

## **Christian Medical College Vellore commemorates World Osteoporosis Day 2025**

In its campaign to raise awareness about osteoporosis through early screening, diagnosis and treatment, the Department of Endocrinology, Diabetes and Metabolism at Christian Medical College, Vellore, conducted various activities in commemoration of World Osteoporosis Day 2025. Globally, this day, the 20<sup>th</sup> of October, serves to remind the public and healthcare professionals about the importance of timely identification of osteoporosis, appropriate treatment and fracture prevention. The theme for the year 2025 was “The Overlooked Crisis in Osteoporosis Prevention and Care – It’s Unacceptable!” In solidarity with this theme, the Department of Endocrinology at CMC Vellore organised various competitions to promote awareness about osteoporosis. Essay competitions on the topic “Osteoporosis – the silent thief of bones” were conducted in English and Tamil with over 100 entries. About 105 staff participated in slogan writing competition on the topic “Move for your bones” to educate the public on appropriate exercises in promoting bone health and fall prevention measures. More than 40 posters were displayed emphasizing on the overlooked crisis in osteoporosis care. In the valedictory function that concluded the osteoporosis awareness campaign, prizes were awarded to all the winners; the judges were commended for their efforts in evaluating the participants. Dr Pradeep Poonnoose, Senior Professor and Head, Department of Orthopaedics, Chief Guest on the occasion, endorsed the campaign and urged that more educational activities be carried out to enhance awareness amongst medical professionals about this “silent disease”