". With the global rise in non-communicable and lifestyle-related diseases, there is an urgent need to transition from treatment-focused methods to a preventive healthcare approach. Integrating nutrition, physical activity, and mental wellness into individual lifestyles and public health strategies is of paramount importance. Together, these elements create a comprehensive approach to health that not only prevents illness but also enhances quality of life.

The choice of diverse sub-themes focusing on key public health challenges has been made thoughtfully. I firmly believe that the discussions at this event will provide a rich intellectual feast for undergraduate and postgraduate Community Medicine students, as well as Public Health Specialists and Academicians. With esteemed speakers lined up, this conference is set to become a remarkable scientific showcase.

I extend my best wishes for the outstanding success of the conference.

Dr Poonam R Naik

Message

Dr. Sunil Kumar D R
Secretary, IAPSM – Karnataka State Chapter
Professor, Community Medicine
Akash Institute of Medical Science & Research
Centre

It gives me immense pleasure, as Secretary of the Indian Association of Preventive and Social Medicine (IAPSM), Karnataka State Chapter, to share my thoughts on the forthcoming 5th Karnataka State Conference of IAPSM to be held in September 2025.

This conference will provide a valuable platform for academicians, researchers, practitioners, and students of Community Medicine to engage in meaningful discussions, exchange innovative ideas, and deliberate on emerging challenges in the field of public health. It is an opportunity to strengthen professional collaboration, showcase research, and inspire collective efforts toward advancing preventive and social medicine in Karnataka.

The increasing burden of lifestyle diseases globally has led to a need for deeper understanding and exploration of lifestyle factors. This was the motivation behind the theme for the conference - "Lifestyle for Holistic Health - Integrating Nutrition, Physical Activity and Mental Well-being".

This conference seeks to explore pathways to achieve overall well being. From nutrition and fitness to mental resilience, mindfulness, and sustainable living, our experts will shed light on integrative approaches that bridge traditional wisdom and modern science—affirming that prevention is always better than cure.

I congratulate the organizing team for their commitment and tireless work in putting together a program that promises to be academically enriching and professionally rewarding. I am confident that the conference will create lasting impact, foster learning, and motivate the next generation of public health professionals.

On behalf of the Karnataka State Chapter, I warmly welcome all delegates and participants, and I look forward to an engaging and fruitful academic experience in September 2025.

Dr. Sunil Kumar D.R
Secretary

Message

Dr Annarao Kulkarni

Professor, Community Medicine
Sri Madhusudan Sai Institute of Medical Sciences and Research, Muddenahalli, Chikkaballapura.
Technical Advisory Group Member
MOH Govt of India for developing guidelines for HBNC and HBYC.

Dear friends,

It gives me immense pleasure to write this message for IAPSM-KARCON 2025, 5th Karnataka State Conference, hosted by Department of Community Medicine, Sri Madhusudan Sai Institute of Medical Sciences and Research,Muddenahalli on 12th and 13th September 2025.

The Theme of the Conference "Lifestyle for Holistic Health -Integrating, Nutrition, Physical Activity and Mental Wellbeing is thoughtfully Chosen.

Holistic Health is an approach to wellness that considers the whole person: The Mind Body, and Spirit

Maintaining a healthy lifestyle goes beyond just diet and exercise; it involves a balanced approach that integrates proper nutrition, physical activity, quality sleep, and effective stress management. A well-balanced diet provides the essential nutrients needed to sustain energy, enhance immunity, and prevent diseases.

Regular physical activity plays a crucial role in maintaining health and preventing lifestyle disease. A well-rounded fitness routine that includes strength training, aerobic exercises, and flexibility activities ensures a balanced approach to physical well-being

Mental health is a cornerstone of holistic health because the mind, body, and spirit are interconnected; good mental health enables individuals to cope with life's stresses, improve physical health outcomes, foster strong relationships, and contribute meaningfully to their communities

The renowned speakers in this conference will make this conference a grand Scientific extravaganza. The Conference will provide a platform to Academicians and Public health experts to share their experiences in the academic and research domains.

I wish the Conference a grand Success.

Dr Annarao Kulkarni
Immediate Past President National IAPSM

Message

Dr Deepa LN
Organizing Chairman
Sri Madhusudan Sai Institute of Medical Sciences and
Research, Muddenahalli. Chikkaballapura

Dear Delegates,

It gives me great joy to welcome you all to the 5th Karnataka State Conference of IAPSM – KARCON 2025, hosted by the Department of Community Medicine, SMSIMSR, in association with IAPSM-KSC.

The theme "Lifestyle for Holistic Health: Integrating Nutrition, Physical Activity & Mental Well-being" reflects an urgent need of our times. As lifestyle-related illnesses continue to rise alongside infectious diseases, we must turn to prevention, health promotion, and evidence-based practices that can transform lives in families, workplaces, and communities.

This conference is the fruit of months of planning, collaboration, and dedication by our enthusiastic team of faculty and well-wishers. We are privileged to have distinguished speakers and experts from across the country who bring rich insights and practical wisdom.

The overwhelming participation of delegates from diverse institutions reaffirms our collective commitment to build healthier societies. Together, let us transform these discussions into deeds, ensuring that holistic health becomes a lived reality for all.

With hope and eagerness,

Dr. Deepa L N
Organising Chairperson

Message

Dr Phaneendra M S
Organising Secretary
Sri Madhusudan Sai Institute of Medical Sciences
and Research, Muddenahalli, Chikkaballapura

It is with great joy and a deep sense of purpose that I welcome you all to this conference on "Lifestyle for Holistic Health: Integrating Nutrition, Physical Activity and Mental Well-being."

Health today is no longer defined merely by the absence of disease. True well-being rests on the harmony of body, mind, and spirit. This conference is an earnest effort to bring together experts, faculty, students, and frontline workers to share knowledge and best practices that emphasize prevention, healthy lifestyles, and community empowerment.

At Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR), as our founder says, our mission has always been to combine medical excellence with compassionate service. The Department of Community Medicine has been at the forefront of translating this vision into reality by reaching out to communities through awareness, education, and screening programs.

The theme of this conference resonates with the larger mission of Sadguru Sri Madhusudan Sai, which rests on the three pillars of health, nutrition, and education. It is our sincere hope that the deliberations of these two days will inspire every participant to adopt, promote, and practice holistic health in their own lives and in the communities they serve.

With warm regards,

Organising Secretary

Dr.Phaneendra M S
Organising Secretary

Message

Dr Nandish Kumar S
Joint Organizing Secretary
Sri Madhusudan Sai Institute of Medical
Sciences and Research, Muddenahalli,
Chikkaballapura

I am privileged to extend my warm greetings to all participants of the 5th Karnataka State Conference of the Indian Association of Preventive and Social Medicine (IAPSM KARCON 2025), hosted by the Department of Community Medicine, Sri Madhusudan Sai Institute of Medical Sciences and Research, Muddenahalli. The conference, scheduled from 12th to 13th September 2025, along with Pre-Conference Workshops on 11th September, will bridge the knowledge gap and provide evidence based preventive solutions for most of the Lifestyle related conditions across all ages.

Though the theme of the conference integrates nutrition, physical activity and mental well being by words, the most important integration in this conference is the integration between cellular/ sub cellular level understanding of various Lifestyle interventions and how they have a major role in solving the health problems in the community.

One of the uniqueness of this conference is, most of the speakers in this conference come not just with theoretical understanding, but with a self-directed learning and experience based learning in overcoming their own health problems through lifestyle interventions. Apart from solving their health problems, they have been leading various community level projects addressing the same problems. With this approach, we wish to re-emphasise the quotes " No one's knowledge is beyond his or her experience"and " Actions speak louder than words".

I wish all of us make use of this unique conference to unlearn and relearn the lifestyle interventions and bring a change in the health status of ourselves, our team/family and the community.

Dr Nandish Kumar S
Joint Organizing Secretary

Message

Dr Sandhya Gowthaman
Convenor - Scientific Committee
Sri Madhusudan Sai Institute of Medical
Sciences and Research, Muddenahalli,
Chikkaballapura

It gives me immense pleasure to pen this message on behalf of the Scientific Committee for the 5th Karnataka State Conference of the Indian Association of Preventive and Social Medicine (IAPSM KARCON 2025), organized by the Department of Community Medicine, Sri Madhusudan Sai Institute of Medical Sciences and Research.

The theme for this year's conference, "Lifestyle for Holistic Health – Integrating Nutrition, Physical Activity and Mental Wellbeing," is both timely and vital. In an era where lifestyle-related diseases are emerging as major public health challenges, it is essential that we re-emphasize the interdependence of body, mind, and behaviour. This conference serves as a vital platform to exchange evidence-based strategies, innovative practices, and community-driven solutions that can foster healthier living at both individual and population levels.

The Scientific Committee has strived to curate a rich academic program, beginning with pre-conference workshops on Meta-analysis: Evidence Synthesis Skills and Vital Choices: Eating Right for Every Age, followed by technical sessions, plenary sessions, and oral, poster, as well as full paper presentations. We are confident that these sessions will spark meaningful learning and collaborations among students, academicians, researchers and practitioners.

We extend our heartfelt gratitude to the distinguished faculty, session chairs, reviewers, judges, delegates, teaching and non – teaching staff of the organizing team for their commitment and contribution in shaping this robust scientific program. We are certain that the learnings and interactions during this conference will leave a lasting impact on our professional journey and strengthen our resolve to promote preventive and social medicine in its truest sense.

On behalf of the Scientific Committee, I warmly welcome all delegates and wish you an enriching and memorable academic experience at IAPSM KARCON 2025.

With warm regards,

Dr Sandhya Gowthaman
Convenor - Scientific Committee

Message

Ms. Lavanya B V
Statistician
Sri Madhusudan Sai Institute of Medical Sciences and Research, Muddenahalli, Chikkaballapura

Dear Delegates,

It gives me immense pleasure to write this message for IAPSM-KARCON 2025, the 5th Karnataka State Conference, hosted by the Department of Community Medicine, Sri Madhusudan Sai Institute of Medical Sciences and Research, Muddenahalli, on 12th and 13th September 2025.

The theme of the Conference, "Lifestyle for Holistic Health – Integrating Nutrition, Physical Activity and Mental Wellbeing," is thoughtfully chosen and very relevant in today's context. Holistic health is an approach that considers the whole person – mind, body, and spirit. Maintaining a healthy lifestyle goes beyond just diet and exercise; it involves nutrition, physical activity, adequate sleep, stress management, and mental wellbeing.

As a Statistician, I would like to emphasize that quality research and effective public health interventions are strengthened by robust data analysis. Statistics not only validate scientific findings but also provide the evidence needed for shaping better health policies and programs. Data-driven insights bridge the gap between research and practice, ensuring that the efforts of academicians, clinicians, and public health professionals truly translate into improved health outcomes.

This conference will serve as an excellent platform for sharing knowledge, innovative research, and collaborative ideas. I am confident that the scientific deliberations will contribute significantly to the advancement of community health.

May this conference inspire meaningful discussions and lead to transformative outcomes in public health.

Lavanya. B.V

Ms. Lavanya B V
Statistician

Theme

Lifestyle for Holistic Health

Integrating Nutrition, Physical Activity, and Mental Well-being

In today's rapidly changing world, the burden of non-communicable diseases (NCDs), mental health disorders, and lifestyle-related health issues is rising at an alarming rate— often affecting individuals across all age groups and socioeconomic strata. The root causes are largely preventable and stem from unhealthy dietary patterns, sedentary behavior, chronic stress, and inadequate health awareness. There is an urgent need to shift the paradigm of healthcare from disease treatment to health promotion and disease prevention.

In line with this pressing need, the theme of the conference – "Lifestyle for Holistic Health" – underscores the critical importance of integrating nutrition, physical activity, and mental well-being into daily life as key determinants of health. The focus is not just on individual behavior change, but also on public health education, and community engagement to create an enabling environment for people to lead healthier lives.

This conference serves as a vibrant platform for healthcare professionals, researchers, policymakers, and students to exchange knowledge and collaborate on promoting holistic health and preventive care. It will explore evidence-based strategies for dietary diversity, accessible nutrition, physical activity, stress management, and the role of socio-cultural practices in metabolic health and well-being.

Pre-Conference

1. "Vital Choices: Eating Right for Every Age"
2. "Meta-Analysis-Evidence Synthesis Skills"

Workshop 1: "Vital Choices: Eating Right for Every Age"

Dr Rupal Dalal,
Adjunct Associate Professor,
Centre for Technology Alternatives for
Rural Areas (CTARA), IIT Bombay.
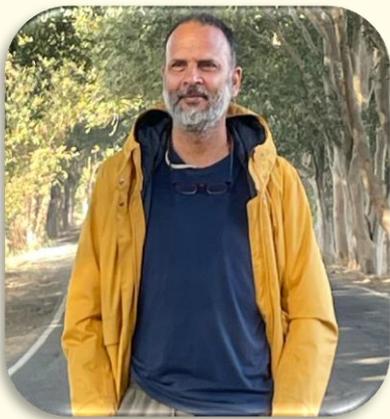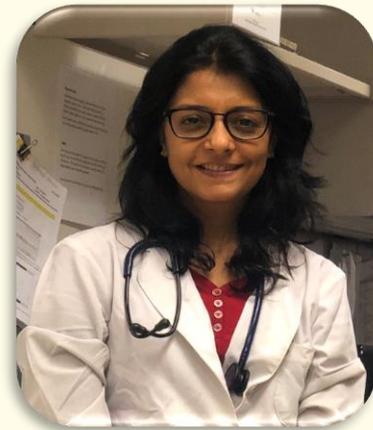
Dr Devaji Patil,
Public Health Consultant, SMSIMSR
Consultant, Health Spoken Tutorials,
IIT Bombay

This workshop helps the participants to unlearn and relearn the concepts of nutrition in metabolic health for a healthy beginning and hopeful future by understanding the lifestyle interventions for prevention, reversal/remission of metabolic health conditions and hands on skills on effective breast feeding and complementary feeding skills.

Workshop 2: "Meta-Analysis-Evidence Synthesis Skills"

Dr Sachin Mumbare,
Professor & Head, Community Medicine, Ashwini Rural Medical College, Solapur (Maharashtra). Creator of web based free software for statistical tests, meta-analysis, survival analysis and other complex models (available on https://drsm.in).

Dr Asha B,
Professor, Community Medicine, SSIMS& RC, Davangere

This workshop empowers the participants with Evidence Synthesis Skills through hands on session on meta-analysis using open source free website developed by Dr Sachin Mumbare. By the end of the session, participants will be better prepared to critically appraise published literature and independently undertake meta-analyses for their dissertations, publications, and evidence-based clinical decisions.

About the Organizing Department

The Department of Community Medicine at Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR) is dedicated to promoting preventive, promotive, and community-based healthcare with a strong focus on rural and underserved populations. The department actively engages in public health research, outreach programs, health education, and implementation of national health initiatives. It plays a pivotal role in training undergraduate medical students in social accountability and holistic healthcare, while also collaborating with government agencies and NGOs to address pressing health challenges. With its innovative programs in maternal and child health, nutrition, non-communicable diseases, and school health, the department is at the forefront of transforming community health through grassroots engagement and evidence-based practices.

Host Institute

Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR) located in the serene environs of Muddenahalli, Chikkaballapur District, Karnataka, is a unique, charitable, and completely free-of-cost medical college and hospital. Established with the vision of providing holistic and value-based medical education, SMSIMSR is committed to nurturing compassionate, competent, and community-oriented healthcare professionals.

The institute operates under the Sri Sathya Sai University for Human Excellence and is guided by the principles of selfless service and human values. What sets SMSIMSR apart is its steadfast commitment to offer world-class medical education and healthcare services entirely free of charge—ensuring that economic barriers do not hinder access to quality health education or treatment. The associated 360-bedded hospital provides comprehensive healthcare services and serves as a rich learning environment for students.

SMSIMSR focuses not only on clinical and academic excellence but also on instilling in its students a deep sense of social responsibility and empathy towards underserved populations. Its departments are actively involved in various public health initiatives, community-based screening programs, and preventive health campaigns across rural Karnataka.

Host Institute

The institute regularly hosts workshops, conferences, and outreach programs aimed at capacity-building among medical, nursing, and allied health professionals. With a mission to redefine rural healthcare and produce medical graduates who are both technically sound and ethically grounded, SMSIMSR stands as a beacon of innovation and compassion in the field of medical education.

We are proud to host this state-level conference at SMSIMSR, bringing together experts, academicians, and frontline workers from across Karnataka to deliberate on pressing public health issues and collaboratively advance the cause of equitable and effective healthcare for all.
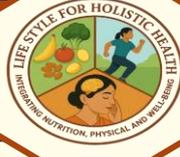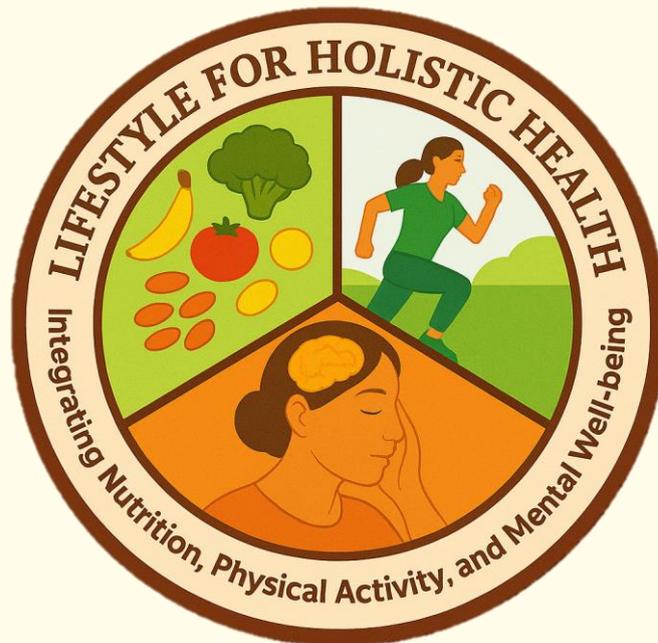
5th KARNATAKA STATE CONFERENCE

IAPSM - KARCON 2025

12th & 13th September 2025

Lifestyle For Holistic Health

Integrating Nutrition, Physical Activity, and Mental Well-being

Preconference Workshop: 11th September 2025

Workshop 1: Vital Choices: Eating Right for every age.

Workshop 2: Meta-analysis-Evidence Synthesis skills.

Vital Choices: Eating Right for Every Age

Venue: Sarla Conference Hall

Date: 11/09/2025

Time: 8:15 AM to 5:00 PM

Timings	Topic	Resource person*
08:15 AM -08:45 AM	**Registration+ Pretest**	
08:45 AM -09:00 AM	**Inauguration**	
09:00 AM -09:15 AM	NFHS & CNSS data-based Problem statement	**Dr Devaji Patil**
09:15 AM -09:35 AM	Evidence from IITB HST approach-Evolution & current status	**Dr Rupal Dalal**
09:35 AM -10:25 AM	Bridging food and mitochondria	**Dr Rupal Dalal**
10:25 AM -10:40 AM	**Tea break**	
10:40 AM -11:40 AM	Macronutrient counting	**Dr Devaji Patil**
11:40 AM -12:55 PM	Nutrition- the primary driving force of holistic health	**Dr Devaji Patil**
12:55 PM -01:40 PM	**Lunch break**	
01:40 PM -02:40 PM	Effective breast feeding-45 points	**Dr Rupal Dalal**
02:40 PM -03:25 PM	PNC ward hands on training	**Dr Rupal Dalal, Dr Devaji Patil**
03:25 PM -03:40 PM	**Tea break**	
03:40 PM -04:40 PM	Effective complementary feeding	**Dr Rupal Dalal**
04:40 PM -05:00 PM	**Valedictory+ Post-test**	

Meta-Analysis-Evidence Synthesis Skills

Venue: Rajeshwari Block Ataee Shaw Hall

Date: 11/09/2025

Time: 8:15 AM to 5:00 PM

Timings	Topic	Resource person
09:30 AM - 10:00AM	Introduction to meta-analysis	**Dr Annarao Kulkarni**
10:00 AM - 10:40AM	Building PubMed Search Strategy	**Dr Asha B**
10:40 AM - 11:00 AM	Fixed effect and Random effects model, Heterogeneity measures	**Dr Sachin Mumbare**
11:00 AM - 11:15 AM	**Tea break**	
11:15 AM - 11:45 AM	Meta-analysis:(Dichotomous outcome), interpreting forest plot, Galbraith plot, L'abbe plot	**Dr Sachin Mumbare**
11:45 AM - 12:00 PM	Demonstration	**Dr Sachin Mumbare**
12:00 PM - 12:15 PM	Hands-on	**Dr Asha, Dr. Spoorthi & Ms Lavanya**
12:15 PM - 12:40 PM	Publication bias	**Dr Asha**
12:40 PM - 1:00 PM	Meta-analysis: (Continuous outcome) Demonstration, interpreting forest plot, Galbraith plot, L'abbe plot	**Dr Sachin Mumbare**
1:00 PM - 1:20 PM	Demonstration	**Dr. Sachin Mumbare**
1:20 PM - 2:00 PM	**Lunch break**	
2:00 PM - 2:20 PM	Hands-on	**Dr Asha, Dr. Spoorthi & Ms Lavanya**
2:20 PM - 2:40 PM	Meta-analysis: (Prevalence), interpreting forest plot, Galbraith plot, L'abbe plot	**Dr Sachin Mumbare**
2:40 PM - 3:00 PM	Demonstration	**Dr Sachin Mumbare**
3:00 PM - 3:30 PM	Hands-on	**Dr Asha, Dr. Spoorthi & Ms Lavanya**
3:30 PM - 3:45 PM	Hands-on	**Dr Asha, Dr. Spoorthi & Ms Lavanya**
3:45 PM - 4:00 PM	**Tea break**	
4:00 PM - 4:45 PM	Subgroup Analysis and Meta Regression	**Dr Sachin Mumbare**
4:45 PM - 5:15 PM	Hands-on	**Dr Asha, Dr. Spoorthi & Ms Lavanya**
5:15PM - 5:30 PM	**Valedictory**	

Conference 12th & 13th September 2025

PROGRAMME SCHEDULE
Venue: Ataee Shaw and Premamrutham Hall

DAY 1

Time	Topic	Speaker
08:15 AM - 09:00 AM	**Registration**	
09:00 AM - 09:30 AM	Holistic health-A lifecycle approach	**Dr Annarao Kulkarni,** *Senior Professor, Community Medicine, SMSIMSR*
09:30 AM -10:15 AM	Ancient Insights from Yoga and Ayurveda for Holistic Well-being	**Dr. Nitin Kumar J. Patil,** *Additional Professor, Centre for Integrative Medicine and Research (CIMR), MAHE, Manipal*
10:15 AM -10:45 AM	Project SMILE: Empowering Teachers towards adolescent mental health	**Dr. Pradeep B S** *Deputy Medical Superintendent & Professor of Epidemiology, NIMHANS, Bengaluru*
10:45 AM -11:00 AM	**Tea Break**	
11:00 AM -12:30 PM	Presentation - Full paper/Oral/Poster	
12:15 PM - 01:00 PM	State level PG Quiz - Prelims	
12:30 PM - 01:30 PM	**Lunch**	
01:30 PM - 02:00 PM	Role of mitochondria in holistic health with special focus on mental health	**Dr. Rupal Dalal,** *Adjunct Associate Professor, Centre for Technology Alternatives for Rural Areas (CTARA), IIT Bombay*
02:00 PM - 02:50 PM	Nutrition: A Path to Wellness & Recovery	**Dr. Devaji Patil,** *Public Health Consultant, SMSIMSR Consultant, Health Spoken Tutorials, IIT Bombay*
02:50 PM - 03:20 PM	The Inner Ecosystem-Role of Gut Flora in holistic health	**Dr. Santhosh Hanumanthappa** Ayurvedic Practitioner, Bengaluru
03:20 PM - 03:35 PM	**Tea Break**	

Conference 12th & 13th September 2025

PROGRAMME SCHEDULE
Venue: Ataee Shaw and Premamrutham Hall

DAY 1

Time	Topic	Speaker
03:35 PM - 04:00 PM	" Bhagwan Sri Satya Sai Baba" Memorial Oration -Topic: Strengthening Health Systems for Integrated & Sustainable Health Care Delivery to Advance People's Health	**Dr. G. Gururaj,** *Former Director, NIMHANS, Consultant & Advisor in Public health / Epidemiology - Road Safety - Mental Health*
04:05 PM - 04:35 PM	Lifetime achievement award (Sponsored by SMSIMSR) & Young Scientist Award	IAPSM Karnataka State Chapter Team
04:35 PM - 05:45 PM	**Inauguration in presence of Sadguru Sri Madhusudan Sai**	
05:45 PM - 06:30 PM	General Body Meeting - KAPSM	
06:30 PM - 07:15 PM	Refreshment break	
07:15 PM - 09:45 PM	**Dinner**	

DAY 2

Venue: Ataee Shaw & Premamrutham Hall

Time	Topic	Speaker
09:00 AM -09:30 AM	The Science Behind Fasting: Metabolic Reset and Longevity	**Dr. Vidya** *& Team, Nutrition & Dietetics, SMSIMSR*
09:30 AM -10:00 AM	Sleep and Mental Health: Unpacking the Bidirectional Relationship with solutions	**Dr. Krishna Dwivedi,** *Assistant Professor, Department of Yoga and Life Sciences, S-VYASA, Bengaluru*
10:00 AM -10:30 AM	Whole Food Plant-Based Nutrition: The Power of Food as Medicine.	**Dr. Prathima Kini,** *Consultant Pathologist & Lifestyle Medicine Physician*

DAY 2

Venue: Ataee Shaw and Premamrutham Hall

Time	Topic	Speaker
10:30 AM -10:50 AM	"Evidence-Based Nutrition, with a Special Lens on Women's Hormonal and Reproductive Health.	**Dr. Veena Acharya,** *Senior Leading Gynaecologist & Obstetrician – Lifestyle Medicine Physician*
10:50 AM -11:00 AM	**Tea Break**	
11:00 AM -12:30 PM	Presentation - Full paper/Oral/Poster	
12:30 PM -01:30 PM	**Lunch**	
01:30 PM -02:10 PM	The Peculiar Protein Problem: Building Health without Harm, Understanding protein requirements, benefits, harm & recommended sources.	**Dr. Sharang Wartikar,** *Senior Consultant Ophthalmologist & Vitreo-Retinal Surgeon*
02:10 PM -02:40 PM	Tools for measuring Mitochondrial	**Dr. Rupal Dalal,** *Adjunct Associate Professor, Centre for Technology Alternatives for Rural Areas (CTARA), IIT Bombay*
02:40 PM -03:10 PM	From Stress to Mental wellbeing	**Dr. Seetharam,** *Advisor & Member, Swami Vivekananda Youth Movement (SVYM)*
03:10 PM -03:30 PM	Skeletal Muscle Resistance for holistic health	**Dr. Devaji Patil,** *Public Health Consultant, SMSIMSR Health Spoken Tutorials, IIT Bombay*
03:30 PM -03:40 PM	**Tea Break**	
03:40 PM -04:10 PM	Building Health from the Very Beginning	**Dr. Kumar G S,** *Head – Health Sector, Swami Vivekananda Youth Movement (SVYM)*
04:10 PM -04:30 PM	Way forward	**Dr. Annarao Kulkarni,** *Senior Professor, Department of Community Medicine, SMSIMSR*
04:30 PM -05:45 PM	**Valedictory in presence of Sadguru Sri Madhusudan Sai**	

Reviewers – Full Paper

| Sl. No	Name & Designation	Institute
1	**Dr Anand D Meundi,** Professor	Dr Chandramma Dayananda Sagar Institute of Medical Education & Research
2	**Dr Saurabh Kumar,** Professor	JGMM Medical College, Hubballi
3	**Dr Praveen Kumar B A,** Professor	PES University Institute of Medical Sciences and Research, Bangalore
4	**Dr Umesh Ramadurg,** Professor	S Nijalingappa Medical College, Bagalkote
5	**Dr Deepa L N,** Professor	Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR), Chikkaballapura
6	**Dr Sunil Kumar D R,** Professor	Aakash Institute of Medical Sciences and Research Centre
7	**Dr Poonam Ramesh Naik,** Professor	Yenepoya Medical College, Mangalore
8	**Dr Latha K,** Associate professor	National Institute of Mental Health and Neurosciences (NIMHANS)
9	**Dr Pracheth R,** Associate professor	National Institute of Mental Health and Neurosciences (NIMHANS)
10	**Dr Harish S,** Associate professor	East Point College of Medical Sciences and Research Centre, Bangalore

Reviewers – Abstracts

Sl. No	Name & Designation	Institute
1	**Dr Gowri Shankar,** Professor	S Nijalingappa Medical College, Bagalkote
2	**Dr Shashikiran M,** Professor	Adichunchanagiri Institute of Medical Sciences, Mandya
3	**Dr Praveen Ganganahalli,** Professor	BLDE (DU) Shri.B.M.Patil Medical College and Research Center, Vijayapura
4	**Dr Asif Khan,** Professor	Farookh Academy of Medical Education, Mysore
5	**Dr Thilak S A,** Professor	G R Medical College, Hospital and Research Centre, Mangalore
6	**Dr Pavan P Havaldar,** Professor	Gadag Institute of Medical Sciences
7	**Dr Ashok Kumar Srivastava,** Professor	Himalayan Institute of Medical Sciences, Uttarakhand
8	**Dr Shubha D B,** Professor	JJM Medical College, Davangere
9	**Dr Renuka M,** Professor	JSS Academy of Higher Education and Research, Mysore
10	**Dr Mansoor Ahmed,** Professor	Mysore Medical College and Research Institute
11	**Dr Karthikeyan Shanmugam,** Professor	PSG Institute of Medical Sciences and Research, Coimbatore
12	**Dr Asha B,** Professor	S S Institute of Medical Sciences and Research Centre, Davanagere
13	**Dr Mayur Sherkhane ,** Professor	SDM College of Medical Sciences and Hospital, Dharwad, Karnataka

Reviewers – Abstracts

Sl. No	Name & Designation	Institute
14	**Dr Rakesh K Nayak,** Professor	SDM College of Medical Sciences and Hospital, Dharwad, Karnataka
15	**Dr Prasanna Kamath B T,** Professor	Sri Devaraj Urs Medical College, SDUAHER, Kolar
16	**Dr Vidya R,** Associate professor	Aakash Institute of Medical Sciences and Research Centre
17	**Dr Lakshmi H,** Associate professor	Aakash Institute of Medical Sciences and Research Centre
18	**Dr Raghavendra S K,** Associate professor	Adichunchanagiri Institute of Medical Sciences, Mandya
19	**Dr Mehul Kaliya,** Associate professor	All India Institute of Medical Sciences, Rajkot
20	**Dr Mukesh Shukla,** Associate professor	All India Institute of Medical Sciences, Raebareli
21	**Dr Shruthi M N,** Associate professor	BGS Global Institute of Medical Sciences, Bangalore
22	**Dr Chandrika R Doddihal,** Associate professor	BLDE (DU) Shri.B.M.Patil Medical College and Research Center, Vijayapura
23	**Dr Tanuja P Pattankar,** Associate professor	BLDE (DU) Shri.B.M.Patil Medical College and Research Center, Vijayapura
24	**Dr Shwethashree M,** Associate professor	JSS Academy of Higher Education and Research, Mysore
25	**Dr Anwith H S,** Associate professor	Kempegowda Institute of Medical Sciences, Bangalore
26	**Dr Vinay M,** Associate professor	Mandya Institute of Medical Sciences

Reviewers – Abstracts

Sl. No	Name & Designation	Institute
27	**Dr Pavan S Kalasker,** Associate professor	Navodaya Medical College and Research Centre, Raichur
28	**Dr Ranganatha S C,** Associate professor	S S Institute of Medical Sciences and Research Centre, Davanagere
29	**Dr Girish B,** Associate professor	Shri Atal Bihari Vajpayee Medical College and Research Institution, Bangalore
30	**Dr Shwetha,** Associate professor	Shri Atal Bihari Vajpayee Medical College and Research Institution, Bangalore
31	**Dr Suhasini R Kanyadi,** Associate professor	USM-KLE International Medical Programme
32	**Dr Vijayakarthikeyan M,** Associate professor	Vinayaka Mission's Kirupananda Variyar Medical College and Hospital, Salem
33	**Dr Sivaharivelan Thiagarajan,** Assistant Professor	ACS Medical College and Hospital, Chennai
34	**Dr Rachana A R,** Assistant Professor	Karwar Institute of Medical Sciences
35	**Dr Gowthamkarthic R,** Assistant Professor	JGMM Medical College, Hubballi
36	**Dr Sumanth Mallikarjuna Majgi,** Assistant Professor	Mysore Medical College and Research Institute
37	**Dr Mittal Rathod,** Assistant Professor	PDU Government Medical College, Rajkot
38	**Dr K Madhuri Krishna,** Assistant Professor	Sri Balaji Medical College Hospital and Research Institute, Tirupati
39	**Dr Sandhya Gowthaman,** Assistant Professor	Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR), Chikkaballapura
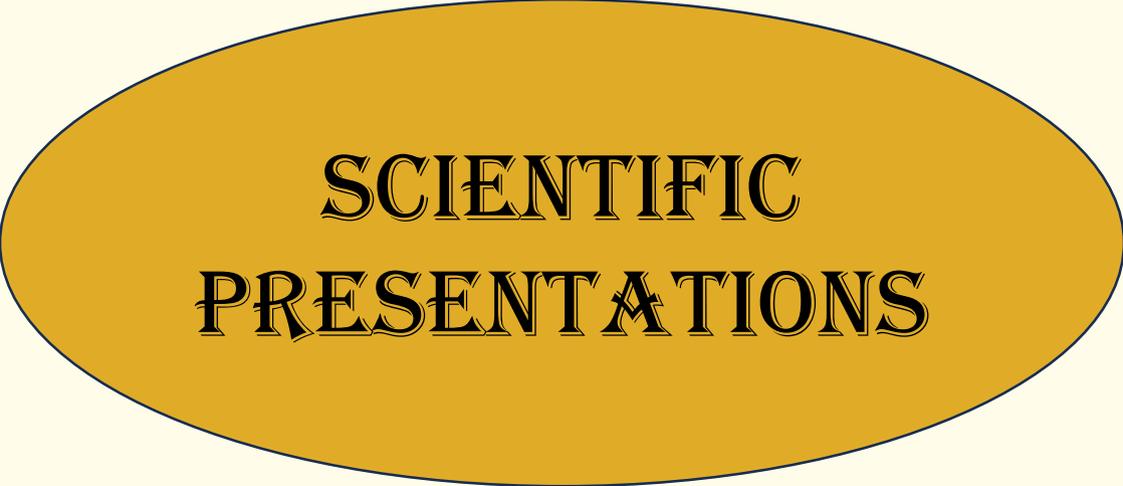
SCIENTIFIC PRESENTATIONS

IAPSM - KARCON 2025

12th & 13th September 2025

Lifestyle For Holistic Health

Integrating Nutrition, Physical Activity, and Mental Well-being

Thematic

- Nutrition

- Mental Health

- Physical Activity & Lifestyle Medicine

- Integrative & Preventive Healthcare Approaches

- Public Health Policies & Advocacy

- Social & Behavioural Sciences

Non Thematic

- Communicable Diseases including Tropical Diseases

- Disaster Preparedness

- Environmental Sustainability, Sanitation & Hygiene

- Geriatric Health

- Health Financing & Health Systems

- Medical Education, Humanities & Ethics

- Non-Communicable Diseases including Road Traffic Accidents

- Occupational Health

- Reproductive, Maternal & Child Health

- Technology & Health Care

- Miscellaneous

Full Paper

Date: 12th & 13th September 2025

Time: 10:30 AM - 01:00 PM

Venue: Sarala Block

Sl.No	Reg No.	Title
1	113	Identifying Gaps in the Continuum of Care for Hypertension and Diabetes Among Diagnosed Patients Visiting Selected Primary Healthcare Facility in Bangalore - A Cross-Sectional Study
2	131	Assessment of Level of Satisfaction Among Postnatal Women Delivered in a Government Hospital in Urban Bengaluru - A Cross-Sectional Study
3	174	Understanding the Use of Reheated Cooking Oil at Home: A Study Among Parents of Future Doctors
4	385	Utilization of Adolescent Health Services Under RMNCH - Among Adolescent Girls in Urban Poor Locality of Bangalore: A Cross - Sectional Study
5	474	Exploring Dietary Diversity and Health Protection Indicators Against Non-Communicable Diseases Among Indian Women by Utilizing DQQ Tool.
6	69	Prevalence of Smartphone Addiction and its Relation with Depression Among Undergraduate Medical Students of Mamata Medical College Khammam - A Cross Sectional Study
7	75	Burden and Determinants of Perceived Stress and Burnout among Accredited Social Health Activists in Kolhapur District: A Mixed-Method Study
8	148	A Randomized Control Trial to Assess the Effectiveness of Health Education and Provision of Resources for Safe Sputum Disposal Practices among the Pulmonary Tuberculosis Patients.
9	150	Perception of Emotional Intelligence among Youth in Selected Colleges of Dakshina Kannada- A Qualitative Approach
10	450	Validation of Point of Care Testing Device Hemocue HbA1c 501 System for Estimation of Glycated Hemoglobin (HbA1c)

Oral Paper - Faculty

Date: 12th & 13th September 2025
Time: 10:30 AM to 01:00 PM
Venue: Rajeshwari Block

Sl.No	Reg No.	Title
1	38	Assessment of Occupational Health Hazards among Workers of Steel Industry, Palakkad
2	51	Prevalence of Early Childhood Developmental Delay and Maternal Awareness of Developmental Milestones in Rural Karnataka
3	86	Coverage and Awareness on Ayushman Bharath Health Account (ABHA) among the Adopted Families, Bangalore Rural, South India
4	115	Respiratory Morbidity and Lung Function Impairment among Women beedi rollers in Rural Mangaluru: Cross-Sectional study
5	143	A Study to Assess the Effectiveness of Module-Based Learning on Knowledge About Prevention and Control of Kyasanur Forest Disease (KFD) among Medical Undergraduates In an Endemic District of Coastal Karnataka.
6	151	Dietary Diversity and Healthy Ageing among Geriatric Population of Urban Area of Bangalore - A cross- sectional study
7	158	Financial Literacy among Medical Undergraduate Students: A Cross-Sectional Study from Bengaluru Rural
8	180	Study of Mental Health of Perimenopausal Women – Community based Cross sectional Study
9	201	Effectiveness of Diabetes Self-Management Education (DSME) program on glycemic control among type-2 diabetes mellitus in tertiary care center Bengaluru- A Randomized control Study
10	297	Prevalence and Determinants of Metabolic Syndrome Among Adults with Type 2 Diabetes Mellitus in Chittoor, Andhra Pradesh: A Cross-Sectional Study

Oral Paper - Faculty

Sl.No	Reg No.	Title
11	310	Impact of Health Education Intervention in Dengue Prevention among School Children of North Karnataka
12	373	Magnitude and Associated Factors of Recurrent Urinary Tract Infections among Female Health Care Professionals in a Tertiary Care Hospital, Bangalore
13	382	A Cross Sectional Study on Health Related Quality of Life of Perimenopausal Women Residing in Rural Field Practice Area of S Nijalingappa Medical College, Bagalkot.
14	410	Knowledge, Attitude and Practice Towards Organ Donation among Undergraduate Students of a Private Medical College in Bengaluru – A Cross Sectional Study
15	411	Work Related Musculoskeletal Disorders among Health Care Professionals of a Tertiary Care Hospital - A Cross-sectional Study
16	452	Burnout Prevalence and its Intensity among Medical Interns of a Medical College in North Karnataka
17	456	Assessment of Nurse Leadership During the COVID-19 Pandemic in Tertiary Care Hospitals of Kalaburagi City, India
18	459	Study on Hygiene-sanitation among High-school Students Belonging to Field Practice Area of Shimoga-institute-of-medical-science, Karnataka.
19	471	Diabetic Peripheral Neuropathy among Type-2 Diabetics in Urban Slum Of Bangalore
20	473	Menstrual Hygiene Practices among Rural Adolescent Girls in a North Karnataka Village: A Cross- Sectional Study
21	480	Knowledge and Practice Assessment on Universal Precautions among Health Care Workers of a Tertiary Care Centre in North Karnataka
22	482	A Cross Sectional Study to Determine the Loss of Daily Functioning among The Elderly in Rural and Urban Field Practice Areas of Shivamogga Institute of Medical Sciences, Shimoga

Oral Paper - Faculty

Sl.No	Reg No.	Title
23	491	Empowering Communities: A Study on Basic Life Support Knowledge, Willingness and Barriers among Adults Attending PHCs in Bengaluru.
24	508	Knowledge and Attitude Associated with Diabetic Foot Prevention among Primary Care Givers Attending Tertiary Care Hospital in Rural Karnataka: A Cross-Sectional Study.
25	509	Nutritional, Functional and Mental Health Determinants of Anemia among Urban Elderly: A Community-based Study
26	514	Not Yet Ready: First-Year Medical Students' Views on the Family Adoption Program—Challenges and Solutions
27	524	A Cross-Sectional Study on Public Awareness and Attitude Regarding First Response to Medical Emergencies
28	547	A Prospective Analysis to Operationalization and Functioning of Ayushman Bharat Scheme in Indore District
29	574	Pilot Validation of a Portable Device for School Vision Screening
30	643	Assessment of Hand Hygiene Knowledge Among Nursing Orderlies in a Tertiary Care Hospital in Bengaluru
31	644	Musculoskeletal Disorders among Group D Healthcare Workers in a Tertiary Care Hospital in Urban Bengaluru: A Cross-sectional study
32	645	Assessment of Indian Diabetes Risk Score (IDRS) Among The First-Degree Relatives of Type 2 DM Patients in A Tertiary Care Hospital, Bengaluru
33	645	Evaluating the Feasibility of the "WHOeyes" Mobile Application for Eye Screening Among School Children in Rural Bengaluru
34	646	Identifying High-Risk TB Cases: Implementation of a Programmatic Screening Tool in Bengaluru

Oral Paper - Faculty

Sl.No	Reg No.	Title
35	661	Prevalence and Perceptions of Depression among Geriatric population in Rural Puducherry: A Community-based Mixed-method Study.
36	663	Unveiling the Silent Struggle: Depression and Healthcare Utilization among the Elderly in Rural South India
37	674	Women's Health In Agriculture: A Cross-Sectional Survey Assessing Occupational Hazards and Health Outcomes Among Women Agricultural Workers
38	687	Compulsive Buying Disorder among Medical Undergraduate Students from Dakshina Kannada, Karnataka: A Cross-sectional Study
39	718	A Study on the Diet, Cooking Methods and the Risk of Complications among the NCD Patients of Gadag District. A Mixed Method Study.
40	806	Factors Affecting Medication Adherence Among Patients with Chronic Non-Communicable Diseases
41	806	Assessment of Breastfeeding Practices in Lactating Mothers: More Road to Cover
42	821	Migration Mobility and Antenatal Care: An Implementation Study to Improve Coverage and Utilization of Antenatal Care Services among Migrant Pregnant Women in Delhi
43	848	Introduction of an Assessment Module for the Family Adoption Program of the Phase-1 MBBS Students in Private University of Vadodara district.
44	853	Adult Nicotine Dependence and its Predictors in Raebareli, Uttar Pradesh: A cross-sectional study

Oral Paper – Post Graduate

Date: 12th & 13th September 2025

Time: 10:30 AM to 01:00 PM

Venue: Rajeshwari Block

Sl.No	Reg No.	Title
1	34	Projecting the Path to Elimination: A Trend Analysis and Forecast of Measles cases in India
2	124	Dietary diversity and risk of diabetes among working women of a tertiary care hospital in Bangalore- A cross sectional study
3	146	Impact of Nutritional Health Education on Snacking Habits among Middle School Children: A Quasi-Experimental Study
4	149	Premenstrual Syndrome and its Effect on Quality of Life among Female Medical students of a Medical College, Bengaluru.
5	168	A study to assess Knowledge, Attitude and Practices regarding menstrual hygiene among school going girls.
6	251	Prevalence of Insomnia among undergraduate medical students in a private medical college in davangere
7	261	Nutritional assessment of lunch boxes and its association with anthropometric measurements among primary school children of the Field practice area of the Department of Community Medicine, K H Patil Institute of Medical Sciences, Gadag - A cross-sectional study
8	264	Perception and Utilization of ICDS among pregnant and lactating mothers and mothers of under 6 years children in urban slum of coastal city of Uttara Kannada.
9	268	Rights and Respect: Exploring Reproductive Autonomy and Gender Perceptions Among Future Doctors
10	278	A Cross-Sectional Study To Assess The Proportion and Associated Factors of Mild Cognitive Impairment Among The Elderly In The Urban Field Practice Area of Bangalore Medical College and Research Institute, Bengaluru

Oral Paper – Post Graduate

Sl.No	Reg No.	Title
11	287	Proportion of Post-Natal Depression and Associated Factors Among Mothers In an Urban Area of South Kerala
12	296	Between Books and Burnout: Exploring Perceived Stress and Sleep Quality Among Medical Undergraduates in Mysuru, A Cross-Sectional Study
13	306	Association Between Binge-Watching Behaviour and Interaction Anxiety Among Young Adults in Mysuru: A Cross-Sectional Study
14	307	Self-Medication Practices Among Adults in Urban Field Practice Area of Rajarajeswari Medical College, Bengaluru
15	325	A Comparative Study on Knowledge, Attitude, and Practices of Personal Hygiene Among Urban and Rural School Students in Mysuru
16	326	Assessment of Health Impacts of Climate Change Among General Population In Mysore: A Cross-Sectional Study
17	327	Online Exercise Tutorials and their Association with Physical Fitness and Mental Well-being among Adolescents: A Cross-Sectional Study in Mysuru
18	334	Impact of Systematic Inpatient Tuberculosis (TB) Screening on Case Detection in a Tertiary Hospital, Karnataka
19	361	Silent Suffering: Health Effects of Household Biomass Combustion among Rural Women in Sullia- A Cross-sectional Study
20	384	Prevalance of Micronutrient Deficiencies Among Adolescents and Their Association With Bmi-An Urban-Rural Comparitive Study
21	398	Snacking Patterns and Associated Factors Among Young Adults: A Cross - Sectional Study
22	399	Digital Health Literacy and Its Barriers among people living in Rural areas: A Mixed-Method Study

Oral Paper – Post Graduate

Sl.No	Reg No.	Title
23	403	Empowering the Aged: Utilization of Healthcare Assistive Technology Devices and its Role in Health Consciousness among Elderly
24	404	A Study on the Factors Related to Early Marriages and its Implications Marital Satisfaction among Women in Thrissur District -A Cross-sectional Study
25	407	Screen Distracted Eating and its Association with Emotional Well Being and Self Reported Metabolic Health among Professional College Students in Mysuru – A Cross-Sectional Study
26	428	Assessment of High-Risk Status among Antenatal Women in a Tribal Area
27	445	Financial Literacy among Medical Students of a Government Medical College, Bengaluru: A Cross-sectional Study
28	454	Association between Physical Activity, Fitness Tracker Use, and General Health of Young Adults in Urban Bengaluru
29	462	A Cross-Sectional Study on Vulnerabilities to ill Health among the Fishermen Community in Karwar, Coastal Karnataka
30	483	Adverse events following Quadrivalent HPV Vaccine among Beneficiaries from a Teaching Hospital in Coastal Karnataka
31	485	Cognitive Functioning and Perceived Social Support among elderly Population at a Tertiary care Hospital in Karnataka -A Cross Sectional study
32	517	Are our Rural Adolescent Boys Safe from Porn Addiction? A Cross-Sectional Study
33	519	Assessment of District Residency Programme: Resident Experiences and Challenges in Central Karnataka
34	523	Cardiovascular risk factors among auto-rickshaw drivers : A Cross-sectional study

Oral Paper – Post Graduate

Sl.No	Reg No.	Title
35	528	Correlation between Clinicosocial Profile at the Time of Presentation and Treatment Outcome among Severe Acute Malnutrition Children Admitted at Nutrition Rehabilitation Center of Tertiary Care Hospital
36	529	Treatment Outcomes and Related Factors in Children Aged 14 Years and below on Antiretroviral Therapy at an ART Centre in Mysuru
37	544	Awareness and Utilization of Health Insurance among Rural Population in Bengaluru: A Cross sectional Study
38	563	Effect of Yoga Practice on Mental Health Parameters among Adult Practitioners
39	564	Personality Traits and its Role In Physical Activity Engagement: A Cross-Sectional Study Among Medical Students
40	597	Excessive Screen Time and Associated Factors Among *Young *Adults in Bengaluru - A Cross Sectional Study
41	600	A Comparative Study of Sleep Quality in Different Phases of the Medical Course: A study from Central India.
42	610	Awareness and Attitudes Towards Air Pollution in two Highly Polluted Localities of Delhi: A Cross-Sectional Study
43	612	Prevalence of Internet and Social Media addiction among Medical Undergraduates in Warangal
44	618	Comparison of Maternal Outcomes and Service Preferences among Beneficiaries of Public (PMSMA) with that of Private Care Facilities - A three Year Retrospective Cohort Study
45	624	Barriers in Adopting Healthy Lifestyle in Hypertensive Patients in a Tertiary Care Hospital, Warangal
46	627	Risk-prediction and Forecasting of Cardiovascular Disease among Type2 Diabetic Patients Using Common Risk Prediction Tools: An Epidemiological Study

Oral Paper – Post Graduate

Sl.No	Reg No.	Title
47	628	Prevalence of Geriatric Depression and its Associated Factors in Warangal District, Telangana.
48	630	Awareness and Practices Regarding Common Household Injuries among Residents of Urban Area – A Cross-Sectional Study
49	639	Assessment of Preparedness for Old Age among 40 to 59 years Old Health Care Workers – A Cross Sectional study
50	659	Prevalence and Determinants of Poor Sleep Quality among Individuals aged 18 years and above Residing in Urban Areas of Puducherry
51	660	Prevalence and Clinico-demographical Profile of High-Risk Pregnancy in an Urban area of Puducherry: A Cross-sectional study.
52	671	Determinants of Premature Heart Attacks Visiting Tertiary Care Centre", Gadag
53	730	Prevalence of Adolescent Pregnancy and it's Outcomes - A Rural Hospital based Study
54	732	Knowledge and Practice of the DASH diet among Hypertensive Patients Visiting a Rural Health Centre
55	735	Artificial Intelligence in Healthcare: A Study of Knowledge, Attitude and Practice among Medical Students and Doctors in Rural Tertiary Healthcare Centre
56	834	Postnatal Newborn Care Practices and Knowledge of Newborn Danger signs among Tribal Married Reproductive Women in Chamarajanagar district, Karnataka: A Cross Sectional Study
57	836	A Study of Complementary Feeding Practices amongst Mothers of Children Upto 2 Years of Age in Bengaluru Rural
58	859	Morbidity Pattern & Healthcare Seeking Behaviour among Female Domestic Workers: Cross-Sectional Study from Indian Metropolis.

Oral Paper - UG category

Date: 12th and 13th September 2025

Time: 10:30 AM to 01:00 PM

Venue: Rajeshwari Block

Sl.No	Reg No.	Title
1	203	Perceptions and Lived Experiences of Housekeeping Staff On Covid-19 Impact: A Qualitative Inquiry
2	358	Effect of Short Form Video Addiction on Academic Procrastination, Attention Span and Sleep Quality of Undergraduate Medical Students In Bengaluru - A Cross-Sectional Study
3	421	From Resilience to Exhaustion: Burnout Prevalence and Risk Factors among Southeast Asian Health Care Workers: A Systematic Review and Meta-Analysis
4	431	Perception of Health Care Workers Towards Social Prescription at Primary Health Care for Holistic Approach of Patients-A cross sectional study
5	582	Physical Activity and its Association with Mental Health Among College Students in Bengaluru Rural District.
6	586	Digital Eye Strain in the Era of Screens: A Cross-Sectional Study among Medical and Engineering Students in Bengaluru.
7	594	Determination of Treated Sewage Water Bacteriological Index
8	595	Effectiveness of a Structured Lifestyle Intervention on Premenstrual Syndrome among Undergraduate Medical Students: A Quasi-Experimental Study
9	606	Association of Dietary Habits and Physical Activity with Obesity among School-Going Adolescents in Bengaluru Rural District: A Cross-Sectional Study.
10	625	Prevalence and Determinants of Hypertension among People Residing in Rural Field Practice Area of Belagavi: Community Based Study
11	747	Quality Improvement Intervention to Strengthen Delivery of Maternal Nutrition Services in Primary Health Care Facilities, in Rural Ballabgarh.
12	751	Triple Burden: Exploring the Impact of Sociodemographic Factors on Loneliness, Social Isolation and Financial Stress among older Adults in a Rural Setting in South India.
13	765	Smart Screening: Evaluating Hearing Health with Hear WHO App among Medical Students Using Personal Listening Devices in South India

Poster Presentation - Faculty

Date: 12th & 13th September 2025

Time: 10:30 AM to 01:00 PM

Venue: Rajeshwari Block

Sl.No	Reg No.	Title
1	119	From Source to Sip: Understanding Household Water Practices and Perceptions in Coastal Karnataka
2	381	Prevalence of Depression among High School Adolescents of Urban Area, Belagavi - A Cross Sectional Study
3	439	Knowledge, Attitude and Practice of Kangaroo Mother care by Postnatal Mothers: A Cross sectional study.
4	512	A Community Based Cross Sectional study of Indoor Air Pollution and its Mental Health Implications among Rural Households
5	548	Maternal Snack Choices and their Impact on Child Nutrition: An Urban Community-based Study
6	568	Test Anxiety among Medical Students in a Medical College of North Karnataka
7	800	Gender-Based Violence Identification and Referral Practices among ASHA and Anganwadi Workers in Hubballi, Karnataka

Poster Presentation – PG category

Date: 12th & 13th September 2025

Time: 10:30 AM to 01:00 PM

Venue: Rajeshwari Block

Sl.No	Reg No.	Title
1	34	Beyond the Classic: A Narrative Review of Atypical Clinical Presentation of SSPE
2	71	Prevalence of Anemia And Psychiatric Illness among Inmates of Destitute Centre
3	97	Pattern of Dyslipidemia among Patients with Type 2 Diabetes Mellitus in Field Practice Areas of Belagavi
4	163	Perceived Social Support and Mental Well-Being Among Medical Students in Bengaluru – A Cross-Sectional Study
5	204	Knowledge, Attitude, Practice about Needle Stick Injury among Nursing Students of Government Medical College, Hassan
6	254	Physical Activity and Screen Time Patterns among Adolescents in Rural North Karnataka: A Cross-sectional Study
7	255	Knowledge and Perceptions of Organ Donation: A Cross-Sectional Study Among Urban Residents of Vijayapura
8	270	A Cross Sectional Study on Awareness and Practice of Household Waste Segregation in Rural Karnataka
9	271	A Cross-Sectional Study on Physical Activity and Cognitive Dysfunction Among Elderly Diabetics in Rural Field Practice Area
10	279	A Cross Sectional Study on Prevalence of Depression and Associated Factors Among Adolescents in Urban Bangalore

Poster Presentation – PG category

Sl.No	Reg No.	Title
11	301	Awareness On Cervical Cancer Risk Factors and Prevention Strategies among Female Medical Students, Bengaluru
12	308	Contraceptive Awareness and use among Reproductive Age Women Underserved Neighborhood
13	319	A Community-Based Cross-sectional Study on Heat-Related Illness, Exposure, and Coping Mechanisms in Urban Karnataka
14	331	Decoding the Labels: A Study of Food Label Awareness, Perception and Use among Young Adults.
15	340	Perceptions Regarding Menstrual Cups among Medical Students of Tertiary Care Hospital in Karnataka
16	352	Assessment of Water Quality among Various Domestic Sources in Urban Area, Belagavi – A Cross-sectional Study
17	357	Sleepless Nights, Rising Risks: A Cross- sectional Study Assessing Sleep Patterns and its Determinants in the Urban Community of Mysuru
18	423	Prevalence of Anemia among Geriatric Population in Rural Area of Belagavi District – A Community Based Cross Sectional Study
19	487	Outbreak of Fever with Chills and Myalgia among Migrant workers: An Investigation from Rural Dakshina Kannada, Karnataka
20	493	Screen use as an Aid to Feeding among Young Children (6M-3Y) in two Selected Colonies of East Delhi.
21	549	Public and Professional Insights into Antimicrobial Usage and Resistance: A Comparative Approach
22	570	Evaluating Digital Health Literacy and its Association with Health-Seeking Behaviour in Rural areas of Kolar District, Karnataka: A Cross-Sectional Study
23	575	Trends and Patterns of Animal Bite Cases Reported at Public Health Facilities in Ernakulam district, Kerala: A Secondary Data Analysis from 2021 to 2024

Poster Presentation – PG category

Sl.No	Reg No.	Title
24	577	Evaluation of Self-Esteem and its Associated Factors Among Married Women in Devarayasamudra, Kolar Karnataka
25	580	Happiness and Social Support Among the Elderly in Coastal Ernakulam
26	589	Determinants of Nutritional status Among Rural Children Aged 1–5 Years
27	642	Smartphone Use and Health Status of Older Adults: A Community Based Observational Study
28	653	Prevalence, Risk Factors, for Falls and Level of Functional Independence among Geriatric Population.
29	761	Trajectory of Maternal Engagement in Newborn Care and Preparedness for Early Childhood Care in Rural Telangana
30	771	Awareness and Acceptance Associated With Influenza Vaccine Among Health Care Workers in Tertiary Care Centre in Bengaluru
31	779	Exclusive Breast Feeding among Tribal Mothers: A Cross-Sectional Study in Selected Taluks of Chamarajanagar District
32	843	Comparing the Utilization of Antenatal Counselling by Health Care Professionals on Early Initiation of Breastfeeding Practices in a Primigravida Women in a Private Hospital and Urban PHC.
33	860	Risk Factors of Acute Respiratory Infections in under 5 Children Admitted in a Tertiary Care Hospital - A Cross-sectional Study.

Poster Presentation – Under Graduate

Date: 12th & 13th September 2025

Time: 10:30 AM to 01:00 PM

Venue: Rajeshwari Block

Sl.No	Reg No.	Title
34	87	A study on knowledge of animal bite management and rabies immunisation among interns
35	424	Prevalence and Determinants of Dyslipidemia In Urban and Rural Areas of Belagavi - A Community Based Comparitive Study

ABSTRACTS
FULL PAPER
(FACULTY)

Integrative and Preventive Healthcare Approaches

Title: Identifying gaps in the continuum of care for hypertension and diabetes among diagnosed patients visiting selected primary healthcare facility in Bangalore- a cross-sectional study

Saranya Rajavel, Sathiabalan Murugan

ESICMC, PGIMSR & MH, Rajainagar, Bangalore

Conference Registration ID: 113

Introduction: A continuum of care approach is an important public health tool that can provide crucial understanding into all stages of disease progression, from prevention through to long-term care, and would enable consolidation of efforts to control non communicable diseases.

Objectives: To assess the current screening, diagnosis, management and follow-up practices for hypertension and diabetes among diagnosed patients visiting selected primary healthcare facility in Bangalore.

Methodology: It was an analytical cross-sectional study which was done among diagnosed diabetic and hypertensive patients attended urban and rural primary health centre. A total of two urban and two rural PHCs were selected. The sample size was calculated and fixed to 258 patients.

Results: The mean age of the participants were 60.18 + 11.03 years, ranges from 21 to 85 years. Around 62.0% of participants were ever screened for diabetes/ hypertension any time before diagnosis. Around one third of patients missed medication due to unavailability of medicines and only 58.6% were adhered good to treatment. Out of 258 participants, only 147 (57.0%) were tested for complications and only 21 (8.1%) were under treatment for these complications. Less than half of the participants i.e., 42.6% have controlled disease status.

Conclusion: We found high rates of uncontrolled diabetes and undiagnosed and uncontrolled hypertension. Lower-level health facilities were constrained by capacity to test, monitor and treat diabetes and hypertension and its complications.

Keywords: Non-communicable disease, Gaps, Continuum of care

Nutrition

Title: Understanding the Use of Reheated Cooking Oil at Home: A Study Among Parents of Future Doctors

Dr Asha B

SS Institute of Medical Sciences and Research Centre, Davangere

Conference Registration ID: 174

Introduction: Using reheated edible oil is commonly observed in Indian Kitchen household, restaurants, roadside stalls etc. Consumption of trans fatty acids from partially hydrogenated oils have no nutritional benefit rather are associated with cardiovascular conditions.

Objectives: To assess the awareness and practice of reheated edible oil among families with a health care professional.

Methodology: A cross-sectional study was conducted among 152 families of medical students belonging to different socio demographic and cultural backgrounds. Data was collected via telephonic interview method with a predesigned pretested questionnaire. The details regarding awareness and practice of use of reheated edible oil were collected.

Results: The mean age of participants was 49.75 ± 6.325 years. Out of 152 families surveyed, 75 (49.3%) reported reusing edible oil that had been heated at least once. In 19 families (12.5%), the oil was reused two or more times. Variables like education, geographical location, awareness about health risks showed significant association with respect to practice of using reheated edible oil ($p < 0.005$).

Conclusion: Nearly half of the participants reported its reuse in daily cooking. Key determinants included educational level, region of residence, and lack of awareness. Targeted awareness campaigns and culturally sensitive interventions, particularly digital programmes are recommended to address this preventable risk factor in household nutrition.

Keywords: Awareness, Reheated Edible Oil, Reuse, India, Medical Students, Parents, Practice.

Title: Exploring Dietary Diversity and Health Protection Indicators Against Non Communicable Diseases Among Indian Women by Utilizing DQQ Tool.

Dr. Tanuja P Pattankar, Dr. Shailaja S. Patil

BLDE (DU) Shri B M Patil Medical College, Hospital & Research Center, Vijayapura

Conference Registration ID: 474

Introduction: The diet of Indian women in marginalized rural communities have been identified, revealing significant regional and socioeconomic differences. Urban slum dwellers, tribal women, and those from lower social classes have *lower* nutrient intakes, while Anganwadi-registered women fare better. Common issues include high carbohydrate and fat intake, and insufficient protein, vitamins, minerals, pulses, vegetables, fruits, and dairy. Using the Diet Quality Questionnaire (DQQ), this study evaluates dietary adequacy and health protection indicators against noncommunicable diseases.

Objectives: To assess Dietary Diversity and Health Protection Indicators Against Non-Communicable Diseases Among Indian Women by Utilizing DQQ Tool.

Methodology: The study design involved a cross-sectional approach, capturing a snapshot of dietary diversity patterns among a sample of 798 participants from urban and rural areas of Southern India. The DQQ-India questionnaire was utilized to assess the dietary diversity.

Results: The average age of the study population was 43.5±8.5 years, with a significant proportion falling within the 41 to 50-year age range. Among the participants, 1.7% exhibited a NCD risk factor score >5, 47.2% had a NCD protect score <5, 29.2% had a Food group diversity score (FGDS) of <5, and 10.8% had a Global diversity score (GDS) of <10.

Conclusion: This study highlights suboptimal food group diversity and NCD risk factor scores among Indian women in the southern region. These findings underscore the need for interventions and policies targeting dietary improvements to promote better health outcomes.

Keywords: DQQ Tool, dietary diversity, NCD risk factor score, NCD protect score, food group diversity score, global diversity score.

Public Health Policies and Advocacies

Title: Utilization of adolescent health services under RMNCH+A among adolescent girls in urban poor locality of Bangalore: A Cross- Sectional study.

***Niveditha C S**, ** Jayanthi Srikanth

*The oxford Medical college and hospital, Bangalore. ** Kempegowda Institute of Medical sciences, Bangalore

Conference Registration ID: 385

Introduction: Government of India launched the RMNCH+A in 2013 to include adolescent as a separate life stage to uplift the health of adolescents. Despite the interventions, the needs of adolescents remain unmet. In this background, the present study was undertaken to assess the knowledge and utilization of health care services under RMNCH+A among adolescent girls in the urban field practice area of Kempegowda Institute of Medical Sciences, Bangalore.

Objectives: To assess the knowledge and utilization of healthcare services under the RMNCH+A among adolescent girls in the urban poor locality of Bangalore.

Methodology: A community based cross-sectional study was conducted among 230 adolescent girls from urban field practice area of KIMS, Bangalore. PPS was used as sampling technique. Details of socio-demographic, educational details, knowledge and utilization of various components of RMNCH+A was collected, general physical examination was done. Data was entered in MS Excel 2021 and analysed using SPSS 26.

Results: The study included 230 adolescent girls out of which 17% were school drop-outs. Only 31.3% were given WIFS at school, 41.3% were given education on sexual and reproductive health, 72.3% had regular preventive checkup conducted at school. Of the total, 151(65.7%) had attained menarche, 98.7% had knowledge regarding the menstrual hygiene. However, none of the subjects were aware regarding Adolescent friendly health clinic at UPHC.

Conclusion: Utilization of various components was found to be good for education on nutrition and Balanced diet, consumption of deworming tablets, mid-day meals and preventive health up. Poor utilization of services like consumption of WIFS, education on NCDs, Sexual and reproductive health and free sanitary napkins.

Keywords: Adolescents, RMNCH+A, Utilization, WIFS

Social & Behavioral Sciences

Title: Assessment Of Level Of Satisfaction Among Postnatal Women Delivered In A Government Hospital In Urban Bengaluru- A Cross-sectional Study.

Sathiabalan M, Saranya R, Suresh K

ESIC Medical College & PGIMSR, Rajaji Nagar, Bengaluru

Conference Registration ID: 131

Introduction: Postnatal care (PNC) satisfaction has been defined as the level at which mothers' immediate postnatal health care needs are met, in regard to their expectations, giving them a sense of happiness and it is considered one of the desired outcomes of health care.

Objectives: To assess the level of satisfaction among postnatal women delivered in a Government Hospital in Urban Bengaluru by using a semi-structured interview-based questionnaire.
Methodology: It was an analytical cross-sectional study which was done among postnatal mothers who delivered in Government health facilities. The sample size estimated was 178.

Results: The mean age of the postnatal mothers was 27.75 (SD=4.4). Nearly 40% belong to the age category of 25-29 years. More than a third, had graduate degree whereas, only 14% were employed. Only 42% were satisfied overall in all the four domains of healthcare. The level of satisfaction was poor in informative aspects of healthcare (10.6%). The antenatal features like birth weight and early initiation of breastfeeding practices were significantly associated with level of satisfaction.

Conclusion: The level of satisfaction was higher in interpersonal and technical aspects of care than in informative aspects and health facility-related statements. The higher the education level, the lower the level of maternal satisfaction, and multiparous are more likely to be satisfied with delivery service than primiparous.

Keywords: Birth Satisfaction, Maternal health, Maternal care, Postnatal satisfaction, healthcare facility satisfaction
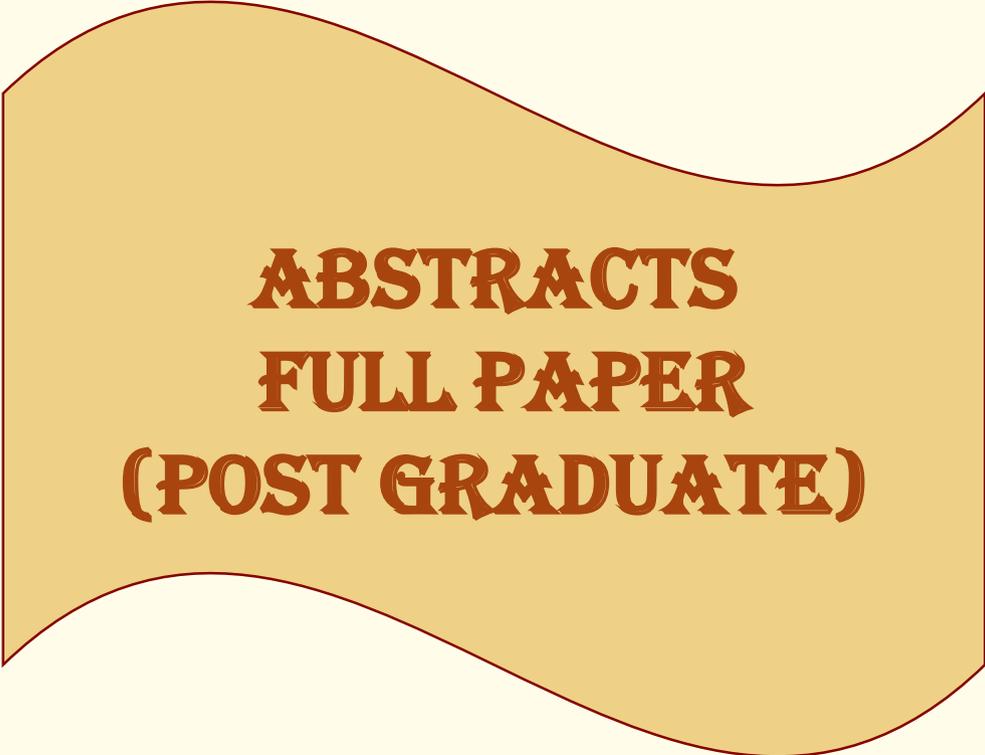
ABSTRACTS
FULL PAPER
(POST GRADUATE)

Integrative and Preventive Healthcare Approaches

Title: Validation Of Point Of Care Testing Device Hemocue® Hba1c 501 System For Estimation Of Glycated Hemoglobin (Hba1c)

Farhad Ahamed, Debkumar Pal, Jeevanmuktha Somashekara.

All India Institute of Medical Sciences, Kalyani

Conference Registration ID: 450

Introduction: Given the established significance of glycated hemoglobin (HbA1c) levels in the diagnosis and management of diabetes mellitus, there is a clear need for a reliable point-of-care testing (POCT) method. Such a method would be particularly valuable in field settings, especially in lower-middle-income countries like India. This study was undertaken to evaluate the validity of the HemoCue® HbA1c 501 System—a POCT device—for measuring HbA1c levels among patients visiting a tertiary care hospital, using High-Performance Liquid Chromatography (HPLC) as the reference standard.

Objectives: To assess the validity of the POCT device with High-Performance Liquid Chromatography (HPLC) as the reference standard using Bland-Altman analysis, Lin's concordance correlation coefficient (CCC), intra-class correlation coefficient (ICC), and Kappa statistics.

Methodology: We carried out a prospective observational study among patients attending the Outpatient Department (OPD) of a tertiary care hospital in eastern India. HbA1c levels were measured from venous blood using both High-Performance Liquid Chromatography (HPLC) and a point-of-care testing (POCT) device. Additionally, capillary blood samples were collected for HbA1c estimation using the POCT device. HbA1c values were classified as normal or elevated using a threshold of ≥6.5%, and sensitivity, specificity, as well as positive and negative predictive values were calculated. To assess the validity of the POCT device, we employed Bland-Altman analysis, Lin's concordance correlation coefficient (CCC), intra-class correlation coefficient (ICC), and Kappa statistics.

Results: The mean age of the study participants was 49.4 years (SD: 12.6). Lin's concordance correlation coefficient for HbA1c estimation using venous blood with the HemoCue® HbA1c 501 device compared to HPLC was 0.95 (95% CI: 0.93 to 0.96, p < 0.001). For capillary blood samples, the concordance correlation coefficient was 0.96 (95% CI: 0.95 to 0.97). Using a threshold of ≥6.5% for diagnosing hyperglycemia, the HemoCue® HbA1c 501 device demonstrated a sensitivity of 91.5%, specificity of 83.1%, positive predictive value (PPV) of 79.0%, and negative predictive value (NPV) of 93.3%% when venous blood was analyzed. When using capillary blood, the device showed a sensitivity of 95.1%, specificity of 93.2%, PPV of 90.7%, and NPV of 96.5% in comparison to the reference standard HPLC method.

Conclusion: The HemoCue® HbA1c 501 point-of-care device showed high specificity and an excellent area under the curve (AUC), indicating strong diagnostic accuracy. It also demonstrated a very high Lin's Concordance Correlation Coefficient (CCC) with the HPLC method, reflecting strong reliability. The device showed a lower mean bias when using capillary blood compared to venous samples, suggesting improved performance with capillary samples. These findings support the potential integration of capillary-based HbA1c testing into existing healthcare systems in India.

Keywords: diagnostic accuracy, diabetes mellitus, point of care testing, validation study, glycated hemoglobin

Mental well being

Title: Prevalence Of Smartphone Addiction And Its Relation With Depression Among Undergraduate Medical Students Of Mamata Medical College Khammam - A Cross Sectional Study

Dr. Palacharla Aparna

Mamata medical college, Khammam

Conference Registration ID: 69

Introduction: Smartphone addiction is an emerging public health concern, particularly among youth and students. In the post-pandemic digital era, increased reliance on smartphones for academic and personal use may contribute to psychological issues such as depression. This study was undertaken to estimate the prevalence of smartphone addiction and its association with depression among undergraduate medical students.

Objectives: "To estimate prevalence of smartphone addiction among undergraduate medical students of Mamata medical college Khammam To estimate prevalence of depression among undergraduate medical students of Mamata medical college Khammam To assess relation between smartphone addiction and depression among undergraduate medical students of Mamata medical college Khammam.

Methodology: A cross-sectional study was conducted among 380 undergraduate students at Mamata Medical College, Khammam, during February–March 2024. Data were collected using a prevalidated, self-administered questionnaire via Google Forms. Smartphone addiction was assessed using the Smartphone Addiction Scale-Short Version (SAS-SV), while depression was measured using the Patient Health Questionnaire-9 (PHQ-9). Data were analyzed using SPSS v27. Chi-square test and Spearman correlation were used; $p < 0.05$ was considered statistically significant.

Results: Among the 380 participants (mean age: 19.9 ± 1.49 years), 49.7% were found to be smartphone addicted and 66.1% had depression. Smartphone addiction was significantly associated with longer daily usage (>1 hour/day; p < 0.001) and female gender (p = 0.006). Depression was significantly associated with higher smartphone use (p = 0.01). A moderate positive correlation (r = 0.426, p < 0.001) was observed between smartphone addiction and depression.

Conclusion: The high prevalence of both smartphone addiction and depression among medical students and their significant association underscores the need for targeted mental health awareness, counseling services, and responsible digital usage campaigns in medical institutions.

Keywords: Smartphone addiction, Depression, Undergraduate medical students

Title: Burden and Determinants of Perceived Stress and Burnout Among Accredited Social Health Activists in Kolhapur District: A Mixed-Method Study

Dr Sivasai Madhuri Kongi, Dr Sudesh V Gandham, Dr Sheetu Jailkhani

R.C.S.M Government Medical College, Kolhapur

Conference Registration ID: 75

Introduction: ASHAs are key to India's rural healthcare system, yet face high workloads, limited resources, and inadequate support. These challenges may contribute to stress and burnout, thereby affecting their well-being and performance. However, limited research exists on the mental health burden faced by ASHA workers.

Objectives: To estimate the burden of stress and burnout among ASHAs & to identify associated personal, work-related, and client-related factors, along with qualitative exploration through in-depth interviews.

Methodology: This mixed-method study included 160 ASHAs from 15 randomly selected PHCs in Kolhapur district. Data were collected using PSS-10 and CBI scales. In-depth interviews were conducted with 50 ASHAs for qualitative insights. Statistical analysis identified associations between stress, burnout, and background factors. Thematic analysis was done using Braun and Clarke's six-phase framework.

Results: Moderate stress was reported by 97.5% ASHAs. High burnout was observed in 40.6% (personal), 56.8% (work-related), and 64.3% (client-related). Significant associations included age, education, long working hours, and dissatisfaction with payment. Thematic analysis identified five stressor domains: workload pressure, physical strain, dual role stress, community resistance, and systemic or institutional barriers.

Conclusion: ASHAs are experience a significant burden of stress and burnout, driven by occupational, personal, and systemic challenges. The findings underscore the need for structural reforms, including appropriate training, mental health support, improved work conditions, and incentives to enhance ASHA well-being and healthcare service delivery.

Keywords: ASHAs, stress, burnout, primary healthcare, mixed-method study

Title: Perception Of Emotional Intelligence Among Youth In Selected Colleges Of Dakshina Kannada- A Qualitative Approach.

Dr Naveen Krishnan, Dr Anusha Rashmi, Dr Hamritha Mukundth.

KS Hegde Medical Academy, Mangaluru.

Conference Registration ID: 150

Introduction: Youth today face many emotional challenges. As pillars of the future, learning emotional intelligence helps them understand and manage emotions. This supports their personal and family well-being and also helps build a more emotionally healthy, resilient and understanding community.

Objectives: To assess the perception of emotional intelligence among youth in selected colleges of Dakshina Kannada district.

Methodology: This is a community-based cross-sectional qualitative study which was conducted among bachelor's degree students from selected colleges in Dakshina Kannada district. The participants were selected using purposive sampling and data was collected through Focus Group Discussions (FGDs). A total of six FGDs were conducted. The recordings were transcribed; the data was coded and analyzed using thematic analysis.

Results: The study revealed that 48.6% of participants associated emotional intelligence with emotions, 43.2% were unfamiliar with the concept. A significant 83.8% could recognize and relate nonverbal cues. 43.2% participants said that anger is difficult to manage. Happiness was linked to time spent with friends/family by 73% of the participants. Decision-making was said to depend on emotions by 46% of participants.

Conclusion: A considerable number of participants understood how emotions playing a vital role in daily life. Though, few participants were unfamiliar with concepts of emotional intelligence, they were very much aware of the influence of emotions on decision making. The importance of friends and family as a support system was emphasized

Keywords: Emotional Intelligence, Mental well-being, Youth, Qualitative study
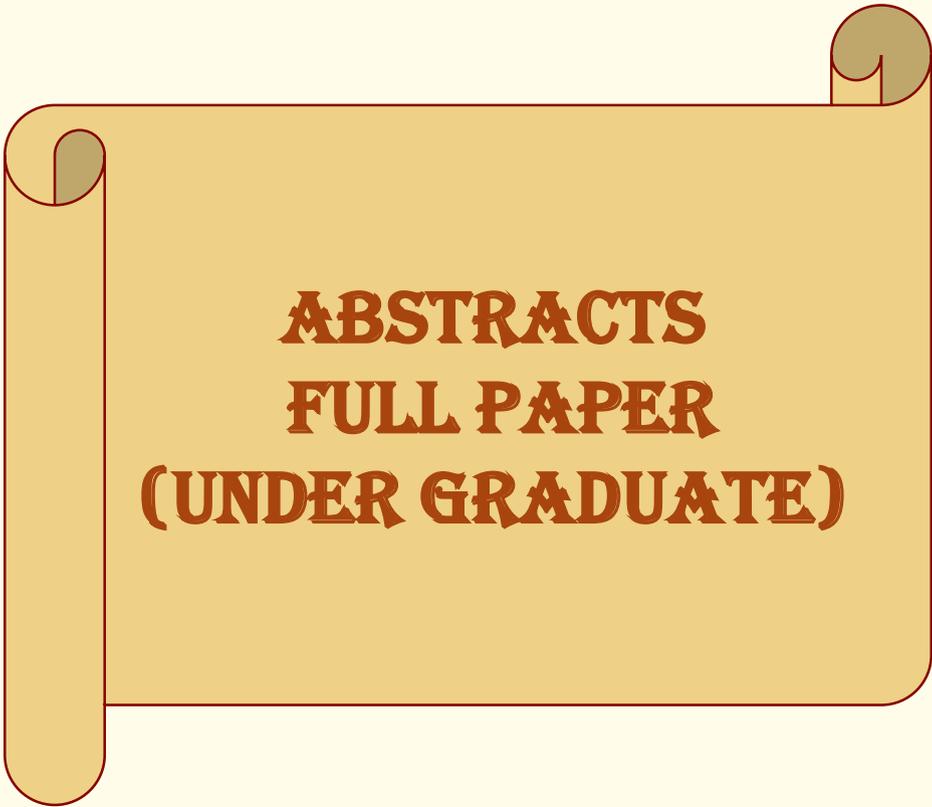
ABSTRACTS
FULL PAPER
(UNDER GRADUATE)

Integrative and Preventive Healthcare Approaches

Title: A randomized control trial to assess the effectiveness of health education and provision of resources for safe sputum disposal practices among the pulmonary Tuberculosis patients.

Shubhangi Mishra, Dr. Rachana A.R, Dr. Malatesh Undi

Karwar Institute Of Medical Sciences, Karwar.

Conference Registration ID: 148

Introduction: Observing the current pattern of sputum collection and disposal as well as the lack of awareness about tuberculosis and its prevention, it is the need of the hour to educate the people on tuberculosis and its prevention. Safe sputum disposal practice is a one of the important strategies in tuberculosis prevention. Hence patients and their families should be made aware of various methods of safe sputum disposal practices and encouraged to practice the same. The present study aims to encourage and equip the patients with providing the information and resources needed for the safe sputum disposal practices and also to assess the effectiveness of these interventions on improving safe sputum disposal among the study subjects.

Objectives: To assess the effectiveness of health education alone versus health education combined with the provision of resources in improving safe sputum disposal practices among TB patients.

Methodology: Randomized Controlled Trial done with 50 drug sensitive pulmonary TB patients in DOTS Centre, Medical College situated in coastal Karnataka; randomized into Group A (Health education only) and Group B (Health education + resource provision). Study duration was for 3 months from the time of sanctioning of grant. Data was collected using pre-tested semi-structured questionnaire. Weekly follow-up was done for 1 month. Data analysis was done using descriptive statistics and paired t-tests, Z-test for proportions.

Results: At baseline, safe sputum disposal was practiced by only 4% in each group. Post-intervention, Group A improved to 16% and Group B to 56%, with a statistically significant difference (p < 0.0032). Both groups showed significant improvement in knowledge (Group A: from 3.64 to 9.08; Group B: from 3.80 to 8.96; p < 0.0001 for both). Socio-demographic analysis revealed most participants were male, married, and in the 31–40 age group. Group B included more illiterate individuals yet achieved better behavioural change.

Conclusion: Health education significantly improves TB-related knowledge. However, when paired with resource provision, it leads to significantly better adoption of safe sputum disposal practices.

Keywords: Tuberculosis, Sputum disposal, DOTS, Resource provision, Health education

THEMATIC ABSTRACTS ORAL PAPER (FACULTY)

Mental well being

Title: Prevalence and severity of burnout and its influencing factors among medical interns of a Medical College in north Karnataka

Dr Basavaraj S Mannapur, Dr Santosh Naik, Dr A S Dorle

S Nijalingappa Medical College, Bagalkot

Conference Registration ID: 452

Introduction: The stressors and long hour internships could place a high burden on trainees. Burnout leads to decreased productivity and also manifests itself in physical and psychological issues like exhaustion, medical errors & absenteeism. Understanding and examining burnout becomes very important to create a better working environment.

Objectives: To assess the prevalence and severity of burnout and its influencing factors among medical interns.

Methodology: A Cross-sectional study was carried out in a Medical College from January- April 2025. Study population consists of medical interns enrolled in internship training during the study period. The study population was 115 who were selected by convenient sampling. A Predesigned, pretested semi structured questionnaire was used to collect the data. Burnout was assessed by application of Burnout Assessment Tool BAT-23 (Dimensions: Exhaustion, Mental distance, cognitive impairment and emotional impairment). For each question scoring was done as 1-Never, 2-Rarely, 3- Sometimes, 4-Often, 5-Always. Average total scores for each dimension were taken and then summated to classify as low, average, high, very high according to the determined cut-off scores. Average total score of each dimension was also summated to find the average total burnout score which was also categorised in the same way. Chi-square test was used to find out the association between burnout and the influencing factors.

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Results: Majority (87.8%) belongs to the age group of 22-24 years. 60% of the participants were males.12.17% of the interns had experienced very high, 38.26% high, 39.13 % average and 10.43% low level of burnout. The average prevalence of burnout among interns was 29.85 %. The association between duration of sleep and burnout was found to be statistically significant.

Conclusion: Preventing burnout are urgently required to protect the quality of life of doctors and quality of services provided to the patients. Burnout can be prevented by meditation, deep breathing, encouraging adequate sleep, regular exercises and by regulating working hours.

Keywords: Medical Interns, Burnout, Prevalence, Severity, Influencing factors

Title: Study of mental health of perimenopausal women – Community based Cross sectional Study

Dr Maharshi V Patel

SBKS MI RC Sumandeep Vidyapeeth Deemed To Be University

Conference Registration ID: 180

Introduction: Perimenopause, a transitional phase marked by significant physical, emotional, and social changes, presents unique challenges that affect women's overall well-being. Understanding the quality of life of perimenopausal women is essential, as it provides insights into the challenges they face and the coping mechani they employ during this phase.

Objectives:

• To evaluate the mental health of perimenopausal women

• To find rural and urban difference in mental health of perimenopausal women

Methodology: Community based cross sectional study was done in RHTC and UHTC of SVDU. Based on prevalence rate of 61.7% total sample size of 364 participants was determined, equally divided between rural and urban areas. Participants aged 40 to 50 years were selected using systematic random sampling. Data collection was carried out using predesigned and pretested questionnaire consisting of 10 items scored as good, average, poor. Specialized scoring tool validated by subject experts. Z-test was employed to determine whether there was statistically significant difference in mean scores between the urban and rural groups.

Results: A total of 364 women participated in the study out of which 182 were from urban area and 182 from from rural area. In mental health domain the rural group scored a mean of 8.29 ± 4.41, while the urban group scored a higher mean of 11.02 ± 4.50. The Z-test result (-5.84769, p = 4.98E-09) shows that this difference is highly significant, indicating that rural women have better mental health scores.

Conclusion: Study reveals, significant number of women experience number of psychosocial challenges during perimenopause. Transition into this phase represents pivotal period in woman's life, marked by complex interaction of emotional transformations. Research focused assessing quality of life among perimenopausal women by thoroughly exploring aspects perceived like health status and emotional well-being.

Keywords: Perimenopausal, Mental health, Community, Transition, Women's Health

Title: Compulsive Buying Disorder among Medical Undergraduate Students from Dakshina Kannada, Karnataka: A Cross-sectional Study

Dr. Pragadeesh Raja. V

Father Muller Medical College, Mangalore, Karnataka

Conference Registration ID: 687

Introduction: Compulsive Buying Disorder (CBD), also known as buying shopping disorder or Oniomania, is a growing concern that affects mental health, relationships, and financial stability. It is characterized by excessive and uncontrollable buying behaviour. With the rise of consumerism and the surge in online shopping, compulsive buying has become increasingly prevalent, particularly among adolescents and young adults.

Objectives: To estimate the prevalence of Compulsive Buying Disorder among medical undergraduate students, and to identify the associated risk factors of Compulsive Buying Disorder among medical undergraduate students.

Methodology: A cross-sectional study was conducted among undergraduate medical students. A total of 295 medical undergraduate students participated in the study. By using multistage sampling, a pretested semi-structured questionnaire was used to collect socio-demographic details and information on factors associated with CBD. The validated Richmond Compulsive Buying Scale (RCBS) was employed to determine the prevalence of CBD. Data analysis was done using IBM SPSS Version 23.

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Results: Among the participants, 184 (62.4%) were female, and 111 (37.6%) were male, with a mean age of 20.9 years, ranging from 19 to 25 years. CBD was observed in 60 (20.3%) of the participants. Among the CBD students, 61.7% were female and 38.3% were male. Students' residence, packet money given by parents, parental accountability, students being tempted by offers and deals, being scolded by parents for spending too much money, and the role of social media in buying behaviour and saving habits are significantly associated with CBD (p-value < 0.05).

Conclusion: The study showed that 20.3% of undergraduate medical students have Compulsive Buying Behaviour (CBD). It is significantly associated with female gender, financial factors, parental accountability, marketing temptations, and social media influence. These results emphasize the importance of targeted interventions and awareness campaigns focusing on identified risk factors such as social media, financial stability, savings behaviour, and others.

Keywords: Compulsive buying behaviours, medical students, online shopping behaviour

Title: Unveiling the Silent Struggle: Depression and Healthcare Utilization among the Elderly in Rural South India

Dr Vijayakarthikeyan, Dr Srishthi

Institute name: VMRF, Salem

Conference Registration ID: 663

Introduction: Among the mental health problems depression emerge as a disease with huge global burden. Majority of the cases of depression are either underdiagnosed or misdiagnosed as most of the time the symptoms are masked by cognitive decline due to ageing.

Objectives:

• To estimate the prevalence of depression among the elderly in a rural area

• To determine the factors associated with depression among the elderly in a rural area

• To assess the health seeking behavior among the elderly population.

Methodology: This cross sectional analytical study was conducted among 2000 elderly population chosen using Simple Random Sampling method. . Geriatric Depression Scale (GDS 15) was used to assess the depression among the elderly population. Chi-Square test was used to test the association for univariate analysis and p value < 0.05 was considered as statistical significance. Multivariate binomial logistic regression analysis was done using enter method.

Results: As per GDS-15, 40.1% of the elderly populations were having depression. In multivariate binomial logistic regression analysis variables that were significantly associated with geriatric depression were age (61 – 80) Years (p value - 0.021, AOR – 1.36), financial dependence on family (p value - 0.011, AOR – 1.45) and presence of associated chronic comorbidity (p value - 0.001, AOR – 2.57). majority 60.6% preferred government health facility when sick.

Conclusion: Enhancing economic security, addressing social determinants, and fostering routine screening for depression among older adults are imperative to mitigate the rising burden of late-life mental health disorders in aging populations.

Keywords: Old age, Mental health, Health seeking, Depression

Nutrition

Title: Dietary diversity and Healthy ageing among Geriatric population of Urban Area of Bangalore - A cross- sectional study

Dr Amrita N Shamanewadi, Dr Nithya, Dr Bhavana Gangadara

Sapthagiri Institute Of Medical Sciences And Research Center, Bangalore

Conference Registration ID: 151

Introduction: Healthy aging is a growing public health priority as global life expectancy increases. With chronic conditions prevalent among older adults, nutrition particularly dietary diversity is a key modifiable factor. This study investigates the association between dietary diversity and healthy aging, addressing critical gaps in geriatric nutrition research.

Objectives: To estimate the Dietary diversity with the help of Individual dietary diversity score of geriatric population and to evaluate the association of Dietary diversity scores with healthy aging among geriatric population of an Urban Area of Bangalore.

Methodology: A cross-sectional study was conducted in urban field practice area of a tertiary care hospital, Bangalore for 3 months. Date was collected house to house using a pre-designed, semi-structured and pre-validated questionnaire. Data collected will be entered in Microsoft Excel and data will be analyzed using SPSS (trial version). Descriptive statistics will be used to summarize the data. Chi-square test will be used to check for the association.

Results: Among 127 geriatric population surveyed, 84 were males and 43 were females. The mean age of study population was 66.3. Among the subjects 67.7% had high dietary diversity, while 24.4 % had moderate and 7.9% low diversity. Regarding Healthy ageing assessment score, 9.4% had poor score, 56.7% Fair score, and 33.9% had good score.

Conclusion: Dietary diversity showed a positive association with healthy aging scores in the elderly population. Promoting varied, nutrient-rich diets can be a simple yet effective strategy to support healthy aging, improve functional status, and prevent nutrition-related morbidities among urban geriatric communities.

Keywords: Dietary diversity, Healthy aging, Geriatric population

Title: Nutritional, Functional and Mental Health Determinants of Anemia among Urban Elderly: A Community-based Study

*Dr Saranya K, **Dr Sanjay T V

*PESUIMSR, Bangalore. **KIMS, Bangalore

Conference Registration ID: 509

Introduction: Anemia represents a considerable public health challenge among the elderly population, often undiagnosed and receiving insufficient treatment. It negatively influences physical, functional, and mental well-being, leading to increased morbidity and mortality. Despite its impact, anemia in elderly remains inadequately addressed in national surveys, highlighting the need for targeted nutritional evaluations.

Objectives: To assess the nutritional, functional and mental health determinants with anemia among elderly population.

Methodology: A cross-sectional study was conducted among 250 elderly aged ≥60 years in the urban field practice area of a medical college in Bengaluru. Data on nutritional status, depression (Mini-Nutritional Assessment) and functional status (Katz scale), were collected using a pre-tested semi-structured proforma. Hemoglobin was estimated using HemoCue 301.Statistical analysis was done using Epi-Info, with Chi-square and logistic regression tests applied.

Results: Among 250 participants, 38.4% were anemic. Anemia was significantly higher among those at risk of malnutrition/malnourished (46.7%, p=0.0007), functionally dependent (58.2%, p=0.0006), and those with depression (59.1%, p=0.001). On logistic regression, subjects were at risk of malnutrition/malnourished MNA <24 (AOR=8.2, p<0.001) and functional dependence (AOR=0.7, p=0.01) were significant independent predictors of anemia.

Conclusion: Anemia among the urban elderly is strongly associated with poor nutritional status, functional dependence. These findings highlight the need for integrated geriatric assessments that include nutritional screening, functional evaluation, and mental health support to reduce the burden of anemia in this vulnerable population.

Keywords: Anemia, elderly, urban, hemoglobin, Nutrition

Title: A study on the diet, cooking methods and the risk of complications among the NCD patients of Gadag district.a mixed method study.

Dr. Sneha K, Dr. Rekha S Sonavane, Dr. Amith E S

K H Patil Institute of Medical Sciences

Conference Registration ID: 718

Introduction: Non-communicable diseases constitute the leading cause of mortality worldwide, with the four major contributors being cardiovascular diseases, cancers, respiratory diseases and diabetes.India accounted for over two-thirds of the total NCD-related deaths in the Southeast Asia Region. Modifying the diet has an important role in the primary prevention of such diseases

Objectives:

•To determine the prevelance of complications among the NCD patients.

•To   asses   the relationship between the dietary habits, manner of cooking and prevelance of complications among the NCD patients.

Methodology: A hospital based study for period of 1month conducted at NCD Clinic, District hosptial of K.H.Patil Institute of medical sciences, Gadag with study subjects in the age group of 25-65years NCD patients. Using oral questionnaire method consisting of questions on, history of NCD ,Dietary patterns, cooking methods and prevelance of complications with reference to a standard Food frequency quiestionaire as per ICMR.

Results: Among the 1740 NCD patients the prevelance of diabetes was 38%,hypertension 46% and CVD 9.3%.out of that ,560(32.3%) had developed complications due to the underlying NCD.majority of study subjects had suffered from diabetic neurpathy and renal complications followed by mycardial infaraction in 24% , few of subjects had stroke(11.7%).regarding the treatment adherence 69.3% of study subjects had poor treatment adherence. There was significant association between history of High-Fat/salt/sugar(HFSS)items, lower intake of fiber diet and usage of palm oil for cooking and development of complications. Mean age was 34_+ 2 SD, with majority of study subjects(57.4%) being females.

Conclusion: The present study showed that hypertension & cardiovascular diseases are more in prevelance in comparison to diabetes and other NCD among our study subjects.This study highlighted the implications of HFSS diet and the development complications.There is urgent need for health education among the NCD patients regarding making the necessary changes in diet and cooking methods

Social and Behavioural Sciences

Title: Adult Nicotine Dependence And Its Predictors In Raebareli, Uttar Pradesh: A Cross-sectional Study

Mukesh Shukla, Abhay Singh, Bhola Nath

All India Institute Of Medical Sciences (AIIMS), Raebareli, Uttar Pradesh, India

Conference Registration ID: 853

Introduction: nicotine, the primary addictive constituent of tobacco, exerts both physiological and psychological effects on the brain, leading to dependence. The present study sought to assess the prevalence of nicotine dependence and examine its associated determinants among adult tobacco users.

Objectives: the present study sought to assess the prevalence of nicotine dependence and examine its associated determinants among adult tobacco users.

Methodology: A centre-based (centre for rural health AIIMS) cross-sectional study was conducted among 430 participants aged more than 8 years with A history of tobacco use for more than one year. A two-stage random sampling method was employed to select outpatient department (OPD) days and recruit participants. Data were collected using A pre-tested questionnaire, and the fagerström nicotine dependence test was applied. Multivariate logistic regression was performed to assess associated factors.

Results: of the 430 participants, 56% used smokeless tobacco, 27% smoked, and 17% consumed both. High nicotine dependence was observed in 36.0% of smokers and 54.2% of smokeless tobacco users. Dual users showed predominantly low dependence (43.7% for smoking, 46.5% for smokeless tobacco). Living in A joint family reduced the likelihood of higher dependence (AOR: 0.6; 95% ci: 0.4–0.9; p = 0.009), whereas living alone increased it (AOR: 2.4; 95% ci: 1.1–5.1; p = 0.040). Use of smokeless tobacco was strongly associated with medium to high dependence (AOR: 2.5; 95% ci: 1.6–4.0; p < 0.001). Each year of delayed initiation of tobacco use was linked to A 10% reduction in the risk of dependence (P = 0.026).

Conclusion: the study highlights A higher risk of nicotine dependence among smokeless tobacco users, individuals living alone, and those initiating use at younger ages. These findings emphasize the need for early, targeted interventions tailored to vulnerable groups.

NON THEMATIC ABSTRACTS ORAL PAPER (FACULTY)

Communicable Diseases Including Tropical Diseases

Title: Effectiveness Of Module-based Learning On Knowledge About Prevention And Control Of Kyasanur Forest Disease Among Medical-undergraduates

<u>Gita Amonkar</u>, Rachana AR, Malatesh Undi

Karwar Institute of Medical Sciences

Conference Registration ID: 143

Introduction: Kyasanur Forest Disease (KFD) is a re-emerging zoonotic. There are hardly any studies done to understand the awareness of Medical professional's (including medical undergraduates) regarding prevention and control of KFD. Hence, this study was planned to assess the existing awareness of Medical undergraduates regarding KFD in selected endemic district of Karnataka.

Objectives:

• To assess the knowledge regarding prevention and control of KFD among undergraduate medical students.

• To assess the effectiveness of module-based learning on knowledge about prevention and control of KFD among undergraduate medical students.

Methodology: 1st, 2nd and 3rd year medical undergraduates were involved in this study. Sessions were conducted in phase-wise batches. Their pre-test knowledge was assessed using MCQs on epidemiology, prevention and control of KFD. Following pre-test, students were trained using a module on epidemiology, prevention and control of KFD. Post-test session was conducted immediately. Retention test after 4 weeks of modular training.

Results: Study included a total of 406 MBBS students in the age group of 19-22 years who consented to participate in the study. Mean pre-test score 10.44 (±3.66) and post-test score 13.06 (±2.25). There was improvement in mean score of the post-test which was statistically significant (p<0.0001). Mean pre-test score was 10.44 (±3.66) and retention test score 15.22 (±7.41). There was improvement in mean score in retention test which was statistically significant(p<0.0001). More than 70% of students agreed that module-based learning aroused interest in learning, helped in application of knowledge to clinical practice, it helped in better retention of the topic.

Conclusion: Statistically significant improvement in mean score of the post-test and retention test in all the 3 groups of MBBS students. Module-based learning was found to be an effective method to spread knowledge about prevention and control of KFD among undergraduate medical students.

Keywords: Kyasanur Forest Disease, Knowledge, Epidemiology, Module based teaching.

Title: Impact of health education intervention in dengue prevention among school children of North Karnataka

<u>**Dr. Santhoshkumar Ramesh Naik**</u>, Dr. Basavaraj S. Mannapur, Dr. Ashok S. Dorle

BVV Sangha's S. Nijalingappa Medical College And Hsk Hospital And Research Centre, Bagalkote

Conference Registration ID: 310

Introduction: Dengue fever has emerged as an important public health problem. WHO estimated 50-100 million cases annually. Children are more affected with the disease. Children educated at an early age bring about a behavioral change and it will help in reducing mosquito breeding places..

Objectives:

- To assess the baseline knowledge, attitude and practice regarding dengue

- To evaluate a change in the knowledge, attitude and practice regarding dengue

Methodology: A before and after non-Randomized pre-post health education intervention study done for 6 months from Jan-Jun 2025. 200 school students of 8th-10th included in the study following the consent. A structured questionnaire was utilized to collect the data and health education was given to all the students regularly and assessed change in post-test. Data was analyzed using appropriate tests.

Results: Among 200 participated school students, there was significant change in the knowledge on dengue following health education intervention (good knowledge 45% in pretest increased to 98.5% with $p<0.001$). Health education was given on symptoms of dengue, identifying the breeding places, preventive measures that could be undertaken by themselves. Students had good attitude to change the environment which improved still more following intervention (72% in pre-test increased to 92% post-test with $p<0.001$) in sustaining dengue control. There was rise in the practice levels with each practice measure found to be significant ($p<0.001$) following health education.

Conclusion: The current study shows health education plays a much better role in inflicting the young minds in controlling the dengue. Students will be having receptive mind and getting a better awareness on dengue and its prevention helps to control the dengue in the family and community.

Title: "Identifying High-Risk TB Cases: Implementation of a Programmatic Screening Tool in Bengaluru"

Dr. Sreenath Menon P K, Dr. Sharath B N, Dr. Sangeetha M D

Institute name: ESICMC & PGIMSR

Introduction: tuberculosis (TB) remains A significant global health challenge, causing 1.3 million deaths in 2020. The COVID-19 pandemic has further exacerbated the TB burden, leading to an 11% rise in TB mortality in india from 2019 to 2020. The world health organization (WHO) aims to reduce TB deaths by 90% by 2030 and 95% by 2035. Early identification and management of severely ill TB patients are crucial for achieving these targets.

Objectives: To identify adult tb patients at high risk of severe illness (hrsi) using a programmatic screening tool, assess referral linkages, and evaluate care outcomes within the first seven days post-diagnosis in bengaluru, india.

Methodology: a cross-sectional study was conducted over 18 months (august 2022 to july 2023) across five tuberculosis units (tus) in the bruhat bengaluru mahanagara palike (bbmp) district. Data were collected from national tuberculosis elimination program (NTEP) records and patient interviews, including 263 adult drug-sensitive TB patients diagnosed at public health facilities. Patients were screened for HRSI within seven days of diagnosis using A tool assessing body mass index (BMI), respiratory rate, and oxygen saturation. Descriptive statistics summarized patient characteristics and outcomes, and associations were analyzed using chi-square and fisher exact tests.

Results: of the 263 tb patients screened, 20.9% were identified as being at high risk of severe illness. Among these high-risk patients, 73.3% accessed inpatient care, with 51% seeking treatment at district hospitals and 20% at private hospitals. Inpatient mortality among high-risk patients was 19.4%, while no deaths were reported among those managed as outpatients. Key severity indicators included BMI ≤ 14 kg/M² (12%), respiratory rate >24 breaths per minute (3%), oxygen saturation <94% (7%), and inability to stand without support (8%). High-risk status was more prevalent among patients over 65 years of age, males, those with microbiologically confirmed or smear-positive pulmonary TB, hiv-reactive status, and diabetes mellitus.

Conclusion: early identification and referral of tb patients at high risk of severe illness are essential to reduce mortality. The study highlights the effectiveness of A simple screening tool in routine programmatic settings and underscores the need for targeted interventions and improved healthcare access for high-risk TB patients in India.

Keywords: tuberculosis, high-risk, screening tool, identify.

Environmental Sustainability, Sanitation and Hygiene

Title: Knowledge and practice assessment on universal precautions among health care workers of a tertiary care centre in North Karnataka

Dr. Ashok S. Dorle, Dr. Santhoshkumar R. Naik

BVV Sangha's SNMC and HSK Hospital and Research Centre, Bagalkote.

Introduction: Health care workers (HCWs) provide patient care and are in constant exposure to various occupational hazards wherein, globally, over two million HCWs exposed annually (WHO). Universal precautions play vital role in protecting them. Even with guidelines there is paucity in knowledge, attitudes and practices of universal precautions among HCWs.

Objectives:

- To assess the knowledge of HCWs in SPs

- To assess the practice of HCWs in SPs

To understand the challenges faced by HCWs in applying the SPs

Methodology: A hospital based cross-sectional study was conducted among HCWs of a teaching medical hospital for six months. All the health care workers working in a teaching medical hospital were included. Sample size was estimated to 200. Simple random sampling was undertaken to collect the data following an informed consent from the participants using a pretested questionnaire.

Results: The current study noted, 53.5% males and 46.5% females. Good knowledge among HCWs was 61.5% and good practice was noted in 77.2% HCWs. Barriers were also observed in the HCWs for universal precautions which showed that, 66% had lack of time, 77% told emergency situations they were not able to follow the steps. Almost all the HCWs told there is need of regular supervision to implement universal precautions successfully.

Conclusion: The current study shows there is need of continuous and rigorous monitoring on health care workers in regards to universal precautions to protect themselves and the patients from infections and also in the community. Strengthening institutional policies, ensuring uninterrupted supply of protective equipment are essential steps toward improving compliance.

Keywords: Universal precautions, HCWs, knowledge, practice, barriers

Title: Study on hygiene-sanitation among 10th class students belonging to field practice area of Shimoga-institute-of-medical-science Karnataka.

Dr. Anitha B.P

Subbaiah Institute of Medical Science

Conference Registration ID: 459

Introduction: In 2020, 2.3 billion people lacked basic hygiene (UNICEF). In 2017, there were no basic sanitation facilities for 2 billion people across the globe (WHO). Improved drinking water facility & sanitation facility in Karnataka was 95.3% & 74.8% respectively (NFHS-5). So, a study on hygiene and sanitation among 10th class students of field practice areas of Shimoga-Institute-of-Medical-Science was undertaken.

Objectives:

- To ascertain the hygiene practices among 10th class students.

- To determine sanitation in their schools.

Methodology: Study was conducted among the 10th class students belonging to field practice areas of Shimoga Institute of Medical Science, Shivamogga. Data was collected by visiting all the schools using semi-structured and pre-tested questionnaire

Results: Personal-hygiene like washing hands before food was 95.7% in rural & 100% in urban students. Washing hands with soap after using toilet was 94.9% in rural & 94% in urban. Menstrual-hygiene like use of sanitary pad was 70% in rural & 92.6% in urban students. Sanitation facility like separate toilets for boys & girls was 100% in both rural & urban schools.

Conclusion: Hygiene and sanitation were good in most of schools and this has to be maintained in future as well.

Keywords: Personal-hygiene, Menstrual-hygiene, Sanitation, 10th class students

Title: Assessment Of Hand Hygiene Knowledge Among Nursing Orderlies In A Tertiary Care Hospital In Bengaluru

Dr. Darshan H S, Dr. Padmavathy M

ESIC Medical College & PGIMSR, Model Hospital, Rajajinagar, Bengaluru

Conference Registration ID: 643

Introduction: hand hygiene is regarded as one of the most important elements of infection control activities. Although hand hygiene procedures are relatively simple, several studies have mentioned that health care workers do not adhere to them properly. Poor hand hygiene compliance has been one of the leading contributory factors to health care acquired infections (hcais). Objectives: the study aimed to assess the knowledge of nursing orderlies on hand hygiene practices using A validated WHO questionnaire to identify gaps and guide targeted training interventions.

Methodology: A cross-sectional study was conducted over 3 months among nursing orderlies at A tertiary care hospital in bengaluru, using A self-administered printed WHO hand hygiene knowledge questionnaire. The calculated sample size was 73. Data were entered in MS excel and analyzed using SPSS V23. Scores above 75% were classified as good knowledge.

Results: among 85 participants, 58.8% were male, and most were aged 31–40 years. Most respondents had received hand hygiene training (87.1%) and used alcohol-based handrub regularly (94.1%). While awareness was high for key practices like post-fluid exposure (90.6%) and glove removal (94.1%), gaps remained in recognizing the importance of hand hygiene after touching surroundings (18.8%) and visible blood exposure (5.9%).

Conclusion: the findings highlight good overall awareness of hand hygiene among the participants, particularly for common procedures. However, critical gaps persist in recognizing hand hygiene needs after environmental contact and visible blood exposure. Targeted training is essential to strengthen compliance and reduce healthcare-associated infection risks.

Keywords: hand hygiene, hand wash, hand rub, infection control, knowledge.

Geriatric Health

Title: prevalence and perceptions of depression among geriatric population in rural puducherry: A community-based mixed-method study.

*Dr. Arulprasad R, **dr. Kavita vasudevan, **dr. Prakash M

Aarupadai veedu medical college and hospital, puducherry, **indira gandhi medical college and research institute, puducherry1

Introduction: india had nearly 104 million elderly persons aged 60 years and above as per census 2011, and this number is projected to rise to 140 million by 2021. Studies report the prevalence of depression among the elderly in india ranging from 22.2% to 55.2%, yet it often remains under-recognized and untreated. There is a pressing need for community-based data and stakeholder insights to address the mental health needs of this growing population.

Objectives: to estimate the prevalence of depression among the elderly population in a rural area of puducherry and to explore the perspectives related to healthcare needs for depression among various stakeholders, including patients, caregivers, healthcare providers, and community members.

Methodology: a community-based sequential explanatory mixed-method study was conducted in rural puducherry from 2017 to 2019 among 902 elderly individuals selected through simple random sampling. Depression was assessed using the geriatric depression scale (GDS-15). In-depth interviews and focus group discussions were conducted with elderly individuals, caregivers, community members, and healthcare providers. Quantitative data were analyzed using SPSS; qualitative data by manual content analysis.

Results: out of 954 elderly individuals, 66.4% were females and the mean age was 68 ± 6.8 years. The prevalence of depression (GDS-15 score ≥5) was 57.9%, with 23.8% having mild, 27.7% moderate, and 6.4% severe depression. Depression was significantly associated with illiteracy (AOR: 1.43), chronic illness (AOR: 1.40), economic dependency (AOR: 0.66), and single marital status (AOR: 1.58). Qualitative findings highlighted family neglect, financial stress, and health issues as key drivers of depression, with a need for family support, counseling, and community-level interventions.

Conclusion: Depression among the elderly is common and linked to chronic illness, economic dependency, and social factors. Integrating mental health screening into existing NCD programs, improving social support, raising community awareness, and training primary care providers can enhance early detection and care.

Keywords: elderly, depression, geriatric depression scale, mental health, Puducherry.

Title: "A Cross Sectional Study To Determine The Loss Of Daily Functioning Among The Elderly In Rural And Urban Field Practice Areas Of Shivamogga Institute Of Medical Sciences, Shimoga"

 Dr Chandana M

Siddaganga medical college and research institute

Conference Registration ID: 482

Introduction: The phenomenon of 'population ageing' has significantly increased the number of elderly people in India. Functional disability renders them inactive and dependent on

others, adversely impacting their quality of life and the nation's economy. Thus, the

present study was carried out among the elderly with the below objectives to help reach

the nation's goal of promoting 'Healthy and active ageing'

Objectives:

▪To estimate the proportion of elderly individuals with loss of daily functioning (LODF) in rural & urban field practice areas of SIMS, Shivamogga

▪ To determine the factors associated with loss of daily functioning among the

elderly in the study areas

Methodology: This analytical cross-sectional study was conducted from July 2024- January 2025 on 257 elderly participants. The prevalidated semi-structured questionnaire was used to collect the data through face-to-face interviews with study participants selected by a multistage random sampling method. The proportion of elderly with LODF was presented using frequency and percentages. The chi-square test & logistic regression were used to assess the determinants of functional disability in SPSS software.

Results: The proportions of elderly with LODF, loss of Basic Activities of Daily Living (BADL), and Instrumental Activities of Daily Living (IADL) were found to be 66.1%, 6.2%, and 52.9%, respectively. The presence of any symptoms, joint disease, and memory impairment were independent determinants of LODF, whereas increasing age, female gender, edentulism, and difficulty in climbing stairs were independent determinants of loss of IADL after adjusting for confounders.

Conclusion: The majority (60.7%) had a moderate LODF. The Loss of BADL was less than that of IADL, which can be attributed to the complexity of IADL and other factors. Strategies and measures to prevent functional disability among the elderly must be adopted to 'promote active and healthy ageing'.

Health Financing And Health Systems

Title: A Prospective Analysis of Operationalization and Functioning of Ayushman Bharat Scheme in Indore District

Dr Dolly Mantri Mehta

Sri Aurbindo Medical College And Post Graduate Institute

Conference Registration ID: 547

Introduction: Ayushman Bharat–Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) aims to provide accessible, affordable healthcare and reduce inequities across India. This study evaluates the implementation and functioning of the scheme in Indore district, assessing awareness, beneficiary experience, and challenges faced during operationalization, with particular focus on Health and Wellness Centres (HWCs).

Objectives: To assess the operationalization, awareness, beneficiary satisfaction, and challenges in implementation of Ayushman Bharat–PMJAY and HWCs in Indore district through a prospective, community-based analysis.

Methodology: A prospective, observational study was conducted in Indore district from February 2019 to February 2020 using multistage sampling. A total of 317 participants (203 healthcare personnel, 114 beneficiaries) from urban and rural areas were included. Data were collected through semi-structured questionnaires, telephonic and in-person interviews, and field observations to evaluate scheme functioning.

Results: Beneficiaries were predominantly aged 26–30 years (51.8%) and female (60.6%). Urban socio-economic profiling showed sanitation workers formed the largest group (20%). Pakhwada camps generated highest satisfaction (55.2%), followed by house-to-house surveys (48.9%). Mobile app users expressed full satisfaction but its reach was limited. Ayushman kiosks received neutral responses (39.5%) while rallies had negligible impact. At HWCs, Community Health Officers played a central role, though service delivery was hampered by staff shortages, salary delays, and lack of laboratory and equipment support.

Conclusion: The scheme demonstrated strong uptake among young, female beneficiaries. Traditional community-based approaches proved more effective than digital or mass campaigns. To enhance scheme impact, infrastructure strengthening, timely workforce support, and improved resource allocation are urgently needed for sustainable delivery through Health and Wellness Centres.

Title: Problems faced by ASHA: A qualitative study in Rural Karnataka

Dr.Anupama.K

Subbaiah Institute Of Medical Sciences

Conference Registration ID: 461

Introduction: ASHA, the grass-root level worker forms a bridge between the population and the health system. They need to provide preventive, promotive, and curative health facilities to the rural community. Now there is a need to broadly look into the performance and challenges faced by ASHA.This study intends to study with objectives of - To explore the problems faced by ASHAs while performing their duties in the community.

Objectives: To explore the problems faced by ASHAs while performing their duties in the community.

Methodology: ASHA workers of the field practice areas of Shimoga Medical College were included. Non –probability purposive sampling technique was used to select the sample size of 10 ASHA workers (1 FGD consisted of 10 ASHAs).Focus group discussions were recorded by using audio-tape.They were discussed regarding- incentives & salaries, transportation, work timings etc.

Results: ASHA workers being the role play between community and healthcare had faced certain problems like- delayed incentives and inadequate salaries, overburdened with the work and time schedule, no availability of transportation, no kits and equipments, no free healthcare facilities were available to them. This has made them dissatisfaction about their job and made them to feel no value for their work.

Conclusion: This has made them dissatisfaction about their job and made them to feel no value for their work.Hence, The problems identified and suggestions received needs to be taken seriously, addressed promptly and timely to improve service delivery from ASHAs.

Keywords: ASHA, Problems, FGD, Rural

Medical Education, Humanities And Ethics

Title: Empowering Communities: A Study On Basic Life Support Knowledge, Willingness And Barriers Among Adults Attending Phcs In Bengaluru

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Sri Atal Bihari Vajpayee Medical College And Research Institute, Shivajinagar, Bengaluru

Conference Registration ID: 491

Introduction: Basic Life Support (BLS), Particularly Cardiopulmonary Resuscitation (CPR), Is A Critical Skill That Can Significantly Improve Survival Outcomes In Medical Emergencies. Studies Across India Reveal Major Knowledge Gaps In Basic Life Support (BLS), Even Among Medical Trainees, With Low Hands-on Training And Poor CPR Skills. Despite High Willingness To Learn, Awareness In The General Population—especially In Rural Areas—remains Low. Assessing Awareness And Attitudes At The PHC Level Is Essential To Guide Targeted, Community-based BLS Interventions In Bengaluru.

Objectives:

- To Assess Knowledge Of Basic Life Support (BLS) Among Adult OPD Attendees At Rural And Urban Phcs In Bengaluru

- To Identify Willingness, Common Misconceptions And Significant Barriers Concerning Basic Life Support (BLS).

- To Determine The Demographic And Socio-economic Factors Associated With Higher Bls Knowledge And More Positive Attitudes Towards Bls.

Methodology: A Cross-sectional Observational Study Was Conducted Between May And July 2025 At Two Selected Phcs—ulsoor (Urban) And Kannuru (Rural)—in Bengaluru. A Total Of 100 Adult Participants (Aged 18–60 Years), Excluding Healthcare Professionals, Were Recruited Through Convenience Sampling From Outpatient Departments. Data Was Collected Using A Pre-tested, Structured Questionnaire Assessing Participants' Knowledge, Attitudes, And Perceived Barriers Regarding BLS. Descriptive Statistics And Inferential Analysis (Chi-square Test) Were Performed Using Epi-info Software. A P-value Of <0.05 Was Considered Statistically Significant. Ethical Clearance Was Obtained From The Institutional Ethics Committee, And Written Informed Consent Was Secured From All Participants.

Results: Of The 100 Participants, The Majority (73.3%) Were Young Adults Aged 18–30 Years. There Was A Nearly Equal Gender Distribution (48.9% Male, 51.1% Female). A Significant Proportion Of Participants Held Graduate-level Education, And Higher Education Was Positively Associated With Greater BLS Awareness (P<0.05). While 77.8% Of Respondents Reported Having Heard Of BLS, Only 33.3% Had Undergone Any Form Of Formal Training. Furthermore, Just 14% Had Ever Performed BLS In A Real-life Situation. No Statistically Significant Differences In BLS Knowledge Or Attitudes Were Observed Between Urban And Rural Participants. However, Consistently Low Levels Of Formal Training Across Both Settings Suggest The Need For Comprehensive BLS Education In Both Urban And Rural Areas. Importantly, 100% Of Participants Expressed Willingness To Receive Formal BLS Training. Common Barriers To Performing BLS Included Fear Of Legal Repercussions, Fear Of Infection, And Lack Of Confidence—aligning With Global Findings.

Conclusion: This Study Reveals Moderate Awareness But Limited Formal Training And Real-world Experience In BLS Among Adults Attending Phcs In Bengaluru. Despite This, Universal Willingness To Learn BLS Highlights A Strong Foundation For Intervention. To Improve Community Emergency Preparedness, Public Health Strategies Should Emphasize Widespread, Hands-on BLS Training At Phcs, Schools, Workplaces, And Community Centers. Furthermore, Community Awareness Campaigns Are Needed To Dispel Misconceptions, Address Legal Concerns, And Promote Confidence In Bystander Intervention.

Keywords: Basic Life Support (Bls), Community Awareness, Primary Health Centres (Phcs), Cardiopulmonary Resuscitation (Cpr).

Title: Not Yet Ready: Insights from a Qualitative Study of First-Year Medical Students on the Family Adoption Program

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JSS Medical College, JSS Academy of Higher Education & Research, Mysuru

Conference Registration ID: 514

Introduction: The Family Adoption Program (FAP) was introduced under Competency-based Medical Education by the National Medical Commission (NMC) within the Community Medicine Department, training undergraduate medical students in India. Through the program, Indian medical graduates engage in community-based learning, enhancing their communication skills, empathy, and cultural competence. However, students show unreadiness towards the program in their first professional year due to the challenges they encountered in the community. Given this context, our objective was to determine the root causes for their unreadiness for FAP during the 1st professional year, arrive at the solutions, and cocreation of a fishbone diagram illustrating the challenges and solutions for unreadiness.

Objectives:

- To determine the root causes for unreadiness for FAP during the 1st professional year,

- To arrive at the solutions with the co-creation of a fish-bone diagram illustrating the challenges and solutions for unreadiness.

Methodology: 250 medical students studying in the first year and adopted families in Hanchya and Rammanahalli villages of Mysuru district were included. 10 groups of 25 each were made and root cause for unreadiness was collected from students and diagram was constructed on the board.
Results: The key challenges identified for unreadiness were lack of knowledge, language & culture, timing & curriculum and Academic overload. Mandate orientation sessions, launching Fap mid-academic year, buddy system with senior students and pairing with local students are some of the solutions.

Conclusion: Insufficient medical knowledge, heavy academic load are the main challenges for unreadiness, where mid-year rollout of the program and local student support can effectively make students ready for community engagement.

Keywords: Community medicine, Competency-based medical education, Family adoption program (FAP), Indian medical graduate, Fish bone analysis

Title: Introduction of an assessment module for the Family Adoption Program of the Phase-1 MBBS Students in Private University of Vadodara district.

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Parul Institute of Medical Sciences & Research, Vadodara, Gujarat

Conference Registration ID: 848

Introduction: The Family Adoption Program (FAP), a component of the MBBS CBME curriculum introduced by the National Medical Commission in 2021, aims to provide medical students with hands-on exposure to community health and social determinants. While students maintain a logbook during FAP, there is currently no formal mechanism to assess learning outcomes, highlighting the need for a structured assessment module.

Objectives: To develop and implement an assessment tool for FAP among Phase I MBBS students and evaluate feedback from participating students and faculty.

Methodology: A cross-sectional study was conducted with Phase I MBBS students. Assessment marks were collected following a departmental viva and journal evaluation. Feedback from students and faculty was gathered via Google Forms. Assessment module includes combination of field visit viva, journal viva and social activity participation marks.

Results: Out of 150 students, 28% missed the viva, indicating participation challenges. Female students (67%) showed higher engagement. A positive correlation was observed between viva and journal scores. All 108 respondents agreed that the examination enhanced their understanding of FAP, and 72.2 expressed willingness to enrol their own families. Students appreciated village-level interactions but reported challenges related to time constraints, heat, and logistical issues.

Conclusion: The implementation of an assessment module enhanced student engagement and learning in FAP. Both student and faculty feedback emphasized the program's value and suggested improvements in structure and scheduling, including conducting the program in the third year for better alignment with clinical learning.

Keywords: Family adoption programme (FAP), assessment, feedback

Miscellaneous

Title: Financial Literacy among Medical undergraduate students: A Cross-Sectional Study from Bengaluru Rural

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Conference Registration ID: 158

Introduction: Financial literacy is one of the essential life skills for medical students, influencing both personal financial well-being and future professional decision-making. Despite its importance, formal financial education is rarely integrated into either UG or PG medical curriculum. This study aims to assess financial literacy levels among medical students.

Objectives:

• To assess the level of financial literacy among undergraduate medical students in a rural medical college.

• To analyze the financial behaviors and practices of medical students.

• To identify associations between demographic variables and financial literacy levels.

Methodology: A cross-sectional study was conducted over 6 months at MVJ medical college in Bengaluru Rural among undergraduate medical students. A total of 276 participants were selected using convenience sampling. Data were collected through a structured, self-administered questionnaire and analyzed using descriptive statistics and chi-square tests to explore associations between financial literacy and demographic or behavioral variables.

Results: The study revealed that while most medical students considered financial literacy important (80%), their actual knowledge and practical understanding levels were poor, particularly in areas such as investment, insurance, and tax-saving options. Regular savers and those with investment experience demonstrated significantly higher financial literacy, while gender and monthly allowance showed no significant association with financial knowledge levels.

Conclusion: The findings highlight a critical gap between perceived importance and actual financial knowledge among medical students, underscoring the need for structured financial education. Integrating financial literacy into medical curriculum could enhance student's financial decision-making, promoting long-term personal and professional financial well-being.

Keywords: Financial literacy, Medical students, Savings, Investment.

Title: Magnitude and associated factors of Recurrent urinary tract infections among female health care professionals in a tertiary care hospital, Bangalore

Dr Nithya M C

Institute name :Sapthagiri Institute of Medical Sciences & Research centre, Bengaluru

Conference Registration ID: 373

Introduction: Recurrent UTI (RUTI) can be defined as at least 2 episodes of UTI occurring within 6 months or at least 3 episodes within a 12-month period. The most common risk factors for recurrent UTI in females are decreased water intake, holding urine, sexual intercourse, poor menstrual & personal hygiene, diabetes mellitus, pregnancy, etc. Cohorts like female health care professionals are exposed to prolonged work hours leading to infrequent urination, potential exposure to resistant bacteria, and specific workplace conditions.

Objectives: To estimate the proportion of recurrent UTIs and to determine its associated factors among female health care professionals of a tertiary care hospital, Bangalore.

Methodology: It was a cross-sectional study conducted in a Tertiary care hospital, Bangalore-Karnataka. All female health care professionals who will give consent to be part of the study were included in the study and among them who are employed for less than one-year, pregnant women, and women experiencing menopause were excluded from the study. The data collection includes details about water intake, toileting behaviour and vaginal hygiene, menstrual history, sexual activity and H/O UTIs and medical & surgical history. Data collected entered in MS Excel and analysis done by SPSS trial version. The association between factors and recurrent UTIs will be analysed by the Chi square test.

Results: We did convenient sampling so currently 127 participants involved, among them prevalence of recurrent urinary tract infections (UTIs) was found to be 19.03% ± 1.35%. The mean age of the study population was 35 ± 1.7 years. A majority (67%) reported daily water intake of 1–2 liters, and 68.4% reported voiding urine 4–8 times per day. Occasional urine holding was noted in 71% of participants, with 25.7% attributing this to work schedules and concerns about the hygiene of public restrooms. Additionally, 9.3% reported experiencing vaginal itching over the past year. More than half (51.4%) had the habit of washing the toilet seat before use. Among sexually active women, 32% practiced vaginal washing after intercourse.

Conclusion: Analysis of factors associated with recurrent UTIs is currently underway as we are still collecting data from new participants because of convenient sampling and results will be presented upon completion.

Title: Knowledge, Attitude and Practice towards Organ Donation among Undergraduate Students of a Private Medical College in Bengaluru – A Cross-Sectional Study

<u>**Dr Kusuma M**</u>, Dr Jyoti Patil, Dr Kesava Perumal S

Sapthagiri Institute of Medical Sciences and Research Centre, Bengaluru

Conference Registration ID: 410

Introduction: There is a rise in the number of chronic diseases of the kidney/heart/lung/etc these days, resulting in failure of multiple organs. Organ transplantation can be a life-saving treatment for these patients. There is a dearth of studies in India on Knowledge, Attitude, Practice regarding organ donation among medical/nursing/paramedical professionals.

Objectives: To determine the Knowledge, Attitude and Practice towards Organ Donation among Undergraduate Students of a Private Medical College in Bengaluru.

Methodology: A cross-sectional study was conducted among undergraduate medical students using a structured, pretested questionnaire. Data on socio-demographics and KAP regarding organ donation were collected. Composite scores were generated, and statistical analysis was performed using descriptive and inferential statistics.

Results: The mean age of the participants was 20.2 ± 1.6 years. The majority were female (52.0%) and Hindu (86.6%). Adequate knowledge regarding organ donation was observed in 92.4% of participants, while 27.4% exhibited a positive attitude. None of the respondents had registered for organ donation, indicating extremely poor practice. A significant association was found between gender and willingness to donate organs ($\chi^2 = 13.12$, p = 0.041). No correlation was observed between knowledge and attitude scores.

Conclusion: While undergraduate medical students in Bengaluru demonstrated high levels of knowledge regarding organ donation, their attitudes were less favourable, and practice was almost absent. Educational and behavioural interventions, including curriculum integration, sensitization programs, are required to foster positive attitudes and promote actual organ donation practices among future healthcare professionals.

Keywords: Organ donation, Knowledge, Attitude, Practice.

Title: Assessment of Nurse Leadership during the COVID-19 Pandemic in Tertiary Care Hospitals of Kalaburagi City, India

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*M S Ramaiah Medical College, Bangalore,**Mahadevappa Rampure Medical College, Gulbarga,***JJM Medical college Davangere

Introduction: COVID-19 was a huge disaster worldwide. During these times, a good nurse leader is someone who can inspire others to work together in search of a common goal, such as enhanced patient care. An effective leader has a distinctive set of qualities like integrity, courage, and the ability to handle stress, as well as the ability to think critically while providing the best patient care during the most difficult times.

Objectives: Aim - To assess the nurse leadership role during Covid-19 pandemic. A post-COVID-19 assessment as a research study on nursing leadership is being proposed for future reference and better learning.

Methodology: Methods - Study design & setting: A cross-sectional study in two tertiary hospitals, Kalaburagi (Aug–Sep 2021).Participants: 100 purposively selected nurses who worked during the COVID-19 peak.Tool: Semi-structured questionnaire and PES-NWI leadership subscale (Likert scale). Analysis: Descriptive statistics with SPSS v25 assessed nurses' perceptions of leadership.

Results: The study highlighted key adaptations and the role of nurse leadership during the second wave of COVID-19. Among 100 participants, most were female (72%), under 30 years (50%), and staff nurses (65%). The PES-NWI leadership subscale showed strong agreement on positive leadership attributes: nurse managers as good leaders (86%), visible and accessible supervisors (82%), and support in decision-making (80%). Moderate agreement was seen for administrative responsiveness (68%) and recognition (64%). The lowest agreement (50%) concerned opportunities for staff to influence policy, highlighting the need to strengthen participatory leadership and enhance staff involvement in decision-making.

Conclusion: The pandemic has shown how the crucial role of nurses is in providing health care services. Nurses work as the frontline of any hospital system. The impact of good leadership had a better effect on the delivery of nursing care during the Covid-19 Pandemic.

Keywords: Nurse, leadership, pandemic, patient care, Covid-19.

Title: A cross-sectional study on Public Awareness and Attitude Regarding First Response to Medical Emergencies

Dr Rashmi S, Dr Nilanjana Dutta, Dr Amoghashree

JSS Medical College, JSS AHER

Conference Registration ID: 524

Introduction: Medical emergencies, such as heart attacks, strokes, allergic reactions, or choking, can happen unexpectedly, and understanding the basic steps to take in these moments can make a significant difference in outcomes. Knowledge on how to tackle common medical emergencies empowers individuals to respond quickly and effectively in critical situations, potentially saving lives.

Objectives:

• Primary objective: To assess the knowledge of common people on tackling medical emergencies

• Secondary objective: To assess the attitude of common people on wanting to know how to tackle medical emergencies.

Methodology: This cross-sectional study was done among the general population above the age of 18 years, for a duration of 3 months. General population above the age of 18 years were included and medical students and healthcare professionals were excluded. Self-administered questionnaire was circulated for data collection and data thus obtained was imported to excel and analysed with SPSS V 30.

Results: The questionnaire assessed awareness of medical emergencies across four scenarios. Heart Attack and CPR: 96% identified it correctly, but 66.4% didn't know CPR. Stroke and F.A.S.T.: 85.7% diagnosed it, yet 66.1% were unaware of F.A.S.T. Choking: 87.4% identified it; 52.8% knew the Heimlich manoeuvre. Poisoning: 95.7% recognized it; nausea (29%) was the most cited symptom. A significant 79.1% had no prior training, but 91% were interested. Suggestions for awareness included workshops, social media clips, and posters in public spaces, with a focus on both urban and rural areas.

Conclusion: The research highlights gaps in knowledge and practical skills and identifies factors that influence the public's ability to respond effectively in urgent health situations. The findings highlight the importance of improving public education on emergency medical procedures, with potential implications for public health campaigns and emergency preparedness programs.

Non-Communicable Diseases Including Road Traffic Accidents

Title: "Factors Affecting Medication Adherence Among Patients with Chronic Non-Communicable Diseases"

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Conference Registration ID: 806

Introduction: Non-communicable diseases (NCDs) are a major cause of death worldwide. According to the World Health Organization (WHO), NCDs are the result of a combination of genetic, physiological, environmental and behavioural factors. Effective long-term management is crucial to address this challenge. In India, poor medication adherence is widespread among NCD patients due to issues such as treatment initiation, missed doses, and treatment discontinuation, resulting in a growing healthcare and financial burden. Understanding the factors influencing adherence is essential for improving patient outcomes and reducing the burden on health systems.

Objectives: To assess the factors influencing drug compliance among patients with Non-Communicable Diseases.

Methodology: A cross-sectional study was conducted at JSS Hospital among patients attending the medicine outpatient department (OPD). Patients diagnosed with NCDs for over a year and willing to participate were included. Data were collected using a pre-tested semi-structured questionnaire and the Morisky Medication Adherence Scale (MMAS-8), and analyzed using SPSS version 25.

Results: Out of 201 participants, 23.4% demonstrated high compliance, while 22.4% and 54.2% had moderate and low compliance, respectively. Higher compliance was observed among individuals aged ≥50 years (24.5%), females (32.29%), those in three-generation households (32.5%), receiving free medications (32.5%), and utilizing public healthcare services (32.5%). Conversely, lower adherence was prevalent among patients with multiple NCDs (51.1%), those on dual-drug regimens (68%), and those experiencing side effects (76%).

Conclusion: Medication compliance among NCD patients remains low, with only 23.4% exhibiting high adherence. Key influencing factors include demographic characteristics, healthcare access, treatment complexity, and side effects. Targeted interventions are essential to improve adherence and reduce the long-term burden of NCDs.

Keywords: Drug compliance, Medication adherence, Non-communicable diseases (NCDs), MMAS-8, Healthcare access.

Title: Prevalence and Determinants of Metabolic Syndrome Among Adults with Type 2 Diabetes in Chittoor, Andhra Pradesh: A Cross-Sectional Study

Dr Mouna H S, K Yugandhar

Apollo Institute of Medical Sciences & Research, Chittoor

Conference Registration ID: 297

Introduction: Metabolic Syndrome (MetS), a cluster of risk factors including central obesity, hypertension, dyslipidemia, and hyperglycemia, significantly increases the risk for cardiovascular disease. In India, MetS prevalence has risen due to rapid urbanization and lifestyle changes. The South Indian population has a genetic predisposition to insulin resistance, further exacerbating this trend. This study determines the prevalence and associated risk factors of MetS in Type 2 Diabetes Mellitus (T2DM) patients in Chittoor.

Objectives: To determine the prevalence and identify the associated risk factors of MetS among T2DM patients in Chittoor, Andhra Pradesh.

Methodology: A cross-sectional study was conducted from October 2024 to April 2025 at the District Headquarters Hospital, Chittoor. 200 randomly selected T2DM patients over 18 years were included. Data on socio-demographics, lifestyle, anthropometric, clinical, and biochemical parameters were collected. MetS was diagnosed using the NCEP ATP III criteria. Statistical analysis was performed using SPSS v22, with a p-value of <0.05 indicating significance.

Results: The prevalence of MetS among T2DM patients was 68.0%. The most common components were elevated fasting blood glucose (99%), central obesity (74.5%), elevated triglycerides (58.5%), low HDL cholesterol (56.0%), and hypertension (53%). A positive family history for T2DM and hypertension was reported by 53.0% and 46.0% of patients, respectively. Statistically significant associations were found between MetS components and age, gender, occupation, smoking, alcohol use, and dietary patterns. Despite high medication adherence (92.5%), poor glycemic and lipid control persisted, suggesting the need for improved lifestyle interventions.

Conclusion: The high prevalence of MetS among T2DM patients in Chittoor underscores a significant burden of coexisting metabolic abnormalities. Socio-demographic and lifestyle factors are critical determinants of MetS expression. Implementing integrated care models that focus on early identification, lifestyle modification, and targeted risk reduction is essential to mitigate long-term complications in this vulnerable population.

Title: Understanding Diabetic Foot Awareness and Attitudinal Dispositions Among Caregivers of Diabetic Patients: Insights from a Rural Tertiary Hospital in Karnataka.

Dr. Brunda N K

Dr. Chandramma Dayananda Sagar Institute of Medical Education & Research (CDSIMER) , DSU

Conference Registration ID: 508

Introduction: Diabetes, especially type 2, affects millions in India, with cases expected to rise significantly. Diabetic foot, a major complication, can lead to amputations if untreated. Early detection and prevention are crucial. In rural areas with limited healthcare, educating caregivers on prevention and care is essential for improving patient outcomes.

Objectives:

• To estimate the knowledge level and attitude about diabetic foot among primary care givers of diabetic patients.

• To determine the association of knowledge and attitude about diabetic foot with socio-demographic factors.

Methodology: This study will use a mixed-methods approach, combining a cross-sectional survey and qualitative research. It will be conducted in the outpatient and inpatient departments of a selected tertiary care hospital from July 1 to December 1, 2023. Primary caregivers of diabetes patients will be selected through simple random sampling. Inclusion criteria are caregivers aged 18+ who provide care to diabetic family members and consent to participate. Exclusion criteria include participants with diabetes or those unwilling to participate. The sample size was calculated using the formula n = (N) $(Z\alpha/2)^2$ / $[(Z\alpha/2)^2 + (4)(N)(e)^2]$, when population size is known i.e., total population of the selected district from the census 2011 is 1082636. Where $(Z\alpha/2)$ = 1.96 at 95% Confidence interval, N = population size =1082636, e= 0.05. We got the sample size as 384 and considering non response rate as 5% = 19. Sample size was calculated to be 384+19 = 403. Future focus group discussions will involve 6-8 participants and continue until thematic saturation is reached, held in outpatient departments of tertiary care hospitals. These discussions will explore caregivers' awareness and attitudes toward diabetic foot complications, treatment, prevention, and lifestyle factors, with findings recorded, transcribed, and analysed.

Results: The study involves 403 participants, mostly females (58.3%) aged 28-37, married (73.9%), and from nuclear families (53.3%). Nearly half had limited education, with 47.6% being illiterate or high school graduates. Knowledge of diabetic foot care varied, with 46.7% recognizing the need to check footwear and 39% recommending woolen socks. Age (82.63), Gender (27.09), Educational status (34.18) and Socio-economic status (77.44) was found to be positively associated with the attitude of study participants towards diabetic foot. (p=0.000) Focus group discussions highlight challenges in diabetes care, with 46.7% recommending regular footwear checks and 53.1% recognizing early foot symptoms. Many were unaware of woolen socks for foot care, and 7.9% felt managing diabetes was financially burdensome. Despite knowledge gaps, participants maintained a positive attitude, emphasizing exercise for prevention.

Conclusion: Most caregivers had a positive attitude, but only 58% knew enough about diabetic foot risks and prevention. Many lacked awareness, so village-level education using ASHAs, ANMs, and videos is needed. Community discussions can help clear myths and improve understanding.

Keywords: Diabetic foot, Care givers, knowledge, attitude.

Title: Effectiveness of Diabetes Self-Management Education (DSME) program on glycemic control among type-2 diabetes mellitus in tertiary care center Bengaluru- A Randomized control Study

Dr Prakruthi R A, Dr Mohan C N, Mr Jagadish

SABVMCRI Bangalore

Conference Registration ID: 201

Introduction: Type-2 diabetes mellitus continues to pose a significant public health challenge in India, with poor glycemic control contributing to long-term complications. Patient education plays a pivotal role in managing diabetes effectively. Diabetes Self-Management Education (DSME) is a structured approach that equips patients with the knowledge and skills required for consistent self-care and improved metabolic outcomes.

Objectives: To assess the effectiveness of Diabetes self-management education (DSME) and self-care activities on glycemic control among type-2 Diabetes mellitus as compared to routine care.

Methodology: A randomized controlled trial was conducted over six months at the tertiary care Bengaluru. 70 participants aged 30–70 years with Type 2 Diabetes Mellitus (>6 months) and HbA1c >6.8% were selected using simple random sampling and allocated equally into intervention and control groups through computer-generated randomization. The intervention group received DSME in addition to routine care. HbA1c was measured at baseline and at 6 months.

Results: At baseline, Z test and independent t test was applied and there were no significant differences between the two groups in terms of demographics or clinical parameters. After 6 months, the intervention group demonstrated a significant reduction in HbA1c levels (from 9.3% to 6.9%), while the control group showed a lesser reduction (from 8.7% to 7.2%; p=0.017). The intervention group also showed significant improvements in self-care activities, including dietary management, exercise, glucose monitoring, and foot care.

Conclusion: The DSME program proved effective in enhancing self-care practices and improving glycemic control in patients with type-2 diabetes. Incorporating such structured education programs into standard diabetes care reduces the burden of diabetes complications and better outcome.

Keywords: Diabetes Self-Management, Type-2 Diabetes Mellitus, Glycemic Control

Title: "Diabetic peripheral neuropathy among Type-2 diabetics in urban slum of Bangalore"

Dr Arunkumar V

M.S.Ramaiah Medical College

Conference Registration ID: 471

Introduction: Diabetes is generally marked by a persistent condition of elevated blood glucose levels. The financial strain on the healthcare system due to this condition and its complications is substantial. Among various complications, neuropathy is related to high rates of morbidity, along with substantial social, medical & economic burdens.

Objectives: To estimate the frequency of diabetic peripheral neuropathy and its associated factors in type 2 diabetic patients in the urban Bengaluru.

Methodology: 300 Type 2 diabetes patients aged 35 years and above from the urban field practice area of Bangalore Medical College & Research Institute participated in a community-based cross- sectional study, with the Michigan Neuropathy Screening Instrument utilized for diagnosing diabetic peripheral neuropathy.

Results: The frequency of neuropathy was 18% among city dwellers aged 35 years and above. It was noted that the prevalence of diabetes was increasing among both genders with advancing age. Moreover, factors such as age, education, type of work, physical activity, duration of diabetes, blood pressure, and BMI were significantly associated with diabetic peripheral neuropathy.

Conclusion: Without the adoption of both primary and secondary prevention measures for diabetes, India will confront a major challenge due to the increasing diabetes rate and its related complications.

Keywords: Type-2 Diabetes, Diabetic Peripheral Neuropathy, Risk factors

Title: Assessment of Indian Diabetes Risk Score (IDRS) among the first-degree relatives of Type 2 DM patients in a Tertiary care hospital, Bengaluru

<u>Sangeetha M D</u>, Dr. Suresh K Kumbhar, Dr. Sharath B N

ESICMC & PGIMSR

Conference Registration ID: 645

Introduction: In India, the prevalence of diabetes was 11.4% in 2023, and it is projected to affect 101 million people by 2030. To prevent diabetes and its complications, Indian Diabetes Risk Score (IDRS), is used as effective screening tool. Among all, the family history is important risk factor. **Objectives:** To assess the risk of diabetes using the IDRS and its correlation with random blood sugar levels among first-degree relatives of patients with type 2 diabetes mellitus.

Methodology: A cross-sectional study was conducted in a tertiary care hospital in Bengaluru. 390 first-degree relatives of type 2 DM patients participated. Their IDRS and RBS levels were measured. The association between IDRS and RBS was analyzed using the Chi-square and Spearman's correlation test.

Results: Among 390 participants, 70.8% ,16.1% and 13.1% were classified as high, moderate and low risk respectively based on IDRS. A significant association was found between IDRS and RBS levels (P=0.001), Among high-risk IDRS category, 7.6% are having diabetes (unaware of it), and 34.1% exhibiting impaired glucose tolerance. Males had a significantly higher IDRS risk (P=0.001). A positive correlation ($\sigma = 0.263$, $P < 0.001$) was observed between IDRS and RBS levels.

Conclusion: Almost 4 in 10 first-degree relatives of diabetes with a high IDRS risk score had either diabetes or impaired blood glucose tolerance. IDRS can be used for opportunistic mandatory screening of first-degree relatives of diabetes patients, which will aid in early detection and prevention of type 2 DM.

Keywords: Diabetes mellitus, First-degree relatives, Indian Diabetes Risk Score, Random Blood Sugar Screening.

Occupational Health

Title: "Musculoskeletal disorders among Group D Healthcare workers in a tertiary care hospital in Urban Bengaluru: A cross-sectional study"

<u>Dr Vidya B</u>

Institute name :ESIC MC AND PGIMSR Rajajinagar, Bangalore

Conference Registration ID: 644

Introduction: Musculoskeletal disorders (MSDs) are among the leading occupational health concerns. According to the Global Burden of Disease (GBD) 2019, approximately 1.71 billion people are living with MSDs, which include a range of conditions such as low back pain, neck pain, osteoarthritis, fractures, and rheumatoid arthritis (Global Burden of Disease Study, 2019). Group D workers are particularly vulnerable due to their physically demanding tasks, prolonged work hours, and inadequate ergonomic support.

Objectives: Among Group D workers in a tertiary care hospital in Urban Bengaluru,

•To estimate the proportion of MSDs.

•To analyse the association between MSDs and factors such as work experience, work hours, obesity, and sleep satisfaction.

Methodology: A cross-sectional study was conducted among 90 group D workers in a tertiary care hospital in Urban Bengaluru. Data was collected using the standardized Nordic Musculoskeletal Questionnaire (NMQ) and structured interviews. Statistical analyses, including chi-square tests, were used to assess associations between MSDs and various occupational and lifestyle factors.

Results: In the study, the mean age of participants was 45.1 years (SD ±11.4). The prevalence of MSDs was highest in the lower back (57.8%), neck (55.6%), and knees (50%). A statistically significant association was found between MSDs and sleep satisfaction (p = 0.03). Factors such as prolonged work hours (82.2% working more than 8 hours per day) and long work experience (64.5% with over 10 years of service) contributed to the high MSD prevalence. One-third of the participants were obese, further increasing their risk of developing MSDs.

Conclusion: The findings highlight a high burden of MSDs among Group D workers, emphasizing the need for ergonomic interventions, structured work breaks, and workplace wellness programs. Occupational health policies should prioritize preventive measures, including improved work ergonomics, regular health screenings, and training programs to reduce MSD risk factors.

Keywords: Musculoskeletal Disorders, Occupational Health, Ergonomics.

Title: Assessment of Occupational Health Hazards Among Workers of Steel Industry, Palakkad

Dr Malavika Sachith, Dr Rameela Sanya

Yenepoya Medical College, Mangalore. P K Das Institute of Medical Sciences, Kerala

Conference Registration ID: 38

Introduction: Occupational health plays a crucial role in national productivity, especially in high-risk sectors like the steel industry. Despite Kerala's strong health indicators, occupational safety remains under-prioritized, particularly among migrant workers. Ensuring safe work environments is essential for sustaining the workforce and economic growth.

Objectives: To assess the prevalence of occupational health hazards and self-reported health problems among steel industry workers, and to determine the association between them.

Methodology: A cross-sectional study was conducted from May to August 2024 among 80 consenting workers in a small-scale steel industry in Palakkad, Kerala, selected by convenience sampling. Data were collected using a validated, semi-structured, multilingual questionnaire. Analysis was done using SPSS v23, employing descriptive statistics, chi-square test, and odds ratio to assess associations.

Results: Data from 80 steel industry workers showed that most were male (78.8%) and over 35 years (52.6%), with secondary education and >5 years of experience. Noise was the most reported hazard (28%), and musculoskeletal pain the most common health issue (32%). Significant associations were found between exposure to dust/fumes and various health problems.

Conclusion: Noise was the most common occupational hazard, and musculoskeletal pain was the leading morbidity among steel workers. With a morbidity prevalence of 65%, the findings highlight the need for regular health checkups, pre-placement exams, and health education to promote safety and reduce work-related illnesses.

Keywords: Occupational hazard, Industrial workers, Steel industry

Title: Respiratory morbidity and lung function impairment among women beedi rollers in rural Mangaluru: Cross-Sectional study

Dr Pawan Kumar B, Dr Nanjesh Kumar S

KS Hegde Medical Academy, Mangaluru.

Conference Registration ID: 115

Introduction: Beedi rolling, prevalent occupation among homemakers of rural India, as a source of income. Health consequences of beedi are not just confined to users, but also to those who involved in making of it. They are exposed 225-450g of unburnt tobacco on an average, which comes contact via the pharynx and skin. This continuous exposure leads to health disorders.

Objectives: To determine the socio-demographic profile, to estimate respiratory health problems and the effect of unburnt tobacco on lung function test among beedi rolling women using portable spirometry.

Methodology: This was community based observational cross-sectional study conducted in a rural field practice area of medical college, Mangaluru. Systematic random sampling was done to collect information from 350 participants where validated, semi-structured questionnaire with information on sociodemographic data, working conditions and respiratory health problems was used. Portable digital spirometer was used to assess the pulmonary functions.

Results: One-third of beedi rollers were of 35-44 years of age. 41% of them had 16-30 years of exposure to unburnt tobacco, rolling mostly about 2000-4000 beedis in a week. 16% of them had respiratory symptoms where majority had difficulty in breathing and cough with expectoration. Pulmonary function parameters declined as exposure increased with significant association between FEV1% and PEFR%.

Conclusion: Long time exposure to unburnt tobacco in beedi rolling is associated with significant respiratory morbidity and decline in pulmonary function. Regular health screening and awareness campaigns are necessary for beedi rollers to address the health consequences of unburnt tobacco exposure.

Keywords: Beedi rolling women, Respiratory Health, Unburnt Tobacco, Occupational health.

Title: Work Related Musculoskeletal Disorders Among Health Care Professionals of a Tertiary Care Hospital-A Cross-Sectional Study

Dr Jyoti M Patil

Sapthagiri Institute of Medical Sciences & Research Centre

Conference Registration ID: 411

Introduction: Work-related Musculoskeletal Disorders (WMSDs) are the most common work-related diseases and describe a wide range of degenerative & inflammatory conditions affecting blood vessels, peripheral nerves, joints, ligaments, tendons and muscles. WMSDs pose a significant health challenge for healthcare professionals, contributing to decreased productivity, absenteeism and poor quality of life.

Objectives: To estimate the proportion of Work-related Musculoskeletal Disorders (WMSDs) among health care professionals of a tertiary care hospital and to determine the associated job risk factors of those WMSDs.

Methodology: A cross-sectional study was conducted over a period of three months among health care professionals (doctors, nursing staff and technicians) of a tertiary care hospital. Nordic Musculoskeletal Questionnaire(NMQ) was used to assess WMSDs. A semi-structured questionnaire was used to collect data on socio-demographic details, medical & occupational history, relevant personal and job-related attributes. Data was analysed using SPSS version 23.0.

Results: Among 156 respondents, the 12-month prevalence of musculoskeletal disorders (MSDs) was 76.3%, while 7-day prevalence was 32.1%. Neck (49%), lower back (42%) and right shoulder (37%) were most affected. Significant risk factors included prolonged standing, demanding work schedules, and working while injured. Regular exercise showed a protective trend.

Conclusion: This study concludes that work-related musculoskeletal disorders are highly prevalent among healthcare professionals, with neck, lower back, and right shoulder pain being the most common complaints. Integrating prevention strategies into hospital training and education programs is recommended to reduce WMSD occurrence and safeguard the health and well-being of practitioners.

Keywords: WMSD, healthcare professionals, risk factors

Title: Women's Health in Agriculture: A Cross-Sectional Survey Assessing Occupational Hazards and Health Outcomes Among Women Agricultural Workers

Dr Nayanabai Shabadi

JSS Medical College, Mysuru

Conference Registration ID: 674

Introduction: Women in agriculture especially in rural India, are susceptible to a number of occupational health risks. Despite their contribution, less importance is given on the impact of agricultural work on women's physical, reproductive, and mental health, especially in the context of hazardous chemical exposure and unfavourable working conditions. **Objectives:** To assess the occupational health issues faced by women agricultural workers in Mysuru, Karnataka.

Methodology: A community-based cross-sectional study was carried out in the villages under the three Primary Health Centres in the Mysuru district. A total of 368 women agricultural workers aged 18 and above, with at least one year experience in farming, were selected through convenience sampling. Data was collected using structured interviews and general health examinations. The relationships between occupational characteristics and health outcomes were examined using binary logistic regression and chi-square testing in SPSS version 22.

Results: A significant proportion of individuals reported mental stress (29.35%), physical pain (21.46%), and chronic conditions such diabetes (27.17%) and hypertension (24.45%). Menstrual abnormalities were associated with pesticide exposure ($p=0.004$), and only 4.62% of respondents reported using personal protective equipment (PPE). Pain and poor mental health were substantially correlated with longer duration of work ($p<0.001$).

Conclusion: The findings highlight significant occupational health risks among women in agriculture. The health and working conditions of this vulnerable workforce need to be improved by gender-sensitive interventions, health education, and improved safety protocol enforcement.

Keywords: Women agricultural workers, Occupational health, Occupational exposure, Reproductive health, Health status,

Reproductive, Maternal And Child Health

Title: Prevalence of Early Childhood Developmental Delay and Maternal Awareness of Developmental Milestones in Rural Karnataka

***Dr. Kadambari Nanmaran**, **Dr. Avita Rose Johnson

Institute name :Ramaiah Medical College, Bengaluru. St. Johns Medical College, Bengaluru.

Conference Registration ID: 51

Introduction: Timely attainment of early childhood developmental milestones(ECDM) translates to positive outcomes across the life course. Mothers' ECDM awareness helps to identify early childhood developmental delay(ECDD).

Objectives: To estimate the prevalence and identify determinants of ECDD among children 3months to 3years residing in rural areas under Sarjapur PHC, Bangalore Urban district; and to assess the maternal awareness of ECDM and its associated factors.

Methodology: A cross-sectional study was conducted among all eligible mother–child dyads in two sub-center areas of Sarjapur PHC. Developmental status was assessed using the Trivandrum Developmental Screening Chart(0–3 years). Maternal awareness was measured using a face-validated 30-item questionnaire.

Results: Among 362 children(mean age: 20.2 ± 9.9 months) the prevalence of ECDD was 2.8%(1.1-4.5). Regression analysis revealed significant associations of ECDD with preterm birth(aOR: 46.8[2.3-953.1] p=0.012), history of severe illness(aOR: 9.1[1.0–78.7] p=0.046) and maternal awareness score(aOR: 0.65[0.48–0.86] p=0.003). Among 340 mothers (mean age: 25.6 ± 3.7 years; mean education 10.9 ± 3.8 years; 88.1% high class by Standard of Living Index), the mean maternal awareness score was 14.4 ± 4.5, with three-fifths mothers demonstrating poor awareness. Higher scores were observed among mothers who received information from family, immunization sessions or immunization card.

Conclusion: ECDD was more prevalent among children with preterm birth, history of severe illness, and mothers with low awareness. There is a need for capacity-building among grassroots-level workers to screen for ECDD and targeted interventions to improve maternal awareness of ECDM.

Keywords: child development, developmental disabilities, premature birth, prevalence, knowledge, cross-sectional studies

Title: Menstrual Hygiene practices among rural adolescent girls in a north Karnataka village: a cross- sectional study.

Pooja Todalabagi

BLDE(DEEMED TO Be University)Shri B.M.Patil Medical College.

Conference Registration ID: 473

Introduction: " Menstrual hygiene management (MHM) is vital for adolescent girls' health and participation in education and society. However, rural girls face unique challenges due to cultural taboos, poor infrastructure, and limited access to menstrual products. This study aimed to assess the menstrual hygiene practices of adolescent girls in Ukkali village, Karnataka, and identify factors influencing their behaviors and social restrictions during menstruation."

Objectives: "This study aimed to assess the menstrual hygiene practices of adolescent girls in Ukkali village, Karnataka, and identify factors influencing their behaviors and social restrictions during menstruation. Methods:

Methodology: A cross-sectional study was conducted among 280 school-going adolescent girls aged 12-17 years in Ukkali village, Karnataka, from September to October 2024. Participants were selected using systematic random sampling across six schools. Data were collected through a validated self-administered menstrual hygiene questionnaire and analyzed using SPSS version 26.

Results: The mean age of participants was 13.9 years, with a mean age of menarche of 12.85 years. Most participants (75%) used disposable sanitary pads, 22.5% relied on cloth, and 26.4% reused materials. Hygiene practices were suboptimal, with only 35.7% washing genitals once daily and 6.1% washing only at the end of their period. Social restrictions during menstruation included avoiding places of worship (39.3%) and discontinuing physical exercise (28.6%). Significant associations were observed between menstrual flow and restrictions ($p=0.010$) and between genital washing frequency and restrictions ($p<0.001$).

Conclusion: Suboptimal menstrual hygiene practices and restrictive social norms persist among rural adolescent girls in Ukkali village. Comprehensive strategies, including education, enhanced access to menstrual products, and improved infrastructure, are essential to promote health, dignity, and gender equality.

Title: Migration Mobility and Antenatal care: An Exploratory Study to Identify Key Elements to Improve Coverage and Utilization of Antenatal Care Services among Migrant Pregnant Women in Delhi

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*Kasturba Medical College, Mangalore, **AIIMS, Delhi

Conference Registration ID: 821

Introduction: Maternal and neonatal health remain critical in India, with migrant women facing barriers like poor awareness, affordability, and acceptability of services. This study explores antenatal care (ANC) utilization among migrants in Delhi, aiming to identify barriers, implement community-based interventions, and evaluate their effectiveness in improving outcomes.

Objectives: The study aimed to improve antenatal care among socio-economically disadvantaged migrant women in Delhi by assessing baseline utilization, identifying barriers, implementing community-based interventions, and evaluating changes in ANC service access and quality.

Methodology: An exploratory community-based study was conducted in migrant-dominated clusters of Delhi. The study population comprised migrant pregnant women of Delhi. At baseline, 114 intervention and 205 control pregnant women were surveyed, while at endline, 611 intervention and 460 control pregnant women were assessed over two years. As a cluster intervention, the study populations at baseline and endline were different, representing independent cross-sectional samples. Quantitative and qualitative methods evaluated outcomes, with statistical analysis comparing baseline and endline.

Results: Post-intervention, there is a significant improvements observed in ANC indicators. Home visits by health workers increased from 18.4% to 63.0%, utilization of government health facilities increase from 59.6% to 80.2%. Most importantly, the proportion of women completing four or more ANC visits increased from 28.1% to 80.2%. These outcomes shows the effectiveness of a multi-stakeholder approach in addressing the unique challenges faced by migrant populations.

Conclusion: The study demonstrates that targeted interventions like interpersonal communication, including community mobilization and health system strengthening, can substantially improve ANC service utilization among migrant populations. Continuous training and efforts are needed to address the unique needs of migrant populations to ensure inclusive healthcare services.

Keywords: Migration, Mobility, Antenatal Care

Title: A Cross Sectional Study On Health Related Quality Of Life Of Perimenopausal Women Residing In Rural Field Practice Area Of S. Nijalingappa Medical College, Bagalkot

Jayaraj R Mhetri

S Nijalingappa Medical college and research center , Navanagar, Bagalkot

Conference Registration ID: 382

Introduction: In Indian health system largely addresses women in the reproductive age group, The quality of life of perimenopausal women in rural India is largely unknown ,therefore there is need for study regarding the quality of life among these women, in order to educate them regarding menopausal transition and to know what health issues should be addressed by the health sector.

Objectives: To study the health related quality of life among perimenopausal women in rural field practice area of S.Nijalingappa Medical College, Bagalkot.

Methodology: Current study is A Community based Cross-sectional study, , done in rural Bagalkot, over 12 months. Women aged between 40-55 years were selected using simple random sampling method, a predesigned semi structured questionnaire was used to collect the data, the data was collected by door to door personal interview technique with prior informed consent. Based on the study done by Gayathry Nayak et al ,taking the lowest prevalence of menopausal symptom , 23%,using Open Epi software version 2.3.1,the sample size calculated to be 322. Perimenopausal age group women were interviewed using Women's health questionnaire. The WHQ contains 37 items, of which 36 are distributed among nine domains: depressed mood, somatic symptoms, memory/concentration, vasomotor symptoms, anxiety/fear, sexual behavior, sleep problems, menstrual symptoms and attractiveness. students t test was used to compare means across groups.

Results: The mean score of anxiety was highest in age group of 51-55years, followed by 46-50 years and 40-45 years. The mean score of sleep quality was highest in age group of 51-55years , followed by 46-50 years and 40-45 years, the mean score of menstrual symptoms was highest in age group of 40-45years, followed by 46-50 years and 51-55 years, the mean score of attractiveness was highest in age group of 51-55years, followed by 46-50 years and 40-45 years. Depression symptoms were positively co related with the somatic symptoms and anxiety symptoms, which was statistically significant. Somatic symptoms and depression, sleep and memory and attractiveness were positively correlated and statistically significant. Vasomotor symptoms and memory, anxiety, sexual behavior, sleep were positively co related and statistically significant. Anxiety and depression, sleep symptoms were positively correlated and statistically significant. Sleep was positively correlated with somatic symptoms, vasomotor symptoms, anxiety and it was statistically significant. Menstrual symptoms and attractiveness were positively correlated and statistically significant.

Conclusion: In the study subjects of present study there was presence of distressing symptoms across all the domains , (Depressed mood, somatic symptoms, memory/concentration, vasomotor symptoms, anxiety/fear, sexual behaviour, sleep problems, menstrual symptoms and attractiveness).The health concerns of women belonging to perimenopausal age group, especially in the rural areas should be addressed. This age group should be included in primary health care system. Menopause clinic can be set up , where attention is given to these women. A multi disciplinary approach to address physical symptoms and psychological stress should be formulated

Keywords: Perimenopause, Quality of Life, Rural

Technology and Health Care

Title: Coverage And Awareness On Ayushman Bharath Health Account (ABHA) Among The Adopted Families, Bangalore Rural, South India.

Dr. Shaik Nazia Nazneen.

Akash Institute Of Medical Sciences And Research Centre, Bengaluru.

Conference Registration ID: 86

Introduction: Government of India is promoting ABHA ID which provides services and benefits in the form of online appointment and consultation in hospitals which shortens the time in treatment. Users can get a ready access of health data to doctors and health care providers from anywhere in the country and are guided with health insurance schemes

based on the health data generated.

Objectives:

- To find out the awareness on ABHA and its availability among the adopted families in a Medical college.

- To identify the reasons for non-availability and non-utilization of ABHA among the adopted families.

- To determine the factors associated with awareness and availability of ABHA among the adopted families.

Methodology: This was a cross-sectional study conducted for a period of 2 months. A total of 250 households adopted under FAP were surveyed and 756 subjects were interviewed on socio demographic profile; registration of ABHA. Data was collected using a pre-designed proforma, was entered in MS-Excel and analyzed using SPSS version 26.

Results: Age group of 31-50 years and females (57.9%) were predominant in the study. Majority (62%) did not possess ABHA number and the most common reason for it was lack of awareness on ABHA (58%). Most common reason for its non-utilization was security concerns (17%) and lack of knowledge on its usage (14%). Factors like gender, employment and socio-economic status showed a statistically significant association with possession of ABHA ($p < 0.05$). On multiple logistic regression, subjects with secondary education and professionals showed significantly higher chances of being aware of ABHA; Illiterates, students & unemployed, SES class 3 & 4 showed significantly higher chances of utilizing ABHA.

Conclusion: Number of ABHA accounts created among our study subjects were found to be lower when compared with those created throughout Karnataka. Since most common reason was lack of awareness on ABHA, creating awareness on its benefits, providing guidance on generating ID and its usage should be addressed. Providing hybrid mode (both online and offline) could be the solution for all the other reasons.

Keywords: ABHA ID number, Adopted families, Awareness, Ayushman Bharath health account

Title: Assessment of Preparedness for Old age among 40 to 59 yrs old Health care workers – A cross-sectional study

Theme: Non - thematic: Geriatric Health

Type of scientific paper: Oral

 Dr. Rathi.L , Dr. Thejeshwari HL

Hassan institute of medical sciences, Hassan - 573201, Karnataka

Conference Registration ID: 639

Introduction: With rising life expectancy in India, preparing for a healthy and secure old age is vital. The midlife stage (40–59 years) is crucial for physical, financial, and emotional readiness. Health care workers, though caregivers to the elderly, often overlook their own aging needs despite their knowledge and responsibility.

Objectives: To assess preparedness for old age among 40–59 year- old healthcare workers using Healthy Lifestyle and Personal Control Questionnaire and WHO AgeismScale. To identify sociodemographic factors influencing their aging attitudes and lifestyle behaviors.

Methodology: A cross-sectional study conducted from June 15 to August 15, 2025, among healthcare workers aged 40–59 years at Hassan Institute of Medical Sciences using universal sampling. Data were collected via a structured Google Form containing HLPCQ and WHO Ageism Scale. Ethical clearance obtained, informed consent ensured, and confidentiality of participants maintained. Data analyzed SPSS - appropriate descriptive, inferential statistics.

Results: The study included mainly female healthcare workers (62.7%), most aged 40–45 years (61.3%), with postgraduates (42.7%) and nurses (50.7%) forming the majority. Comorbidities (60%), family history of chronic diseases (62.2%), and caregiving for elderly (64%) were frequent. Most belonged to nuclear families (74.4%) and upper-middle socioeconomic class (53.3%), yet only 8% had social security. Lifestyle findings showed 85.3% engaged in physical activity, 52% practiced yoga/meditation, but organized exercise was low. Despite mixed diets (68%) and few unhealthy habits (12%), mean BMI indicated overweight (28.2 kg/m²). Preparedness was medium (61.3%), low (25.3%), high (13.3%), with 88% showing positive aging attitudes.

Conclusion: This study generates evidence on lifestyle behaviours and factors influencing aging among midlife health care workers. The findings can help in sensitizing this workforce and designing targeted health promotion programs for supporting healthy aging.

Title: Pilot Validation of a Portable Device for School Vision Screening

Krishnamurthy K V, Dr Sunil Kumar D

Institute name :JSS Medical College, JSSAHER, Mysuru

Conference Registration ID: 574

Introduction: Children with refractive problems suffer from severe vision impairment, which affects their learning and development. In order to improve early screening and promote easily accessible, scalable eye care that is in line with national and international health strategies for underprivileged groups, this study presents a portable, user-friendly visual acuity equipment.

Objectives:

 • To evaluate the accuracy and precision of the portable device-based visual acuity

• To assess the reliability of the portable device-based visual acuity test

Methodology: A cross-sectional pilot study was conducted among children aged 6 to 16 years in educational institutions of Mysuru and Chamarajanagar districts. Participants were selected using Probability Proportionate to Size (PPS) and simple random sampling. Each child underwent visual acuity assessment using both the portable device and the Snellen chart, across two sessions to assess test-retest reliability.

Results: Study found that the device achieved a sensitivity of 88.9%, specificity of 40.7%, accuracy of 58.9%, and precision of 47.8%. The AUC of 0.844 reflects good discriminative performance. Additionally, the device demonstrated excellent test-retest reliability, with an ICC of 0.973 for single measures and 0.991 for average measures

Conclusion: Study suggests that the developed portable device is a valid, reliable, and scalable tool for remote visual acuity screening in school-based health programs. Its integration into community and school settings has the potential to enhance early detection of visual impairments, particularly in resource-constrained environments.

Keywords: Portable visual acuity device, remote screening, refractive error

THEMATIC ABSTRACTS E - POSTER (FACULTY)

Mental well being

Title: Test Anxiety Among Medical Students In A Medical College Of North Karnataka.

*__Dr Kashavva B Andanigoudar__, *Dr Rizwana B Shaikh,

*JGMM Medical College, Hubballi. **Navodaya Medical College, Raichur.

Conference Registration ID: 568

Introduction: Test anxiety is major problem affecting the academic performances of students. A study into it can help us in coming up with solutions to tackle the problem in the best and effective way. The present study is done to assess the level of anxiety.

Objectives:

- To estimate the level of test anxiety among medical students and factors affecting it.

- To assess the effect of test anxiety on self-reported academic performance and different assessment methods among medical students.

Methodology: A Cross-sectional study done in KIMS Hubballi, among 357 medical students from 7thJune to 4th July 2. Data collected by using pretested semi-structured questionnaire which includes demographic details, factors affecting test anxiety and validated test anxiety scale which was developed by Nist and Diehl (1990).

Results: Among 357 students, 65% and 2.2% were having healthy and unhealthy level of anxiety. Different assessment patterns among the students had strong association with test anxiety.

Conclusion: Majority of the students were found to have moderate level of test anxiety. In this study factors affecting test anxiety score was, last minute learners and students who scored less marks in last exams. Different assessment pattern had impact on test anxiety.

Keywords: Test anxiety, assessment methods, and Academic performance

Title: Prevalence Of Depression Among High School Adolescents Of Urban Area, Belagavi-a Cross Sectional Study

*Dr. Ajay Sajjanar, **Dr. Manjula Patil

*S. Nijalingapaa Medical College, Bagalkot, :**Belagavi Institute of Medical Sciences, Belagavi

Conference Registration ID: 381

Introduction: Adolescence is a distinct period in human development and crucial for setting the groundwork for long-term health. In India, Depression among adolescents in school varies between 3%-68%. Adolescents often struggle with depression and this condition impacts daily life by affecting their relationships, issues with school performance and limiting social activities.

Objectives:

- To assess the prevalence of depression among high school adolescents.

- To know the determinants of depression among high school adolescents

Methodology: The study was conducted in Khasbag, the urban field practice area of Community Medicine, BIMS, Belagavi, among 386 high school students from 11 schools. Proportionate and systematic sampling (interval 7) was used. Data were collected using a pretested questionnaire, and depression was assessed with Beck Depression Inventory. Descriptive statistics and Chi-square test to see the association with its attributes(p<0.05).

Results: The prevalence of depression was 44.3%, among them 23.8% had mild mood disturbances, borderline depression affected 8% of the students, while 9.3% suffered from moderate depression, Severe depression affected 3.1% of the students. There was a significant association of depression with determinants like change in residence, death of a close family member, the presence of any old age people in the family, presence of major illnesses in the past, presence of mental tension and a history of bad events with p value < 0.05.

Conclusion: The study reveals a high prevalence of mental health issues among high school adolescents in Belagavi with 44.3% depression, indicating implementation of comprehensive mental health programs in schools to provide regular mental health screenings and counselling services.

Keywords: Adolescents, Depression, Prevalence, Determinants, Mental health

Title: A community-based cross-sectional study of Indoor air pollution and its mental health implications among rural households

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Sri Devaraj Urs Medical College, SDUAHER

Conference Registration ID: 512

Introduction: Emerging literature shows that air pollution can target the central nervous system through numerous pathways by Inflammation and oxidative stress, inducing neurotoxicity, contributing to an elevated risk of anxiety and depression.

Objectives: To assess the Indoor air quality among rural households and to investigate the association between indoor air quality and depression and Anxiety among rural household residents.

Methodology: The present study is a cross-sectional study conducted over a two-year period, involving rural households that use solid forms of fuel, and air quality was assessed using high-quality instruments. Mental health status like anxiety and depression among residents of these households were assessed using standardized tools. Chi-square test was applied to look for association with a p-value less than 0.05 defined as statistically significant.

Results: 812 residents of such households participated in the study, with the majority belonging to the 31- to 40-year age group, being male, living in a Nuclear family, and being from an upper-middle-class background. Mental health assessment revealed 25.6% had marked to severe anxiety according to Zung Anxiety scale and 23.2% had mild depression according to Zung Depression scale. AQI of rural households revealed 192 (23.6%) were of poor standards. Anxiety and depression mental health status had a statistically significant association with AQI.

Conclusion: The present study adds to the small but growing evidence indicating that exposure to indoor air pollution might be linked with an increased risk of developing mental health problems.

Keywords: Anxiety, Depression, Indoor Air quality

Nutrition

Title: Maternal Snack Choices and Their Impact on Child Nutrition: An Urban Community-based Study

Dr Priyadharshini S, Dr Saranya K

PES University Institute Of Medical Sciences And Research, Bangalore

Conference Registration ID: 548

Introduction: Childhood nutrition in India is increasingly compromised by the rise of ultra-processed packaged snacks and unsafe unpackaged foods. Although CBSE's "Sugar Boards" raise school-level awareness, maternal choices at home remain key influencers of children's diets. This study examines maternal determinants of snack selection in urban Bangalore households.

Objectives:

• To assess the frequency, pattern and maternal factors influencing snack and beverage consumption among children aged 4–10 years.

• To find out association between socio-demographic characteristics and maternal factors.

Methodology: A descriptive cross-sectional study was conducted among 100 mothers in an urban field practice area of medical college, Bangalore. Participants were selected from seven birth cohorts (2015–2021) using simple random sampling. Data on socio-demographic characteristics, snack consumption pattern, frequency, maternal decision factors were collected through a pretested, interviewer-administered questionnaire and analyzed using SPSS v29.0.2.0 with inferential tests applied.

Results: Among respondents, 81% reported daily provision of snacks, with biscuits and sweetened beverages being most common. Maternal decisions were largely influenced by child preference (72%) and convenience (68%), while nutritional value played a minor role. Significant associations were observed between snack choices and maternal education, income, family size, and urban exposure ($p < 0.05$).

Conclusion: Maternal snack decisions are primarily shaped by convenience and child demands, practical considerations rather than nutrition. Strengthening maternal decision-making at the household level is crucial to complement school-based programs and reduce long-term nutrition-related health risks in children.

Keywords: Nutrition, Urban, Snacks, Maternal
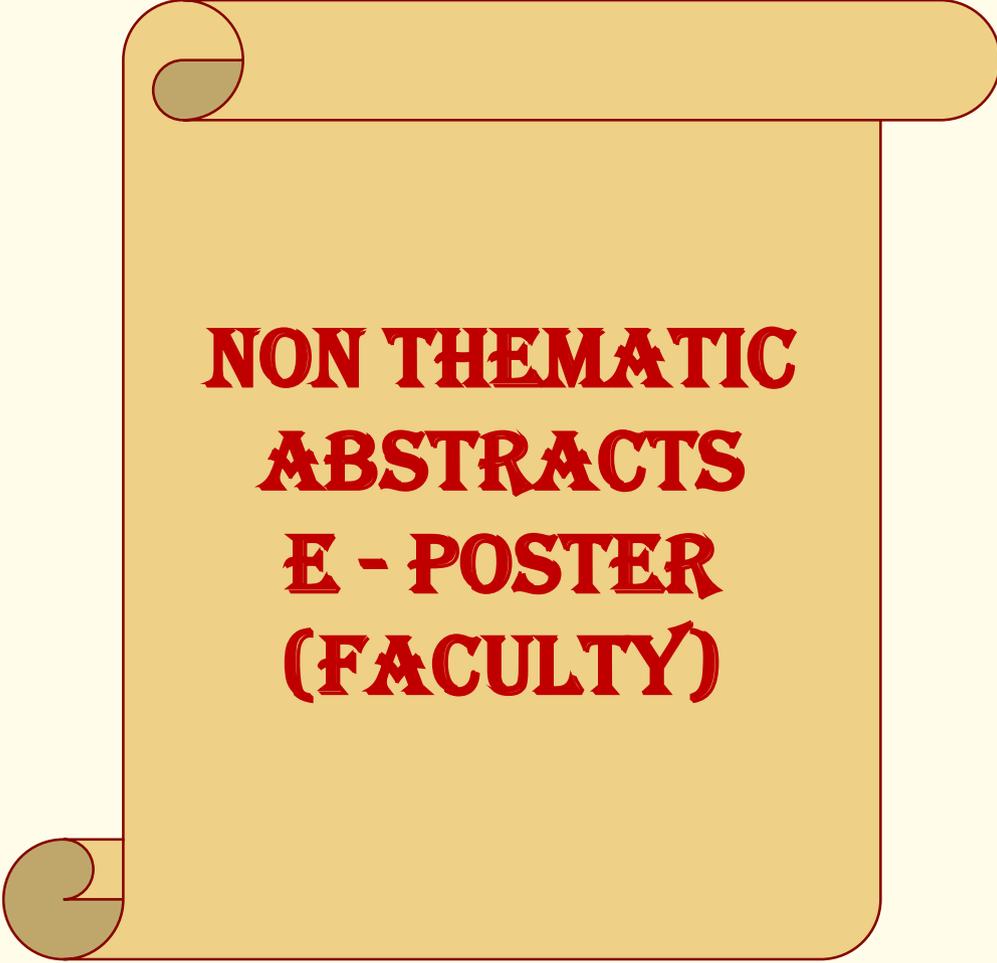
NON THEMATIC ABSTRACTS E - POSTER (FACULTY)

Environmental Sustainability, Sanitation and Hygiene

Title: From Source to Sip: Understanding Household Water Practices and Perceptions in Coastal Karnataka

Lavannya Mary Thayil

K S Hegde Medical Academy, Nitte Deemed To Be University, Mangaluru.

Conference Registration ID: 119

Introduction: Access to clean and safe drinking water remains a pressing challenge in rural India, despite national efforts like the Jal Jeevan Mission. Perceptions about water safety and practices at the household level significantly influence health outcomes, especially in underserved communities with varied water sources and sanitation facilities.

Objectives: To explore the sources of drinking water, assess safety perceptions, evaluate purification practices, and understand awareness regarding waterborne diseases among households in a rural village of Coastal Karnataka.

Methodology: A cross-sectional study was conducted in the rural field practice area of a medical college in Mangaluru. Using systematic random sampling, 106 households were selected. Data was collected through face-to-face interviews using a structured questionnaire and analyzed using SPSS v29. Chi-square tests were applied to determine associations between variables.

Results: Open wells (46.2%) were the most common water source. While 94.3% reported year-round water availability, only 84.9% treated their drinking water, mainly by filtering (67.9%). A third of households (34.9%) reported visible contamination and 24.5% reported health issues related to water. Awareness about waterborne diseases was 64.2%, showing significant variation across age and education levels ($p < 0.05$).

Conclusion: Despite widespread access, gaps exist in perception and practices related to water safety. Visible contamination and associated health issues highlight the need for focused health education. Interventions must prioritize behavioral change and reinforce community knowledge to achieve universal access to safe drinking water.

Keywords: Drinking water, Household practices, Water safety perception, Rural health, Waterborne diseases.

Miscellaneous

Title: Gender-Based Violence Identification and Referral Practices Among ASHA and Anganwadi Workers in Hubballi, Karnataka

Dr Rizwana B Shaikh, Dr Namratha Kulkarni

JGMM Medical College Hubballi

Conference Registration ID: 800

Introduction: Gender-based violence (GBV) affects health and dignity of its victims. ASHAs and Anganwadi workers play an important role in identifying victims, offering support, raising awareness, and linking them to health, legal, and social services.

Objectives: To assess GBV identification and referral practices of ASHA and Anganwadi workers in three Primary health centers (PHCs) affiliated with a tertiary health care centre in Hubballi.

Methodology: A quasi-experimental study was done in three PHCs of Hubballi, to identify GBV awareness and practices among 48 ASHA and 67 Anganwadi workers using universal sampling method. Structured modules were delivered after ethical approvals. Data were collected pre, post-training, and at 3-month follow-up using a structured Likert scale questionnaire, with 5 items on practices and five on follow up. Data is presented as proportions and was analyzed using IBM SPSS version 25.

Results: This study, is a part of a larger KAHER University-funded project. Baseline GBV identification and referral practices of ASHAs and Anganwadi workers is presented here. The mean age of the participants was 40+ 8 years, with an average of 12+7 years of experience Referral to community services showed the highest engagement (48%). Counselling of aggressors and discussion of women's options were moderate. Only 20% of the participants were aware of the toll-free numbers and in the past three years only 30 GBV cases were identified of which only 50% were reported.

Conclusion: Findings reveal inconsistent GBV responses, low awareness of helplines, and underreporting, underscoring the need for enhanced training and support systems for community level healthcare providers.

Keywords: Gender based violence, ASHA, Anganwadi workers

Reproductive, Maternal And Child Health

Title: Awareness and perception of kangaroo mother care by postnatal mothers delivered in District hospital Gadag : A Cross sectional study.

Dr Shilpa K

K H Patil Institute of Medical Sciences

Conference Registration ID: 439

Introduction: Kangaroo mother care (KMC) Is a method of caring new-borns, especially premature or low birth weight infants, by placing them skin to skin contact with the mother. It is globally recommended , evidence based practice for managing low birth weight infants. Benefits include improved survival rates. Better weight gain, reduced risk of infections, enhanced bonding and emotional well-being, improved physiological stability, reduced stress for both parents and baby etc.

Objectives: To study the knowledge , attitude & practice of Kangaroo Mother Care in postnatal mothers delivered in District Hospital Gadag.

Methodology: This Observational ,Hospital based cross sectional study was done on post-natal Mothers who have delivered at district hospital Gadag. On Convenient sampling 265 post-natal mothers who delivered in study period were included and mothers not willing were excluded. Data was collected using Predesigned, preformed and pretested questionnaires after institutional ethical clearance. Data was analysed using SPSS version 20.

Results: Majority 60.4% of the mothers were in the age group 16 to 25 years . 52.1% of them belonged to urban area and majority of them i.e 32.1% of them studied till high school. 67.5% belonged to lower middle class. Knowledge on KMC was good in only 16.6% and only 26.8% practiced it and reason for not practicing it were lack of knowledge 69.7% followed by difficulty in accepting it 13.3%.

Conclusion: Only 16.6% of the participants know about KMC in detail.45% of the participants had not seen KMC being practiced.69% blamed it because of lack of knowledge. Overall knowledge & practices about KMC was poor though knowledge was good at some points.

Keywords: KMC, Kangaroo mother care

THEMATIC ABSTRACTS ORAL PAPER (POST GRADUATE)

Mental well being

Title: Proportion Of Post-natal Depression And Associated Factors Among Mothers In An Urban Area Of South Kerala

 <u>Charisma Grace Varghese</u>

Pushpagiri Institute Of Medical Sciences And Research Centre, Thiruvalla, Pathanamthitta, Kerala

Introduction: Postnatal Depression (PPD) Is A Major Depressive Episode Occurring Within Four Weeks After Childbirth, Affecting Up To 23% Of Indian Mothers. Despite Its Impact, Maternal Mental Health Services In India Are Limited, With Inadequate Health Worker Training And No Routine Screening, Highlighting The Need For Better Awareness, Screening, And Prevention.

Objectives:

- To Estimate The Proportion Of Postnatal Depression Among Mothers In An Urban Area Of South Kerala.

- To Determine The Association Of Postnatal Depression With Selected Socio-demographic And Obstetric Factors Among Mothers In An Urban Area In South Kerala.

Methodology: A Community-based Cross-sectional Study Was Conducted Among 252 Postnatal Women Selected Through Multistage Cluster Sampling In Thiruvalla Municipality, Pathanamthitta District, Kerala, Over Two Months After Iec Approval. Data Were Collected Using A Validated Interview Schedule Covering Socio-demographic, Obstetric, Newborn, And Family-related Factors. Postnatal Depression (PND) Was Assessed Using The Edinburgh Postnatal Depression Scale, And Independent Predictors Were Identified Using Binary Logistic Regression

Results: The Mean Age Of Mothers Was 29.4 Years (SD 4.89), With 54.2% Being Graduates. The Prevalence Of Postnatal Depression (PND) Was 20 % (95% CI: 16.04–24.65). Mothers With Unplanned Pregnancies (AOR=2.07, Ci: 1.18-3.41) And Those Who Experienced Stressful Events During Pregnancy (2.05 =2.05, Ci: 1.11-3.77) And Mothers Experiencing Loneliness (AOR=5.83, Ci: 3.84-8.8) Were More Likely To Report Postnatal Depression.

Conclusion: About 20% Of Mothers Reported Postnatal Depression, With Higher Rates In Those Facing Unplanned Pregnancies, Prenatal Stress, Or Loneliness. This Highlights The Urgent Need For Improved Screening And Support For New Parents To Protect Both Maternal And Infant Well-being From The Severe Impacts Of Postpartum Depression.

Keywords: Postnatal Depression, India, Kerala, Associated Factors, Loneliness

Title: Between Books And Burnout: Exploring Perceived Stress And Sleep Quality Among Medical Undergraduates In Mysuru, A Cross-sectional Study

Dr Jesymol Joy, Dr Renuka M

Institute name :JSS MEDICAL COLLEGE MYSURU

Conference Registration ID: 296

Introduction: Medical students navigate a demanding academic journey filled with long hours, high expectations, and emotional challenges. Amidst this pressure, many quietly endure psychological stress and poor sleep, which can take a serious toll on their health, performance, and overall quality of life.

Objectives: To estimate the prevalence of perceived stress and sleep quality among undergraduate medical students in Mysuru and the factors associated with it.

Methodology: A cross-sectional study was conducted among 390 MBBS students at JSS Academy of Higher Education and Research, Mysuru, selected through simple random sampling. Data were collected using Cohen's Perceived Stress Scale (PSS-10) and Pittsburgh Sleep Quality Index (PSQI). Data were analysed using SPSS v22, and the association between stress and sleep quality was tested using the Chi-square test with a significance level of $p<0.05$.

Results: Based on the analysis of 390 medical students, the mean age was 22.54 ± 1.74 years, with 52.6% males and 47.4% females. The prevalence of high perceived stress was found to be 14.9%, while 76.4% had moderate stress and 8.7% had low stress. In terms of sleep quality, 57.2% of participants were classified as having poor sleep quality. A strong association was observed between stress levels and sleep quality.

Conclusion: The study highlights a high prevalence of psychological stress and poor sleep quality among medical students, with a significant association. Students with higher stress levels were markedly more likely to experience poor sleep. These findings emphasize the urgent need for regular mental health screening, stress management support, and sleep hygiene interventions to promote the overall well-being and academic performance of medical students.

Keywords: Psychological stress, Sleep quality, Perceived Stress Scale (PSS), Pittsburgh Sleep Quality Index (PSQI), Mental health

Title: Association Between Binge-watching Behaviour And Interaction Anxiety Among Young Adults In Mysuru: A Cross-sectional Study.

Dr. Kodeeswaran M, Dr. Sunil kumar D

Institute name :JSS Medical College, JSS Academy of Higher Education and Research, Mysuru.

Introduction: Binge watching has become a common leisure activity among youth. It has emerged as a prevalent digital behavior among young adults, often influencing psychological well-being. This study explores the association between binge-watching habits and interaction anxiety among youth in Mysuru, aiming to understand how screen-based entertainment may impact social engagement and emotional health.

Objectives:

• To determine the level of interaction anxiety and binge watching among the study participants.

• To determine the association between the effects of binge watching on interaction anxiety

Methodology: A cross-sectional study was conducted among young adults using a validated scale. Initial part of the questionnaire contains socio demographic characteristics, personal history followed by Binge -Watching and Interaction anxiousness scales. The data were analyzed using SPSS version 30. The results are presented in the form of mean, percentages and proportion. Chi square test is employed to find out the association.

Results: Among the 150 study participants, males and females were equally represented. Daily binge watching was reported by 34% of the youth. A significant proportion (63.3%) exhibited moderate levels of interaction anxiety. Majority (93.3%) experienced moderate effects with binge watching. Statistical analysis revealed a significant association between the grades of binge watching and levels of interaction anxiety (p = 0.006).

Conclusion: The study indicates about the potential impact of excessive binge-watching on their mental health, particularly interaction anxiety. With mobiles being the preferred medium, frequent binge watching appears to contribute to moderate social discomfort. These findings emphasize the importance of promoting balanced media use to safeguard mental well-being.

Title: Effect Of Yoga Practice On Mental Health Parameters Among Adult Practitioners

Dr Nandini Jaiswal, Dr. Rahul Damor

Medical College Baroda

Conference Registration ID: 563

Introduction: Yoga, Traditionally Defined As "Chitta Vritti Nirodha"—the Cessation Of Mental Fluctuations—emphasizes Mental Calmness And Inner Harmony. Its Integration Of Physical Postures, Controlled Breathing, And Mindfulness Practices Has Been Associated With Improved Psychological Resilience And Emotional Well-being.

Objectives:

• To Assess The Prevalence Of Mental Health Symptoms—specifically Anxiety, Stress, And Sleep Disturbances—among Yoga Practitioners.

• To Explore Associations Between Regular Yoga Practice And Improvements In Key Mental Health Parameters.

Methodology: A Cross-sectional Observational Study Was Conducted At The Yoga Niketan Center, Vadodara, From June 1st To 30th . A Total Of 32 Adult Participants Who Practised Yoga For 30 Minutes Per Session, 5 Days A Week Were Enrolled. Data Were Collected Using A Structured Self-report Questionnaire. Descriptive Statistics And Exploratory Analyses Were Performed To Examine Mental Health Trends.

Results: The Study Population Consisted Of 32 Individuals (19 Females, 11 Males), With A Mean Age Of 38.4 Years (Range: 17–60 Years), Predominantly Aged 30–50 Years. Participants Reported Reduced Levels Of Perceived Stress And Anxiety. Trends Suggested Enhanced Emotional Balance And Mental Clarity, Especially Among Regular Practitioners.

Conclusion: The Findings Underscore Yoga's Efficacy As A Supportive Tool For Mental Health Enhancement. While Significant Improvements In Stress And Anxiety Were Observed, The Persistence Of Symptoms Such As Sleep Issues Highlights The Need For A Comprehensive Approach Combining Yoga With Lifestyle Modifications And Mental Health Support.

Keywords: Yoga,mental Health,stress, Anxiety,well Being

Title: prevalence of internet and social media addiction among medical undergraduates in warangal

Dr. S. Shivani, Dr. M. Keerthi,d. Vasavee

Kakatiya medical college

Conference registration ID: 612

Introduction: medical students face intense academic pressure and often turn towards internet and social media as coping mechanisms. This increasing dependence could result in addiction, which would impact mental health, sleep, and academic performance of the students. Assessing their digital addiction is important to prevent consequences and promote healthy digital habits.

Objectives:

- To estimate the prevalence of internet and social media addiction among medical undergraduates.

- To determine factors associated with internet and social media addiction.

Methodology: a cross-sectional study was conducted at kakatiya medical college, warangal, from february to april 2025 among 370 undergraduate medical students. Data were collected using A semi-structured questionnaire, young's internet addiction test, and bergen's social media addiction scale was used to evaluate internet addiction and social media addiction respectively. Statistical analysis using SPSS version 26; chi-square test applied.

Results: the prevalence of internet addiction was found to be 55.4%, out of which 44.9% had mild, 10% had moderate and 0.5% had severe internet addiction. Factors like loss of sleep, academic underperformance, social media overuse, urban residence were found to be significantly associated with internet addiction. Prevalence of social media addiction was found to be 18.9%.

Conclusion: internet addiction among medical students is an emerging concern that calls for early recognition, awareness, and targeted institutional strategies. Integrating digital wellness programs within the academic environment can help reduce dependence and encourage healthier online habits, ultimately supporting student's mental well-being and academic performance.

Keywords: internet addiction, medical students, social media addiction

Title: Prevalence of geriatric depression and its associated factors in Warangal district, Telangana.

<u>**Damarla Vasavee**</u>

Kakatiya Medical College

Conference Registration ID: 628

Introduction: The world's population is aging fast. Physical and mental health deteriorates as a result of the normal aging process. The most common mental health conditions for older adults are depression and anxiety. Mental health concerns are least prioritized in most of the developing countries, with depression being easy to screen.

Objectives:

• To estimate the prevalence of depression among elderly in Warangal district.

• To determine the factors associated with depression among the study population.

Methodology: A cross-sectional study was conducted in Warangal district from October to December 2024, involving 370 participants aged over 60 years, both males and females. Data was collected through a semi-structured questionnaire and the Geriatric Depression Scale Short Form (GDS-15) for depression. The study used SPSS (version 26) for statistical analysis and Pearson Chi-square test.

Results: The prevalence of geriatric depression was found to be 64.1%. Out of which 35.4% had mild depression, 16.8% had moderate depression, and 11.9% had severe depression. Factors like education, marital status, occupation, pension, socioeconomic status, comorbidities, sleep problems, hearing, and major life events were found to be significantly associated with depression.

Conclusion: The mental health of older adults should be addressed from the primary healthcare setting onward, through screening, diagnosis, and management. Strengthening the National Program for Health Care of the Elderly (NPHCE) through community-based programs. It also points towards the need for multicentric, longitudinal studies evaluating various aspects of geriatric depression.

Title: Prevalence of Insomnia among Undergraduate Medical Students in a Private Medical College in Davangere.

Dr. Suresh Veenasavithri, Dr. Mohammed Imran, Dr. Muhammed Muntazeem G.

S.S Institute of Medical Sciences and Research centre

Introduction: Insomnia is a common sleep disorder characterized by difficulty initiating or maintaining sleep. Medical undergraduates are particularly vulnerable due to academic stress and irregular routines. Poor sleep impacts health, cognitive performance and academic efficiency highlighting the need to assess its prevalence.

Objectives: To determine the prevalence of insomnia among undergraduate medical students in a private medical college in Davangere

Methodology: A cross-sectional study was conducted over three months among 160 undergraduate medical students. Data were collected using a structured, self-administered Google Form. The questionnaire included demographic details, sleep-related behaviors, and lifestyle habits. The Athens Insomnia Scale (AIS), a validated 8-item tool, was used to assess insomnia, with a score of ≥ 6 indicating its presence. Data were analyzed using SPSS v20, with chi-square test applied to assess associations.

Results: The prevalence of insomnia was 54.3% among medical undergraduates. Insomnia showed a significant association with age and stress, particularly academic stress. No significant associations were found with caffeine use, alcohol, or smoking.

Conclusion: More than half of the medical students were affected by insomnia, mainly linked to academic stress. Early identification and stress management strategies are essential to improve sleep quality and student well-being.

Keywords: Insomnia, Medical Undergraduates, Athens Insomnia Scale, Academic stress, Prevalence

Title: Screen Distracted Eating and Its Association with Emotional and Metabolic Health in College Students

Dr. Akruti Dash, Dr. Jesymol Joy, Dr. Renuka M

JSS Medical College, Mysuru

Conference Registration ID: 407

Introduction: Screen distracted eating—consuming food while engaged with electronic screens—has become increasingly prevalent among youth, raising concerns about its impact on emotional regulation and metabolic well-being. The intersection between media use during meals and adverse physical and psychological health outcomes remains underexplored in the Indian college demographic.

Objectives: To assess the prevalence of screen distracted eating and its association with emotional well-being and self-reported metabolic health among college students.

Methodology: A cross-sectional study was conducted among college students aged 18–25 years in Mysuru city. Data was collected using a structured, self-administered questionnaire comprising three domains: screen distracted eating patterns (Section A), emotional well-being (Section B), and self-reported metabolic health indicators (Section C). Convenience sampling was employed, and responses were analyzed using descriptive statistics and correlation analysis in SPSS version 26.

Results: Of 504 participants (62.3% female; mean age 20.6 ± 1.8 years), 71.8% reported frequent screen-distracted eating, primarily using mobile phones (86.5%). Multitasking during meals was common (68.2%), and 60.1% reported reduced awareness of portion size. Emotional effects included guilt (58.9%), anxiety/mood changes (54.6%), and lack of control over eating (49.4%). Restlessness without screens (46.2%) and sleep disturbances (44.8%) were noted. Metabolic complaints included bloating (39.7%), irregular bowel movements (36.5%), and fatigue (31.2%). Overeating/snacking during screen use was reported by 53.8%.

Conclusion: Screen distracted eating among college students is associated with compromised emotional well-being and potential self-reported metabolic symptoms. Targeted interventions emphasizing mindful eating and media literacy may contribute to improved physical and mental health outcomes in this vulnerable population.

Title: "Are Our Rural Adolescent Boys Safe from Porn Addiction? A Cross-Sectional Study"

Dr Kowshick R, Dr Sahana S Murthy, Dr Pradeep T S

Sri Devaraj Urs Medical College, SDUAHER, Kolar, Karnataka

Introduction: Due to the accessibility of having access to online pornography in the current digital era, many people, especially young adults, are at risk of developing an addiction. Stress, anxiety, and even depression may result from this developing habit. Family problems and social pressures can make breaking free even more difficult.

Objectives: To assess the prevalence of porn addiction among rural adolescent boys.

Methodology: A cross-sectional study will be conducted over one year in rural schools of Kolar, Karnataka, among adolescent boys aged 15–19 who use smartphones or computers with internet access. Using random and PPS sampling, 450 students will be selected. Data will be collected through a validated questionnaire, and porn addiction will be assessed using the Pornography Addiction Screening Tool.

Results: The present study among 449 students revealed that the majority were pre-university students 254 (56.6%), from nuclear families 325 (72.4%), and day scholars 393 (87.5%). Most accessed the internet through mobile phones 403 (89.8%). Regarding emotional stimulus, loneliness 176 (39.2%) was the most common reason for porn viewing. Based on the Porn Addiction Screening Tool, 115 (25.6%) of students were at a reason of concern, 58 (12.9%) had emerging addiction, and 5 (1.1%) were addicted. Significant associations were observed between porn addiction and factors such as education level, residence, age, boredom, loneliness, and multiple emotional stimuli where the p-value less than 0.05.

Conclusion: As adolescents naturally explore their sexuality, a lack of proper sex education pushes many towards online porn, which can distort healthy ideas about relationships. In India, stigma limits open discussions, while easy internet access makes porn widely available. Better education can guide adolescents toward healthier choices.

Keywords: Porn Addiction, Rural Adolescents, Mental Health

Nutrition

Title: Dietary diversity and risk of diabetes among working women of a tertiary care hospital in Bangalore- A cross sectional study

Dr Bhavana Gangadara, Dr Amrita N Shamanewadi, Dr Jyoti Patil

Sapthagiri Institute Of Medical Sciences And Research Center,Bengaluru

Conference Registration ID: 124

Introduction: Diabetes mellitus, especially Type 2 (T2DM), is a growing global health concern. Dietary diversity, a key indicator of nutritional adequacy, plays a crucial role in diabetes risk. While diverse diets may promote health, excessive intake of high-energy foods can increase T2DM risk. This study explores the relationship between dietary diversity and diabetes risk.

Objectives:

• To estimate the proportion of working women at risk for diabetes.

• To determine the association between dietary diversity and risk of diabetes among working women of a tertiary care hospital in Bangalore.

Methodology: A cross-sectional study was conducted over 3 months among working women at a tertiary care hospital in Bangalore using convenient sampling. Data was collected through a pre-validated, semi-structured questionnaire covering socio-demographics, dietary diversity, and IDRS. Data was analysed using SPSS with descriptive statistics and Chi-square test for association.

Results: Among 258 working women studied, 80.6% of participants had high dietary diversity, while 12.8% had moderate and 6.6% low diversity. Regarding diabetes risk, 46.8% were at high risk, 37.2% moderate risk, and 15.8% low risk based on IDRS. These findings indicate a considerable diabetes risk burden despite a majority reporting moderate to high dietary diversity.

Conclusion: The study reveals an alarming diabetes risk among working women, even with high dietary diversity. This emphasizes the urgent need for proactive strategies promoting not just diverse but balanced and mindful eating habits, coupled with lifestyle changes, to curb the growing diabetes burden in this group.

Keywords: Dietary diversity, Diabetes risk, Working women, Lifestyle modification

Title: Impact Of Nutritional Health Education On Snacking Habits Among Middle School Children: A Quasi-experimental Study

<u>Dr. Chinmayi B S</u>,dr. Neha Dsouza, Dr. Shruthi M Shetty

Institute Name :Sapthagiri Institute Of Medical Sciences And Research Centre, Bangalore

Conference Registration ID: 146

Introduction: The Rising Trend Of Unhealthy Snacking Among School Children Is A Growing Public Health Concern Linked To Obesity. The Childhood Obesity Prevalence Is 8.4% In India. Given The Influential Role Of Schools In Shaping Habits, This Study Evaluates The Impact Of Structured Health Education On Improving Snacking Patterns Among Middle School Students.

Objectives: To Compare Snacking Habits Among Middle School Children Who Received Nutritional Health Education Versus Those Who Did Not, Using Healthy Eating Assessment Tool.

Methodology: A Quasi-experimental Study Conducted Over 3 Months Among Middle School Children (9–13 Years) In Schools Within Urban Field Practice Area Of A Medical College. Using Universal Sampling, Data Was Collected Pre- And 1-month Post-intervention Using Healthy Eating Assessment Tool. One School Received Innovative Health Education I.E., Student Norms Approach Using Peer Influence And Positive Reinforcements, Other Received Pamphlets.

Results: A Total Of 64 Students From Each Of The Two Selected Schools Participated. The Mean Age Was 11.02 ± 1.12 Years In School A (Control) And 11.53 ± 0.91 Years In School B (Intervention). In The Pre-test, Most Students In Both Schools Were In Health Benefit Zone 3 (Good) Which Was 67.2% In School A And 73.4% In School B.

Conclusion: Health Education Using The Student Norms Approach Effectively Improved Healthy Snacking Behaviours Among Middle School Children. School-based Interventions, When Reinforced With Structured Education, Can Significantly Influence Dietary Choices. These Findings Support The Need For Integrating Nutritional Education Into School Health Programs To Address Childhood Obesity.

Title: prevalance of micronutrient deficiencies among adolescents and their association with bmi-an urban-rural comparitive study

Dr Sana Khader M, Dr.Smitha M C

Jss medical college , Mysuru

Conference registration id: 384

Introduction: micronutrient deficiencies (mnd), or "hidden hunger," impact 1/3rd of the global population, with adolescents possessing higher risk due to poor dietary habits and limited nutritional awareness.

Objectives:

• To determine the prevalence and compare micronutrient deficiencies among school-going adolescents in urban and rural areas of mysuru.

• To assess the association between mnd and body mass index (bmi).

Methodology: a cross-sectional study of 6-month duration conducted among 520 adolescents (10–19 years), selected by multistage random sampling from 4 urban and 4 rural schools of mysuru. Anthropometric data were interpreted using who bmi-for-age z-scores and physical examination done to identify clinical signs of micronutrient deficiency. Those with ≥2 signs were classified as deficient. Associations were tested in spss-22 using chi-square/fisher's exact tests ($p < 0.05$).

Results: among 520 participants, 31.5% were malnourished and 68.5% had normal bmi. Clinical signs of mnd were present in 6.9%, absent in 93.1%. No significant association was found between bmi and mnd (p=0.070), though 72.2% with mnd had normal bmi. Mnd showed significant associations with gender (p=0.001), adolescent stage (p=0.038), and residence (p=0.000)

Conclusion: micronutrient deficiencies were prevalent even among adolescents with normal bmi, highlighting the concept of "hidden hunger." Public health initiatives should address nutritional gaps through screening and supplementation, focusing on micronutrients along with macronutrients, across both urban and rural settings.

Keywords: adolescent malnutrition, hidden hunger, body mass index, urban rural comparison

Title: Knowledge And Practice Of The DASH Diet Among Hypertensive Patients Visiting A Rural Health Centre

A. Abdul Rahim, Vinay Rao

PESIMSR, Kuppam, A.P.

Conference Registration Id: 732

Introduction: The Dietary Approaches To Stop Hypertension (DASH) Diet Is A Validated Nutritional Strategy Proven To Effectively Lower Blood Pressure In Most Populations. Despite Its Clinical Benefits, Awareness And Adherence To The DASH Diet Remain Suboptimal Among Hypertensive Populations Throughout India.

Objectives:

• To Assess The Level Of Knowledge And Adherence To The Dash Diet Among Individuals Diagnosed With Hypertension.

• To Examine The Associations Between Their Knowledge, Dietary Practices, And Demographic Factors.

Methodology: Cross-sectional Study Was Conducted Involving 100 Hypertensive Patients Aged Between 30 To 70 Years Recruited Through Convenience Sampling From Outpatient Clinic Of Rhtc Of The Department Of Community Medicine. Data Were Collected Using A Validated, Structured Questionnaire Assessing Demographic Characteristics, DASH Diet Knowledge, And Adherence Behaviours. Knowledge And Adherence Scores Were Categorized Into Adequate, Moderate, And Inadequate Based On Established Scoring Criteria. Chi-square Tests, And Pearson 'S Correlation Were Used.

Results: Among 100 Hypertensive Participants (Mean Age 55; 52 % Male), 51 % Demonstrated Moderate Knowledge Of The Dash Diet, Around 16 % Showed Adequate Knowledge. Dietary Adherence To DASH Like Diet Was Moderate In 44% Of Participants, Poor In 50 %, And Good In 6%. Significant Positive Correlation Was Observed Between Knowledge And Practice Scores. Physical Activity Levels Were Significantly Associated With Both Knowledge And Adherence, While Age And Duration Of Hypertension Were Significantly Related To Dietary Adherence. These Findings Highlight Moderate Awareness And Adherence Levels, Among Hypertensive Individuals.

Conclusion: There Is A Need For Educational Interventions Tailored To Hypertensive Individuals' Socio Demographic Profiles To Improve Dash Diet Adherence. Barriers Such As Cultural Preferences, Economic Constraints, And Limited Food Access Should Be Addressed Through Culturally Sensitive, Affordable Dietary Programs.

Keywords: Adherence, Dash Diet, Dietary Practice, Hypertension, Knowledge.

Title: Assessment of diversity of lunch boxes and its association with anthropometric measurements among primary school children of the field practice area of Department of Community Medicine, K H Patil Institute of Medical Sciences, Gadag - A cross-sectional study

Dr. Jinonath S K, Dr. Aravind Karinagannanavar, Dr. Rekha S Sonavane

K H Patil Institute of Medical Sciences, Gadag

Conference Registration ID: 261

Introduction: Childhood nutrition significantly influences growth, development, and long-term health outcomes. Inadequate or imbalanced lunchbox contents may contribute to undernutrition or obesity in school-aged children, particularly in low- and middle-income settings.

Objectives:

- To assess the diversity of food items present in lunch boxes of primary school children (Grades 1–5) from the field practice area of the Department of Community Medicine, K.H. Patil Institute of Medical Sciences, Gadag, over a period of two months (1st July–31st August 2025).

- To measure the association between the nutritional quality of lunch boxes and anthropometric indicators (BMI-for-age z-scores) among the same group of children during the study period.

Methodology: A cross-sectional study will be conducted among primary school children (Grades 1–5) in one school of the Department's field practice area. Using simple random sampling, the school will be selected. All children from primary classes (Grades 1 - 5) will be studied. Sociodemographic information and anthropometric measurements (height, weight, BMI-for-age) will be recorded. Lunch box contents will be assessed for 5 consecutive days using a pretested questionnaire. The diversity of the food items present in the lunch boxes will be assessed. The nutritional quality will be evaluated with the ICMR guidelines of daily Calorie Intake. The total calories of lunch will be multiplied by 3 and assumed as the total daily calorie intake. Data will be analyzed using descriptive statistics and t-tests to determine associations.

Results: A total of 197 Children were studied, of which 26 children were absent for at least one day during the study, so they were excluded. Of the remaining 171 children, 89 were boys and 82 were girls. Among the 171 children, 33 were severely thin, 32 were thin, 98 were of normal weight, and 8 were overweight. The most common food items brought by the children were Chappati, followed by Rice and Roti. 3 children brought fast food.

Conclusion: Limitations: The total calories of lunch will be multiplied by 3 and assumed as the total daily calorie intake, which may not be the actual daily calorie intake. The students did not know the Education, occupation, and Income details of their parents

Confounding Factors: Physical activity, Total Dietary intake, SES, Chronic or recurrent illness/infection, Familial"

Title: Snacking Patterns And Associated Factors Among Young Adults: A Cross - Sectional Stud

Dr. Jyothsna T H, dr sandra paulson

Amala institution of medical sciences

Introduction: snacking contributes significantly to daily energy intake and diet quality among young adults. Studies show increased snack consumption, often driven by stress, convenience, and irregular routines, leading to poor nutritional outcomes. Understanding snacking patterns is essential to address rising non-communicable disease risks in urban indian youth.

Objectives:

• To assess the snacking pattern among young adults

• To enumerate the factors and associated with snacking habit among young adults

Methodology: a community-based cross-sectional study will be conducted among young adults aged 18–30 years residing in the field practice areas of the urban and rural health training centres. A total of 369 participants will be selected using stratified random sampling based on residence (urban/rural) and occupation (student, employed, unemployed). Participants residing or working in the selected areas for more than six months will be included, while those on therapeutic diets will be excluded. Data will be collected using a pre-tested, validated eating habits questionnaire, sociodemographic form, and food frequency questionnaire (FFQ).

Results: among young adults, distinct snacking patterns were identified, with high reliance on fried and packaged foods, while fruit consumption remained low. Socio-demographic factors—particularly age, gender, education, occupation, marital status, and urban residence—were significantly associated with snacking behavior. Males, students, and urban residents showed higher tendencies toward unhealthy snack choices, whereas females, married participants, and rural residents leaned toward more traditional snack options. These findings emphasize the influence of socio-demographic context on dietary patterns, underscoring the need for targeted nutrition education and health promotion strategies among young adults.

Conclusion: understanding snacking patterns among young adults offers valuable insight into their overall dietary behavior. The findings can guide targeted health education, behavior change interventions, and inform policy-level strategies to encourage healthier snacking habits and reduce the risk of nutrition-related health issues in this population.

Keywords: snacks, snacking pattern, young adults, cross sectional study

Title: A Study Of Complementary Feeding Practices Amongst Mothers Of Children Upto 2 Years Of Age In Bengaluru Rural.

Dr. Ravina Rathod, Dr Vidya Ramesh, Dr Sunilkumar D R

Akash Institute of Medical Sciences & Research Centre, Devanahalli

Conference Registration ID: 836

Introduction: Appropriate and adequate complementary feeding and hygienic practices are critical for child growth, especially in the first two years. This can prevent malnutrition and infections. Understanding existing practices amongst mothers in these areas is essential to improve child growth and reduce morbidity.

Objectives:

- To assess the complementary feeding practices of mothers of children between 6-24 months

- To evaluate the association between complementary feeding and child health.

- To determine the association between hygienic practices and child health.

Methodology: A cross sectional study was conducted among 302 mothers having children between 6-24months in Tertiary care center in Bengaluru Rural for duration of 1 month from July to August 2025 using systematic random sampling method. A pre-tested self-administered questionnaire was used to collect data. IEC was approved. SPSS V26 version was used for analysis. Association between hygiene practices, feeding initiation and child nutritional outcomes were analyzed using Frequencies, percentage, chi-square test for statistical significance.

Results: A total of 302 children were studied, with 49.7% females and 50.3% males. Most families belonged to the upper middle class (66.6%), and over half the children were second-born (54%). Nearly half of the mothers (49.3%) had completed secondary education, and 42.7% were homemakers. Nuclear families constituted 41.1% of the study group. Around 23.9% mothers started complementary feeding at less than 6 months, 52.3% at 6 months and 23.8% at more than 6 months of age. There was association between time of initiation of complimentary feeding and history of hospitalization of the child (p=0.01). Hygiene score showed a significant association with height-for-age (p = 0.001) and history of hospitalization (p = 0.000).

Conclusion: The study highlights that timely initiation of complementary feeding and good hygiene practices significantly influence children's health outcomes. Strengthening awareness regarding appropriate feeding, hygiene, and healthcare practices can improve child growth, reduce hospitalization among young children.

Physical activity and Lifestyle Medicine

Title: Online Exercise Tutorials And Their Association With Physical Fitness And Mental Well-being Among Adolescents: A Cross-sectional Study In Mysuru

Dr. Ashwathan P, Dr.Praveen Kulkarni, Dr. Deepshika R

JSS Medical College, JSS AHER, Mysuru

Conference Registration ID: 327

Introduction: Adolescence Is A Crucial Phase For Shaping Physical And Mental Health Habits. Post-pandemic, Digital Reliance Has Increased Screen Time And Reduced Activity. While Often Blamed For Inactivity, Online Platforms Also Offer Beneficial Exercise Tutorials. This Study Thus Examines Their Influence On Adolescent's Physical Activity And Mental Well-being.

Objectives: To Estimate The Prevalence Of Online Exercise Tutorial Usage And Its Association With Physical Fitness And Mental Well-being Among Adolescents In Mysuru.

Methodology: A Cross-sectional Study Was Conducted Over A Two-month Period, From May To June 2025, Among 330 Participants Selected Through Convenient Sampling Method. Data Were Collected Using A Pre-tested, Semi-structured Questionnaire Designed To Assess Socio-demographic Characteristics, Usage Patterns Of Online Exercise Tutorials, Perceived Benefits, And Behavioral Impact. The Collected Data Were Entered Into Microsoft Excel And Analyzed Using SPSS Version 28.

Results: Among 330 Participants, A Majority Of Adolescents (96.3%) Used Online Exercise Tutorials, With Youtube As The Preferred Platform. Over 84% Reported Improvements In Physical Fitness And Mental Well-being. Regular Engagement, Structured Routines, And Self-motivation Were Strongly Linked To Better Outcomes. Parental Monitoring, Sibling Activity, And Moderate Screen Time Significantly Influenced Tutorial Effectiveness, Highlighting Digital Platforms Potential In Promoting Adolescent Health.

Conclusion: Online Exercise Tutorials Positively Influenced Both Physical Fitness And Emotional Well-being Among Students. Regular Engagement, Meaningful Content, And Motivation Were Key Factors Associated With Better Outcomes, Underscoring The Value Of Digital Platforms As Effective Tools For Promoting Holistic Health In Young Populations.

Keywords: Adolescents, Physical Activity, Online Exercise Tutorials, Behavioral Impact, Screen Time, Fitness Apps

Title: Prevalence and Determinants of Poor Sleep Quality among individuals aged 18 years and above residing in urban areas of Puducherry

Dr.V.Pradhap, Dr.N.Murugan, : Dr.M.Manikandan

Conference Registration ID: 659

Introduction: Poor sleep quality negatively impacts physical and mental health, increasing the risk of obesity, cardiovascular disease, and cognitive decline. Despite these risks, limited research exists on sleep quality and its determinants, particularly in urban settings. This study explores its prevalence and associated factors among adults in an urban population.

Objectives: To determine the prevalence of poor sleep quality and its associated factors among individuals aged 18 years and above residing in urban areas of Puducherry.

Methodology: A community-based cross-sectional study is being conducted in the urban field practice areas of PIMS, Puducherry, from March 2024 to March 2025. The study targets individuals aged 18 years and above. As a part of the study interim analysis was done for 628 participants. Data were collected through house-to-house visits using a structured questionnaire. The collected data were entered into EpiData and analysed using SPSS software version 21.

Results: Out of 628 participants, 52.7% were males and 47.3% females. Smokers comprised 25.2%, and 32.6% consumed alcohol. Mobile phone use at night was reported by 42.4%, and 3.2% used sleep medication. Hypertension and diabetes were present in 20.2% and 17.0% of participants, respectively. The prevalence of Poor sleep quality among the participants is 25.8%.

Conclusion: The interim analysis of this study found that many participants had poor sleep quality. Common factors included smoking, alcohol use, and mobile phone use at night. The findings highlight the need for awareness and action to improve sleep hygiene and overall health.

Keywords: Sleep quality, sleep hygiene, Urban population

Title: Association between physical activity, fitness tracker use, and general health of young adults in urban Bengaluru

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ESIC Medical College & PGIMSR, Bengaluru

Conference Registration ID: 454

Introduction: Physical inactivity is a major global health problem. According to World Health Organization (WHO), around 1 in 3 adults and around 81% of adolescents do not get enough physical activity. This plays a significant role in the onset of some of the most common chronic illnesses among young adults. In the last 10 years, fitness applications on smartphones and wearable fitness trackers have gained widespread popularity. They offer metrics of one's self-monitored health, such as the number of steps taken, heart rate, distance travelled, and amount of energy expended.

Objectives: Among young adults (aged 18–25 years) studying in selected colleges in urban Bengaluru,

• To evaluate their level of physical activity.

• To assess the level of physical activity and its relationship to their use of fitness trackers and overall health.

Methodology: A cross-sectional study was conducted in Urban Bengaluru. The sample size was calculated using the formula, $n = ((z)^2 * p * (1-p))/d^2$

Based on the previous study by Layla A et al., the prevalence of low physical activity levels among adolescents was 82.6%. By taking 95% confidence level, 7.5% absolute allowable error, the estimated sample size is n = 98. 105 college students (above 18 years of age) participated. Their physical activity levels and use of fitness trackers/applications were analyzed. The association between physical activity and selected variables was analyzed using the Chi-square test.

Results: Among 105 participants, 60% of the participants were aged ≤ 20 years, while the remaining 40% were aged >20 years. 39% were males and 61% were females. Among the participants, 36%, 54%, and 10% were classified into Health-Enhancing Physical Activity (HEPA), Minimally Active and Inactive respectively. Among those who were physically active, 28% were found to be using a Fitness watch/band, and 42% were using a mobile-based application.

Conclusion: Almost 2 in 5 young adults were found to have low physical activity. The study highlights a moderate uptake of fitness trackers and mobile applications among those who are physically active. Health promotion programs should leverage digital tools like fitness trackers and applications to engage young adults, alongside awareness campaigns.

Title: Personality Traits And Its Role In Physical Activity Engagement: A Cross-sectional Study Among Medical Students.

Dr K Drushya

Shri Atal Bihari Vajpayee Medical College And Research Institution

Conference Registration ID: 564

Introduction: Physical activity is essential for health, but technology-driven sedentary lifestyles hinder it. For medical students, academic demands lower its priority. Personality traits, however, strongly influence motivation to stay active. This study examines how personality determines the adoption and maintenance of adequate physical activity levels.

Objectives:

• To assess the level of physical activity among the medical students

• To determine the role of personality traits and their physical activity

Methodology: A cross-sectional study was conducted among medical students (n=102). A semi-structured, pretested questionnaire was administered. The questionnaire included physical activity assessed by the Physical Activity Questionnaire for Adolescents and personality assessment using Eysenck's personality questionnaire. The data were analyzed using SPSS V.22 software and expressed in terms of means, percentages, and ratios. The association between different personality traits and extent of physical activity was determined.

Results: The majority of participants were 20 years old (66%), with equal representation of males and females (50% each). Mixed personality traits were most common (34%), followed by Lie scale traits (10.4%). Physical activity scores were lowest among individuals with neuroticism (12.2%), whereas those with mixed personality traits showed moderate (16.03%) and high (8.4%) levels of physical activity. A statistically significant association was observed between personality traits and physical activity levels (χ^2 is 57.23 with $p < 0.00001$, $p \leq 0.05$ considering as statistically significant).

Conclusion: This study shows personality traits significantly affect physical activity among medical students. Mixed traits related to higher activity, while neuroticism linked to lower levels. Tailoring interventions to personality can improve students' health, academic performance, and overall well-being.

NON THEMATIC ABSTRACTS ORAL PAPER (POST GRADUATE)

Communicable Diseases including Tropical Diseases

Title: "Impact of systematic inpatient tuberculosis (TB) screening on case detection in a tertiary hospital, Karnataka"

Dr.Stella Thomas, Dr. Ankeeta Menona Jacob

K.S. Hegde Medical Academy

Conference Registration ID: 334

Introduction: Systematic inpatient TB screening is a form of Intensified Case Finding (ICF), a proactive strategy to identify TB cases in high-risk settings like tertiary hospitals. This approach aims to increase early detection and reduce delays in TB diagnosis among inpatients admitted for other conditions.

Objectives: To compare proportions of presumptive TB samples tested and TB cases detected among inpatients during April to June 2025 (post-screening implementation) versus April to June 2024 and 2023(pre-implementation).

Methodology: A before-and-after interventional study was conducted in a tertiary care hospital in Karnataka. Data from the Medical Records Department on the presumptive TB samples and TB case detection in the second quarters of 2024 and 2023 were extracted. Data from systematic inpatient screening with 4 symptom complexes for TB was collected from the same quarters in 2025. Data was entered in MS Excel and analyzed using Z-tests for proportions and ANOVA.

Results: After systematic screening for TB between April to June 2025, an increase in presumptive TB samples tested among inpatients , 294 (97.3%) was seen compared to the same period in 2024, 264(74.5%) and 2023, 326 (84.2%). Despite improved diagnostic methods like CBNAAT, TB detection rates remained stable, with 39 (10.1%) in pre-implementation in 2023 and 18 (5.0%) in 2024, compared to 18 cases (6.0%) in 2025 after systematic inpatient TB screening. However, the proportion of TB patients diagnosed did differ statistically between the pre and post implementation of screening.

Conclusion: Systematic inpatient TB screening led to an increase in the number of patients tested for TB; however, it did not significantly improve the proportion of TB cases diagnosed. These findings suggest the need to complement screening interventions with additional diagnostic and follow-up strategies.

Keywords: Tuberculosis, Mass Screening, Hospitals, Molecular Diagnostic Techniques, Case Detection

Title: Treatment Outcomes And Related Factors In Children Aged 14 Years And Below On Antiretroviral Therapy At An ART Centre In Mysuru

Dr. Neetha S, Dr. Mansoor Ahmed, Dr. Prashantha B

Mysore Medical College And Research Institute

Conference Registration ID: 529

Introduction: Pediatric HIV Remains A Major Public Health Challenge, Primarily Due To Perinatal Transmission. Despite Improved Survival With ART, Issues Like Late Diagnosis And Poor Adherence Persist. Monitoring Treatment Outcomes Is Essential To Strengthen The HIV Care Cascade And Improve Health Outcomes In Affected Children.

Objectives:

- To Describe Demographic And Clinical Profile Of Children Aged 14 Years And Below Who Started Art During 2014–2024.

- To Study Treatment Outcomes In Hiv-positive Children Aged 14 Years And Below.

- To Identify Program-related Indicators Such As Timing Of Art Initiation, Cd4 Levels, Adherence And Retention Status.

Methodology: A Retrospective Cohort Study Conducted At The Art Centre, Kr Hospital, Mysuru, To Assess Treatment Outcomes In Hiv-positive Children. Data Collected Using Records From 2014 To 2024 Were Reviewed For 146 Children Aged ≤14 Years On ART With ≥6 Months Follow-up. Data From ART Registers Were Analyzed Using Excel And SPSS With Descriptive And Inferential Statistics.

Results: Among 146 Hiv-positive Children Aged ≤14 Years, 72% Initiated Art At Who Stage I. Median Baseline CD4 Count Was 444 Cells/Mm³, Indicating Moderate Immunosuppression. Adherence Was High, Though Some Were Lost To Follow-up. Over 70% Had Favorable Outcomes; However, 11 Deaths And Immunological Failure Were Reported. Further Analysis Is In Progress To Assess Additional Factors Influencing Treatment Outcomes

Conclusion: Preliminary Analysis Shows Most Hiv-positive Children Started ART Early, With Clinical And Immunological Staging Aligning. High Adherence Led To Favorable Outcomes, Though Few Deaths And Immunological Failure Occurred. The Findings Emphasize The Need For Early Diagnosis, Adherence Support, And Improved Documentation And Follow-up In Pediatric HIV Care.

Title: Projecting the Path to Elimination: A Trend Analysis and Forecast of Measles cases in India

Dr Amritha PS, Dr Amit Kumar Mishra, Dr Gouri Kumari Padhy

AIIMS,RAIPUR

Conference Registration ID: 34

Introduction: Measles is a highly contagious viral disease, which affects mostly children. India has launched the National Zero Measles-Rubella Elimination Campaign (2025-26), with the goal of eliminating measles by 2026. Forecasting of measles cases allows for a review of progress towards the national aim of measles elimination, guiding timely effective measures.

Objectives: To study trend of measles in India and to forecast the measles cases in India for next 12 months.

Methodology: Using the weekly outbreak reports of IDSP for the period of January 2016 to May 2025, number of monthly measles cases in India were collected, compiled and analysed. Using the ARIMA model, number of measles cases have been forecasted for the next 12 months .

Results: Analysis reveals a declining trend of measles cases from 2019, followed by significant resurgence of cases, with a peak in measles cases in 2024 possibly due to missed vaccinations during the pandemic, and enhanced transmission. The forecast shows a decrease but persistent level of cases, suggesting that without intensified immunizations and surveillance.

Conclusion: Understanding measles trend provides insights on effectiveness of targeted intervention strategies in controlling measles transmission. Forecasted data for 2025–2026 suggests continued transmission risk emphasising the importance of increased surveillance and immunisation efforts to reach India's measles elimination objective by 2026.

Keywords: Measles, IDSP, Trend"

Environmental Sustainability, Sanitation and Hygiene

Title: A Comparative Study on Knowledge, Attitude, and Practices of Personal Hygiene Among Urban and Rural School Students in Mysuru

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JSS Medical College, JSS AHER, Mysuru

Conference Registration ID: 325

Introduction: Personal hygiene is crucial for school-aged children, who are vulnerable to hygiene-related illnesses. Their inconsistent practices, influenced by knowledge and attitude, can pose public health risks in schools. Therefore, evaluating their knowledge, attitude, and practices regarding personal hygiene is essential to promote better health and prevent illness.

Objectives: To compare and assess the knowledge, attitude, and practices related to personal hygiene among urban and rural school students in Mysuru.

Methodology: A school based cross-sectional study was conducted from January to April 2025 (four months) among 400 students in Mysuru, 200 each from urban and rural schools, selected through simple random sampling. Data were collected using a pretested semi-structured questionnaire covering socio-demographic characteristics, Knowledge, Attitude and Practice related to personal hygiene. Data were entered in Microsoft Excel and analyzed using SPSS v28, applying descriptive and inferential statistics.

Results: Among urban students, 58.5% had good knowledge, 84.5% good attitude, and 79.5% good hygiene practices. Rural students outperformed in all areas, with 79.0% showing good knowledge, 93.5% good attitude, and 84.5% good hygiene practices. The Mann–Whitney U test confirmed significantly higher knowledge and attitude scores among rural students, while practice scores showed no significant difference.

Conclusion: Rural students showed significantly better knowledge and attitudes compared to urban students, but no major difference in practice scores. This suggests that while awareness is higher, it doesn't always lead to action. Therefore, focused interventions are needed to turn knowledge and attitude into consistent, positive behaviors.

Title: Awareness and Attitudes Towards Air Pollution in two highly polluted localities of Delhi: A Cross-Sectional Study

<u>Dr. Rajat Sharma</u>, Dr. Sanjiv Kumar Bhasin, Dr. Somdatta Patra

University College of Medical Sciences, Delhi

Conference Registration ID: 610

Introduction: Air pollution is a widespread public health problem, however its perception and awareness vary with the socio-economic status of the individuals. This study examines awareness and attitudes levels regarding air pollution in two socio-economically different yet highly polluted localities in Delhi i.e. Vivek Vihar and Ghazipur.

Objectives: To assess the awareness and attitudes of residents more than 18 years of age regarding air pollution in two socio-economically different highly polluted localities of Delhi namely Vivek Vihar and Ghazipur.

Methodology: A cross-sectional survey was conducted among 260 participants, 130 each in both localities using stratified random sampling in Vivek Vihar and simple random sampling in Ghazipur located in Delhi, India. Face validated awareness and attitude scale was used and the responses were analysed using the chi-square test to identify factors associated with awareness and attitudes.

Results: Median family income was 200,000 Rs (IQR: 115,000-300,00 Rs) in Vivek Vihar and 15,000 Rs (IQR: 12,000 – 25,000 Rs) in Ghazipur. 50.7% participants had low awareness regarding air pollution. It was significantly associated with age, gender, socio-economic status, cardiovascular morbidity and location of the participants ($p < 0.05$). Poor attitude was observed in 54.2 % participants which was significantly associated with location, seasonality and socio-economic status ($p < 0.05$).

Conclusion: The study highlights socio-economic disparities regarding air pollution between Vivek Vihar and Ghazipur in Delhi. Over half the participants had low awareness and poor attitudes toward air pollution, significantly influenced by factors such as age, gender, socio-economic status, morbidity, and location. These findings emphasise the urgent need for targeted awareness and behavioural interventions to address air pollution.

Title: Silent Suffering: Health Effects Of Household Biomass Combustion Among Rural Women In Sullia- A Cross-sectional Study

<u>**Dr. Arthi Shree. V**</u>, Dr. Dinesh P V

Kvg Medical College And Hospital Sullia

Conference Registration ID: 361

Introduction: In Rural India, Biomass Fuel Such As Firewood Continue To Be Widely Used For Cooking, Exposing Women To Harmful Indoor Air Pollutants. Despite LPG Access, Traditional Fuel Use Persists. This Study Investigates The Health Impacts Of Biomass Smoke On Women, Focusing On Indoor Air Quality, Kitchen Ventilation, And Awareness Levels.

Objectives:

• To Assess The Association Between Biomass Fuel Use And Health Effects Among Women

• To Evaluate Kitchen Ventilation Conditions

• To Measure Awareness Of The Health Risks From Biomass Smoke Exposure.

Methodology: A Cross-sectional Study Was Conducted Among 384 Women In A Rural Community. Data Collection Included Socio-demographic Details, Kitchen Ventilation, Practices, Health Effects, PM2.5 And PM10 Levels, CO_2 , TVOC And HCHO Levels Using A PM Meter, And Assessing Awareness. Duration: March 2025 – July 2025. The Data Was Collected Using Semi Structured Proforma Considering Awareness And Bio Mass Fuel Use Level To Be 50%.

Results: 86.1% Used LPG, 44.4% Also Used Firewood, 50% Observed Visible Smoke. Pm2.5 (26.9µg/M³)(max 114) , PM10 (30.4 µg/M³) (Max 162) Exceeded WHO Limits. HCHO And TVOC Were Elevated. Despite 97.2% Indoor Kitchens, 75% Had Inadequate Window Ventilation. Health Issues Included Eye Irritation ,Throat Irritation, Cough And 77.8% Were Unaware Of PMUY Despite 61.1% Having Received LPG Connections Through The Scheme.

Conclusion: Despite Increased LPG Access, Traditional Fuel Use And Poor Ventilation Persist, Resulting In Significant Pollutant Exposure And Health Symptoms Among Women. The Study Underscores The Silent Burden Of Indoor Air Pollution And The Urgent Need For Integrated Public Health Interventions, Improved Kitchen Infrastructure, And Community-level Education On Safe Cooking Practices.

Keywords: Biomass Fuel, Indoor Air Pollution.

Title: Assessment Of Health Impacts Of Climate Change Among General Population In Mysore: A Cross-sectional Study

Dr. Paranthaman C, Dr. Sunil Kumar D

Jss Medical College, Mysuru-15

Conference Registration ID: 326

Introduction: Climate change represents one of the most significant global health challenges affecting India. The World Health Organization estimates that climate change will cause approximately 250,000 additional deaths per year between 2030 and 2050. Despite growing recognition of these threats, there is limited comprehensive data on climate change health impacts in Indian populations.

Objectives:

- To assess the prevalence of climate-sensitive health conditions (heat-related illnesses, vector-borne diseases, respiratory disorders) in India.

- To find out the association between demographic and geographic factors with climate-related health risks.

Methodology: A cross-sectional study was conducted from April to June 2024 among 400 participants from Mysore. Data was collected through a pre-tested semi-structured questionnaire via Google Forms. Participants willing to provide consent were included, while those unwilling to consent and individuals with psychological issues were excluded. Data was analyzed using SPSS version 28.The results are presented in the form of mean and percentages. Chi square test was used to find out the association between the categorical variables.

Results: The present study investigated the health impacts of climate change among the general population of Mysore. Among the study participants, 71.3% of the population (285) noticed an increase in respiratory issues which reported a 32% rise in hospital admissions for respiratory diseases due to high levels of pollution and across four Indian states which showed that heat-related illnesses increased by 40% during extreme temperature events, with the elderly and outdoor workers being most affected.

Conclusion: The study demonstrates significant health impacts of climate change on Mysore population. Respiratory issues were most prevalent, followed by air quality deterioration and heat-related illnesses. These findings highlight urgent need for targeted public health interventions and climate adaptation strategies.

Keywords: Climate change, health impacts, respiratory diseases.

Title: Awareness And Practices Regarding Common Household Injuries Among Residents Of Urban Area – A Cross-sectional Study

<u>**Dr.Benish GS,**</u> Dr. Samudyatha UC

Sri Devaraj Urs medical college and research institute

Conference Registration ID: 630

Introduction: Household injuries lead to varying degrees of morbidity, mortality and economic impact. Injury prevention and management strategies can be planned by studying the knowledge and practices of the community. **Objectives:** To assess the level of awareness and practices regarding common household injuries among the residents of urban field practice area of Department of Community Medicine, SDUMC, Kolar. To examine the association between sociodemographic factors and household injury management among the study participants.

Methodology: A community-based cross-sectional study was conducted in the urban field practice area of the Department of Community Medicine, SDUMC, Kolar. Data was collected via house-to-house interviews using a pretested, semi-structured questionnaire focusing on awareness and practices regarding five common household injuries: cuts, burns, electric shocks, animal bites, and insect bites.

Results: Among the 405 households included, the majority of respondents were women (234, 57.8%) and literate (367, 90.6%). In the five years preceding the study, the incidence of cuts in household members was 253 (62.5%), burns (143; 35.3%), electrical injuries (34; 8.3%) and animal bites were 6 (1.4%). Correct first aid was provided in 21% cut wound cases, 9.1% of burns, 29% of electrical injuries and 33.3% of animal bites. Among the participants, 88.4% were unaware of first aid for open wounds, 82.7% regarding burns and 27.9% regarding animal bites. While household engineering measures to prevent household injuries were commonly present, only 7 (1.7%) of households had a functional first aid kit. The presence of Under 5 children in the family was not associated with the knowledge of safe first aid practices after cuts ($\chi2$ =0.596, df=1, p=0.440), burns ($\chi2$ =2.07, df=1, p=0.150) and animal bites ($\chi2$ =2.959, df=1, p=0.085). Similarly education of the participant was not associated with knowledge of safe first aid practices after cuts (Fischer's exact p= 0.289) and burns (Fischer's exact p= 0.180).

Conclusion: The study showed that household injuries were common in the given population, with low preparedness and awareness regarding first aid practices. Multiple overlapping practices of injury management existed in the same household, often nullifying the effectiveness of the correct management technique. Apart from creating general awareness, instances of such injuries must be leveraged to educate the families in first aid care for common household injuries.

Geriatric Health

Title: "Cognitive Functioning and Perceived Social Support among elderly population at a tertiary care hospital in Karnataka -A Cross Sectional study"

Dr.Nikita Sara Abraham, Dr.Poonam.R.Naik, Dr.Ullas Sathya Babu

Yenepoya Medical College , Mangalore

Conference Registration ID: 485

Introduction: The growing elderly population poses significant social and health challenges. Social Activity is associated with some executive functioning domains ,such as working memory and visuospatial abilities. Early identification of perceived social support and cognitive impairment will help formulation of interventions and improvement of quality of life and further cognitive decline.

Objectives:

• To assess cognitive impairment and social support as perceived by the elderly people attending a tertiary care hospital

• To Determine association between the socio demographic variables and social status and cognitive impairment

Methodology: A cross -Sectional study on 106 participants aged ≥ 60 years attending geriatric OPD ,of a tertiary care hospital . Data was collected on socio demographic variables, perceived social support using Multidimensional Scale of Perceived Social Support and cognitive function using Hindi mini mental status examination .Data is presented as frequency and proportions.Chi square test is used to determine associations.

Results: Majority are males (76%) belonging to Muslim Religion (50%), Unemployed (80%)having primary education (96%) and are BPL card holders (100%), 72% having high perceived social support with a score ranging from 5.1 to 7 , Majority of having possible cognitive decline (50%) with a score ranging from 20 to 25.

Conclusion: The study population predominantly comprised of males belonging to lower social economic class , having high levels of perceived socials support and significant proportion shows cognitive decline .These findings shows there is a need of community- based screening and targeted interventions to address cognitive function among elderly population.

Keywords: Perceived Social support ,Cognitive function

Title: A Cross-sectional Study To Assess The Proportion And Associated Factors Of Mild Cognitive Impairment Among The Elderly In The Urban Field Practice Area Of Bangalore Medical College And Research Institute, Bengaluru

Dr Rose Treesa Mathew, Dr Jyothi Jadhav, Dr Selvi Thangaraj

Bangalore Medical College and Research Institute

Conference Registration ID: 278

Introduction: India is facing public health challenge with the rapid increase in age-related cognitive decline, including Alzheimer's disease and related disorders, alongside a concerning rise in early-onset dementia. Dementia care services are estimated to consume 0.5% of India's GDP. It is crucial to conduct research focused on the prevalence of Mild Cognitive Impairment (MCI) and its associated factors.

Objectives: To estimate the prevalence of mild cognitive impairment and to assess the associated factors among the elderly in the urban field practice area of Bangalore Medical College and Research Institute, Bengaluru.

Methodology: A community-based cross-sectional study for 3 months were conducted among 135 elderly aged above 60 years who resided in the urban field practice area of Bangalore Medical College and Research Institute, Bengaluru. Simple random sampling was used to select the participants till the sample size was achieved. Demographic, Morbidity and elderly profile were collected using a pre tested validated semi-structured questionnaire. Mild Cognitive impairment will be assessed using Montreal Cognitive Assessment. Data was analyzed using SPSS 25.0.

Results: The prevalence of MCI was found to be 18.52 %. MCI was associated with the participants' current residence, type of family, smoking, alcohol and decreased number of years of schooling and employment status. No significant association was seen with gender and presence of comorbidities.

Conclusion: There was a significant proportion who had mild cognitive impairment. To identify early cognitive decline, routine cognitive screening should be included as part of primary health care. There should be awareness campaign regarding MCI and its implication among healthcare workers and caregivers of geriatric population.

Keywords: Dementia, Elderly, Mild Cognitive Impairment.

Title: Utilization Of Assistive Devices And Health Awareness Among Rural Elderly In Thrissur: A Cross- Sectional Study

Dr. Nivea James, Dr. Sruthi M. V

Amala Institute of Medical Sciences, Thrissur

Conference Registration ID: 403

Introduction: Assistive devices improve daily living for the elderly and people with disabilities, yet awareness and use remain limited. Health consciousness reflects motivation to adopt such devices. This study is relevant as technology-driven healthcare can enhance quality of life, aligning with global advancements in elderly care.

Objectives: To determine the association between utilization of healthcare assistive technology devices, and health consciousness among elderly population of a rural area in Thrissur district.

Methodology: The study was conducted after obtaining consent by face-to-face interview using validated structured questionnaire among 367 elderly in a rural area of Thrissur district, Kerala using systematic random sampling from March 2024- June 2025. Health consciousness was assessed using Health Consciousness scale. The data obtained was coded and entered in Microsoft excel worksheet and analysis done using the SPSS-23.

Results: The mean age of the study participants was 67.2 years. Among the study participants, the most frequently used healthcare assistive technology was BP apparatus (51.4%) & digital thermometer (45.7%). Health consciousness was high among 45.7 % of the studied elderly, whereas only 25.7 % used the health data from these devices.

Conclusion: Despite good utilization of assistive devices and adequate health consciousness, actual use of health data remains low, highlighting the need for improved health literacy and empowerment among the elderly, thereby promoting proactive health management and reducing dependency on institutional care.

Keywords: Assistive Devices, Elderly, Health consciousness, Quality of life

Title: Assessment of Preparedness for Old age among 40 to 59 yrs old Health care workers – A cross-sectional study

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Conference Registration ID: 639

Introduction: With rising life expectancy in India, preparing for a healthy and secure old age is vital. The midlife stage (40–59 years) is crucial for physical, financial, and emotional readiness. Health care workers, though caregivers to the elderly, often overlook their own aging needs despite their knowledge and responsibility

Objectives:

- To assess preparedness for old age among 40–59 year- old healthcare workers using Healthy Lifestyle and Personal Control Questionnaire and WHO AgeismScale.

- To identify sociodemographic factors influencing their aging attitudes and lifestyle behaviors.

Methodology: A cross-sectional study conducted from June 15 to August 15, 2025, among healthcare workers aged 40–59 years at Hassan Institute of Medical Sciences using universal sampling. Data were collected via a structured Google Form containing HLPCQ and WHO Ageism Scale. Ethical clearance obtained, informed consent ensured, and confidentiality of participants maintained. Data analyzed SPSS - appropriate descriptive, inferential statistics.

Results: The study included mainly female healthcare workers (62.7%), most aged 40–45 years (61.3%), with postgraduates (42.7%) and nurses (50.7%) forming the majority. Comorbidities (60%), family history of chronic diseases (62.2%), and caregiving for elderly (64%) were frequent. Most belonged to nuclear families (74.4%) and upper-middle socioeconomic class (53.3%), yet only 8% had social security. Lifestyle findings showed 85.3% engaged in physical activity, 52% practiced yoga/meditation, but organized exercise was low. Despite mixed diets (68%) and few unhealthy habits (12%), mean BMI indicated overweight (28.2 kg/m²). Preparedness was medium (61.3%), low (25.3%), high (13.3%), with 88% showing positive aging attitudes.

Conclusion: This study generates evidence on lifestyle behaviours and factors influencing aging among midlife health care workers. The findings can help in sensitizing this workforce and designing targeted health promotion programs for supporting healthy aging.

Health Financing And Health Systems

Title: Awareness and Utilization of Health Insurance among Rural population in Bengaluru: A Cross sectional Study

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Conference Registration ID: 544

Introduction: Universal health coverage in India is hampered and impeded by socioeconomic disparities, high out-of-pocket expenditure , and limited awareness of health insurance, especially in rural areas, despite government schemes— emphasizing the urgent need for improved awareness and access to affordable, quality healthcare.

Objectives: To assess the health insurance coverage and utilization pattern in the study population.

Methodology: It is a Cross - sectional study, This study was undertaken in the rural field practice area of a Tertiary medical college, Bengaluru. Four villages were chosen randomly. Multi stage sampling method was used. Sampling units were households. Oral questionnaire was used to collect the data. Statistical analysis data was analyzed by percentages and proportions using MS excel.

Results: According to this study majority of the participants were males (52%), 86% of the study participants were literates, majority (62%) of them were employed, 97% of the participants were hindu by religion Health insurance coverage was 47% in the study area.

Conclusion: Health insurance coverage was 47 %. Majority of the households (57%) were not aware about any health insurance schemes, majority (84%) of the participants among subscribed had not utilized health insurance. 95% of the insured population reported out of pocket expenditure on healthcare.

Keywords: Rural population, Health insurance awareness , Out of pocket expenditure.

Title: Financial Literacy among medical students of a government medical college, Bengaluru: A cross-sectional study

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Conference Registration ID: 445

Introduction: Financial Literacy is defined as 'A combination of financial awareness, knowledge, skills, attitudes and behavior's necessary to make sound financial decisions and ultimately achieve individual financial well-being.' Studies have shown that debt negatively impacts medical student career choices, career satisfaction, and overall quality of life.

Objectives: Among the medical students of a government medical college in Bengaluru: To assess the financial literacy using Organization for Economic Co-operation and Development Financial literacy questionnaire (OECD Toolkit for Financial Literacy).

Methodology: A cross-sectional study was conducted among the medical students of a government medical college in Bengaluru, to assess the financial literacy using Organization for Economic Co-operation and Development Financial literacy questionnaire (OECD Toolkit for Financial Literacy) with a calculated sample size of 95 students.

Results: The mean age of participants was 22.3 ± 1.4 years; 51.6% were female. Only 43.2% of households maintained a budget, while 62.1% of students reported saving money in some form. One-third of families had no insurance coverage. Awareness of key financial concepts was variable: 72% correctly identified the risk–return trade-off, 68% understood the impact of inflation, but only 55% recognized diversification benefits. Awareness of the RBI Ombudsman scheme was low (32%). Digital financial services were used by 70.5% of students. Chi-square analysis showed that higher family income was significantly associated with saving habits ($p < 0.05$).

Conclusion: The findings highlight the need for integrating financial education into the medical curriculum to enhance financial well-being and informed decision-making.

Keywords: Financial Literacy, Medical Students, Debt, Burnout, OECD Toolkit.

Medical Education, Humanities And Ethics

Title: A Comparative Study of Sleep Quality in Different Phases of the Medical Course: A study from Central India.

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Government Medical College, Nagpur

Conference Registration ID: 600

Introduction: Inadequate sleep quality is crucial problem in today's hectic lifestyle. For medical students whose academic journey is marked by intense study hours, rigorous clinical rotation and frequent examinations sleep quality often becomes compromised. As students progress through various phases of medical curriculum their workload and responsibilities potentially influence sleep quality.

Objectives: This study aims to evaluate and compare sleep quality of medical students across different phases of their education and to identify factors that may contribute to variations in sleep pattern and disturbances.

Methodology: A Comparative cross sectional study was conducted among 400 medical students of various professional years in a medical college of central India. Participants were grouped by educational year. Sleep quality was evaluated using Pittsburgh Sleep Quality Index (PSQI) a self rated questionnaire assessing 7 components of sleep over past month. Data was collected and entered in excel sheet and analysed. Chi square test was used for comparison of all 7 components of PSQI whereas ANOVA was used for group comparison.

Results: Of the total 25.7% of the participants classified their sleep quality as either very or fairly bad and 31.5% reported taking more than 30 min to fall asleep. The average hours slept per night was 7.5+/-1.25. Subjective sleep quality and sleep duration were found to be significantly different among the four groups. Each MBBS professional year will have different impact on the sleep quality which is not reflected.

Conclusion: Poor subjective sleep quality was high for students in all class years of the undergraduate medical course. The comparison across the various phases of the course showed that first year reported worse sleep quality than did those in other class year. Interventions to promote sleep hygiene are recommended to improve academic performance and well being.

Keywords: Medical course, phases, sleep quality

Title: Assessment of District Residency Programme: Resident Experiences and Challenges in Central Karnataka

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Jjm Medical College, Davangere

Conference Registration ID: 519

Introduction: The District Residency Programme (DRP), introduced by the National Medical Commission, mandates a three-month rural posting for postgraduate medical students to enhance clinical training through district healthcare exposure. This study assesses the experiences, satisfaction levels, and challenges faced by residents posted under DRP across various health facilities in Central Karnataka.

Objectives: To assess the experiences and satisfaction levels of postgraduate residents regarding the implementation of the District Residency Programme in Central Karnataka.

Methodology: A cross-sectional descriptive study was conducted from 1st April to 30th June 2025 at District Hospitals and Namma Clinics in Central Karnataka. The study included 195 final-year postgraduate students from JJM Medical College selected through convenience sampling. Data were collected using a pre-tested, semi-structured questionnaire and analyzed using descriptive statistics, Mann-Whitney U, and Kruskal-Wallis H tests.

Results: In this study, 75.9% of residents felt DRP objectives were fulfilled, 80.5% were satisfied overall, and 83.1% received academic support. Around 67.7% gained specialty-specific skills. However, only 51.3% had access to clean and safe sanitation facilities, 48.7% access to hygienic food, and 39.5% access to grievance redressal, highlighting gaps in infrastructure and support systems.

Conclusion: The District Residency Programme in Central Karnataka was highly successful, with strong satisfaction in training quality, supervision, and academic support. Most residents received adequate clinical exposure. However, deficiencies in accommodation, food, sanitation, and grievance redressal were noted. Addressing these gaps will enhance the programme's effectiveness and resident well-being.

Keywords: District Residency Programme, Implementation, Postgraduate Medical Education, National Medical Commission

Miscellaneous

Title : Excessive Screen Time And Associated Factors Among *Young *Adults in Bengaluru - A Cross Sectional Study

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Conference Registration ID: 597

Introduction: Screen time is time spent on devices with a screen like smartphones, TVs or computer. In India, approximately 85.5% of households own a smartphone. Smartphone penetration in urban India is very high, with nearly 97.6% of the population in the 15-29 age group owning a smartphone. Excessive screen time is a global concern due to its linkage with reduced social interaction, mental health issues, sleep disturbances, and decreased physical activity.

Objectives:

• To determine the prevalence of excessive screen time among young adults.

• To analyse factors associated with excessive screen time usage among them.

Methodology: A cross-sectional study was conducted among 607 young adults (>18 years) in urban Bengaluru, pursuing Medical, Paramedical, Engineering, and other courses. Data was collected with a questionnaire using google forms covering demographic details, device usage, and purpose of use. Participants also shared screenshots of average weekly screen time. Associations between screen time and selected variables were analysed using the Chi-square test.

Results: Among 607 participants, 49.3% were <20 years, 40% were 21–25 years, and 10.7% were >26 years; 42.2% were males and 57.8% females. Excessive screen time (>2 hours/day) was observed in 33.8% and it was low in remaining 66.2%. Among excessive users, 35.1% used screens for entertainment, 23.9% for social media, and 21.9% for work. Excessive screen time was significantly associated with male gender (p=0.001), Laptop users (p=0.027); Tablet (p=0.014) and Personal Computer users (p=0.020).

Conclusion: Almost 1 in 4 adults screened have higher screen time usage. Screen time monitoring using device settings will help to reduce the deleterious effects of excessive screen time usage.

Title: Rights And Respect: Exploring Reproductive Autonomy And Gender Perceptions Among Future Doctors

Dr Budhala Gireesh, Dr Lavannya Mary, Dr Pawan Kumar

K S Hegde Medical Academy,Mangaluru

Conference Registration ID: 268

Introduction: Gender equality and reproductive rights are not abstract concepts—they are lifelines for construction of societies where dignity and equity flourish. National Medical Council in its code of ethics mentions gender as significant social variable and has long been acknowledged that gender inequality plays a significant role in determining health.

Objectives:

• To assess medical students' knowledge and attitudes regarding reproductive rights and gender equality.

• To determine associations between demographics and students' awareness/attitudes towards reproductive rights and gender equality.

Methodology: This cross-sectional descriptive study surveyed medical students via a Google Form, using convenience sampling. Questions, adapted from validated tools, were distributed to students, who had 10-15 minutes to complete the confidential survey. Data was then securely stored for analysis. Enrolled, consenting medical students were included; unwilling or non-medical students were excluded.

Results: Striking disparities exist in the medical field: 40% of females perceive unequal career opportunities (promotions, leadership), contrasting sharply with 67% of men who believe opportunities are equal (p<0.001). While most (78.2%) agree on gender-sensitive healthcare services, a notable 14.7% are unsure, highlighting a need for clearer understanding. Gender pay gaps also remain a concern for healthcare professionals.

Conclusion: This study reveals concerning gaps in medical students' knowledge and attitudes regarding reproductive rights and gender equality. Only two-thirds knew contraception access is a right regardless of marital status, and that women's reproductive autonomy is internationally recognized. This impacts clinical practice and public health.

Title: Self-Medication Practices Among Adults in Urban Field Practice Area of Rajarajeswari Medical College, Bengaluru

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Rajarajeswari Medical College & Hospital, Bengaluru

Conference Registration ID: 307

Introduction: Self-medication is an important public health problem, with varied prevalence across the world. The high prevalence of self-medication in India is one of the important factors contributing to missed diagnosis, delays in appropriate treatment, anti-microbial resistance, toxicity due to the medication and increased morbidity.

Objectives: To Assess the Prevalence, Pattern and Reasons for Self-Medication practices in an urban field practice area of Rajarajeswari Medical College and Hospital, Bengaluru

Methodology: A community-based cross-sectional study was conducted among 100 adults in the urban field practice area of Rajarajeswari Medical College, Bengaluru, after obtaining ethical clearance. Convenient sampling was used. Data were collected using a pretested semi-structured questionnaire on demographics, self-medication practices, reasons, conditions treated, and awareness of risks, and analyzed in SPSS v23 using descriptive statistics.

Results: Of the 100 participants, 81% reported practicing self-medication, with analgesics (81.5%) and antipyretics (61.7%) being the most commonly used drugs. Fever (84%), cold (72.8%), and cough (64.2%) were the most frequent conditions treated. Key reasons cited included mild illness (58%), time constraints (38.3%), and financial reasons (22.2%). Awareness of risks related to self-medication was reported by 58% participants.

Conclusion: The study highlights a high prevalence of self-medication in the urban population, driven by convenience and accessibility. There is a pressing need for public health education on the potential risks and rational use of medications to prevent drug misuse and resistance.

Keywords: Self-medication, Anti-microbial resistance.

Title: A Cross-Sectional Study on Internet Addiction among college students of central Karnataka

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JJMMC Davangere

Conference Registration ID: 348

Introduction: With the presence of the internet in daily life, it has become crucial to explore its purposes, implications, and effects on the health of users. According to the World Health Organization, there is an explosion in the use of electronic devices, the internet, and gaming platforms. In many countries, it is a significant public health concern, prompting calls to identify adequate public policy

Objectives: To assess the prevalence of internet usage behaviour among the students

Methodology: A cross-sectional study was conducted among 122 students in central Karnataka for a period of three months(May-July 2025). Data was collected using a pretested structured questionnaire regarding demographic details and their usage pattern of internet and addiction was assessed by using - The Internet Addiction Test (IAT) scale.

Results: In our study 80% were females .Majority were in the age group of 16- 18 years (52%).The internet addiction among participants was assessed using IAT scale 6.2% of the study participants reflect a normal level of Internet usage, 32.8 % of the study participants - indicate the presence of a mild level of Internet addiction, 48.4 % reflect the presence of a moderate level and 25% of the study participants indicate a severe dependence upon the Internet. 14.8% of participants felt depressed, moody, or nervous when they were off-line, and felt relieved once online. 19.7% participants has issues of sleep deprivation .

Conclusion: A high prevalence of internet addiction was observed among students, with many reporting moderate to severe dependence. Associated issues like mood changes and sleep disturbances highlight the need for awareness and preventive strategies to promote healthy internet use.

Keywords: IAT - Internet addiction Test ,IA internet addiction.

Non-Communicable Diseases Including Road Traffic Accidents

Title: Barriers in adopting healthy lifestyle in hypertensive patients in a Tertiary care hospital, Warangal

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Kakatiya Medical College,Telangana

Conference Registration ID: 624

Introduction: Non communicable diseases (NCDs), especially hypertension are now the most common cause of death in the world surpassing communicable diseases particularly in developing countries. Although lifestyle modification is crucial for managing NCDs, widespread barriers prevent many people from adopting healthier habits.

Objectives:

- To identify barriers in adopting healthy lifestyle, treatment compliance in hypertensive patients

- To assess associating factors for barriers in adopting healthy lifestyle in hypertensive patients

Methodology: A cross-sectional study was conducted using semi-structured questionnaire consisting of sociodemographic data and barriers to healthy lifestyle in 300 consented hypertensive patients attending MGM hospital using consecutive sampling in Warangal during February-April 2025. Descriptive and inferential statistics were applied in SPSS version 26.

Results: 28.7% of participants found exercise as the hardest lifestyle change, with lack of motivation (47.3%) as the top barrier, followed by diet (22.3%). Forgetfulness (44%) is the main barrier to medication adherence. Significant associations were found between exercise and old age, treatment adherence with females and poor literacy, alcohol addiction with employed, dietary changes with low income and unemployed, smoking with retired.

Conclusion: A significant proportion of hypertensive patients face multiple barriers in adopting a healthy lifestyle and adhering to treatment. Exercise was identified as the most challenging lifestyle modification. Socioeconomic and demographic factors significantly influence these barriers, highlighting the need for customized strategies to improve lifestyle modification and treatment compliance.

Keywords: Barriers, Hypertension, Lifestyle, Non communicable diseases, Treatment compliance

Title: Cardiovascular risk factors among auto-rickshaw drivers : A Cross-sectional study

Dr. Varsha Rani Tikariha, Dr Vidya G S

JJM Medical College

Introduction: Cardiovascular diseases (CVDs) are the leading cause of death globally, with early onset in India. Auto-rickshaw drivers are highly vulnerable due to occupational exposures and unhealthy lifestyles. This study addresses the need to assess CVDs risk factors in the susceptible group in Davangere city.

Objectives: To assess cardiovascular risk factors and socio-demographic factors among auto-rickshaw drivers in Davangere city.

Methodology: This Cross-sectional study (May - July 2025) in Davangere city included 100 full time auto-rickshaw drivers selected via random sampling from five auto stands. Data collection involved pre-tested questionnaires and clinical examinations (height, weight, waist circumference, BP, BMI).

Results: Majority were 40-50 years(37%), with high pre-hypertension (41%) and Stage - 1 hypertension (32%). Hypertension increased with driving experience. While 71% avoided tobacco, 64% lacked physical activity. BMI and waist-hip ratio significantly influenced hypertension.

Conclusion: Auto-rickshaw drivers exhibit high rates of pre-hypertension and hypertension. Significant proportions lack physical activity. Urgent intervention is needed to promote healthy lifestyles and regular screening for this vulnerable occupational group to mitigate cardiovascular risk.

Keywords: Cardiovascular diseases, Auto-rickshaw drivers, hypertension

Title: Risk-prediction And Forecasting Of Cardiovascular Disease Among Type2 Diabetic Patients Using Common Risk Prediction Tools: An Epidemiological Study

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Shri Atal Bihari Vajpayee Medical College & Research Institute.

Conference Registration ID: 627

Introduction: According to the 2023 ICMR India Diabetes study, 101 million people in India have diabetes, which is 11.4% of the country's population . Cardiovascular diseases are the most common cause of pre-mature mortality among diabetes people. Epidemiological tools are available for screening of high risk population and diabetes is an established risk factor for CVD. Early assessment of CVD risk among diabetic people can prevent premature mortality and will give a better quality of life.

Objectives:

•   To assess the risk of CVD among type 2 DM patients using the risk prediction tools

•   To assess the concordance among the risk prediction tools.

Methodology: A Cross Sectional study was done on 120 type 2 DM patients of 30-75 years attending OPD of SABVMCRI, Bengaluru between Jan'2025 to June'2025. All diabetic patients with no prior history of cardiovascular diseases were included. After obtaining informed consent, Data was collected by a pre-tested semi-structured questionnaire. Questionnaire were designed in two parts. Part 1 consisting of socio demographic details, diabetic and cardiovascular risk factors, part 2 consisting of risk-prediction tools-Framingham risk , Globorisk and WHO/ISH tools. One-one interview was done for obtaining the details. Data were Entered in MS Excel, SPSS software v22 and presented.

Results: Study subjects at moderate CVD risk were higher identified by globorisk (14%) and FRS (15.2%) compared to WHO/ISH (6%) and the same have also been observed for high (6.1%, 8.3% and 0.4%) risk. There was fair level of concordance between WHO/ISH and Globorisk (i95% CI 0.33–0.42; P < 0.001).

Conclusion: A significant proportion of the selected study subjects is at moderate to very high risk of developing CVDs predicted especially by Globorisk and FRS compared to WHO/ISH, indicating low concordance.

Keywords: Type 2 DM, Cardiovascular disease risk, Risk prediction tools

Title: Determinants Of Premature Heart Attacks Visiting Tertiary Care Centre Gadag

Dr. Kirankumar, Dr Aravind Karinagannavar, Dr Rekha S Sonavane

K H Patil Institute Of Medical Sciences Gadag

Introduction: cardiovascular diseases (cvds) are the leading cause of mortality globally. In recent years, there has been A worrying trend of heart attacks occurring at A younger age, commonly referred to as premature heart attacks—typically defined as occurring before age 55 in men and 65 in women. Identifying the determinants contributing to such early onset is crucial for targeted prevention strategies.

Objectives: to assess the determinants associated with premature heart attacks among patients attending A tertiary care centre.

Methodology: A hospital-based cross-sectional study will be conducted at A tertiary care hospital. Patients diagnosed with myocardial infarction below the age of 55 (men) and 65 (women) were enrolled. Data were collected using A pre-tested semi-structured questionnaire, including variables such as tobacco and alcohol use, physical activity, diet, stress levels, family history, comorbidities (hypertension, diabetes, dyslipidaemia), and other clinical profiles. Data analysis will be done using descriptive statistics, chi square and T test to determine associations.

Results: premature heart attacks in gadag were most common among middle-aged males, married, and from low socioeconomic backgrounds. Hypertension (45%), diabetes (30%), dyslipidemia (35%), tobacco use (45%), alcohol intake (50%), and physical inactivity (40%) were the major risk factors identified. At discharge, 88% survived, 9% were referred, and 3% died.

Conclusion: premature heart attacks in gadag are strongly linked to modifiable risk factors such as hypertension, diabetes, dyslipidemia, tobacco, alcohol, and low physical activity. Socioeconomic vulnerability further increases the burden. Community-level NCD screening, lifestyle modification, and tobacco–alcohol control are essential to reduce premature heart attacks.

Keywords: ncd, premature heart attack,cvd

Title: Role of Anthropometric Measurements in Predicting Hypertension Among Adults Aged 35-60 years in a Rural Community

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P.E.S institute of medical sciences and Research

Conference Registration ID: 731

Introduction: With Hypertension rising globally, especially in developing countries, there is a critical need for affordable and practical screening methods. Anthropometric measurements, being simple and cost-effective, offer a valuable tool for early detection. This study aims to validate their usefulness in predicting hypertension in community settings.

Objectives: To assess the validity of body mass index (BMI),waist circumference (WC), waist-to-hip ratio (WHR) in predicting hypertension among adults in the field practice area.

Methodology: A Community-based cross-sectional study was conducted over one month among approximately 300 adults aged 35–60 years in the rural field practice area of Community medicine Department, PESIMSR, Kuppam.Standardized anthropometric measurements and WHO-classified blood pressure readings were collected. Validity was assessed using sensitivity, specificity, Positive predictive value(PPV), and Negative predictive value (NPV). Chi-square tests and linear regression were used to analyzed associations between anthropometric indicators and hypertension.

Results: Among 300 adults,Hypertension prevalence was around 40% in males and around 22% in females. Elevated BMI was found to be around 41% in males and around 64% in females.Waist to hip ratio is around 66% in males and 37% in females. Among the Anthropometric indices,BMI showed the highest sensitivity, while waist circumference had the highest specificity for predicting hypertension.

Conclusion: This study highlights a significant association between anthropometric indices and hypertension, identifying BMI as the most sensitive and waist circumference as the most specific predictor. The findings support the use of simple anthropometric measures in community screening for early identification and prevention of hypertension among adults.

Keywords: Body Mass Index, Hypertension,Validity,Waist to Hip ratio

Title: Prevalence of Pre-Hypertension and Hypertension among medical students in a medical college of Davanagere city : A Cross sectional study.

 Dr. Sreethi Sreedhar, Dr. Sheela P Haveri, Dr. Muhammed Muntazeem G

S. S. Institute Of Medical Science And Research Centre

Conference Registration ID: 250

Introduction: Globally, it is estimated that 1.28 billion adults aged 30-79 years have hypertension. 46% of adults with hypertension are unaware about it. If blood pressure levels of individuals were followed up over the years from early childhood into adult life, those individuals with blood pressure high in distribution initially would probably continue in same track. Medical students are prone to stress and have unhealthy lifestyles, so susceptible to hypertension. This study aims to assess the prevalence of Pre-Hypertension and hypertension among medical students in a medical college of Davanagere city.

Objectives: To assess the prevalence of Pre-Hypertension and hypertension among medical students in a medical college of Davanagere city.

Methodology: A Cross Sectional Study on undergraduate medical students (1 st to final year) of SSIMS AND RC Davanagere over a period of 3 months was conducted. A total of 495 students took part in the study. All students who were not willing to participate were excluded. Ethical clearance obtained from the Institutional Ethical Review Board. The data was collection after explaining the purpose of the study and taking informed consent. The questionnaire was prepared via google forms and circulated to students. Blood pressure was measured and an average of two readings taken five minutes apart was noted. Data was entered in Microsoft Excel and SPSS v20 software was used for analysis. Chi square tests and appropriate tests was applied.

Results: The study consisted of a total of 495 students out of which 218(44%) were males and 277(56%) were females. Among the students the significant factors where p value is <0.05 include increasing age and stress. A total of 149(30.1%) students were found pre hypertensive and 16 (3.2%) students were found hypertensive.

Conclusion: The study shows that stress and increasing age is a significant factor for occurrence of pre hypertension and hypertension. 30 per cent of the students are found to be pre-Hypertensive. Health education and lifestyle modification should be done in order to reverse the condition. Similar studies should be done in other medical colleges and mandatory awareness classes should be taken among the medical students to help prevent the long term effects.

Keywords: Hypertension, Pre-Hypertension, Medical Students

Occupational Health

Title: A Cross-Sectional Study on Vulnerabilities to ill health among the Fishermen Community in Karwar, Coastal Karnataka

Dr. Venkatesh, Dr. Hemagiri. K

Karwar institute of medical sciences

Conference Registration ID: 462

Introduction: India is the third-largest fish-producing nation, with fishing being a major occupation in coastal districts like Uttara Kannada. This study aims to identify the extent of social, residential, occupational vulnerabilities and other vulnerabilities to ill health among the fishermen community in Karwar city to guide targeted healthcare interventions.

Objectives: To assess the vulnerability to ill-health among the fishermen community residing in Karwar.

Methodology: A community-based cross-sectional study was conducted among 595 fishermen in Karwar city over 18 months using stratified proportionate sampling followed by systematic random sampling. Data were collected through face-to-face interviews. Vulnerability to ill-health was assessed using the NUHM 2017 guideline tool comprising 21 components, with cumulative scoring to classify vulnerability levels.

Results: Among the 250 participants, 74.8% were aged above 40 years and 61.2% were males. A majority (90.4%) had resided in the community for over 50 years, and 92.4% were Hindus. About 66.8% were directly engaged in fishing, while 22.4% worked in hazardous conditions. Reliance on the Ayushman Bharat scheme was reported by 70%, though only 14% reported health issues during the survey. Most (99.2%) sought care from both government and private facilities. Regarding basic amenities, 69.2%, 58.0% and 49.2% had access to proper toilets, piped water and drainage, respectively.

Conclusion: The study highlights multiple social, occupational and residential vulnerabilities among the fishermen community of Karwar. Despite high reliance on government health schemes and services, gaps in sanitation, safe water and drainage persist. Targeted interventions are essential to reduce health risks and improve living conditions in this vulnerable population.

Title: Morbidity Pattern & Healthcare Seeking Behaviour among Female Domestic Workers:A Cross-Sectional Study from an Indian Metropolis.

Dr. Subhasri Subhadarsini, Dr. Rujuta Hadaye

Topiwala National Medical College & B.Y.L. Nair Charitable Hospital, Mumbai

Conference Registration ID: 859

Introduction: Female domestic workers(FDWs), a significant proportion of the unorganized workforce, are frequently exposed to occupational and socioeconomic vulnerabilities. Limited evidence exists on their physical morbidity and health-care seeking behaviour. Assessing these patterns is essential for formulating context-specific interventions and policies to safeguard their health and well-being.

Objectives:

- To study morbidity pattern in FDWs.

- To assess healthcare seeking behaviour & barriers to health services by them. 3. Find association between socioeconomic factors & healthcare seeking behaviour.

Methodology: A cross-sectional study was conducted among 150 female domestic workers residing in an urban slum of Mumbai over six months. Data on morbidity patterns, socioeconomic factors, and health-care seeking behaviour were collected using structured interviews. Statistical analysis, including descriptive statistics and chi-square tests, was performed using SPSS with significance set at $p<0.05$.

Results: Among 150 female domestic workers studied, joint pain (46.7%) and weakness (18.0%) were the most common morbidities. Private facilities (53.3%) were the preferred source of care, though long waiting times (52.0%) were major barriers. Significant associations were observed between healthcare-seeking behaviour and educational status (p=0.01) as well as monthly income (p=0.03), while other associations were not significant.

Conclusion: The study highlights a high prevalence of musculoskeletal morbidity and barriers in healthcare access among female domestic workers. Educational status significantly influenced healthcare-seeking behaviour, suggesting that improving literacy and health awareness may empower women to make informed choices. Strengthening educational and community-based initiatives can bridge gaps in healthcare utilization.

Keywords: Morbidity, Healthcare Seeking, Domestic Workers

Reproductive, Maternal and Child Health

Title: Assessment Of High-risk Status Among Antenatal Womena In A Tribal Area

Dr. B T Chetan, Dr. Mayur S. Sherkhane

SDM College of Medical Sciences and Hospital, Dharwad

Conference Registration ID: 428

Introduction: High-risk pregnancies continue to be major public health issue among tribal women in India, due to poor access to antenatal care, low educational status, and inadequate nutrition. Evaluating antenatal risk status provides insight into gaps in maternal health services that helps to improve maternal and neonatal outcomes in tribal communities.

Objectives: To assess high risk status and factors leading to high risk pregnancies among antenatal women.

Methodology: Community based cross sectional study was conducted in a tribal area of Belagavi district. Registered antenatal women of PHC Kanakumbi, who were willing to participate voluntarily prior to written consent, were included in the study. Proforma was used to collect information along with modified Copland checklist. Descriptive statistics and χ^2 was applied to find out association between two attributes.

Results: Among 165 antenatal women, 41% primigravida, 25% with prior LSCS and <2-year birth interval, 20% overweight, and 18% with prior complicated labor. 80% were high-risk, of which 54% had one, 32% had two, and 14% had three or more risk status. High-risk status significantly correlated with socioeconomic and educational status.

Conclusion: The high prevalence of high-risk pregnancies among tribal antenatal women underscores the urgent need for targeted interventions. Strengthening health education, improving access to antenatal care, and addressing social determinants are critical to reducing maternal morbidity and improving outcomes in tribal communities.

Keywords: Antenatal, High-risk pregnancy, Tribal, Women

Title: Perception and Utilization of ICDS among pregnant and lactating mothers and mothers of under 6 years children in urban slum of coastal city of Uttara Kannada.

Dr.Muthumeena B, Dr.Abhishek Prayag, Dr.Abhishek Prayag

Karwar institute of medical sciences, karwar, Karnataka.

Conference Registration ID: 264

Introduction: The Integrated Child Development Services (ICDS) scheme is a flagship program in India aimed at improving MCH. The ICDS was launched in Karnataka in 1975.It now includes 69,919 centres all taluks. Even after 50 years from its implementation the progress in the field of MCH has remained stationary for a while now. In view of this evaluating ICDS services helps to know the impact of interventions.

Objectives: To assess and evaluate the awareness and utilizations of ICDS services among pregnant, lactating mothers and mothers of under 6 years children.

Methodology: A Community based Cross-sectional study was planned for a period of 6 months in urban slums of field practice area dept of community medicine, Karwar. A semi-structured questionnaire was used to assess the awareness and evaluate the utilisation of ICDS services. Total sample size was calculated as 130 and were selected by probability proportionate sampling among 9 Anganwadi centers of the urban slum.

Results: Of the total sample size of 130, 15 were pregnant women, 10 were lactating mothers and 103 mothers of under 6 children. Other details are being analysed and will be displayed at the conference.

Conclusion: Quantity and quality of supplementary food was acceptable to among majority of beneficiaries. Other details will be put in conference.

Keywords: Utilization, Mothers, ICDS.

Title: Premenstrual Syndrome and its Effect on Quality of Life among Female Medical students of a Medical College, Bengaluru.

Dr. Ananya P, Dr. Usha Rani S P

Sapthagiri Institute of Medical Sciences and Research Center,Bengaluru

Conference Registration ID: 149

Introduction: Premenstrual Syndrome (PMS) refers to a collection of physical, emotional, and behavioral symptoms that typically arise during the luteal phase of the menstrual cycle, about a week before menstruation. It is a widespread condition among young females and, in more severe cases, can adversely affect daily functioning and overall quality of life.

Objectives: To estimate the proportion of PMS and to evaluate its Impact on Quality of life among female medical students of a medical college, Bengaluru.

Methodology: An institutional-based cross-sectional study was conducted on female medical students over a period of 3 months. Based on the prevalence of PMS being 65.7% from previous studies, an estimated minimum sample size was 346. Proportion of PMS and Quality of Life was assessed using ACOG criteria and WHO-BREF questionnaire.

Results: Out of 250 participants, 235 with regular menstrual cycles were included and among them, majority had symptoms of PMS, 97.8%. The mean age of the participants was 20.6+ 1.8 years. Mood swings, anxiety, stress, fatigue, abdominal pain, back pain, and food cravings contributed to more than 80% of their symptoms. Their Quality of Life was poor in Psychological and Psychosocial domains during their PMS period.

Conclusion: The female medical students are in need for Psychosocial, Physical and Emotional support as they contribute to severe PMS symptoms.

Keywords: Premenstrual syndrome, Quality of life, Female medical students, Menstrual health.

Title: Prevalence of adolescent pregnancy and it's outcomes - A Rural hospital based study

Dr. Shaik Sana, Dr. Anil R, Dr. Chitra Nagaraj

PES Institute of Medical Sciences and Research, Kuppam

Conference Registration ID: 730

Introduction: World Health Organization defines adolescent pregnancy as pregnancy in girls within the age group of 10–19 years. NFHS-5 recorded 7% teenage pregnancy in 2019-21. Rural areas report a higher (8%) prevalence compared to urban areas (3.8%). It is a major public health issue as it is associated with a higher risk of adverse maternal and neonatal outcomes.

Objectives:

• To findout the prevalence of teenage pregnancy among women delivering at a rural tertiary care center.

• To evaluate the maternal and neonatal outcomes among them.

Methodology: A retrospective hospital-based study was conducted at a rural tertiary care center (PES Institute of Medical Sciences and Research,Kuppam) from June 2024 to June 2025. All 3,970 women who delivered during this period were included. Data were collected using a pretested questionnaire from the medical record section of the hospital after obtaining necessary permissions. A Descriptive analysis was done using R software.

Results: The study found a 14.22% prevalence of adolescent pregnancy, with 17.5% of them below 17 years. The mean age was 18.26 ± 0.91 years. Cesarean/instrumental deliveries occurred in 30.62%, with cephalopelvic disproportion (16.8%) and meconium-stained liquor (11.56%) as key complications. Stillbirths were 1.4% and preterm births occurred in 8.14% of cases.

Conclusion: This study shows a high prevalence of adolescent pregnancy in this rural area, with significant obstetric and neonatal complications. The study points towards the urgent need for specific interventions like community awareness programs and adolescent reproductive health education to reduce teenage pregnancies and enhance outcomes for both mothers and newborns.

Title: Correlation between clinicosocial profile at the time of presentation and treatment outcome among severe acute malnutrition children admitted at nutrition rehabilitation center of tertiary care hospital

Dr. Ramona Jasmine Robert Dsouza, Dr. Manjunatha S N,Dr. Yashaswini Gowda K L

Mysore medical college and research institute

Conference Registration ID: 528

Introduction: Severe acute malnutrition is a major public health problem, accounting for prevalence of 7.7% of children below 60 months of age according to NFHS-5, in a developing country like India. Nutrition rehabilitation centers (NRC) is a facility-based therapeutic care. Understanding the influence of clinicosocial factors on treatment outcomes is crucial for improving recovery and guiding targeted interventions in vulnerable groups.

Objectives: To evaluate the correlation between the clinicosocial profile at the time of presentation and treatment outcomes among children with SAM admitted to the NRC of a tertiary care hospital.

Methodology: A hospital based cross sectional study was conducted at NRC of Cheluvamba Hospital, Mysuru from January to June 2025 (6 months duration). A total of 120 SAM children aged 0-5 years were admitted in NRC during this period and were observed throughout their stay. Data were extracted from medical records and case sheets. Appropriate statistical tests were applied to determine association (Paired t-test and independent samples t-test for comparison of mean, Chi Square test for categorical variables) and correlation statistics were used.

Results: Majority of the children were in the age group of 6-12 months, from rural areas and belonged to SC/ST communities with BPL status. 60% of children were males. Common comorbidities included pneumonia, anaemia, and gastrointestinal disorders. Breastfeeding practices varied, with some children discontinued before 6 months. The mean duration of the stay was 12 days. Mean daily weight gain was 1.7 g/kg/day; only 7 (5.8%) achieved >8 g/kg/day.

Conclusion: Treatment outcomes in SAM children are not significantly influenced by clinicosocial factors like caste, socioeconomic status, immunization coverage, and breastfeeding habits. Strengthening NRC protocols through maternal education, early healthcare access, and focused nutritional counseling can substantially improve recovery rates and help lower mortality among affected children.

Title: A cross-sectional study on factors related to early marriages and its implications on marital satisfaction among women in Thrissur district

Dr. Susan Areekal Sajeev, Dr. Steffi Francis Maliakel, Dr. C R Saju

Amala Institute Of Medical Sciences Thrissur

Conference Registration ID: 404

Introduction: Marital satisfaction is an individual's subjective evaluation of their marriage, influenced by various factors. Marriages before age 20 are often unstable. In India, child marriage remains a critical concern, prompting continued legal efforts and interventions aimed at prevention and ensuring healthier, more stable marital relationships.

Objectives: To determine the factors related to early marriage in the selected population and to assess marital satisfaction using the Revised Dyadic Adjustment Scale and its association with age at marriage.

Methodology: A community-based cross-sectional study was conducted in Thrissur district among 254 married women aged 20–40 years over 1.5 years, using stratified random sampling. Data were collected using a socio-demographic questionnaire and the Revised Dyadic Adjustment Scale. Analysis was done using SPSS v23 with chi-square and t-tests, considering $p<0.05$ as statistically significant.

Results: The mean age of the study participants was 28.2 ± 4.87 years, with a mean age at marriage of 19.7 ± 0.77 years. The factors associated with early marriage were lower socioeconomic status, Muslim religion, lower levels of education, 3 three-generation type of family, occupation being a homemaker, all of which were also associated with reduced marital satisfaction.

Conclusion: Early marriage remains prevalent and is significantly associated with certain socio-demographic factors. Women who married early reported lower marital satisfaction, highlighting the need for targeted interventions addressing education, economic empowerment, and social support to delay marriage age and improve long-term marital outcomes.

Keywords: Early marriage, marital satisfaction, cross-sectional study

Title: Postnatal newborn care practices and knowledge of newborn danger signs among Among Tribal Married Reproductive Women in Chamarajanagar district, Karnataka: A cross sectional study

Dr. Bhagyalakshmi N, Dr. Mahesh V

Chamarajanagar Institute of Medical Sciences

Conference Registration ID: 834

Introduction: The postnatal period is the most critical period for mothers and her newborn especially during the hours and days after birth. Proper utilization of postnatal care services plays a vital role in dropping the maternal mortality ratio and infant mortality rate. Care for small and sick newborns could prevent 30% of neonatal deaths.

Objectives:

• To assess the postnatal newborn care practices.

• To assess the knowledge of newborn danger sign among mothers in tribal women of reproductive age-group

Methodology: A Community based cross-sectional study was carried out among married Women of reproductive age group (15 49 years) for a period of 3 months between May 2025 to July 2025,Study setting: Tribal settlements of Chamarajanagar Sampling technique: Multistage sampling method. Sample size: By taking the reference of the study conducted by Pathak PK et al, in the year 2018, the exclusive breastfeeding was 47% among tribal women and estimated sample size was 160. Study Tool: Using semi structured questionnaire, women were interviewed individually. First part - Sociodemographic history ,Second part- Newborn care practices of mother during the postnatal period like Baby was given first bath, Clean the stump of the baby, Apply anything over cord after birth, Umbilical discharge (observation), Apply anything in the eye after birth, Hand washing of mothers before touching the baby, Breast feeding practices during the post-natal period,Third part – Mother's knowledge about danger signs and sought treatment during neonatal period .

Results: The results showed that 67.9% of mothers applied substances to the stump after birth. 52.5% of mothers applied Kajal on the eye of the baby after birth. More than half of the mothers breastfed the baby within 1 4 hours of birth . Only 54.7% of mothers gave colostrum, others didn't gave due to prohibition by elders, Ignorance about advantage. Exclusive breastfeeding were practiced by nearly half (47.2%) of the mothers.

Conclusion: Unsafe and harmful traditional newborn care practices are more prevalent in the Tribal areas. Health education and awareness programmes are recommended to improve maternal knowledge on the various aspects of newborn care.

Title: A study to assess Knowledge, Attitude and Practices regarding menstrual hygiene among school/college going girls.

Dr Dadabee H, Dr Rachana AR, Dr Muthumeena

Karwar Institute Of Medical Sciences

Conference Registration ID: 168

Introduction: Menstrual hygiene is a crucial aspect of adolescent health, yet often overlooked due to cultural taboos and lack of awareness. This study aims to assess the knowledge, attitude, and practices regarding menstrual hygiene among school/college-going girls, providing insights to inform effective health education and promote better menstrual health management.

Objectives:

- To assess the knowledge regarding menstrual hygiene among study participants.

- To assess the attitude regarding menstrual hygiene among study participants.

- To assess the practices and restrictions followed during menstruation cycle among study participants"

Methodology: A cross-sectional comparative study was conducted among 466 adolescent girls (13–18 years) from government and private schools/colleges in coastal area of Karnataka (April–June 2025). Data on menstrual knowledge, attitudes, practices, restrictions, absenteeism, and socio-demographics were collected using a pre-tested semi-structured questionnaire via interviews. Chi-square test assessed associations (significance at $p<0.05$). Ethical clearance was obtained prior to data collection. **Results:** The study compared menstrual hygiene among girls aged 13–18 in government and private schools/colleges. The mean age was 15.73 (SD=6.5) in government and 15.32 (SD=5.54) in private. Majority of Socio-economic status was Class III in government and Class II in private. Majority used sanitary pads (88.84% govt, 94.06% private). Absenteeism during menstruation was higher in government (45.06%) due to dysmenorrhoea and poor facilities. More private students (97.45%) viewed menstruation as natural. Premenstrual symptoms were more in private (16.94%) than government (7.29%). Hygiene education and proper practices were better in private schools, showing higher awareness and improved menstrual care support.The study compared menstrual hygiene among girls aged 13–18 in government and private schools/colleges. The mean age was 15.73 (SD=6.5) in government and 15.32 (SD=5.54) in private. Majority of Socio-economic status was Class III in government and Class II in private. Majority used sanitary pads (88.84% govt, 94.06% private). Absenteeism during menstruation was higher in government (45.06%) due to dysmenorrhoea and poor facilities. More private students (97.45%) viewed menstruation as natural. Premenstrual symptoms were more in private (16.94%) than government (7.29%). Hygiene education and proper practices were better in private schools, showing higher awareness and improved menstrual care support. **Conclusion:** Girls in private schools/college showed better menstrual hygiene practices, awareness, and education compared to those in government schools/college. More private school/college students viewed menstruation as a natural process and used proper absorbents. School absenteeism and lack of facilities were more common in government schools/college, highlighting the need for improved support.

Keywords: Adolescent, Knowledge, Attitude, Practices, Menstruation

Title: Comparison of Service Preference Patterns and their Determinants among PMSMA Beneficiaries Opting for Public versus Private Care - a Three Year Retrospective Cohort Study

Dr. M. Keerthana, Dr. Siddharam Metri

Hassan Institute of Medical Sciences

Introduction: Maternal health is a key public health priority in India. Launched in 2016, PMSMA provides free, quality antenatal care, including risk assessment, counseling, and referrals. Despite this, many women prefer private services, highlighting the need to understand factors influencing care-seeking and improve public program utilization.

Objectives: To identify patterns and key determinants of public versus private ANC service preference among PMSMA beneficiaries in Hagare PHC from March, 2022 to April, 2025.

Methodology: This comparative cross-sectional study was conducted at Hagare PHC, Karnataka (2022–2024). Among 1,112 PMSMA-registered women, 196 sought private care; an equal number were sampled from the public cohort. After excluding incomplete/unreachable records, 123 participants remained in each group. Data were collected through record review and structured telephonic interviews (verbal consent). Statistical analysis used chi-square test; ethical approval was obtained.

Results: In the public cohort, most women (52.8%) were aged 20–24 years, while 45.5% of private cohort women were older (statistically significant). OBCs predominated in both groups, with higher SC/ST representation among public participants. Socioeconomic status differed: public—lower middle class (25.2%); private—middle/upper middle class (36.6%, 35.8%). Normal pregnancies were more common in the public cohort (84.6%), while private facilities managed more high-risk pregnancies (35%). High-risk conditions showed cohort-specific trends : public—thyroid (7.38%), PIH (4.9%), previous LSCS (5.7%); private—previous LSCS (8.1%), GDM (4.1%), severe anemia (3.3%), multiple pregnancies (4.9%), asthma/obesity/abnormal presentations (≤1.6%).

Conclusion: Maternal care preferences differed by age, socioeconomic status, and pregnancy risk. Public facilities managed mostly normal pregnancies and thyroid-related conditions, while private facilities attracted higher-risk cases. Understanding these patterns can guide resource allocation, targeted counseling, and interventions to improve maternal outcomes and equity in care.

Title: Adverse events following quadrivalent HPV vaccine among beneficiaries from a teaching hospital in coastal Karnataka

 Nehema Khathija, Akshaya K M, Basma Reem Ameer

Yenepoya Medical College, Yenepoya (Deemed to be University), Mangalore, Karnataka

Conference Registration ID: 483

Introduction: Cervical cancer is the second most common cancer among women in India, primarily caused by Human Papillomavirus (HPV). Vaccination and screening can help reduce its burden. Cervavac, launched in 2023 targets four serotypes.

Objectives: To describe the adverse events following vaccination and identify the factors associated with them among beneficiaries aged 9 and above receiving quadrivalent HPV vaccine from a teaching hospital of coastal Karnataka.

Methodology: This study is being conducted with a sample size of 368 beneficiaries receiving the quadrivalent HPV vaccine. Consent was obtained (oral for ages 8-12, written for 12-17), with initial data and side effects recorded within 30 minutes, follow-ups at 24 hours and 7 days. Data were analyzed using SPSS version 27.

Results: An interim analysis of 162 showed a mean age of 22 (SD = 3.4) years, with 98.1% being females. Common post-vaccination symptoms included pain (66.7%), swelling (6.8%), itching (5.6%), and redness at the injection site(3.1%). Two participants had injection site pain lasting for seven days, but no serious adverse events were reported. No statistical association was observed between adverse events and gender, age, or comorbidities/allergies.

Conclusion: The most common adverse events were similar to those reported by vaccine manufacturers, with injection site pain being the most frequent. A longer follow-up may be needed to evaluate serious adverse events.

Keywords: Cervical cancer, Human Papillomavirus, Adverse events, HPV vaccine, Immunisation.

Title: Effectiveness of structured teaching programme regarding polycystic ovarian syndrome among adolescent girls in Rural Area

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Swami Ramanand Teerth Rural Government Medical College And Hospital, Ambajogai.

Conference Registration ID: 734

Introduction: Polycystic ovary syndrome (PCOS) is a common endocrinological condition afflicting 4–10% women worldwide and may extend to 15–21% based on Rotterdam diagnostic criteria. Polycystic ovarian syndrome (PCOS) frequently starts during adolescence, but awareness of its symptoms, associated risks, and the importance of seeking help is still limited among girls in rural areas. Insufficient understanding, along with corresponding attitudes and behaviors, hinders timely recognition and necessary lifestyle changes. Implementing structured teaching programs (STPs) in schools could help address this issue.

Objectives: To Assess Effectiveness of structured teaching programme on knowledge regarding polycystic ovarian syndrome among adolescent girls in Rural Area.

Methodology: A quasi-experimental pre and post test design was adopted to assess the effectiveness of a structured teaching programme on knowledge regarding polycystic ovarian syndrome among adolescent girls. A sample of 189 adolescent girls was selected from school and college by convenience sampling. The data collection process was carried out in three phases: Phase I involved conducting a pretest using a structured knowledge questionnaire, which took approximately 20-30 minutes. In Phase II, the researcher delivered the structured teaching program (STP) to each participant on the same day as the data collection. Phase III consisted of a post-test, which was administered to the same participants on the same day, using the same structured knowledge questionnaire. Collected data was analysed by using descriptive and inferential statistics. A paired 't' test was employed to assess the differences between pre-test and post-test mean knowledge of PCOS among adolescent girls. Chi-square tests were applied to explore the relationship between the level of knowledge regarding PCOS and selected demographic variables among adolescent girls.

Results: The statistical analysis showed a significant increase in the average knowledge score from 7.80 (pre-test) to 13.98 (post-test), with a p-value of 0.0001. This confirms the effectiveness of the structured teaching program. There was also a remarkable shift in the level of knowledge: Adequate knowledge increased from 8.8% to 94%. Moderate knowledge decreased from 67% to 6%. Inadequate knowledge fell from 24.2% to 0%. This shows not only an increase in overall knowledge but also that nearly all participants moved into the ""adequate knowledge"" category.

Conclusion: PCOS is a condition that can cause serious health issues and affects young people's reproductive health if not treated properly. Teaching adolescent girls about PCOS helps them understand the condition, which aids in early detection and prevention. This study evaluated the knowledge of adolescent girls about polycystic ovarian syndrome before and after a structured teaching program. The results showed that the girls had limited knowledge about PCOS, but their understanding improved after the program. Therefore, the study concluded that the structured teaching program is effective in increasing the knowledge of adolescent girls.

Keywords: PCOS, Amenorrhea, hirsutism, insulin resistance, Infertility.

Title: Prevalence and clinico-demographical profile of high-risk pregnancy in an Urban area of Puducherry: A Cross-sectional study.

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Conference Registration ID: 660

Introduction: India Has Made Notable Progress In Reducing Maternal Mortality, With The MMR Declining From 130 To 97 Per 100,000 Live Births (2014–2020). However, Maternal Mortality Remains A Public Health Concern. High-risk Pregnancies (Hrps), Which Significantly Contribute To Maternal And Neonatal Deaths, Require Early Identification And Proper Management. Limited Studies Exist On The True Burden And Risk Factors Of Hrps, Especially In Urban Indian Settings.

Objectives: To Estimate The Burden Of High-risk Pregnancies (Hrps) Among Antenatal Mothers In Urban Puducherry And To Determine The Association With Their Clinico-demographic Profile.

Methodology: A Community-based Cross-sectional Study Was Conducted From March 2024 To May 2025 In Urban Puducherry. With An Expected Prevalence Of 25%, The Sample Size Was Estimated At 230, But Interim Analysis Was Done On 115 Participants. Consecutive Sampling Was Used To Recruit Third-trimester Antenatal Mothers. Data Were Collected Using A Pretested Semi-structured Questionnaire. Hrps Were Identified Using PMSMA Guidelines And Modified Coopland Scoring. Data Were Entered Using Epidata And Analyzed With SPSS. The Chi-square Test Was Used To Determine Associations, And A P-value <0.05 Was Considered Statistically Significant.

Results: Among 115 Women, 58.3% (95% Ci: 49.2%–66.9%) Were Identified As Hrps Using PMSMA Criteria. Significant Associations Were Found With Multigravida (64.2%), Multiparity (61.3%), And Previous LSCS (P < 0.001). Using Modified Coopland Score, 6.1% And 18.3% Pregnant Women Were Classified As High-risk And Moderate-risk Respectively. Common High-risk Conditions Included Hypothyroidism (35.8%), Gestational Diabetes (20.9%), Previous LSCS (19.4%), And PIH (6%).

Conclusion: The High Prevalence Of Hrps Highlights The Need For Routine Risk Assessment During Antenatal Clinics. Strengthening PMSMA Implementation, Early Screening, And Targeted Management Are Essential To Reduce Complications And Mortality.

Technology and Health Care

Title: Digital Health Literacy and Its Barriers among people living in Rural areas: A Mixed-Method Study

Dr.Ebin Jose, Dr. Sruthi C.M, Dr. Steffi Francis

Amala Institute Of Medical Sciences , Thrissur

Conference Registration ID: 399

Introduction: Digital health literacy (DHL) is defined as the ability to seek, find, understand & appraise health information from electronic sources and apply this knowledge to address health problems. In rural areas, healthcare access is limited & face unique challenges. Understanding current DHL levels and barriers is essential for designing appropriate interventions and health communication strategies.

Objectives:

• To assess DHL levels and its factors among rural adults.

• To determine the relationship between DHL and health-seeking behaviours

• To identify barriers related to DHL in rural areas.

Methodology: A mixed-method sequential explanatory design was conducted with quantitative cross-sectional survey among 389 adult participants in rural area of Thrissur district using structured questionnaire DHLI & eHEALS to determine DHL, followed by qualitative in-depth interviews among 25 participants including high and low DHL participants plus key informants to understand barriers. Data was analysed using descriptive statistics, regression, and thematic analysis.

Results: Among 389 participants, the mean eHEALS score was 18.2±6.2 (8-40) and 38.7% achieved adequate DHL (>3.0). Significant associations were found with education, income and smartphone ownership. Major barriers included poor connectivity, language issues, mistrust of digital health information, technological barriers, intergenerational digital divide and preference for face-to-face healthcare interactions.

Conclusion: Digital Health Literacy is crucial for healthcare equity, patient empowerment and efficient healthcare delivery. As healthcare becomes increasingly digitalized, DHL becomes essential for reducing health disparities. Multi-level interventions including infrastructure development, community-based training program, culturally appropriate content in local languages and elderly-focused digital programs are recommended.

Keywords: Digital health literacy (DHL), Rural area, Mixed-method, Health information seeking, eHealth

Title: Artificial Intelligence in Healthcare: A Study of Knowledge, Attitude, and Practice Among Medical Students and Doctors in Rural Tertiary Healthcare Centre.

Dr. Sumedh Manikpure, Dr. V. L. Vedpathak, Dr. R. C. Sambutwad

Swami Ramanand Teerth Rural Medical College, Ambajogai

Conference Registration ID: 735

Introduction: Artificial Intelligence (AI) is rapidly changing the way healthcare is delivered. It can support doctors in diagnosis, treatment, and decision-making - especially valuable in rural areas with limited resources. However, for AI to truly make an impact, healthcare professionals must understand it, feel confident using it, and have a positive attitude towards it. This study explores the knowledge, attitude, and practical experience of medical students and doctors in a rural setting regarding the use of AI in healthcare.

Objectives: To evaluate the knowledge, attitude, and practice regarding the use of Artificial Intelligence in healthcare among medical students, faculty, and medical officers at SRTRGMC, Ambajogai, using a structured questionnaire.

Methodology: A cross-sectional survey was carried out at SRTRGMC, Ambajogai, between May and July 2025. Convenience sampling was used to enroll all undergraduate and postgraduate students, teaching faculty, and medical officers. A structured questionnaire was self-developed, pilot-tested for face and content validity, and administered via Google Forms, yielding 440 completed responses. Knowledge was evaluated using 7 questions (score range: 0–7) and categorized as good (≥ 5), moderate (3–5), and poor (<3). Attitude was assessed with 13 questions (score range: 0–57) and classified as good (≥ 43), moderate (29–42), and poor (<29). Practice was measured with 5 questions for undergraduates/interns (score range: 0–13) and 7 questions for graduates and above (score range: 0–17); scores were categorized as good ($>10/\geq 15$), moderate (6–10/10–14), and poor ($<6/<10$), respectively. The questionnaire included a mix of yes/no, Likert scale, and multiple-response formats. Descriptive statistics summarized participant characteristics and domain proficiency. Associations between KAP categories and demographic variables were evaluated using Chi-square tests and one-way ANOVA, with a p-value < 0.05 considered significant.

Results: Out of 440 participants, 255 (58%) had adequate knowledge of AI in healthcare, 245 (56%) exhibited a positive attitude towards its use, and 210 (48%) reported having practical experience or exposure to AI tools. Designation is found to be significantly associated with higher KAP scores ($p < 0.05$).

Conclusion: The study reveals a relatively good level of awareness and a favorable attitude towards AI in healthcare among healthcare professionals and students in a rural setting. However, practical application and hands-on experience remain limited. These findings highlight the need for structured AI training and curriculum integration in medical education to strengthen preparedness for AI-driven healthcare, particularly in rural institutions.

Keywords: Artificial Intelligence, AI in Healthcare, Digital Health, Rural Health

THEMATIC
ABSTRACTS E – POSTER
(POST GRADUATE)

Mental well being

Title: Perceived Social Support And Mental Well-being Among Medical Students In Bengaluru – A Cross-sectional Study

Dr Anju Shree H M, Dr Sunil Kumar D R, Dr Lakshmi H

Akash Institute Of Medical Science And Research Centre, Bengaluru.

Conference Registration ID: 163

Introduction: Medical students face pressure from various aspects and are vulnerable to damage their mental health. Social support is protective factor for academic burn out positively associated with well-being. Students start to live independently taking responsibilities and decisions and support expands from just parents to peers and significant others.

Objectives:

- To assess the mental well-being among undergraduate medical students at Akash Medical College.

- To determine perceived social support among undergraduate medical students at Akash Medical College.

Methodology: A cross-sectional study was conducted among 350 undergraduate medical students from first year to final year for a duration of 2 months using convenient sampling method. A pre-tested semi structured questionnaire included subjects socio-demographic, WHO-5 well-being index and Multidimensional Perceived Social Support scale and data was collected in google forms. IEC was obtained. SPSS 26 version was used for analysis.

Results: Total of 350 participants, around 47.4% were in the age group of 21-22 years, 90% were Hindus, 42% resided in hostel. Around 27% had poor mental well-being and 73% had best mental health. 59.4% had high, 38% medium and only 2.6% had low or perceived social support. Significant association existed between social support and mental well-being (P<0.00, $x2 = 23.73$).

Conclusion: Around three-fourth of students had good mental health, with few reporting low perceived social support. Strengthening family and peer support can improve mental well-being. Seminars for families may help highlight the importance of emotional support and encourage stronger, consistent family relationships to promote better mental health outcomes.

Title: A cross sectional study on prevalence of depression and associated factors among adolescents in Urban Bangalore

Dr Farsana Nathankodan, Dr Hamsa L, Dr Selvi Thangaraj

Bangalore Medical College and Research Institute

Conference Registration ID: 279

Introduction: Adolescence (10-19 years) is a critical developmental stage with significant physical, mental, and social changes influencing overall health. Mental disorders, especially depression, are prevalent among adolescents and can lead to significant long-term health and social issues. Addressing adolescent mental health is crucial for their well-being into adulthood This study aims to assess the burden of depression and its associated factors among adolescents in urban Bengaluru

Objectives:

- To estimate the Burden of Depression Among Adolescents of urban Bengaluru

- To Ascertain the determinants of Depression Among Adolescents of urban Bengaluru

Methodology: This cross-sectional study, conducted from November 2024 to January 2025, investigated depression among 200 adolescents in urban slums of Bengaluru. Participants were selected using simple random sampling, and data were collected via face-to-face interviews using a semi-structured questionnaire and the PHQ-9 scale.

Results: This study found that 9.5% of adolescents screened positive for depression, with a mean age of 14.53 years, and females comprising 59% of participants. Factors significantly associated with depression included mother's unemployment, frequent parental fights, and history of addiction.

Conclusion: This study in urban Bengaluru found that 9.5% of adolescents screened positive for depression, with a higher prevalence in females. Key risk factors identified were maternal unemployment, frequent parental conflicts, and a history of addiction. These findings highlight specific areas for intervention to improve adolescent mental health.

Keywords: Adolescents, Depression, Mental health, PHQ-9

Title: Evaluation of Self-Esteem and its Associated Factors Among Married Women in Devarayasamudra, Kolar Karnataka

Dr R Roopashree

Sri Devaraj Urs Medical College

Conference Registration ID: 577

Introduction: Self-esteem reflects how much a person values themselves and is vital for mental well-being. In rural India, married women often face challenges like early marriage, limited education, and gender norms that lower self-esteem. This study explores self-esteem levels in Devarayasamudra, Karnataka, to guide mental health strategies for women.

Objectives:

- To evaluate the self-esteem levels of married women's in Devarayasamudra Kolar.

- To identify the key factors influencing self-esteem among married women's in Devarayasamudra Kolar.

Methodology: A community-based cross-sectional study was conducted in Devarayasamudra, Karnataka, among 335 randomly selected married women aged 18 and above. Data were collected via interviews using a semi-structured questionnaire, including socio-demographic details and the Rosenberg Self-Esteem Scale, to assess self-esteem and related factors in a rural Indian setting.

Results: The study involved 335 married women, average age 43. Most married around age 22. Many lived in nuclear families, with a quarter illiterate and over a third unemployed. Women with higher education, income, decision-making power, and supportive spouses had better self-esteem, highlighting the role of social and economic factors.

Conclusion: The study shows that self-esteem in rural married women is shaped by education, income, employment, and decision-making power. Promoting education, economic independence, and equality at home can improve mental health. Community-based strategies are key to supporting women's well-being and aligning with national health goals and Sustainable Development Goals.

Keywords: Self-esteem, Married women, Rural India, Socio-demographic factors, Mental health

Nutrition

Title: Prevalence Of Anemia And Psychiatric Illness Among Inmates Of Destitute Centre

Dr. Sabhya Thakkar, Dr Poornima B Khot, Dr Rajesh R Kulkarni

J.N Medical College, Belgaum.

Conference Registration ID: 71

Introduction: Iron deficiency is one of the most common nutritional deficiencies worldwide.. There is growing evidence that Iron Deficiency Anemia (IDA) is associated with psychosocial consequences, including adverse psychomotor function, reduced work capacity, delayed socioemotional development and psychiatric morbidity. The prevalence of anemia has been reported to be higher in patients with psychiatric disorders, including depression, than in the general population.

Objectives: To know the prevalence of anemia and psychiatric illness among the inmates of destitute centre.

Methodology: A cross sectional study was carried out among 109 Inmates of the Destitute centre. A predesigned and pretested questionnaire was used to gather sociodemographic data and their HB estimation was between from 1st May 2025 to 30th June 2025.

Results: Among 109 participants, 45% participants suffered from different psychiatric illness. Majority of the study participants had a haemoglobin status between 9-11gm% accounting to mild anemia i.e 74.3%, 3.7% had moderate anemia (7-9gm%) and 2.8% of the participants suffered from severe Anemia (<7gm%). Only 19.3% of participants had normal haemoglobin status. The mean Hb is 12.4±1.79 gms/dl. Participants suffering from psychiatric illness had 100% prevalence of anemia.

Conclusion: Results highlight the need for targeted public health interventions, including nutritional education, supplementation, and regular screening, to address and manage anemia effectively in the population.

Keywords: Anemia, Destitute Centre, Psychiatric illness

Title: Decoding the Labels: A Study of Food Label Awareness, Perception and Use among Young Adults.

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B. J. Medical College, Ahmedabad.

Conference Registration ID: 331

Introduction: Food labelling is one of the important population-based approaches that can help consumers make healthy food choices by providing necessary information about the food on the packaging. Consumers perception, understanding and awareness about the interpretation of food label plays a great role.

Objectives: To assess how the students understand, perceive and use food labels in their dietary choices and their purchasing behaviour.

Methodology: A cross-sectional study was done among 302 MBBS and post graduate students from B.J. Medical College, Ahmedabad through convenient sampling method. A pre-designed semi-structured questionnaire was used for the interview of students.

Results: Majority of respondents are males (63.6%) with a mean age 23.75 years. 97.4% subjects purchase pre-packed food items, of that 76.1% read label and of those reading label 93% understand information given on label. Most commonly read information is date of expiry (96%). 76.1% people change their purchase decision after reading label. There is statistically significant association between reading food labels and change in purchase decision (chi-square statistic: 18.4, p-value: 0.0000179) and between time spent reading food labels and change in purchase decision (chi-square statistic: 16.57, p-value: 0.00234).

Conclusion: Majority of people read and understand the information given on food labels and change their decision of purchase accordingly. The most common reason for non-usage of food label is lack of knowledge for reading food labels. Measures such as using common terminology, raising awareness about food labels and standard guidelines can change the behaviour and can help making healthy choices.

Keywords: Food labels, Knowledge, Purchasing behaviour, Dietary choices.

Title: Determinants of Nutritional status Among Rural Children Aged 1–5 Years

Dr. Bhoge Harish Kumar Reddy, Dr Rakesh K Nayak

SDM College of Medical Sciences and Hospital, Dharwad.

Conference Registration ID: 589

Introduction: Malnutrition in children under five is a persistent public health issue in India, particularly in rural settings. It impairs physical and cognitive development. Early identification of nutritional deficiencies and associated risk factors is essential to develop effective policies and community level interventions aimed at reducing childhood undernutrition in vulnerable populations.

Objectives: To assess the nutritional status of children aged 1–5 years and determine associated socio-demographic and environmental risk factors.

Methodology: A cross-sectional study was conducted among 335 children aged 1–5 years in a rural area. Anthropometric data, dietary intake, and socio-economic status were recorded. Data were analyzed using SPSS software version 29. Chi-square test was used to assess associations, and a p-value < 0.05 was considered statistically significant. **Results:** Among the 335 children, 36% were stunted, 26% underweight, and 20% wasted. About 25% had low head circumference-for-age Z-scores. Over 60% had inadequate daily calorie intake with an average deficit of ~300 kcal. Most families earned less than ₹10,000/month and lived in poor sanitary conditions with limited access to Anganwadi services and immunization.

Conclusion: This study reveals a significant burden of malnutrition among rural children, strongly linked to poverty, inadequate nutrition, and limited access to health services. Immediate interventions focusing on improved dietary practices, sanitation, and strengthened community health services are crucial to mitigate the long-term impact of early childhood undernutrition.

Keywords: Malnutrition, Under-five children, Rural health, Anthropometry, Socioeconomic factors.

Physical activity and Lifestyle Medicine

Title: Physical Activity and Screen Time Patterns Among Adolescents in Rural North Karnataka: A Cross-sectional Study

Dr Rachel Sushmita Daniel, Dr Shailaja Patil, Dr A M Rangoli.

BLDE (DU) Shri B.M. Patil Medical College and Research Center, Vijayapura.

Conference Registration ID: 254

Introduction: Adolescence is a critical period for establishing long-term health behaviours. Physical activity (PA) is essential for overall development, while excessive screen time (ST) is associated with multiple adverse health outcomes. In rural India, data on these behaviours remain limited, necessitating localised research to inform targeted interventions.

Objectives: To assess the levels of physical activity and screen time among adolescents in a rural village in North Karnataka, and to examine their associations with sociodemographic factors and body mass index (BMI).

Methodology: A cross-sectional study was conducted among 740 school-going adolescents aged 9–16 years in Ukkali village, North Karnataka. Data were collected using the Child Physical Activity Questionnaire (CPAQ) and a structured screen time assessment tool. Anthropometric measurements were taken to calculate BMI. Statistical analyses included descriptive statistics and chi-square tests for associations.

Results: A majority (72%) of participants were classified under mild PA levels, while 53.1% reported 3 hours of daily screen time. Females demonstrated lower PA levels and slightly higher ST compared to males. Significant associations were found between PA, ST, and BMI ($p<0.001$). BMI status was also significantly associated with gender and school type. An inverse relationship was observed between screen time and physical activity levels.

Conclusion: The study reveals a high prevalence of insufficient physical activity and excessive screen time among rural adolescents, with notable gender and school-type disparities. These findings underscore the need for targeted, context-specific health promotion interventions to foster active lifestyles and reduce sedentary behaviours.

Title: A Cross-sectional Study On Physical Activity And Cognitive Dysfunction Among Elderly Diabetics In Rural Field Practice Area

Nruthya N, Lalita D Hiremath

The Oxford Medical College Hospital & Research Centre, Bengaluru.

Conference Registration ID: 271

Introduction: The elderly comprise 10.1% of India's population, with rising numbers due to increased lifespan. Type 2 Diabetes Mellitus and cognitive impairment are common age-related morbidities. Physical activity aids in glycemic control, while well-managed diabetes reduces cognitive decline. This study explores the association between physical activity and cognitive impairment.

Objectives: To assess the physical mobility and cognitive dysfunction among the elderly with Type 2 Diabetes Mellitus.

Methodology: A community-based cross-sectional study was conducted among elderly (≥60 years) Type II diabetics in a rural field practice area. Multi-stage random sampling was used for participant selection. Cognitive function was evaluated using MoCA, and physical mobility was assessed with the EMS. Sociodemographic and clinical information was collected. Statistical analysis included descriptive statistics to determine associations between MoCA and EMS scores.

Results: The study included 194 elderly participants. Most were in the 60–65 years age group (100; 51.55%), followed by 66–70 years (48; 24.74%) and 71–75 years (31; 15.98%). According to the Elderly Mobility Scale Score, the majority were dependent (124; 63.92%), while 63 (32.47%) were independent and 7 (3.61%) were borderline. Cognitive assessment using MoCA showed dysfunction in 115 (59.28%) participants, while 79 (40.72%) had normal cognition. A statistically significant association was found between elderly mobility and cognitive dysfunction (Chi-square = 10.73, df = 2, p = 0.004).

Conclusion: The study highlights a high prevalence of both cognitive dysfunction and mobility impairment among elderly diabetics. The significant association between the two underscores the need for integrated screening and interventions. Strengthening geriatric care through combined cognitive and mobility assessments can promote independence and improved quality of life in rural populations.

Title: Sleepless nights, Rising Risks: A cross- sectional study assessing Sleep Patterns and its determinants in the urban community of Mysuru

Dr Manirsha P V, Dr Madhu B

JSS Medical College, Mysuru

Conference Registration ID: 357

Introduction: Sleep is an essential pillar of lifestyle medicine and plays a crucial role in maintaining physical, mental, and emotional health. Rapid urbanization, Digital exposure, and changing lifestyles are increasingly disrupting sleep among adults, resulting in adverse health outcome.

Objectives: The objective of the study was to assess the sleep patterns of adults in an urban community in Mysuru and identify the sociodemographic and lifestyle factors associated with poor sleep.

Methodology: A community-based cross-sectional study was conducted for 2 months among 162 adults aged 25–80 years in Bannimantap, an urban area of Mysuru. Data on sleep duration, quality, and contributing lifestyle factors were collected using a structured questionnaire incorporating the Pittsburgh Sleep Quality Index (PSQI). Descriptive statistics and chi-square tests were used to analyze associations.

Results: The mean participant age was 49.4 ± 12.8 years, with nearly equal representation of both sexes. Poor sleep quality (PSQI > 5) was seen in 45.1% of participants. Significant associations were found with religion ($p < 0.001$), education ($p = 0.001$), marital status ($p = 0.009$), low vegetable ($p = 0.003$) and whole grain intake ($p = 0.002$), screen time before bed ($p = 0.001$), and screen use in bed ($p = 0.019$). Coffee intake ($p = 0.045$) and frequent extra salt use ($p = 0.018$) also showed significant association. Gender, alcohol, physical activity, and processed food were not significantly associated.

Conclusion: Nearly half of the urban study population in Mysuru experiences poor sleep, driven by both sociodemographic and modifiable lifestyle factors. Public health strategies should focus on promoting sleep hygiene and balanced lifestyle behaviors as part of holistic, community-level lifestyle medicine initiatives.

Keywords: Sleep quality, Lifestyle medicine, Urban health, Sleep hygiene, Mysuru

NON THEMATIC ABSTRACTS E – POSTER (POST GRADUATE)

Communicable Diseases Including Tropical Diseases

"**Title: Beyond the Classic: A Narrative Review of Atypical Clinical Manifestations Of SSP**

Dr Amritha P S, Dr Gouri Kumari Padhy

AIIMS, Raipur.

Conference Registration ID: 34

Introduction: Subacute sclerosing panencephalitis is a rare, fatal and progressive neurodegenerative disease which usually occurs 7–10 years after measles infection. In developing countries like India where measles is still prevalent, it is necessary to review the atypical clinical presentations of SSPE for early diagnosis.

Objectives: To review atypical clinical presentation of Subacute Sclerosing Panencephalitis in India over the last five years.

Methodology: Databases including PubMed, SCOPUS, and Embase were searched using the keywords "atypical subacute sclerosing pan encephalitis", "atypical SSPE", "unusual manifestation of SSPE", and "rare case of SSPE." Articles relevant to the atypical manifestations and confirmed case of SSPE that were published from January 2021 to June 2025 were included.

Results: A review of the 30 cases revealed diverse atypical clinical manifestation, atypical age of onset and latency and fulminant course. A significant number of cases presented in individuals aged 18 and older. A wide array of neurological and psychiatric symptoms, including visual disturbances, movement disorders, and depression, can be the initial manifestation, expanding beyond the classical presentation. Some vaccinated individuals still developed SSPE, potentially due to measles infection before vaccination. A rapid and fulminant course, with patients becoming bedridden or succumbing to the disease within weeks or few months, was a common finding in many cases.

Conclusion: This review underscores a changing landscape of SSPE presentation in India. The ""classic"" gradual progression may not always be a defining characteristic of the illness. SSPE should be considered in the differential diagnosis of any unexplained progressive neurodegenerative disorder in children, adolescents, and even adults in endemic regions like India.

Title: Outbreak of fever with chills and myalgia among migrant workers: An investigation from rural Dakshina Kannada, Karnataka

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Yenepoya Medical College, Yenepoya (Deemed to be University), Mangaluru, Karnataka, 575018

Conference Registration ID: 487

Introduction: Outbreaks of fever among construction workers have been linked to poor environmental conditions, overcrowding, and contaminated water. Dakshina Kannada is endemic for Malaria but cases have reduced significantly post 2020. **Objectives:** To conduct an epidemiological investigation of fever outbreak among the construction workers and formulate the preventive measures.

Methodology: An outbreak investigation (cross sectional study) was conducted among migrant construction workers on 18th July 2024, following the request from the medical officer of a PHC. A team of doctors from department of Community Medicine conducted outbreak investigation. Clinical and environmental assessments were carried out including visit to the construction site, interview with workers and health check up camp.

Results: The outbreak investigation study on the construction site showed potential vector breeding places, lack of personal protective measures. Health camp was conducted at the construction site and two new cases of P. Vivax infection were identified. Preventive measures were formulated following the investigations. Health education sessions were carried on vector borne diseases prevention, and environmental sanitation. Fever clinic was established nearby the construction site. Indoor residual spraying with Deltamethrin 2.5%, Temephos 50% application over stagnant water, and outdoor thermal fogging using Malathion were done and continued for the next three months.

Conclusion: This epidemiological investigation confirmed the localized outbreak of malaria among migrant workers. Potential vector breeding places, lack of personal protective measures and poor knowledge on transmission of vector borne disease caused the outbreak. Integrated vector management and periodic health check-ups were suggested.

Title: Trends and Patterns of Animal Bite Cases Reported at Public Health Facilities in Ernakulam district, Kerala: A Secondary data Analysis from 2021 to 2024

*<u>**Devi Unnikrishnan**</u>, **Reshmi, *Aswathy. S

*Amrita institute of medical sciences,kochi. **District Medical office, Ernakulam.

Introduction: Animal bites pose a significant public health threat due to the risk of rabies, a nearly 100% fatal yet preventable disease. Understanding the epidemiological trends and clinical profile of bite victims is essential for effective rabies control and resource allocation in high-burden regions like Kerala.

Objectives:

• To assess the trend in animal bite cases reported at government health facilities in Ernakulam district from 2021 - 2024 using joinpoint regression analysis.

• To describe the annual and category-wise distribution of animal bite cases in Ernakulam district during the study period.

Methodology: A cross-sectional study using secondary data (2021–2024) from the DMO, Ernakulam, assessed patterns of animal bite cases by animal type, exposure category, and gender. Year-wise and month-wise distributions were analyzed. Joinpoint regression was used to identify changes in reporting patterns, and descriptive statistics along with Mann-Kendall trend test were applied to assess trends. **Results:** From 2021 to 2024, 271,344 animal bite cases were reported from government health facilities in Ernakulam district, with a slightly higher incidence among males (n=145,327, 53.6%). Cat bites/ scratch constituted more than half of the cases, (55.58%). Increase in the proportion of Category III bites was noted from 25.8% to 52.7% over the study period. Although joinpoint regression indicated one joinpoint each in yearly and monthly trends, these changes were not statistically significant. **Conclusion:** Cats remain the predominant type of animal bite/scratch, with a rising proportion of severe (Category III) exposures. Although trend shifts were noted, they lacked statistical significance, emphasizing the need for continued surveillance in high-burden settings.

Keywords: Animal bite, Rabies, Dog bite, Category of wound.

Title: Risk factors of acute respiratory infections in under 5 children admitted in a tertiary care hospital - A Cross-sectional study.

Dr Sandesh Pujari, Dr Pushpa Patil

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Conference Registration ID: 860

Introduction: In developing countries, acute respiratory infection (ARI) is a leading cause of mortality and morbidity in under-5 children. The under-5 mortality rate is 29.1 as per UNICEF. Around 7,40,180 children under the age of 5 in 2019 have died due to pneumonia which accounts for 14% of all deaths of children under 5 years. (WHO).

Objectives: To assess the risk factors responsible for Acute respiratory infections (ARI) in children.

Methodology: A cross-sectional study was conducted among children of age 0-5 years in a hospital which was done in a period of 2 months where all the diagnosed cases of acute respiratory infections admitted in the Paediatric ward were taken up for the study.

Results: Among 127 children 56.8% were boys and 43.2% were girls. 32.4% children belonged to class III, followed by 24.5% Class V according to modified BG prasad classification. 44.6% belonged to nuclear families. 27.3% children were suffering with mild to moderate malnutrition. 80-90% were suffering with common cough and cold, only 5-10% children were having breathlessness and other symptoms.

Conclusion: Awareness regarding respiratory infections and common infections should be given to all the parents through health education campaign and through community outreach activities, so that the prevention and the treatment is started as early as possible at home level, further not leading to severe complications.

Keywords: Acute respiratory infections (ARI), Under five children, morbidity and mortality

Environmental Sustainability, Sanitation and Hygiene

Title: A Cross Sectional Study On Awareness And Practice Of Household Waste Segregation In Rural Karnataka

Dr Subash A Kumar, Dr Lavannya Mary Thayil, Dr Mithula S Kumar

KS Hegde Medical Academy, Mangaluru

Conference Registration ID: 270

Introduction: Improper household waste management is a major public health and environmental concern, particularly in rural India. Inadequate awareness, infrastructure, and behavioral practices contribute to unsustainable disposal methods. Promoting waste segregation at the source is essential to ensure sustainable development, reduce pollution, and protect community health.

Objectives: To assess awareness, practices, and barriers related to household waste segregation and explore willingness to adopt improved methods in a rural community.

Methodology: A community-based cross-sectional study was conducted in Ira village, Mangaluru, among 122 households selected via systematic random sampling. Data were collected using a structured, pretested questionnaire through face-to-face interviews. Variables included socio-demographic data, awareness, current practices, barriers, and willingness to improve. Statistical analysis was performed using SPSS, applying descriptive statistics and chi-square tests to evaluate associations.

Results: Of the respondents, 61.5% had heard of waste segregation, and 57.3% reported practicing it. Disposal methods included mixed bins (49.2%), burning (56.6%), and open dumping (40.2%). Awareness and education levels were significantly associated with better practices ($p<0.01$). Encouragingly, 95.9% were willing to segregate waste if facilities were provided, and 82.8% supported community programs.

Conclusion: The study revealed moderate awareness but poor waste segregation practicesin the community. Despite the high willingness to use appropriate methods, the potential for improvement can be achieved through targeted awareness programs and the provision of needed infrastructure in rural communities.

Keywords: Waste segregation, Environmental awareness.

Title: A Community-Based Cross-sectional Study on Heat-Related Illness, Exposure, and Coping Mechanisms in Urban Karnataka

Dr Prashant Sajjan, Dr Kishore S G, Dr Hamsa L

Bangalore Medical College & Research Institute, Bengaluru

Conference Registration ID: 319

Introduction: People living in Urban Areas are increasingly vulnerable to extreme heat, with a rise in heat-related illnesses affecting daily life. Understanding exposure patterns, coping mechanisms, and community knowledge is vital for effective public health interventions, especially in light of climate change, urban housing conditions and traffic congestion.

Objectives: To assess the burden of heat-related illnesses, exposure and housing-related risks, and document coping practices and awareness levels among urban families in Karnataka.

Methodology: A community-based cross-sectional study was conducted in April to June 2025 in the Urban Field Practice Area of Bangalore Medical College & Research Institute. Data were collected by using a pretested semi-structured questionnaire. Descriptive analysis was performed using Excel and SPSS to examine symptoms, exposure, coping methods, and awareness.

Results: Approximately 40% of households reported heat-related symptoms such as exhaustion and cramps. Factors like indoor cooking and poor ventilation increased indoor heat. Common coping strategies included staying indoors, using fans, and increasing fluid intake. However, awareness about heat illness and preventive measures was only moderate, with limited utilisation of early warnings, mass media messages, and health workers advice.

Conclusion: Heat-related illness is an emerging public health concern in urban areas. Strengthening housing ventilation, enhancing community awareness, and implementing early warning systems through health workers and mass media can effectively reduce heat-related morbidity, particularly among high-risk groups like the elderly, young children, and those engaged in outdoor work.

Keywords: Heat-related illness, Urban Karnataka, Heat exposure, Coping strategies, Community awareness

Title: Assessment of water quality among various domestic sources in urban area, Belagavi – A Cross-sectional study

Dr Rajesh Sharma, Dr Sulakshana S Baliga, Dr Padmaja R Walvekar

Jawaharlal Nehru Medical College, Belagavi

Conference Registration ID: 352

Introduction: Safe drinking water is vital for health, yet contamination from environmental factors, poor infrastructure, and storage issues remains a major concern. Assessing water quality and storage conditions helps identify key risks and guides strategies to enhance community water safety.

Objectives: To assess the water quality of various domestic water sources in urban area.

Methodology: An analytical cross-sectional study was conducted in the urban field practice area of Rukmini Nagar. 5 of 9 sub-centres were randomly selected. A total of 207 households were chosen from 7,952 using a proportionate-to-size method. Data on sociodemographic details, water source type, and storage tank condition were collected. Tank condition was assessed using structured questions and a risk rating scale (low to critical). Water samples from tap, well and borewell sources were collected in sterile polythene bottles. Samples were tested for temperature, pH, turbidity, colour, odour, electrical conductivity, total hardness, total dissolved solids, free/total chlorine, nitrate, nitrite, total coliforms, faecal coliforms, and Escherichia coli (MPN/100ml). Data were analyzed using R software. Chi-square test and logistic regression were applied; $p < 0.05$ was considered statistically significant.

Results: Based on an analysis of 207 water samples, physical deficiencies in water tanks showed a strong link to water quality. The absence of covers, presence of cracks, and infrequent cleaning were significantly associated with higher risk categories and poorer Water Quality Index (WQI) ratings (p<0.0001). While 61.84% of samples had "Excellent" WQI, 27.05% were "Very Poor". A moderate positive correlation (ρ=0.48, p<0.0001) was found between the overall risk score and WQI, confirming that increased physical risks correspond to lower water quality.

Conclusion: Proper maintenance and regular cleaning of water tanks are crucial for ensuring safe water quality

Geriatric Health

Title: Prevalence Of Anemia Among Geriatric Population In Rural Area Of Belagavi District – A Community Based Cross Sectional Study

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Jawaharlal Nehru Medical College, Belagavi.

Conference Registration ID: 423

Introduction: Life expectancy is rising globally, increasing the elderly population, especially in low- and middle-income countries like India. By 2050, one in four people will be aged 60 or older.. However, this demographic shift also raises concerns such as the increasing prevalence of anemia among elderly adults. According WHO classification of Anemia in ≥ 60 years it is considered Hb < 13g/dl & < 12g/dl in men & women. This study investigates anemia prevalence and dietary factors among rural elderly in Belagavi, addressing a growing but often overlooked health concern.

Objectives: To Determine the prevalence of Anemia among elderly population in rural area of Belagavi district.

Methodology: A community-based cross-sectional study was conducted from September 2024 to August 2025 in the rural field practice area of Belagavi district. A total of 260 elderly individuals (aged ≥60) were selected using proportionate sampling which was done across villages according to their elderly population. The sampling frame was taken from family registers from sub-centers. Data collection was carried out utilizing a pre-designed, structured questionnaire focused on sociodemographic information, Diet history, knowledge attitude and practice on anemia among elderly individuals. Assessments for Complete Blood Count (Sysmex XN 350), PBS were performed at the Hi-Tech Laboratory of KLES Dr Prabhakar Kore Hospital & Medical Research Centre in Belagavi, Karnataka, with the consent of the participants. SPSS software was used to compute and analyze the data.

Results: Among 260 elderly individuals surveyed in rural Belagavi, 35% were anemic. Of these, 21.15% had mild anemia and 12.31% had moderate anemia, while no cases of severe anemia were reported. The remaining 65% had normal hemoglobin levels, highlighting a significant prevalence of anemia in the population and underscoring the need for targeted health interventions. **Conclusion:** The study reveals a notable prevalence of anemia among the rural elderly, with nearly one-third affected. Mild anemia was more common, followed by moderate cases. The findings indicate a significant burden of anemia in this population, emphasizing its relevance as a public health concern among aging individuals in rural settings, particularly in low-resource environments.

Keywords: Anemia, Geriatric Population, Rural Health.

Title: Happiness and social support among elderly in Eranakulam

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Amrita Institute of Medical Sciences, Kochi

Conference Registration ID: 580

Introduction: Advancing age brings a decline in physical and emotional strength, leaving the elderly increasingly vulnerable.As the population ages, health priorities shift toward aging-related issues like mental and psychological problems. With India's growing elderly population, recognizing and addressing their emotional and social needs has become increasingly important in the healthcare system.

Objectives: This study aims to assess happiness and perceived social support among the elderly in coastal Ernakulam and to explore the association between these two factors.

Methodology: A community-based cross-sectional study was conducted among elderly individuals (≥60 years) in Njarackal, Ernakulam. The sampling frame was a community survey list of all elderly residents. Using simple random sampling, 130 participants were selected through computer-generated random numbers, ensuring equal chance of selection. Happiness and social support were assessed using the Oxford Happiness Questionnaire (OHQ) and Multidimensional Scale of Perceived Social Support (MSPSS).

Results: Among 136 elderly individuals, 75.7% were found to be happy based on the Oxford Happiness Questionnaire. Perceived social support showed a strong association with happiness. Participants with low or moderate support had 14.6 times higher odds of being not happy compared to those with high support ($p<0.001$), highlighting its significant influence. **Conclusion:** The study highlights a high level of happiness among the elderly in the coastal area of Ernakulam, with perceived social support playing a key role. Those with lower support were significantly less happy, underscoring the importance of strengthening social networks and community-based support systems to enhance well-being in older adults.

Keywords: elderly, happiness, social support

Title: Smartphone Use And Health Status Of Older Adults: A Community Based Observational Study

Somesh Kumar

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Conference Registration ID: 642

Introduction: With Rising Smartphone Use Among India's Ageing Population, Their Impact On Health Remains Underexplored. This Study Compares Health-related Quality Of Life (Hrqol), Treatment Compliance, And Smartphone Usage Patterns Among Older Adults In East Delhi, Aiming To Inform Digital Health Strategies For Improved Elderly Care And Inclusion.

Objectives: To Compare The Health Related Quality Of Life Of Older Adults Who Were Using Smartphones With Those Who Were Not Using Them In An Urban Residential Colony Of Delhi.

Methodology: A Community-based Cross-sectional Study Was Conducted From May 2023 To November 2024 In Dilshad Garden, East Delhi. Six Colonies Were Randomly Selected. A Total Of 180 Older Adults (90 Smartphone Users And 90 Non-users) Were Recruited Through House-to-house Survey. Data Were Collected Using A Semi-structured Proforma And WHOQOL-BREF Tool. Statistical Analysis Was Done Using SPSS Version 26.

Results: Smartphone Users Had Higher Prevalence Of Chronic Diseases (78.9% Vs 44.4%) But Showed Better Treatment Compliance (91.5% Vs 80.0%). WHOQOL-BREF Scores Were Comparable Between Groups, Though Non-users Scored Marginally Higher In The Physical Domain ($P<0.05$). Smartphone Use For Health-related Purposes Was Observed In 30% Of Users. Higher Education, Income, And Nuclear Family Living Were Associated With Usage.

Conclusion: Smartphone Use Among Older Adults Is Associated With Higher Chronic Disease Prevalence But Better Treatment Compliance. Despite Concerns About Overuse, Smartphones Offer Potential Health Benefits And Social Connectivity. Tailored Digital Literacy And Health Apps May Enhance Quality Of Life For India's Ageing Population.

Title: Prevalence, risk factors, for falls and level of functional independance among geriatric population.

Dr Mohammed Nematullah, Dr Dinesh P V

KVG medical College and hospital, Sullia dakshina kannada karnataka

Conference Registration ID: 653

Introduction: Falls are a leading cause of morbidity in older adults and are influenced by multiple risk factors and functional independence.

Objectives: To determine the prevalence of falls, associated risk factors, and the relationship with functional independance (Barthel index) among the elderly.

Methodology: A descriptive cross-sectional study was conducted among 120 geriatric participants. Data on risk factors such as impaired vision, poly pharmacy, poor balance, neurological disorders, environmental hazards, and age were collected . Functional independance was assessed using the Barthel index. Data were analyzed using chi-square test, with $p<0.05$ concluded statistically significant.

Results: The prevalence of falls among participants was 52.5%. The major risk factors identified were impaired vision (40.8%), polypharmacy (40.8%), poor balance (40.8%), neurological disorders (20.0%), and environmental hazards (38.3%). Most participants were aged 65–74 years (45%), followed by 75–84 years (35%) and 85+ years (20%). Regarding functional independence, 40.8% had high Barthel scores (>60), 36.7% moderate (40–60), and 22.5% low (<40). Chi-square analysis showed significant associations between falls and age group (p=0.026), poor balance (p=0.032), and Barthel Index (p<0.001). Polypharmacy showed a borderline association (p=0.076), while impaired vision, neurological disorders, and environmental hazards were not statistically significant.

Conclusion: More than half of the geriatric population studied experienced falls. Increasing age, poor balance, and low functional independence were significant predictors of falls. Targeted interventions focusing on balance improvement, rational drug use, and functional independence enhancement could reduce fall incidence in this population.

Miscellaneous

Title: Knowledge and Perceptions of Organ Donation: A Cross-Sectional Study Among Urban Residents of Vijayapura, Karnataka

Dr Jafeya Rekanaah K, Dr M C Yadavannavar, Dr Tanuja P Pattankar

BLDE (DU) Shri B M Patil medical college and hospital, Vijayapura.

Conference Registration ID: 255

Introduction: Organ donation saves lives but India faces a major gap between demand and availability of donor organs. Contributing factors include low awareness, myths, cultural and religious beliefs, and limited legal knowledge. Understanding community perceptions is vital for effective health education and policy strategies to improve organ donation.

Objectives: To assess the knowledge, attitudes and practices related to organ donation among urban residents of Vijayapura, Karnataka and to identify the socio-demographic factors influencing these perceptions.

Methodology: A two-month cross-sectional study in an urban field practice area of North Karnataka included 299 randomly selected participants. Data were collected via a house-to-house survey using a semi-structured questionnaire on socio-demographics and organ donation. Analysis with SPSS v 20 used Chi-square tests, considering $p<0.05$ statistically significant.

Results: In this study of 299 participants, 50.2% were male and 49.8% female. Awareness of organ donation was 72.2%, with eyes being the most recognized organ 51.5%. Nearly half (48.8%) knew organs could be donated by both living and deceased, though 65.2% were unaware of related legal frameworks. While 52.2% believed society donates organs, 72.9% knew unavailability causes preventable deaths. Religion was not a major barrier, as 65.6% reported it permits donation. Despite awareness, only 34.8% were willing to sign pledge cards, and just 10% had registered. Education and socio-economic status were significantly associated with knowledge levels.

Conclusion: The study showed moderate awareness of organ donation among North Karnataka residents but highlighted gaps in legal knowledge and commitment. Education and economic status influenced attitudes. Targeted awareness campaigns, community engagement, and educational interventions are essential to dispel myths, encourage pledging, and reduce the demand-supply gap.

Keywords: Organ donation, Knowledge, Attitude, Practice.

Title: Public and Professional Insights into Antimicrobial Usage and Resistance: A Comparative Approach

Dr Navarathna kumari V M, Dr M C Yadavannavar, Dr Tanuja P Pattankar

Shri B.M. Patil Medical College, Hospital and Research Center, Vijayapura, Karnataka

Conference Registration ID: 549

Introduction: Antimicrobial resistance (AMR) is a growing global health challenge, largely driven by irrational antibiotic use. Public misconceptions, self-medication, and variable practices among healthcare professionals and laypersons further accelerate resistance, highlighting the need for comparative assessment of knowledge, attitudes, and practices across groups.

Objectives: To evaluate and compare the knowledge, attitudes, and practices regarding antimicrobial usage and resistance among junior residents, interns, nurses, and laypersons, and to identify significant differences between groups.

Methodology: A cross-sectional study was conducted among 200 participants, equally distributed across four groups. Data were collected using a WHO-validated 13-item questionnaire assessing KAP domains. Responses were coded on a 3-point Likert scale. Statistical analysis was performed using SPSS version 27, and the Kruskal Wallis Test was applied to determine differences between groups, with $p < 0.05$ considered significant.

Results: Junior residents achieved the highest knowledge scores (13.2), followed by interns (12.6), nurses (11.8), and laypersons (10.9). Attitude scores were led by interns (20.1), closely followed by junior residents (19.8), with lower values observed in nurses (18.2) and laypersons (16.4). In terms of practice, junior residents (7.2) and interns (6.9) demonstrated more appropriate behaviors than nurses (5.6) and laypersons (4.8). Overall, healthcare professionals exhibited stronger awareness and more responsible antimicrobial use practices compared to the general population.

Conclusion: The study revealed disparities between public and professional groups, with junior residents and interns exhibiting the strongest awareness and practices. Nurses and laypersons demonstrated comparatively lower scores, highlighting the urgent need for specific training and community-focused antimicrobial stewardship programs. Targeted education and policy enforcement are vital to reducing AMR burden.

Keywords: Antimicrobial resistance, antibiotic use, healthcare providers.

Non-Communicable Diseases Including Road Traffic Accidents

Title: Pattern Of Dyslipidemia Among Patients With Type 2 Diabetes Mellitus In Field Practice Areas Of Belagavi

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Jawaharlal Nehru Medical College, Belagavi

Conference Registration ID: 97

Introduction: The prevalence of diabetes mellitus was estimated to be 9.3% worldwide in 2019 and is expected to increase to 10.2% by 2030 and 10.9% (700 million) by 2045. Various studies have shown that the overall prevalence of dyslipidemia in India ranges from 10.0% to 93.0%. It is well-established that among individuals with type 2 diabetes mellitus dyslipidemia is a significant risk factor for macrovascular problems. However, the main flaw in Indian epidemiology research is the absence of extensive studies that provide specifics about dyslipidemia trends. Indians and migrating South Asians typically have lower HDL cholesterol and greater TG levels than Western populations, but studies from the United States and the United Kingdom show lower total cholesterol levels. Strong clustering of cardiovascular risk factors or syndrome X – namely central obesity, hyperinsulinemia, dyslipidemia, hypertension, and glucose intolerance has been found in various studies. Given the lack of data on the current glycemic status and dyslipidemia of the urban Belagavi population, this study was carried out to compare the results with those of previous similar studies in the area.

Objectives: To determine the prevalence and pattern of dyslipidemia among patients with type 2 diabetes mellitus infield practice areas of Belagavi.

Methodology: In this cross sectional study 200 type 2 diabetes mellitus patients registered in Rukmini Nagar and Ashok Nagar UHC, Belagavi were included in the study from January to May 2025. After obtaining the consent, pretested and pre-validated questionnaire will be used to interview every patient. Post interview blood will be drawn for lipid profile, HbA1c and RBS investigations. Data is analyzed using SPSS software version 21 and Excel. Categorical variables are given in the form of frequency table. Continuous variables are given in Mean ± SD/ Median (Min, Max) form. Normality was checked by Shapiro Wilk test. Mean difference was analyzed by Mann Whitney U test. Association between variables between groups was done by Chi square test. Correlation between variables was analyzed by Spearman's rho correlation. P-value less than or equal to 0.05 indicates statistical significance.

Results: The mean of ages was 57.85 ± 4.18 years. 101 (50.5%) subjects were female. 102 (51%) subjects had nuclear family type. 92 (46%) subjects were BPL cardholder. From Mann Whitney U test it was observed that there was significant difference of Total Cholesterol, Triglycerides, HDL, LDL over RBS and BMI. From Chi square test, it was observed that there was significant association between glycemic control and dyslipidemia.

Conclusion: Type 2 Diabetes and dyslipidemia have a strong positive correlation. Pattern of dyslipidemia among asians still needs to be studied to know what treatment needs to be given better. This study shows that having glycemic control decreases severity of dyslipidemia.

Keywords: Dyslipidemia, type 2 diabetes, community health.

Title: Awareness On Cervical Cancer Risk Factors And Prevention Strategies Among Female Medical Students, Bengaluru

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RajaRajeswari Medical College and Hospital, Bengaluru

Conference Registration ID: 301

Introduction: Cervical cancer remains a major health burden among women, especially in developing countries like India. Persistent infection with high-risk HPV types is the primary cause. Despite preventive options like vaccination and screening, awareness is low. This study evaluates female medical students' knowledge on cervical cancer etiology and its prevention.

Objectives:

• To assess awareness of cervical cancer etiology among female medical students.

• To assess knowledge of preventive measures including HPV vaccination and Pap smear.

Methodology: A cross-sectional study was conducted among 115 female medical students at RajaRajeswari Medical College, Bengaluru, using stratified random sampling. Data were collected through a pretested, self-administered Semi-Structured questionnaire covering demographics, HPV transmission, cervical cancer knowledge, Pap smear, vaccination, and barriers. SPSS v23 was used for analysis with descriptive statistics, chi-square tests, and logistic regression to identify awareness predictors.

Results: Among 115 female medical students at RajaRajeswari Medical College, 100% had heard of HPV and 98.3% were aware of the HPV vaccines. Although 93% were willing to receive it, only 40.9% were vaccinated. Major barriers included high cost, fear of side effects, and uncertainty. Awareness and vaccine acceptance were higher among students in higher academic years.

Conclusion: Awareness of HPV and its vaccine was high among female medical students, yet vaccination rates remained low. Notable knowledge gaps existed regarding Pap smear screening. Academic level and personal concerns influenced vaccine uptake. The study emphasizes the need for focused health education and improved vaccine accessibility to strengthen cervical cancer prevention efforts.

Keywords: HPV Vaccine, Cervical Cancer, Pap Smear.

Occupational Health

Title: Knowledge, Attitude, Practice about Needle Stick Injury among Nursing Students of Government Medical College, Hassan

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Hassan Institute of Medical Sciences, Hassan, Karnataka

Conference Registration ID: 204

Introduction: Needlestick injuries (NSI) are major occupational hazards among healthcare workers' (HCWs). The likelihood of contracting HIV, HBV, HCV causes HCWs to experience anxiety, post-traumatic stress disorder and reduction in quality of life. Only HBV is preventable through vaccination. NSIs are unavoidable during patient care.

Objectives:

• To estimate the prevalence of Needle Stick Injury.

• To determine the level of Knowledge, Attitude and Practice among Nursing Students about NSI.

Methodology: Study Design: - A Cross-sectional Study. Study Duration: - 3 months. Place of study: - Hassan Institute of Medical Sciences, Hassan. Study Population: - Nursing Students. Sample Size: - n=224. Data Collection Method: - Pretested Semi structured Questionnaire by Google Form. Statistical Analysis: - Data will be entered in MS excel sheet, it will be analysed using SPSS Software latest version, and expressed in Percentages and Proportions.

Results: Total 224 students participated. NSI prevalence was 14.9%. "Safer devices to avoid NSI" was (62.9%) and "Recap of the syringe after performing nursing intervention" was (36.2%). Around (87.9%) were worried about NSIs, (87.9%) believed NSI was preventable. Always recapping of needles before discarding (54.5%). Approximately (86.6%) students wore gloves before venipuncture/injections, rinsing with soap and water was practised by (41%).

Conclusion: The students showed good knowledge and positive attitude, but reported a low level of needle stick practice so, raising awareness and conducting continuing education related to sharp devices and safety and using of Gloves and PPE before Needlestick practice and washing of hands after NSI is highly recommended.

Keywords: Needle Stick Injury, Occupational Hazards, Vaccination

Reproductive, Maternal And Child Health

Title: Contraceptive awareness and use among Reproductive age Women underserved neighborhood

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Rajarajeswari Medical College and Hospital, Bengaluru

Conference Registration ID: 308

Introduction: India accounts for approximately 17% of the world's population and is projected to ach 1.53 billion by 2050, making population control a critical priority. Despite the availability of family planning services, several barriers contribute to non-utilization, including fear of side effects (65.2%), desire for a male or female child (31.3%), husbands' disapproval (25.8%) and lack of knowledge about contraceptive methods (25.3%).

Objectives:

• To assess awareness and use of family planning methods among women in reproductive age group in BD colony.

• To study socio-cultural and demographic factors related to family planning use among them.

Methodology: A cross sectional study was conducted among the Women aged 18–45 residing in BD Colony of Bengaluru city using a pre-tested, semi-structured questionnaire which included questions on awareness & usage of family planning methods and socio-cultural and demographic factors influencing it.

Results: Out of 107 women surveyed, 80.4% had heard of family planning methods, yet only 42.1% were using any contraceptive. Female sterilization (57.8%) and condoms (26.7%) were the commonest methods, followed by Copper-T (11.1%) and oral pills (4.4%). Reasons for non-use included husband's disapproval (29.9%), lack of knowledge (23.9%), and fear of side effects (14.9%). Myths (43%) and religious beliefs (41.1%) emerged as major community barriers, while 39.3% still preferred a male child.

Conclusion: Though awareness of family planning methods was high, utilization was low and dominated by permanent methods. Temporary methods were poorly adopted due to socio-cultural barriers, misconceptions, and spousal disapproval. Strengthened IEC activities, male participation, and improved access to contraceptive services are essential to enhance uptake and reduce unmet needs.

Title: Knowledge, Attitude and Perception Regarding Menstrual Cups among Medical Students of Tertiary Care Hospital in Karnataka

Dr Anjana B S, Dr Ravindranath A Bhovi

Koppal Institute Of Medical Science, Koppal

Conference Registration ID: 340

Introduction: Menstrual hygiene management (MHM) is essential for women's health, yet challenges persist in resource-limited settings. Menstrual cups offer a sustainable, cost-effective alternative but remain underutilized in India due to limited awareness and cultural barriers. This study assesses awareness, attitudes, and acceptance of menstrual cups among medical students in Koppal, Karnataka, to inform strategies for improved MHM.

Objectives: To assess the knowledge, attitude and practices regarding the menstrual cups among the female medical students of KIMS Koppal.

Methodology: A cross-sectional study was carried out involving 200 female medical students (Sample size: $n=(z^2 pq)/l^2$, p- Prevalence = 85%, n=195, rounded off to 200 A list of 268 female MBBS students was obtained from the college office, arranged alphabetically, and participants from all phases were selected using computer generated simple random sampling. at KIMS, Koppal, between January 2025 and June 2025. Data collection was accomplished through a semi-structured, self-administered questionnaire. All responses were entered into Microsoft Excel, and the data were analyzed using descriptive statistics such as percentages.

Results: Mean age of study participant was 20.81±1.564. The sample consisted of 200 students, with 50 students selected from each academic year. Among these participants, 97.5% were familiar with menstrual cups, and 144 students (72%) demonstrated a good level of knowledge about them. Additionally, 89 students (44.5%) expressed a positive attitude toward using menstrual cups, and 51 students (25.5%) reported actually using them.

Conclusion: Despite high awareness (97.5%) and good knowledge (72%) about menstrual cups, only 25.5% use them, highlighting gaps in knowledge and misconceptions. Enhanced education on menstrual cups and reproductive health is essential to promote their safe, sustainable, and cost-effective use. Encouraging adoption among all menstruating women can improve menstrual hygiene and reduce environmental impact.

Title: Trajectory of Maternal Engagement in Newborn Care and Preparedness for Early Childhood Care in rural Telangana.

Dr Saritha Gurrampally, Enakshi Ganguly, Leo Sequera Vase

Mediciti Institute of Medical Sciences, Telangana.

Conference Registration ID: 761

Introduction: The neonatal mortality rate in India is projected to decline to 20 per 1,000 live births by 2025 but remains above the National Health Policy target of 16. Maternal caregiving practices, awareness, and appropriate newborn care are vital for improving neonatal health outcomes.

Objectives: To measure awareness and child–caring-practices, personal hygiene and newborn care among mothers of neonates in rural Telangana.

Methodology: This is a cross-sectional study from baseline data of a longitudinal study, done primarily to estimate neonatal-sepsis. Setting: MediCiti Institute of Medical Sciences and, Hyderabad. Sample: 100 mothers and newborns were randomly enrolled on the first day, post-delivery. Time-frame: 4 months. Data points: The data included socio-demographic, knowledge, practices, pregnancy-history, birth weight, health/morbidity, and microbial exposures.

Results: Mean age at first pregnancy: 19.86 + 1.34; 64% - primipara; 100% received three ANC checkups and TT; 93% received iron tablets; Poor knowledge: danger-signs during pregnancy e.g. reduced fetal movement(40%), edema(39%), high-grade-fever(10%); birth-preparedness, complicated-during-labor, 5-cleans, danger-signs/illnesses of newborn, hand washing before food and after defecation and mosquito protection. Adequate knowledge about prevention of hypothermia, clean water and clean food, Practices: 32% babies were LBW; 57.0% mothers washed hands after toilet. 93% had delayed initiation of breast-feeding.; 93% breast feeding; 98% received colostrum Logistic-regression showed poor handwashing practices before breast-feeding(OR:1.40;95%CI:1.10-1.77) and prim-gravida(OR:1.33;95%CI:0.97-1.82) were independent risk factors for more episodes of illnesses amongst neonates whereas delayed initiation of breastfeeding (>1hr) (OR:0.21;95%CI:0.08-0.51) was inversely associated.

Conclusion: There are many critical gaps in the knowledge and practices regarding care during ANC, labour, delivery, post-delivery, and newborn care which leads to illnesses amongst neonates. Mothers may be educated on these aspects via parenting workshops during the antenatal periods.

Title: Utilization of antenatal counselling by health care professionals on early initiation of breastfeeding practices among primigravida woman-comparative cross-sectional study

K Sreeja, Dr Suni Pal Singh C

Kamineni Academy Of Medical Sciences And Research Centre, Telangana.

Introduction: The importance of breastfeeding for both infants and mothers are globally recognized. The world health organization(WHO) recommends continued breastfeeding up to 2 years of age or beyond and it has been estimated that optimal breastfeeding of children younger than 2 years, could annually save up to 800,000 children under 5 years of age .The CHW should therefore assess all the babies for danger signs of illness at the home visit. The role of family planning counselling is to support a woman and her partner in choosing the best method of family planning that help to support them in solving any problems.

Objectives: To assess knowledge , Awareness , Practice among primigravida mothers in private sector and public sector. Primary objective: Breastfeeding practices. Secondary objective: Danger signs in new-born. Tertiary objective: Family planning.

Methodology: A qualitative study conducted by using pre-structured open-ended questionnaire among 20 primigravida mothers in their third trimester(>24 weeks) in RHTC-Pasumamla and UHTC- Mansoorabad. Hyderabad for a period of 2 months by convenience sampling method. After getting informed consent, In depth interviews were conducted among 20 participants by using IDI guide. Data was manually transcripted and analyzed using thematic analysis approach. **Results:** The study was conducted in both UHTC-Mansoorabad, RHTC-pasumamla emphasizes on gaps about breastfeeding practices, newborn care, family planning. Study observed that more than 60%are educated up to Secondary education and 75% mothers are unemployed. Mothers from upper –lower class who are unemployed are facing difficulties financially that lead poor access to information.

Conclusion: Mothers from both urban health training centre and rural health training centre expressed strong desire for accessible information and education on breastfeeding practices, newborn care and family planning. So there is a need for improvement on health education related to antenatal care and availability of lactational counsellors in every primary level and community level would be beneficial to all pregnant mothers. Strategies under the national programs must be strengthened.

Title: Exclusive Breast Feeding Among Tribal Mothers: A Cross-sectional Study In Selected Taluks Of Chamarajanagar District

Dr Lavanya T, Dr Vishma B K, Dr Damayanthi M N

Chamarajanagar Institute of Medical Sciences

Conference Registration ID: 779

Introduction: Breastfeeding known as first immunization, is one of the natures gift which is essential for the achievement of milestones in newborn and also for the health of mother and the newborn. Breastmilk provides all the necessary nutrients and energy required during the first few months of life.

Objectives: To assess knowledge, attitude and practices of exclusively breastfeeding among tribal mothers and sociodemographic factors associated with exclusive breastfeeding.

Methodology: This cross-sectional study was carried out among 302 lactating mothers of children less than two years of age from February to April 2025 availing services of Anganwadi centres in tribal areas of selected taluks in Chamarajanagar district using simple random sampling method. Data was collected by interview method using pre-tested semi-structured questionnaire. Quantitative and qualitative data analysed using frequency, percentages, proportions and chi-square test.

Results: Prelacteal feed is practiced by 36% of tribal mothers. 53.2% discarded colostrum. 45.12% of mothers-initiated breastfeeding within first hour of delivery. 65% of tribal women exclusively breast feed their infants. Breast feeding done only till 1 year was 12.3% and continued up to 2 year was 58.1% and for more than 2 years was 29.5%.

Conclusion: Breastfeeding practices in the tribal area of Chamarajanagar district need improvement which can be done through implementation of breastfeeding groups by educating and counselling the mothers about good practices from the beginning of antennal period. Health care workers can organize educational programs focusing tribal mothers.

Keywords: Exclusive breastfeeding, Tribal mothers, Anganwadi Centre's, Chamarajanagar.

Technology and Health Care

Title: Screen use as an aid to feeding among young children (6m-3y) in two selected colonies of East Delhi.

Dr Monica, Dr Khan Amir Maroof

University College of Medical Sciences

Conference Registration ID: 493

Introduction: Recent years have seen an increase in screen time among children, especially as an aid to feeding, with many exceeding recommended limits recommended by the WHO and IAP. Screen use during mealtimes is rising, affecting feeding habits, nutrition, and development, particularly in young children. There have been very few studies related to screen use as an aid to feeding, especially comparing two different socioeconomic settings.

Objectives: To determine the prevalence of screen use during mealtimes as an aid to feeding among young children (6 months to 3 years) and its associated factors in two different socioeconomic settings, i.e., a non-slum and a slum area.

Methodology: Community-based, cross-sectional, descriptive study conducted between May 2023 and Nov 2024 in two different socioeconomic settings, i.e., a non-slum and a slum area. It included 120 mother-child dyads from non slum and slum areas (total of 240). Data were collected using systematic random sampling from four blocks/pockets in both areas. SPSS software was used for data analysis.

Results: Screen use as an aid to feeding was present in 67.5% and 64.2% children in non-slum and slum areas, respectively. There was no significant association between screen use during feeding in children concerning sex of the child, religion, mother's education, mother's occupation and type of family in both areas. As age increases, children are significantly more likely to use a screen device as an aid to feeding.

Conclusion: There is a growing trend of using a screen device as an aid to feeding in young children, regardless of different socio-economic settings. Current government policies and government-led child health programmes like IYCF, HBNC, and HBYC need to be re-evaluated to include guidelines on screen time limits and screen use patterns during feeding for young children.

Title: "Evaluating Digital Health Literacy and Its Association with Health-Seeking Behaviour in Rural areas of Kolar District, Karnataka: A Cross-Sectional Study"

Dr. Hana Zaiba Z, Dr.Vivek Jayan, Dr.Pradeep.TS

Sri Devaraj Urs Academy of Higher Education and Research (SDUAHER)

Conference Registration ID: 570

Introduction: Digital health literacy (DHL) enables individuals to access, understand, and use digital health information effectively. In rural India, limited infrastructure and socio-cultural factors can hinder DHL. This study assesses DHL among rural adults in Karnataka and explores its link with health-seeking behaviors.

Objectives: To assess digital health literacy levels among rural adults in Karnataka, examine its association with health-seeking behaviours, and identify key barriers and facilitators to digital platform use.

Methodology: A community-based cross-sectional study was conducted among 246 adults in rural Karnataka using systematic random sampling. Data were collected via face-to-face interviews using a structured questionnaire, including the eHealth Literacy Scale (eHEALS), health-seeking behavior items, and open-ended questions. Quantitative data were analyzed using descriptive statistics, chi-square tests, and logistic regression; qualitative responses underwent thematic analysis.

Results: Among 246 participants, 41.9% had high, 26% moderate, and 32.1% low digital health literacy (DHL). Low DHL was significantly associated with delays in seeking care and reduced professional consultations. Participants with low DHL were 8.33 times more likely to exhibit poor health-seeking behaviours. Key barriers included limited digital access and skills; community support was a major facilitator.

Conclusion: Low digital health literacy in rural communities is linked to poor health-seeking behaviors. Enhancing DHL through targeted, community-based digital literacy initiatives can promote timely healthcare access. Integrating such training into public health programs is essential for bridging digital divides and improving rural health outcomes.
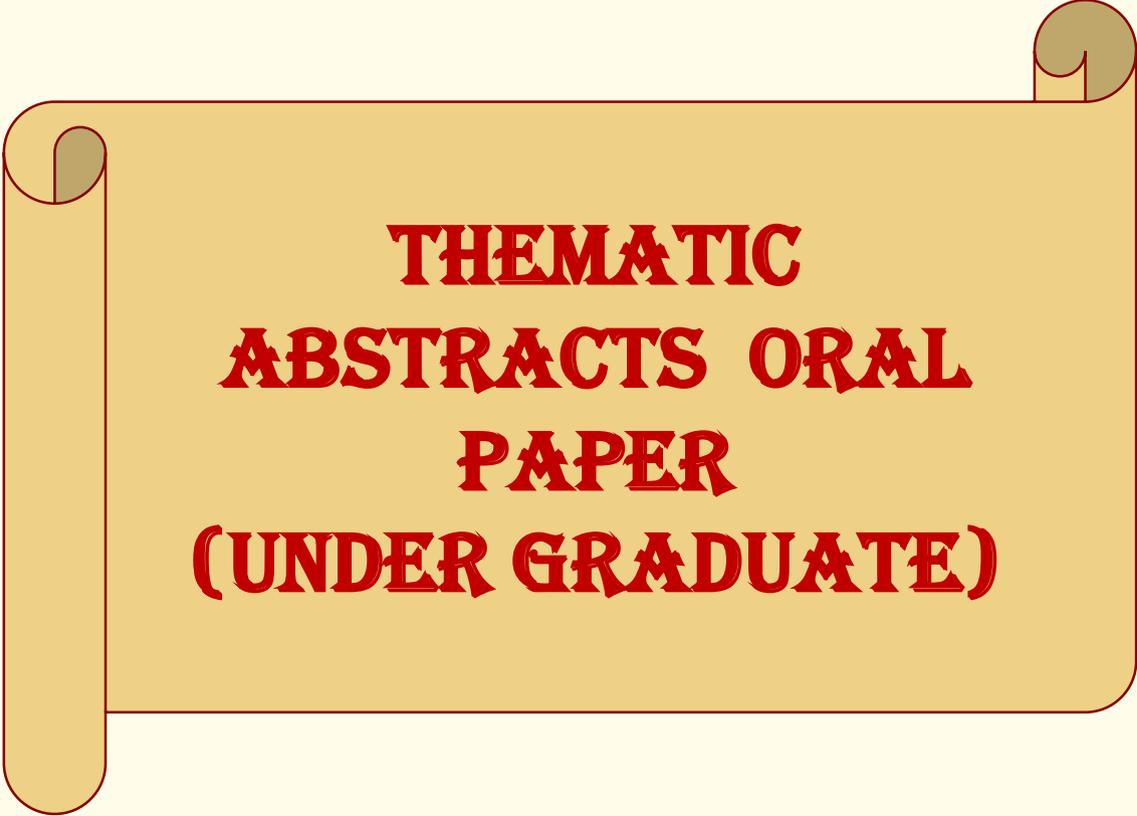
THEMATIC ABSTRACTS ORAL PAPER (UNDER GRADUATE)

Mental well being

Title: Effect Of Short Form Video Addiction On Academic Procrastination, Attention Span And Sleep Quality Of Undergraduate Medical Students In Bengaluru - A Cross-sectional Study

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Akash Institute Of Medical Sciences And Research Centre, Bengaluru.

Conference Registration ID: 358

Introduction: Short-form videos (SFVs), typically under 90 seconds in duration, have gained immense popularity since 2016, with platforms like TikTok, Instagram Reels, and YouTube Shorts becoming central to youth engagement, particularly following the COVID-19 pandemic. While these platforms offer entertainment and quick access to information, their addictive nature raises concerns regarding potential negative impacts on academic performance, attention span, and sleep quality among students. In the Indian context—especially in Karnataka—there is limited research assessing all three variables together in undergraduate medical students.

Objectives: This study aimed to evaluate the effect of short-form video addiction (SFVA) on academic procrastination, attention span, and sleep quality using standardized assessment tools.

Methodology: A cross-sectional study was conducted from June to July 2025 among 301 undergraduate medical students in Bengaluru Rural. Data was collected using a structured Google Form containing validated tools: the SFVA Scale, Academic Procrastination Scale, Attention Control Scale, and Pittsburgh Sleep Quality Index. A universal sampling method was adopted. Data was analyzed using SPSS version 26, employing descriptive statistics and Pearson correlation analysis.

Results: The mean SFVA score was 26.92 (SD = 9.61), PSQI score was 9.26 (SD = 6.22), attention score was 43.98 (SD = 7.45), and academic procrastination score was 93.20 (SD = 17.28). SFVA showed a moderate positive correlation with poor sleep quality ($r = 0.398$, $p < 0.001$) and with attention score ($r = 0.442$, $p < 0.001$), suggesting a potential negative impact. However, its correlation with academic procrastination was weak and statistically non-significant ($r = 0.106$, $p = 0.065$).

Conclusion: This study reveals that short-form video addiction significantly impacts attention span and sleep quality among undergraduate medical students, but has no significant effect on academic procrastination. These findings highlight the need for awareness and interventions aimed at promoting healthy digital habits, especially concerning nighttime usage and attention management in academic settings.

Keywords: Short-form video addiction, attention span, academic procrastination, sleep quality, medical students.

Title: From Resilience to Exhaustion: Burnout Prevalence and Risk Factors Among Southeast Asian Health Care Workers: A Systematic Review and Meta-Analysis

Dr Vaibhav Shrivastav, Dr Yogesh M, Dr Parth Parmar

Conference Registration ID: 421

Introduction: Burnout among healthcare workers represents a critical occupational phenomenon characterised by a state of physical, emotional, and mental exhaustion resulting from prolonged exposure to emotionally demanding work situations. Healthcare worker burnout has reached crisis proportions across Southeast Asia, with devastating consequences for patient care and system sustainability. Despite fragmented evidence suggesting alarming prevalence rates exceeding 80% in some settings, no comprehensive regional synthesis exists.

Objectives: This systematic review and meta-analysis synthesised available evidence on burnout prevalence and risk factors among healthcare workers in Southeast Asian countries.

Methodology: We systematically searched four databases (PubMed/MEDLINE, Embase, Scopus, Web of Science) from 2000-April 2025, following PRISMA 2020 guidelines. Studies using the validated Maslach Burnout Inventory among Southeast Asian healthcare workers were included. Two independent reviewers conducted study selection, data extraction, and quality assessment using JBI criteria. Random-effects meta-analysis calculated pooled prevalence estimates with comprehensive subgroup analyses across 12 categories, including gender, country, and pandemic periods.Publication bias was assessed using Egger's and Begg's tests with funnel plot analysis, and meta-regression was performed to explore sources of heterogeneity.Sensitivity analyses and GRADE assessment were conducted to evaluate robustness and evidence certainty.

Results: Twenty-eight studies encompassing 16,105 healthcare workers from six countries revealed a crisis-level pooled burnout prevalence of 41% (95% CI: 33-50%)—meaning 4 out of every 10 healthcare professionals are experiencing burnout syndrome. Individual study prevalence ranged dramatically from 5.15% to 80% (I^2 = 98.6%, p < 0.001). Critical gender disparities emerged: female-dominated workforces showed 53% burnout versus 37% in male-dominated settings—a devastating 16-percentage-point gap (p < 0.001). Country-specific analysis revealed Thailand at the highest risk (49%) while India reported the lowest rates (37%). Paradoxically, very high Human Development Index countries showed higher burnout (49%) than medium HDI countries (40%)—challenging assumptions about economic protection. No significant pandemic effect was observed (pandemic: 40% vs non-pandemic: 42%, p = 0.865), indicating a chronic endemic crisis rather than a COVID-specific phenomenon. Risk factor meta-analysis identified job stress as the most devastating predictor (OR = 7.38, 95% CI: 3.03-17.96), followed by depression (OR = 3.49), low job satisfaction (OR = 3.57), and excessive duty hours (OR = 2.83). Burnout dimensions showed emotional exhaustion affecting 31% of workers, depersonalization 25%, and reduced personal accomplishment 29%.

Conclusion: This meta-analysis reveals an alarming 41% burnout prevalence among Southeast Asian healthcare workers, representing approximately 6.6 million affected professionals across the region. The substantial 16-percentage-point gender disparity and identification of highly modifiable risk factors (job stress, duty hours, job satisfaction) demand immediate, evidence-based interventions. Burnout represents a chronic workforce emergency, not a pandemic-specific phenomenon, requiring systematic healthcare system reforms addressing workplace stressors, mental health support, and gender-sensitive policies. With nearly half of all healthcare workers experiencing burnout, this crisis threatens healthcare delivery for 2 billion people and demands urgent policy action to prevent healthcare system collapse.

Keywords: Burnout, Healthcare Workers, Southeast Asia, Meta-analysis, Gender Disparities, Mental Well-being

Title: Triple burden: Exploring the impact of sociodemographic factors on loneliness, social isolation and financial stress among older adults in a rural setting in South India.

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Vinayaka Missions Kirupananda Variyar Medical College and Hospitals, Salem

Conference Registration ID: 751

Introduction: This study explores how sociodemographic factors influence the intertwined challenges of loneliness, social isolation, and financial stress which is termed the "triple burden"- among older adults living in rural South India, aiming to inform targeted interventions for their well-being.

Objectives:

• To estimate the prevalence of financial stress, social isolation, and loneliness among older adults in a rural South Indian community.

• To determine the association of sociodemographic factors with these psychosocial outcomes.

Methodology: A cross-sectional analytical study was conducted among 468 elderly residents from rural setting of South India. Data was collected using a structured questionnaire. The 8-item version of the UCLA Loneliness Scale assessed loneliness, the Lubben Social Network Scale (LSNS-6) measured social isolation, and a structured tool was used for financial constraints. Data was analysed using SPSS Version 22.

Results: This study identified a high prevalence of financial constraints (26.05%), social isolation (65.38%), and loneliness (49.14%) among older adults in a rural South Indian setting. These interlinked psychosocial challenges were significantly associated with key sociodemographic factors such as age, education, occupation, and socioeconomic status.

Conclusion: The findings emphasize the urgent need for integrated rural geriatric care models that address emotional, social, and financial well-being through targeted, community-based interventions and policy support.

Keywords: Mental health, Elderly, Sociodemographic factors

Title: Perceptions and Lived Experiences of Housekeeping Staff on COVID-19 Impact: A Qualitative Inquiry

<u>**Dr. Hamritha Mukund**</u>, Dr. Anusha Rashmi

KS Hegde Medical Academy

Conference Registration ID: 203

Introduction: Every section of the society was profoundly impacted by the COVID-19 pandemic, including the often-overlooked housekeeping staff. They continued working through the lockdown, despite facing many challenges. The purpose of this study was to explore their actual experiences and challenges they came across during the pandemic.

Objectives:

- To understand the general perceptions of housekeeping staff related to COVID pandemic.

- To assess the financial, psychological, social effects of COVID pandemic on housekeeping staff.

- To assess the financial, psychological, social effects of COVID pandemic on housekeeping staff.

Methodology: A qualitative study using Focus Group Discussions (FGDs) was conducted among 28 housekeeping staff at a teaching tertiary hospital in Dakshina Kannada. Participants were purposively sampled and four FGDs were conducted, two each at the hospital and college until data saturation. The recordings were transcribed, data was coded and analyzed thematically using both deductive and inductive methods.

Results: The study revealed 85.71% of people had trouble managing their households mainly as a result of losing their income (46.42%). Anxiety and fear were prevalent (60.71%), and 35.71% of people were scared to go to work.42.85% maintained post-work hygiene and 71.42% adhered to workplace precautions despite PPE problems (53.57%).10.71% missed funerals, 35.71% experienced stigma, and 53.57% received timely salary support.

Conclusion: Housekeeping staff faced multiple difficulties during the pandemic, including financial stress, emotional stress, isolation and social stigma. Despite these, they continued their duties with perseverance, following safety rules and found strength within their communities. This study brings out their voices and highlights the need to support such workers during future health crisis.

Title: Physical Activity And Its Association With Mental Health Among College Students In Bengaluru Rural District.

Yusra Akef Siddiqui, Vidhya R, Sunil Kumar D R

Akash Institute Of Medical Sciences And Research Centre

Conference Registration ID: 582

Introduction: Mental ill health is a growing concern in college students, especially anxiety, stress and depression. Sedentary lifestyle has been associated with stress elevation and decreased cognitive performance. Our study aims to identify the association of physical activity with mental health among college students.

Objectives: To determine the association between physical activity and mental health in college students.

Methodology: A Cross-sectional study will be done using the DASS 21 and GPAQ V 2.O questionnaire among 204 college students in Bengaluru Rural district. The study duration is 1 month (July 2025). Convenience sampling method is used and the data will be entered in MS Excel and SPSS-V26 will be used for statistical analysis.

Results: Of 204 students, 120(58.8%) students were females and 84(41.2%) males. Most (63.2%) were aged between 22-24 years of age. 41.5% of the students had adequate physical activity. On applying Chi square test to determine the association, it was found that physical activity was associated with depression (p value 0.002), stress (0.016) and anxiety (0.002) and this was statistically significant.

Conclusion: Physical activity plays a major role in the mental health of young adults and hence it should be incorporated into the curriculum in colleges to improve the mental health of college students.

Keywords: Depression, anxiety, sedentary lifestyle

Nutrition

Title: Quality Improvement intervention to strengthen delivery of maternal nutrition services in primary health care facilities, in rural Ballabgarh.

Dr. Shreeraksha A Naik, Dr. Ravneet Kaur

All India Institute of Medical Sciences, New Delhi

Conference Registration ID: 747

Introduction: Maternal malnutrition contributes to adverse maternal and foetal outcomes. Identifying service delivery gaps and strengthening antenatal care through targeted interventions - such as training and job aids, serves as an effective strategy for capacity building, strengthening healthcare provider's skills, ultimately improving the health of mother and child.

Objectives: To assess the effect of selected interventions on delivery of maternal nutrition services in primary health settings, by using a quality improvement approach.

Methodology: A Quality improvement initiative incorporating a Plan-Do-Study-Act cycle was implemented over six months. Baseline assessments and root cause analysis were done to identify gaps and to plan interventions. Thirty-seven health care providers received training on maternal nutrition and job aids fo r counselling. Follow-up measured improvements. Statistical significance was assessed using Fisher's exact test.

Results: Two weeks post-intervention, there were improvements in maternal nutrition service delivery. Measurement of anthropometry increased by 40-84%, clinical examinations increased up to 74%, counselling rates improved by 68-86%. Biochemical assessments also saw a rise, with hemoglobin measurements being sustained at 100% coverage. There was slight decline three months post-training, but it was well above the baseline levels. Limited awareness, lack of resources and cultural practices were key areas of challenges identified for providing maternal nutrition services.

Conclusion: Implementing a targeted intervention, such as structured training and provision of job aids significantly improved service delivery in antenatal clinics. These findings highlight that simple, context-specific strategies can bring about measurable changes.

Title: Association of Dietary Habits and Physical Activity with Obesity among School-Going Adolescents in Bengaluru Rural District: A Cross-Sectional Study.

<u>Harini Shree Subburaj</u>, Dr. Vidya R, Dr. Sunil Kumar D R

Akash Institute of Medical Sciences and Research Centre, Bengaluru

Conference Registration ID: 606

Introduction: Increasing junk food consumption and declining physical activity among adolescents are major causes of rising obesity rates, posing long-term health risks, especially for non-communicable diseases. This study evaluates the relationship between junk food intake, physical activity and obesity to promote healthier lifestyle changes during this formative stage of life.

Objectives:

- To assess the association between dietary habits and obesity among adolescents aged 11 to 18 years.

- To evaluate the association between Physical Activity and obesity among the study participants.

Methodology: A cross-sectional study was conducted among 278 students aged 11–18 years studying in a private school, after obtaining ethical clearance and parental consent. Dietary habits and physical activity data were collected via WHO-GSHS self-reported questionnaires. BMI was calculated from measured height and weight. Data were analyzed using Microsoft Excel and SPSS Version 26.

Results: Of 278 students, 153 (55%) were male and 125 (45%) female. Most students were aged between 14-16 years (42.7%). Among the students, 87.4% resided in rural areas. Obesity was seen in 23% of children, undernutrition in 32.7% and inadequate physical activity in 234 (84.2%) students. 146 (52.5%) adolescents consumed an insufficient diet. Poor dietary habits including excessive junk food consumption were seen in 23 (8.2%) of students. On using Chi square test, the associations between physical activity (p value 0.02) and dietary habits (0.001) with obesity were found to be statistically significant.

Conclusion: Lack of physical activity and poor dietary habits are associated with obesity in childhood. Active measures should be taken by schools and parents, to focus on the dietary habits and increase physical education activities in the school to maintain good health of adolescents.

Physical activity and Lifestyle Medicine

Title: Effectiveness of a Structured Lifestyle Intervention on Premenstrual Syndrome Among Undergraduate Medical Students: A Quasi-Experimental Study

Dr. Subhasmita Panigrahy, Dr. Pragati Rathod, Dr. Uday Narlawar

G.M.C Nagpur

Conference Registration ID: 595

Introduction: Premenstrual syndrome (PMS) includes cyclic physical, emotional, and behavioural symptoms during the luteal phase that impair daily functioning and quality of life. Lifestyle modification offers a low-cost, non-pharmacological strategy for PMS management, especially among young women facing academic stress and performance pressures.
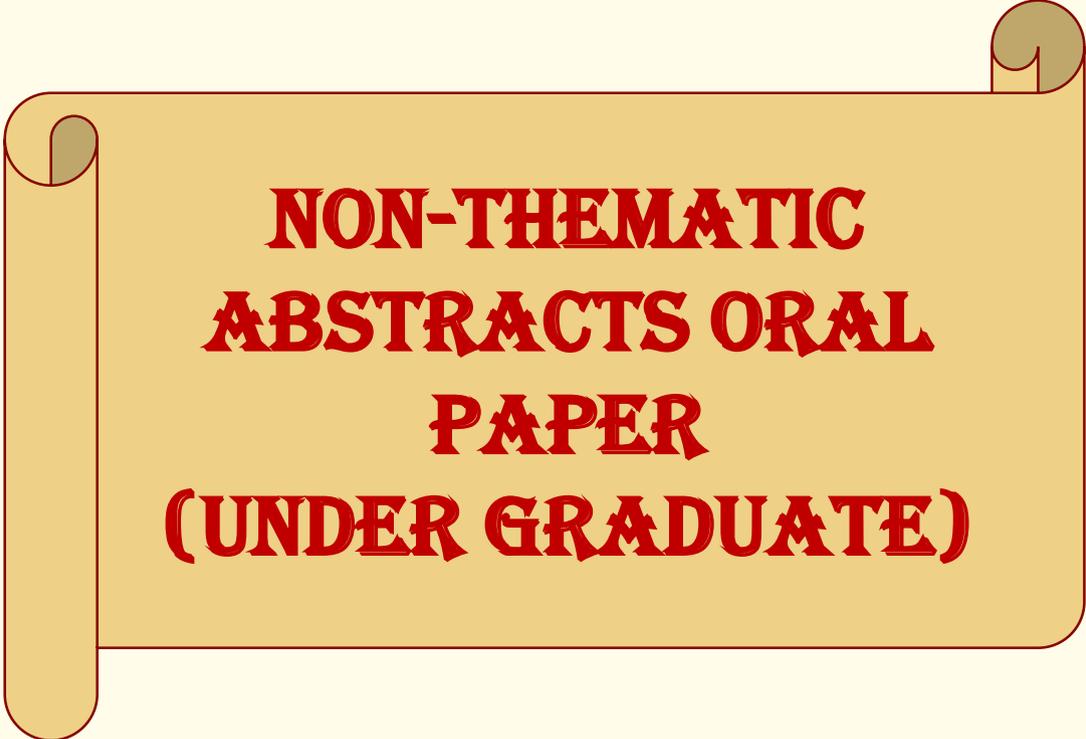
Objectives: To evaluate the effectiveness of a structured lifestyle intervention in reducing PMS symptom severity among female undergraduate medical students and to assess its acceptability and compliance.

Methodology: A quasi-experimental pretest–posttest study was conducted among 73 female medical students aged 18–25 years with mild-moderate PMS. An 8-week lifestyle intervention included dietary changes, physical activity, stress management, and sleep hygiene. PMS severity was assessed using the Premenstrual Symptoms Screening Tool (PSST) before and after the intervention.

Results: Following the 8-week intervention, overall PMS symptom scores decreased by 62%. Emotional symptoms such as irritability and mood swings reduced by 58%, physical symptoms including bloating and fatigue by 65%, and behavioural symptoms like concentration difficulties by 60%. Compliance with the lifestyle program was 78%, indicating good adherence. Additionally, 83% of participants rated the intervention as acceptable and beneficial. Improvements were consistent across domains, suggesting that structured lifestyle changes can effectively reduce PMS burden. These findings highlight the potential of non-pharmacological strategies in enhancing menstrual health and academic performance among young women in high-stress educational environments.

Conclusion: Lifestyle modification significantly alleviated PMS symptoms in young women, demonstrating a >60% improvement across multiple domains. These findings support the integration of non-pharmacological, behaviour-based interventions into menstrual health promotion programs, especially in academic institutions where stress and symptom burden are high.

NON-THEMATIC ABSTRACTS ORAL PAPER (UNDER GRADUATE)

Environmental Sustainability, Sanitation and Hygiene

Title: Determination of Treated sewage water bacteriological index

Poorvi Kanthi

Karwar Institute of Medical Sciences, Karwar

Conference Registration ID: 594

Introduction: Water is the essence of life. This study focuses on the performance and efficacy of sewage treatment plant as a means to mitigate water pollution and promote water reuse. By analyzing the microbial contamination , the research evaluates the STP's effectiveness in removing contaminants and meeting discharge standards.

Objectives: To determine the bacteriological quality (fecal and non-fecal coliform) of treated sewage water and it's antimicrobial resistance pattern let out into the arabian sea in a coastal town of karnataka.

Methodology: It is a descriptive cross sectional observational study. Samples were collected from different sites and were subjected to presumptive and differential coliform test and were later analyzed for antimicrobial susceptibility pattern. Level of contamination was assessed using Most Probable Number (MPN)method.

Results: The MPN values significantly exceeded the permissible limits and the detection of pathogenic strains like E. Coli O157:E7, Klebsiella pneumoniae , pseudomonas aeruginosa and enterococcus fecalis from treated sewage water indicates a public health risk.

Conclusion: The study demonstrates that the sewage treatment plant under investigation does not effectively eliminate coliform and pathogenic bacteria, including antibiotic resistant strains.

Keywords: Escherichia, coliform bacilli, antimicrobial resistance

Health Financing And Health Systems

Title: Perception of Health Care Workers Towards Social Prescription At Primary Health Care For Holistic Approach of Patients - A Cross Sectional Study

<u>**Dhanush B**</u>, Dr Sunil Kumar D R, Dr Shanthi M

Akash Institute Of Medical Science And Research Centre

Conference Registration ID: 431

Introduction: Social prescribing is an innovative approach that addresses the social determinants of health by linking patients to non-clinical community resources to improve overall well-being. Globally, countries like the UK have integrated this model into primary care, demonstrating its value in enhancing patient outcomes and reducing clinical burden. In India, however, structured implementation and awareness of social prescription within primary health care settings remain limited, particularly in rural and resource-constrained environments.

Objectives: This study aims to assess the perception, knowledge, and attitudes of healthcare workers—Medical Officers, Nurses, ASHAs, ANMs, and Health Supervisors—towards social prescribing at selected 4 Primary Health Centres (PHCs). It also seeks to identify perceived barriers and facilitators in adopting this model as part of a holistic approach to patient care.

Methodology: A cross-sectional study design will be employed across four conveniently selected PHCs. All eligible healthcare workers with a minimum of six months' experience will be invited to participate. Data will be collected using a pre-validated, semi-structured questionnaire assessing knowledge, perceptions, and attitudes toward social prescribing. Ethical approval has been obtained, and informed consent will be secured in the local language. Quantitative data will be analyzed using SPSS software, with descriptive and inferential statistics (Chi-square/Fisher's exact test) applied to determine associations. A p-value of <0.05 will be considered statistically significant.

Results: Among 31 healthcare workers surveyed, 77.4% were aware of the term ""social prescription,"" with medical training and workshops being the primary sources of exposure. Awareness levels did not significantly differ by designation (χ^2 = 6.84, p = 0.446). Perception toward social prescribing was positive: 96.8% agreed that social factors influence health outcomes, and 90.3% believed that referrals to community services reduce healthcare burden. Perception scores showed no significant correlation with years of experience (Spearman's ρ = 0.18, p = 0.33). Key barriers to implementation included lack of awareness (71%), absence of referral systems (58.1%), and poor patient acceptance (54.8%), with no significant association between barriers and designation (χ^2 = 0.00, p = 1.000).

Conclusion: The study reveals strong awareness and favourable attitudes toward social prescribing among primary healthcare workers. However, systemic barriers—particularly the lack of referral infrastructure and patient engagement—limit its practical application. Addressing these challenges through structured training, policy support, and community integration could enhance the adoption of social prescribing as a tool for holistic healthcare delivery.

Keywords: Social prescribing, primary health care, healthcare workers, holistic health, perception, India.

Non-Communicable Diseases Including Road Traffic Accidents

Title: Prevalence and determinants of Hypertension among people residing in rural field practice area of Belagavi: Community based study

Agamdeep Singh Bedi, Dr Rajesh Kulkarni, Darur Madhura Lakshmi

KAHER's Jawaharlal Nehru Medical College, Belagavi.

Conference Registration ID: 625

Introduction: Hypertension, or elevated blood pressure, is a pervasive public health concern worldwide, with significant implications for cardiovascular disease. Rural areas, in particular, face unique challenges in hypertension management. The aim of the study was to evaluate the correlation between Body Mass Index (BMI) and Blood Pressure (BP) amongst the rural population in a village in Belagavi city in both males and females aged 18 years and above.

Objectives: To determine the prevalence and identify determinants of hypertension among adults in rural Belagavi, through a community-based cross-sectional study.

Methodology: A community-based cross-sectional study was conducted among 617 participants aged 18 years and above, selected through convenient sampling. Data collection involved interviews, physical measurements, and blood pressure recordings. Categorization of subjects by blood pressure levels according to Standard Treatment guidelines issued by Ministry of Health & Family Welfare Government of India. Inferential statistics, including correlation analysis, were also performed to identify significant associations and relationships between variables.

Results: The community-based cross-sectional study has 617 participants. The population's age distribution tends to be balanced, with a slight majority in the younger age categories (18-45 years). 35.98% were male and 64.02% were female. There was a substantial positive association between BMI and blood pressure. Multivariate analysis found that age, male gender, lower education, profession (farming/industry), and bad lifestyle practices were all substantially linked with hypertension.

Conclusion: Age, male gender, lesser education, employment (farming/industry), and poor lifestyle practices were identified as important predictors. These findings highlight the need for focused treatments, education, and awareness efforts to reduce hypertension risk factors in rural locations. Implementing preventative measures and improving healthcare services can considerably lower the prevalence of hypertension and other cardiovascular disorders in this susceptible group.

Keywords: Body Mass Index, Community, Hypertension, Prevalence, Rural population.

Technology and Health Care

Title: Digital Eye Strain In The Era Of Screens: A Cross-sectional Study Among Medical And Engineering Students In Bengaluru.

 Dr Harshitha K V, Dr Ravish K S, Dr Selvi Thangaraj

Banglore Medical College And Research Institute

Conference Registration ID: 586

Introduction: Digital Eye Strain (DES), or Computer Vision Syndrome, refers to eye and vision problems from prolonged use of digital devices like computers, smartphones, and tablets. In today's technology-driven academic environment, DES is a growing public health concern, particularly among students, leading to visual discomfort and reduced productivity.

Objectives: To determine the prevalence of digital eye strain and assess its associated risk factors among medical and engineering students.

Methodology: A cross-sectional study was conducted among students of Bangalore Medical College and Research Institute and Bangalore Institute of Technology, Bengaluru. Using prevalence from a Chennai study ($P_1 = 78.6\%$, $P_2 = 81.9\%$), the sample size was 351. Participants were selected through simple random sampling. Socio-demographic details and Digital Eye Strain were assessed using a validated CVS questionnaire. Data were analysed with SPSS 21.0.

Results: Among engineering students, the prevalence of Computer Vision Syndrome (CVS) was 50.70% (104/175), while among medical students it was 49.30% (101/176). Reported symptoms were higher in engineering students compared to medical students. Students using computers for 4–6 hours daily had a significantly greater risk of developing redness ($P = 0.009$), shoulder pain ($P = 0.02$), and headache ($P = 0.02$) than those using computers less than 4 hours. A significant correlation was observed between longer screen time and symptoms such as redness, shoulder pain, and headache. Furthermore, digital eye strain significantly affected students' academics, sleep quality, and mental health ($P < 0.001$).

Conclusion: Digital eye strain is highly prevalent among both medical and engineering students. The study underscores the need for awareness programs, regular eye checkups, and the incorporation of healthy digital habits such as using blue light filters, regular blinking, and following the 20-20-20 rule to mitigate symptoms and protect eye health.

Keywords: Digital eye strain, Computer vision syndrome, Public health.

Title: Smart Screening: Evaluating Hearing Health with hearWHO App among Medical Students Using Personal Listening Devices in South India.

Ritikaa Sivakumar, Dr.M.Vijaykarthikeyan

Vinayaka mission's kirupanandha variyar medical College and hospitals, salem.

Conference Registration ID: 765

Introduction: Noise-Induced Hearing Loss (NIHL) results from prolonged high-decibel exposure. Recreational NIHL from personal listening devices is gradual, cumulative, irreversible, and asymptomatic, making prevention paramount. By 2050, 2.5 billion risk hearing loss. In India, 63 million are affected, 10.7% from earphone use. This study utilised hearWHO app for screening.

Objectives: To estimate the prevalence of hearing impairment among medical students using personal listening devices and to identify the factors associated with hearing impairment among medical students using personal listening devices.

Methodology: This cross-sectional analytical study was conducted at Private medical college in Salem Tamilnadu. Nearly 654 undergraduate medical students using personal listening device were selected through a stratified random sampling method. Data were collected using a pre-tested semi-structured questionnaire and the hearWHO application was to assess the hearing impairment. Data was analysed using Microsoft Excel and SPSS V22 Software.

Results: Among 654 medical students, the majority were females (62.7%), and 4.1% reported a family history of hearing loss. Noise cancellation feature device was used by 62.1% and 47.6% reported device sharing. Hearing impairment was observed in 25.9% of participants, with 49.2% requiring continued audiological monitoring. Family history of hearing impairment, listening at maximum volume, daily duration and hours of use in a day showed significant associations with hearing impairment.

Conclusion: This study's findings underscore the critical importance of early detection and regular screening in mitigating the risk of NIHL among students. The study also highlights the usefulness of the hearWHO application as a valuable and scalable tool for primary healthcare professionals, supporting timely identification and referral for specialist otolaryngology care.

THEMATIC
ABSTRACTS E-POSTER
(UNDER GRADUATE)

Nutrition

Title: Prevalence of Sarcopenia in Chronic Kidney Disease Patients in Asian Population Using Asian Working Group for Sarcopenia 2019 Definition: A Systematic Review and Meta-analysis

Dr. Jay Nagda, Dr. Yogesh M, Parth Parmar

Shri M P Shah Government Medical College, Jamnagar

Conference Registration ID: 422

Introduction: Sarcopenia in chronic kidney disease (CKD) patients represents a significant health concern, particularly in Asian populations.

Objectives: This systematic review and meta-analysis aimed to determine the prevalence of sarcopenia using the Asian Working Group for Sarcopenia (AWGS) 2019 criteria and identify associated risk factors in Asian CKD patients.

Methodology: We systematically searched PubMed and Scopus databases (January 2019 – November 2024) following PRISMA guidelines. Studies using AWGS 2019 criteria for sarcopenia diagnosis in Asian CKD patients were included. We screened records, extracted data, and assessed the risk of bias in duplicate. Random-effect models were used to calculate pooled prevalence and odds ratios. This study is registered with PROSPERO, Reg No. CRD42024606055.

Results: Analysis of 43 studies (15,832 patients) revealed an overall sarcopenia prevalence of 25% (95% CI: 20-30%). Prevalence varied significantly by region (Japan: 38%; Malaysia: 5%) and treatment modality (dialysis: 30%; non-dialysis: 14%). Peritoneal dialysis patients showed the highest prevalence (40%, 95% CI: 32-49%). Significant risk factors included age (OR: 1.06, 95% CI: 1.05-1.07), male gender (OR: 1.35, 95% CI: 1.09-1.68), hypertension (OR: 2.72, 95% CI: 2.24-3.32), and diabetes mellitus (OR: 2.29, 95% CI: 1.94-2.71). Higher BMI showed a protective effect (OR: 0.85, 95% CI: 0.82-0.88).

Conclusion: Sarcopenia affects approximately one-quarter of Asian CKD patients, with a higher prevalence in dialysis populations. The identified risk factors and regional variations provide valuable insights for targeted screening and intervention strategies in clinical practice.
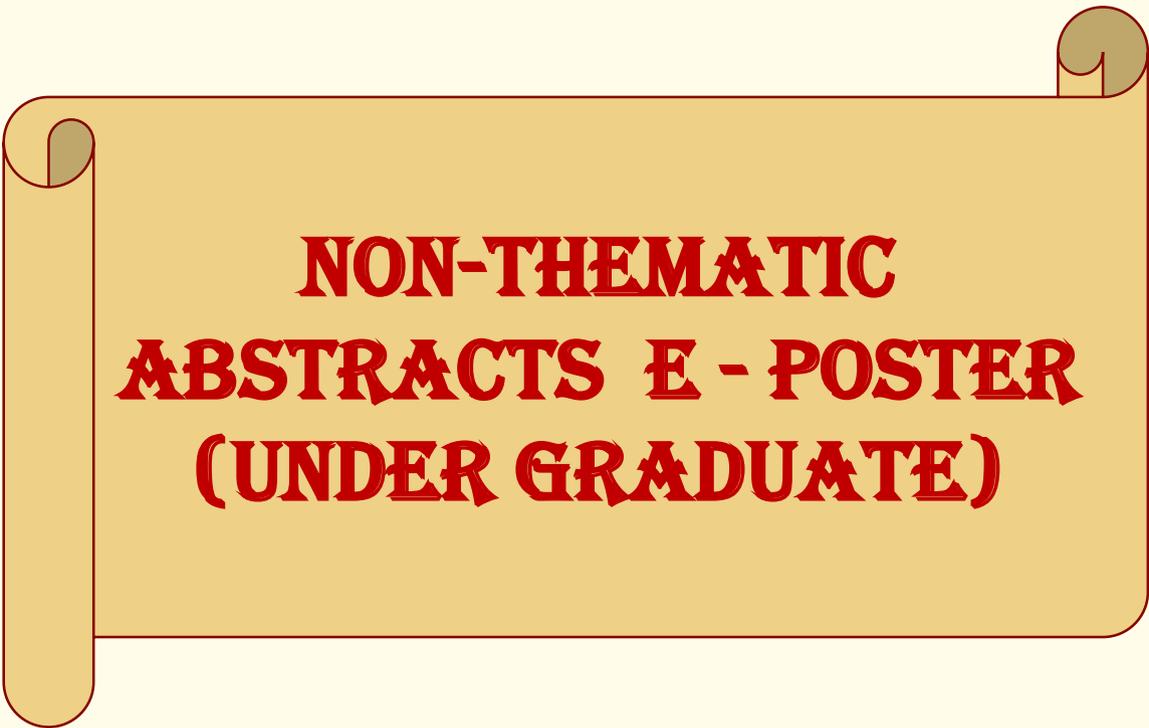
NON-THEMATIC ABSTRACTS E - POSTER (UNDER GRADUATE)

Communicable Diseases Including Tropical Diseases

Title: A study on knowledge of animal bite management and rabies immunisation among interns of a tertiary health care hospital in Central India.

Kamble Prabha Ravindra, Sushama S Thakre, Uday W Narlawar

Government medical college, Nagpur, Maharashtra

Conference Registration ID: 87

Introduction: Rabies is the most fatal communicable disease.Death due to rabies is the dreadliest one. But it is 100% preventable with promt and appropriate medical care. It causes significant social and economic burden on developing countries like India if not treated on time. Interns are the future doctors who will be managing the animal bite cases independantly and will play a crucial role in prevention of rabies transmision. Hence this study is carried out among interns.

Objectives: To assess the knowledge about categorisation and management of animal bite wounds, pre and post-exposure prophylaxis among interns of a tertiary health care hospital in Central India.

Methodology: A cross-sectional study is carried out in a tertiary health care hospital in Central India from April 2025 to July 2025 among all the willing interns, regardless of their gender. A comprehensive questionnaire was generated for data collection covering rabies- related information on categorisation of the animal bites and management of it, post-exposure prophylaxis, Rabies Immunoglobulin (RIG)administration. It was distributed among the participants. A google form was also created to administer the survey. SPSS version 26 was used for the data analysis.

Results: Among participants 68.3% are Males and 31.7 % are females. 93.9% participants responded Touching of animals as categort -I wound. 98.8 % of participants were aware about the site of Rabies vaccine administration, 74.4% were aware about the route of Rabies vaccination. 60% were aware about the schedule of rabies vaccination. 59.8%, 75.6%, 82.9% participants were aware about guidelines for post-exposure prophylaxis of category-I, category-II and category- III animal bite wounds respectively. 100% participants were aware about the importance of washing wound immediately. 97.6% were aware about the delayed suturing. 75.6% and 78% participants were aware about the dose of Equine RIG and Human RIG respectively. 45.1% and 42.7% participants are aware about site of administration of Equine RIG and Human RIG respectively.

Conclusion: This study shows that overall the participants are not having the good knowledge about the Caterorisation and management of animal bite wounds; pre and post-exposure prophylaxis of it. Since interns will eventually become doctors, their lack of knowledge might potentially jeopardize the lives of people seeking treatment in medical facilities. Interns should attend their ARV clinics and take active participation in management of the animal bite cases. As this is a hospital based study, its findings can not be generalized.

Keywords: Interns, Animal bite wounds, Wound management, Rabies immunization.

Non-Communicable Diseases Including Road Traffic Accidents

Title: Prevalence And Determinants Of Dyslipidemia In Urban And Rural Areas Of Belagavi - A Community Based Comparitive Study

Dr. Rajesh R Kulkarni, Dr. Amrutha K.

J.N Medical College, Belagavi

Conference Registration ID: 424

Introduction: The World Health Organization (WHO) recognizes dyslipidemia as a significant public health concern due to its strong link with atherosclerosis and CVD. Despite this, data comparing its prevalence between rural and urban populations in India remains limited and underexplored.

Objectives: To assess the Prevalence and Determinants of dyslipidemia in urban and rural areas.

Methodology: A cross-sectional study conducted in rural and urban field practice areas of Department of Community Medicine. A pre-tested, structured questionnaire used to collect data after obtaining informed consent. Data was analyzed using SPSS Software.

Results: Out of 240 participants, dyslipidemia was observed in 12.5% with significantly higher prevalence in males (17.2%) compared to females (1.4%). Rural males showed the highest burden (100%), followed by urban males (93.8%), while females had very low rates in both settings. Triglyceride abnormalities were most common. Male gender, high blood sugar, and physical inactivity were key predictors of dyslipidemia risk.

Conclusion: Dyslipidemia is more prevalent in males, with lifestyle and metabolic factors being key modifiable risk contributors.

Keywords: Dyslipidemia, Prevalence, Rural, Urban.

Organizing Committee

Department of Community Medicine

Thank you.