

## **WORLD TB DAY CELEBRATED BY BIOCHEMISTRY DEPARTMENT PU CHANDIGARH**

Swachh Bharat to Swastha Bharat -- message for World TB Day at PU

Department of Biochemistry, Panjab university Chandigarh organised a sensitization drive to commemorate the World TB day, initiated by Prof Archana Bhatnagar, here today. The program began at Government Senior Secondary school, Khuda lahora, in the presence of Principal Mrs.Kiran Bala, staff and students.

Prof. Bhatnagar explained to the students the causes, symptoms, diagnosis and treatment modules available for fighting TB in very simple yet informative manner. To ensure that the message is driven home, videos, quiz and games were made part of the event. Students of the department of Biochemistry also interacted with the students to break common myths about TB. The gathering was also made aware of the facilities given by the Government to TB patients and how one can avoid this deadly disease by observing simple rules of hygiene, diet, fresh air and exercise. How simple breath related exercises can help in keeping away the disease was demonstrated by Prof.Bhatnagar, yoga practitioner herself giving message of making Swachh Bharat to Swastha Bharat . The program ended with an oath by all to become leaders who will fight TB away from the State and in turn, from the country.

