

## **Promotion of Preventive Healthcare**

### **Supporting Preventive Oncology Initiative**

TAKE supports Preventive Oncology with Cancer Institute (WIA) in Chennai. Cervical cancer and breast cancer are two of the most common causes of cancer deaths among women in India, but early detection and proper treatment can improve this prognosis and can make cancer curable. The Cancer Institute has a functional preventive oncology department set-up for early detection, screening, and education with centers in Villupuram, Gummidipoondi, Pudukkottai and Thiruvannamalai and a Cancer Exhibition and mammobile for breast cancer screening. The department also functions as the training centre to train staff and coordinate the activities at the different centres across the state.



### **Promoting awareness of developments in mental health**

TAKE sponsored Madhuram Narayanan Centre's 6th International Conference and 16th National Workshop on Early Intervention for Children with Intellectual Disability and Associated Conditions. The theme of the conference was "Towards Inclusion: Evidence based Supportive practices in Early Intervention". The conference was conceptualized with an aim to create awareness amongst mental health professionals and service providers about latest developments in prevention, early detection and identification of disabilities, and methodologies in the care and management of children with mental retardation and associated disabilities.

### **Creation of a Curriculum on Health Literacy**

TAKE supported the Public Health Foundation of India (PHFI) in funding project i-PROMISE (PROMoting health literacy in School) which works towards understanding and preventing Diabetes in India. The aim of the project is to promote healthy lifestyle among school children to prevent diabetes and other related non-communicable diseases (NCDs). PHFI in partnership with World India Diabetes Foundation (WIDF) and colleagues from Mayo Clinic has developed a school education module following the Health Belief Model (HBM). These resources were pre-tested in schools of Delhi and are finalized for implementation in several cities across India. The project was undertaken in two phases in schools of Delhi. Phase 1 consisted of assessing the perception towards NCDs using a Health belief module survey. The survey feedback was used to develop a comprehensive module of resources about healthy living. In phase 2 these resources were pre-tested and feedback was obtained from the target audience through focus group discussions. 89 children and 17 teachers participated in phase 1 and phase 2. The project created interactive modules to promote healthy behaviours and was found to be effective in improving knowledge, perception and behaviour towards NCDs in schools. Feedback from participants suggest such interventions can be geographically scaled to meet the demand at the national level.



### **Ensuring Environmental Sustainability**

#### **Promoting Environment Awareness through Wall Paintings**

TAKE engaged with Environmentalist Foundation of India (EFI), which conducted a valuable environment awareness walk for TAKE volunteers. Water scarcity status, significance of pond restoration, human interference and its environmental impact were some of the issues that were discussed during the awareness walk conducted near the Veppanthangal Lake in Alapakkam,

Tamilnadu. Together, TAKE and EFI proposed to raise awareness about environmental issues by painting walls near the lake. Volunteers from TAKE painted the walls to drive home the message of saving water and avoiding plastic.

#### **Promoting Environment Sustainability by Increasing tree cover**

TAKE, along with EFI, planted nearly 80 Native species of tree saplings across the bunds of the Alapakkam lake in a bid to hold the bunds and to strengthen them. This initiative helped in raising awareness about proper waste management, need to restore water bodies and to safeguard the ecosystem around the lake.



#### **Supporting Environmental Sustainability through Lake Clean-up**

TAKE volunteered with EFI to support the clean-up of Alapakkam, Nanmangalam and Kazhipattur lakes. The effort was aimed at clearing the waste around the lakes, with the waste collected around the Alapakkam lake amounting to 25 sacks of plastic, glass and paper waste. The volunteers got a glimpse of the magnitude of waste that is thrown around lakes, the environmental hazard that it could cause, its effect on marine biotech and the urgent need to clean-up water bodies. This initiative helped in restoring the beauty of the lakes and

created a better habitat for birds and aquatic life in the lakes. It also helped in reducing interruption to ground water discharge.

#### **Supporting Environmental Sustainability through Beach Clean-up**

TAKE volunteered with EFI to support the clean-up of Ashtalakshmi temple beach and the Pattinapakkam beach. The effort was aimed at clearing the waste on the shores of the beaches to



restore their original beauty. During this initiative, waste such as plastics, clothes and bottles were cleared. The drive promoted awareness about proper waste disposal, the need for a clean and safe environment along the shores, its effect on marine life and the repercussions on the ecosystem.