



Report on World Osteoporosis Day -2026

Name of the event: World Osteoporosis Day

Date: 16/10/2025

Time: 10 am – 11 am.

Venue: Chatrapati Shivaji Maharaj Hospital, Kalwa

The students of Shirmati Vimladevi Khyalilalji Vagarecha College of Nursing Education organized and performed an awareness act on the occasion of World Osteoporosis Day on 16th October 2025. The programme was conducted inside the campus of Chatrapati Shivaji Maharaj Hospital, Kalwa under the valuable guidance of Miss. Pooja Yadav and Miss. Jasmine, both Associate Professors of our college. The main objective of this programme was to create awareness among the citizens about the importance of Bone health and to educate them on how simple lifestyle modifications can prevent major Bone diseases.

Our batch took the initiative to design a short exhibition that covered several important aspects of Bone health. Through narration, emotions, and the use of AV Aids, its risk factors such as sedentary lifestyle unhealthy food habits, obesity, stress, and lack of exercise was well explained. At the same time, we emphasized Theme of the Day: **STEP UP BONE FOR HEALTH** and its importance of adopting a healthy lifestyle which includes a balanced diet, exercises, maintain healthy weight and regular health checkups. The information was presented in simple and easy language so that even people with limited medical knowledge could understand and relate to the message. All the risk factors and preventive measures were displayed in a chronological and systematic manner, making the charts and real food more effective and meaningful.

The response from the audience was very positive and encouraging. Many people appreciated the efforts of the students and expressed that they were motivated to adopt healthier habits. The clarity of the performance and the emotional connection established with the audience made the act impactful. It was very delightful to see the message reach the people in a simple and effective way.

We are extremely grateful to the hospital staffs of Chatrapati Shivaji Maharaj Hospital for giving us this opportunity to perform and spread awareness. We also extend our heartfelt gratitude

to our respected professors, Miss. Pooja Yadav and Miss. Jasmine, for their continuous support, motivation, and guidance throughout the preparation of the act.

In conclusion, the World osteoporosis Day Awareness Act proved to be a great success for our batch and our college. It not only provided us with a platform to serve the community but also helped us gain valuable experience in health education. The initiative reminded us that even a small act of awareness can make a big difference and potentially save countless lives. Truly, one exhibition can touch millions of hearts.



**Reported by:Ms.Jasmine,Assistant Professor
Ms.Pradnya, Assistant Professor**

Signature of the Principal