

World Stroke Day 2025  
Campaign Report

ODIA | HINDI | BENGALI | MARATHI



STROKE-MUKT  
**JEEVAN**

Life Free from Stroke

Campaign By:



Outreach Partners:



Academic Partner:



Ecosystem Partners:



Radio Partner:



A Public Health Outreach Campaign on  
Prevention & Management of Stroke

Campaign By



**WORLD  
STROKE  
DAY** 29TH OCT



# KNOW THE SIGNS OF STROKE



**Face**  
One side of the face is drooping



**Arm**  
Arm weakness, the person cannot raise their arms



**Speech**  
Difficulty speaking, slurred speech



**Time**  
to call an ambulance and say it's a stroke

**Every Minute Counts – #ActFAST**

Outreach Partners:



Academic Partner:



Ecosystem Partners:



Radio Partner:



ODIA | HINDI | BENGALI | MARATHI



# STROKE-MUKT JEEVAN

Life Free from Stroke



A Multi-lingual Public Health Outreach Campaign on the occasion of

## Prevention & Management of Stroke

Campaign Period: 27 to 31 October 2025

Video Series

Infographics

Youth Engagement

Social Media



## Opening Note

Stroke is a leading cause of death and disability worldwide, yet it remains largely preventable. The key lies in awareness, timely action, and community engagement.

For the past three years, IFI Foundation, in collaboration with Swasthya Plus Network, OdishaLIVE and other partners, has been at the forefront of the "Stroke Mukta Jeevan" campaign. This initiative aims to educate and empower communities to recognize the signs of stroke and act swiftly.

Building upon our previous efforts, this year, we are focusing on the youth, recognising their pivotal role in spreading awareness and fostering behavioural change. Through the concept of "Stroke Spotters", we aim to inspire young people to become vigilant first responders, individuals who can identify the early signs of stroke and help save lives. By engaging young minds, we hope to create a ripple effect that extends throughout society.

This year, we are expanding our multi-lingual approach, disseminating information in Odia, Hindi, Bengali, and Marathi. This ensures that our message reaches diverse linguistic communities, breaking down barriers to understanding and action.

Together, we can pave the way for a stroke-free future, one informed and proactive individual at a time.

Let's pledge to be aware, act fast, and build a Stroke Mukta Jeevan for all.

*Sidharth Rath*  
**EXECUTIVE DIRECTOR**  
IFI FOUNDATION



Every Minute Counts - #ActFAST

# STROKE MukT JEEVAN

## Campaign Overview



The global statistics (Source: World Stroke Organization) on brain stroke were staggering: 1 in 4 adults was expected to experience a stroke in their lifetime, contributing to 12.2 million new cases and 143 million healthy years of life lost annually. In India, this crisis was profoundly felt, as millions of lives were affected by a leading cause of death and long-term disability under the non-communicable diseases (NCDs).

The most profound challenge - and our greatest opportunity - lay in the fact that 90% of all strokes were linked to modifiable risk factors.

As a member of the World Stroke Organization, the IFI Foundation, a not-for-profit organization, had been successfully hosting a public health outreach campaign on the subject through digital and on-ground activities since 2023.

In association with Swasthya Plus Network, South Asia's leading multilingual digital health platform, and OdishaLIVE, a premier digital network of Odisha, IFI executed a 5-day comprehensive campaign 'Stroke MukT Jeevan' (from October 27 to 31) under the 'IFI Stroke Initiative', centered around World Stroke Day (October 29), to educate the masses on stroke prevention and management.

In expanding our partnership network, we collaborated with Berhampur University (Academic Partner), TiE Bhubaneswar (Ecosystem Partner), Utkal Chamber of Commerce & Industry Limited – UCCIL (Ecosystem Partner), and Radio Bhubaneswar (Radio Partner) as part of the World Stroke Day Campaign 2025.



IFI Foundation has been a proud member of the World Stroke Organization (WSO) since 2023. This affiliation strengthened our commitment to advancing stroke awareness, prevention, and public education across India.



## World Stroke Day 2025

**Theme:** Every Minute Counts - #ActFAST

Building on our successful Odia-language campaigns in 2023 and 2024, we have significantly scaled our efforts during 2025. This year, our informational video content and social media messages were produced in Hindi, Bangla, and Marathi, in addition to Odia, ensuring a multi-lingual and pan-Indian reach through Swasthya Plus' popular regional channels.

### Campaign Activity

- Informational Video Series
  - Youth Engagement Program
  - Creative Infographics Messaging
  - Social Media Outreach
- A series of short informational videos was created using expert bytes from doctors and public health specialists. These videos aimed to enhance public health literacy by focusing on key stroke symptoms and highlighting modifiable behaviours that could help prevent stroke.
  - Curated messages - including creatives, text posts, and polls - were developed and disseminated across social media platforms to strengthen awareness in the digital space.
  - A university-level youth awareness program was conducted at Berhampur University, where students were trained on how to identify stroke symptoms using the FAST formula developed by the World Stroke Organization (WSO).
  - All activities were posted and promoted across the web and social media channels of partner organizations, creating wide outreach on digital and mobile platforms. These online and offline campaign also attracted media attention, expanding visibility through print, television, and digital news outlets.

**30** mins of  
**EXERCISE**

**5** times a  
**WEEK**

**25%**  
lower  
**STROKE**  
**RISK**





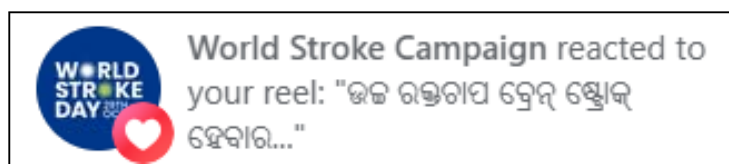
With passion and purpose, students of Berhampur University step forward for a Stroke-Free world - spreading awareness and saving lives during IFI's youth awareness program on 'Spot Stroke, Save Lives.'

### Objectives of the Campaign:

- Producing relevant and engaging content (with a focus on doctors/ experts' interview based short videos and stroke survivors' stories) and making them accessible to the masses through various digital and mobile media/ mediums in the online and offline mode. (Availability of verified content in the online media in vernacular languages shall help dealing against any misinformation in the long run.)
- Enhance health literacy among the masses, especially underprivileged population, encouraging people to adopt modifiable behaviours thus reducing the stroke burden on the population.
- Empowering the youth to know the symptoms of stroke using FAST formula of World Stroke Organization and become Stroke Spotters in the community.
- Facilitating discussions and consultations towards building a roadmap by influencing the government and the key stakeholders to have future-ready policies and programs for effective prevention and management of stroke.
- Advocacy activities to promote awareness on stroke, ensure access to quality healthcare services for stroke patients (say building stroke-ready health facilities), and post-stroke rehabilitation and care at health facilities and community support.

## Digital Content with Focus on Videos

We created impactful long- and short-form videos showcasing expert insights from doctors, physiotherapists, and mental health educators, helping audiences understand stroke prevention and effective management.



WORLD STROKE DAY 29TH OCT

EVERY M1NUTE COUNTS

ହାଇ-କୁଡ଼ପ୍ରେସର  
କୋଲେଷ୍ଟୋଲ

ବ୍ରେନ୍ ସ୍ଟ୍ରୋକ୍‌ର କାରଣ

#ACTFAST

swasthyaplus



An exclusive conversation with Senior Neurologist Dr Subhransu Sekhar Jena exploring A to Z about Stroke, from causes, symptoms, and diagnosis to treatment, recovery, and prevention. A must-watch episode offering expert insights and guidance on stroke awareness.

WORLD STROKE DAY 29TH OCT

EVERY M1NUTE COUNTS

କାହିଁକି ହେଉଛି?

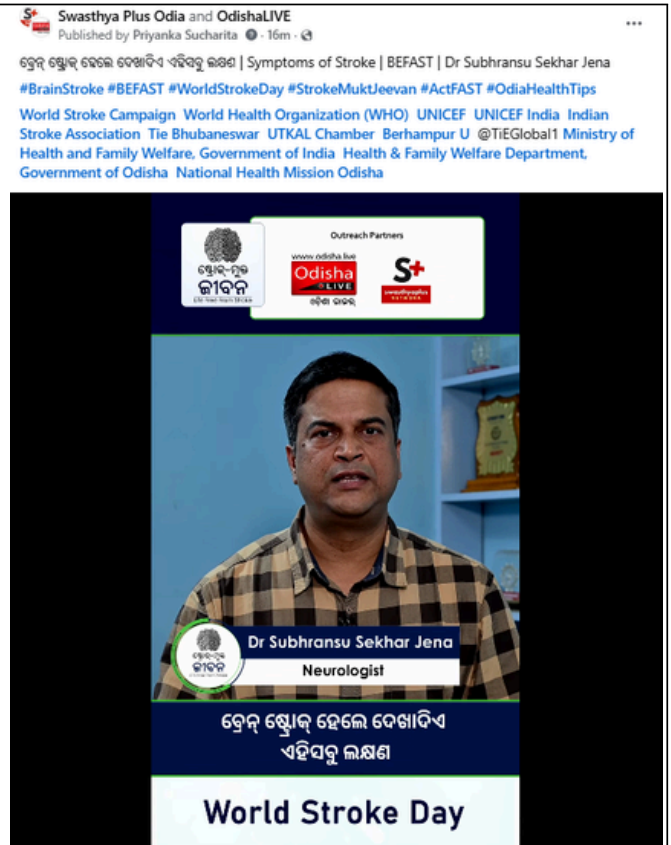
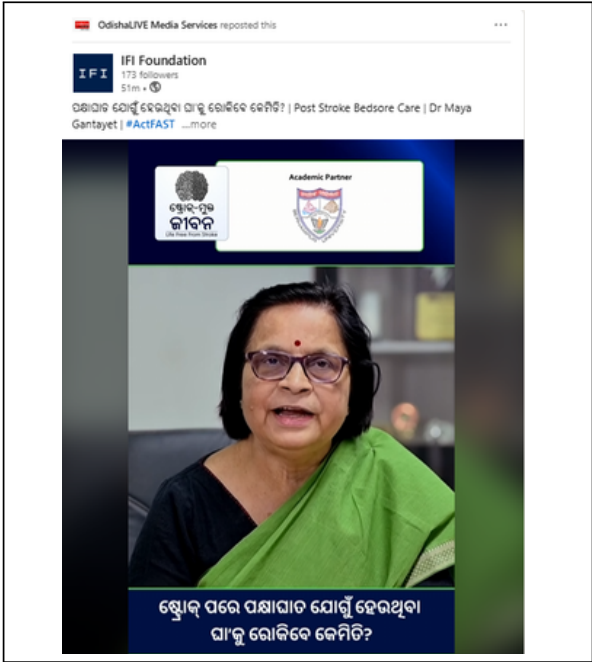
ବ୍ରେନ୍ ସ୍ଟ୍ରୋକ୍

ଲକ୍ଷଣକୁ ଚିହ୍ନଟୁ

OdishaLIVE



A comprehensive video capsule on Stroke awareness, covering survivor stories, expert insights, symptoms, causes, treatment options, family support, and recovery through physiotherapy, speech, and occupational therapy etc. Watch Now!



## Videos produced in HINDI, BANGLA, MARATHI

This year, our informational videos were created in Hindi, Bangla, Marathi, and Odia, strengthening our multilingual strategy and expanding our pan-Indian impact.

### HINDI

STROKE-MUKT JEEVAN

Campaign By: IFI, World Stroke Organization, S+, ITC, UNIL

Dr Pankaj Kumar Popli  
Neurologist

**World Stroke Day**

ब्रेन स्ट्रोक से बचाव के लिए अपनाएं ये उपाय | ...

1.8K views

STROKE-MUKT JEEVAN

Campaign By: IFI, World Stroke Organization, S+, ITC, UNIL

स्ट्रोक के समय तुरंत क्या करना चाहिए?

**World Stroke Day**

स्ट्रोक के समय तुरंत क्या करना चाहिए? | First Aid ...

1.3K views

OdishaLIVE Media Services reposted this

IFI Foundation  
173 followers  
15h

ये लक्षण दिखें तो हो सकता है ब्रेन स्ट्रोक | Symptoms of Brain Stroke | Dr Anshul Jain

#BrainStroke #WorldStrokeDay #StrokeMuktJeevan #ActFAST #HindiHealth

Show translation

STROKE-MUKT JEEVAN

Campaign By: IFI, World Stroke Organization, S+, ITC, UNIL

Dr Anshul Jain  
Neurologist

**World Stroke Day**

### BANGLA

OdishaLIVE Media Services reposted this

IFI Foundation  
173 followers  
15m

BEFAST: যা লক্ষণাঙ্কে দুর্বল করুন না | Symptoms of Brain Stroke: BEFAST | Dr Yatin C Sagvekar ...more

STROKE-MUKT JEEVAN

BEFAST: যা লক্ষণাঙ্কে দুর্বল করুন না

**World Stroke Day**

STROKE-MUKT JEEVAN

Campaign By: IFI, World Stroke Organization, S+, ITC, UNIL

Dr Anshita Kumari  
Neurologist

**World Stroke Day**

একজন স্ট্রোকের সম্মুখীন হলে প্রাথমিক চিকিৎসা ...

836 views

STROKE-MUKT JEEVAN

Campaign By: IFI, World Stroke Organization, S+, ITC, UNIL

Dr Debajyoti Pathak  
Neurologist

**World Stroke Day**

তরুণদের কি স্ট্রোকের ঝুঁকি রয়েছে? | Are youn...

757 views

# MARATHI

STROKE-MUKT JEEVAN

Campaign By: IFI, World Stroke Organization, S+, TE, UCCIL

Stroke-Mukt Jeevan

स्ट्रोकचा अनुभव घेत असलेल्या एखाद्यासाठी आपत्कालीन प्रथमोपचार

**World Stroke Day**

स्ट्रोकसाठी तात्काळ प्रथमोपचार काय आहेत? | ...

684 views

STROKE-MUKT JEEVAN

Campaign By: IFI, World Stroke Organization, S+, TE, UCCIL

Stroke-Mukt Jeevan

Dr Sameer Rathi  
Neurologist

**World Stroke Day**

ब्रेन स्ट्रोक कशामुळे होतो? | What causes Brain ...

282 views

STROKE-MUKT JEEVAN

Campaign By: IFI, World Stroke Organization, S+, TE, UCCIL

Stroke-Mukt Jeevan

Dr Yafin C Sagvekar  
Neurologist

**World Stroke Day**

BEFAST: या लक्षणांकडे दुर्लक्ष करू नका | ...

361 views

STROKE-MUKT JEEVAN  
Life Free from Stroke

Campaign By: IFI FOUNDATION, Member of World Stroke Organization

27-31 October 2025

**A Multi-Lingual Public Health Outreach Campaign on Prevention & Management of Stroke**

ODIA | HINDI | BENGALI | MARATHI

Every Minute Counts - #ActFAST

World Stroke Day 29th Oct, Every Minute Counts, Outreach Partners: S+, Odisha @LIVE, Academic Partner: Biju Patnaik University of Health Sciences, Ecosystem Partners: TE, UCCIL

## Social Media Creative Message

### KNOW THE SIGNS OF STROKE



**Face**  
One side of the face is drooping



**Arm**  
Arm weakness, the person cannot raise their arms



**Speech**  
Difficulty speaking, slurred speech



**Time**  
to call an ambulance and say it's a stroke

**WORLD STROKE DAY**  
29TH OCT

**EVERY MINUTE COUNTS**

# EVERY MINUTE COUNTS

ACT FAST  
TO SAVE LIVES AND  
IMPROVE RECOVERY  
FROM STROKE

Campaign By:



Outreach Partners:



Academic Partner:



Ecosystem Partners:





**WORLD STROKE DAY**  
29TH OCT

**EVERY MINUTE COUNTS**

Just  
30 mins of  
exercise, five  
times a week  
can cut your  
stroke risk  
by 25%

Campaign By:



Outreach Partners:



Academic Partner:



Ecosystem Partners:



**WORLD STROKE DAY 29TH OCT** **EVERY MINUTE COUNTS**

# BE A STROKE SPOTTER

**ACT FAST TO SAVE LIVES AND IMPROVE RECOVERY FROM STROKE**

Campaign By: **IFI FOUNDATION**  
 Outreach Partners: **World Stroke Organization**, **S+ swasthyaplus NETWORK**, **Odisha LIVE**  
 Academic Partner: **UCCIL**  
 Ecosystem Partners: **TE BHUBANESWAR FOSTERING ENTERPRENEURSHIP**, **UCCIL Pursuing Prosperity**

**WORLD STROKE DAY 29TH OCT** **EVERY MINUTE COUNTS**

# #YOUNGSTROKE

Stroke can also Strike Young Adults!

Campaign By: **IFI FOUNDATION**  
 Outreach Partners: **World Stroke Organization**, **S+ swasthyaplus NETWORK**, **Odisha LIVE**  
 Academic Partner: **UCCIL**  
 Ecosystem Partners: **TE BHUBANESWAR FOSTERING ENTERPRENEURSHIP**, **UCCIL Pursuing Prosperity**

**WORLD STROKE DAY 29TH OCT** **EVERY MINUTE COUNTS**

**1.4 billion** people worldwide now live with high blood pressure: the **silent killer** behind most strokes.

**#ACTFAST**

Campaign By: **IFI FOUNDATION**  
 Outreach Partners: **World Stroke Organization**, **S+ swasthyaplus NETWORK**, **Odisha LIVE**  
 Academic Partner: **UCCIL**  
 Ecosystem Partners: **TE BHUBANESWAR FOSTERING ENTERPRENEURSHIP**, **UCCIL Pursuing Prosperity**



# Youth Awareness Program 'SPOT STROKE, SAVE LIVES'

'Spot Stroke, Save Lives', a dedicated Youth Awareness Program, was organised by the IFI Foundation at Berhampur University to address the rapidly rising threat of brain stroke among young populations. Held in collaboration with the Department of Journalism and Mass Communication, the program brought together university leaders, public health experts, and youth representatives on a single platform.

Through expert sessions, audio-visual learning, creative displays, and collective pledges, the event inspired students to take proactive steps toward building a stroke-free community and becoming responsible health ambassadors.



## Key Highlights:

- Screening of an A-Z audio-visual capsule on stroke prevention and management.
- Launch of campaign newsletters and awareness posters for public outreach.
- Expert session by Dr. Saroj Kumar Misra on key medical aspects of brain stroke.
- Student felicitation for creative entries in the WSO-themed digital poster competition.
- Stroke Awareness Pledge Ceremony promoting the message: Spot Stroke, Save Lives.





Insightful session by Public Health Expert Dr. Saroj Kumar Misra, offering an in-depth understanding of the medical aspects of brain stroke and the importance of early intervention.



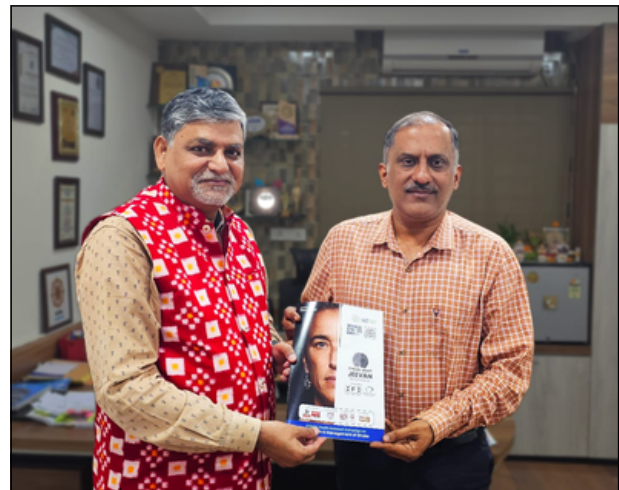
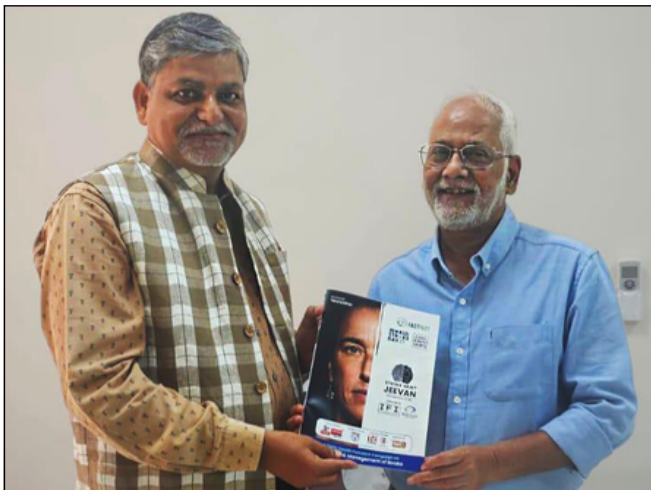
## Unveiling of the Newsletter and Awareness Posters

A special Odia newsletter was developed during the campaign, presenting key insights on the global burden of stroke, along with essential information on its causes, symptoms, prevention, and the FAST approach for early detection. The publication was officially released at the 'Spot Stroke, Save Lives' event. Alongside the newsletter, World Stroke Organisation–themed posters were also unveiled.



Both the newsletter and posters were widely distributed among stakeholders, with a particular focus on youth, policymakers, and community groups. The E-Newsletter can be accessed by scanning the QR code provided here.





**Shri Nilambar Rath**, Chairperson, IFI Stroke Initiative, presents the Stroke Mukta Jeevan 2025 campaign newsletter to (clockwise) **Shri Anuj Kumar Das Pattanaik**, Director, I&PR Department, Government of Odisha; **Dr. Bidhu Kalyan Mohanti**, Director Academic and Head of Radiation Oncology, Bagchi Sri Shankara Cancer Centre & Research Institute, Bhubaneswar; **Dr. Mrutyunjay Suar**, Chairman, BCKIC and CEO, KIIT TBI.

## Stroke Awareness Pledge



At the 'Spot Stroke, Save Lives' event, students and dignitaries united to take the Stroke Awareness Pledge, reaffirming their commitment to spread the message: Spot Stroke. Save Lives. The pledge reflected a shared resolve to promote early detection, prevention, and timely action against stroke — a vital step in building a healthier, #StrokeMuktJeevan.



## Video Preview

An AV capsule on stroke awareness was showcased during the 'Spot Stroke, Save Lives' youth-focus program, leaving a lasting impact on the audience. The powerful visual message highlighted the importance of early detection, prevention, and timely action against brain stroke, inspiring students to step forward as public health ambassadors and torchbearers of a Stroke Mukt Jeevan.



# STROKE MukT JEEVAN (LIFE FREE FROM STROKE)

27.10.25 - 31.10.25 - India

World Stroke Campaign / World Stroke Day / World Stroke Day Events / Stroke MukT Jeevan (Life Free from Stroke)

Share



IFI Foundation, a member of the World Stroke Organization, hosts a 5-day multilingual public health outreach campaign - 'Stroke MukT Jeevan' (Life Free from Stroke)- from October 27 to 31, 2025, in partnership with leading digital platforms - OdishaTV and Swasthya Plus Network. Held around World Stroke Day (October 29), this campaign spreads awareness about stroke prevention, early recognition, and the importance of timely action to save lives. Highlights of the Campaign - Informational video series on prevention and management of stroke - Stroke Survivors' story of resilience - Youth awareness program empowering youth to become 'Stroke Spotters' - A series of social media messages - Digital poster-making contest for university students - e-newsletter and campaign posters IFI Foundation has been hosting this wide public health outreach campaign since 2023. During 2025, the foundation has augmented the campaign to a multi-lingual initiative by producing content in 4 major Indian languages, namely Odia, Hindi, Bengali and Marathi. We are going to host a youth engagement program - 'Spot Stroke, Save Lives' - at Berhampur University soon, encouraging the students and youths to be Stroke Spotters and help their communities in stroke prevention and early interventions.

## Contact details

Bhubaneswar (Odisha),  
751003,  
India

Email: [info@ifi.org.in](mailto:info@ifi.org.in)

Website: <https://ifi.org.in/>

# SPOT STROKE, SAVE LIVES (PREPARING THE YOUTH AS STROKE SPOTTERS)

10.11.25 - India

'The Stroke MukT Jeevan' campaign was featured on the World Stroke Organisation (WSO) website, highlighting its global relevance and community impact. Dedicated blog posts on the WSO platform showcased the campaign's key activities, youth engagement efforts, and public outreach initiatives.

## Glimpse of Social Media Outreach

**IFI Foundation** @IFIFoundation · 31m Promote

“Every Minute Counts” when it comes to a Stroke — Your timely awareness can save precious lives.

Join IFI Foundation, @OdishaLIVE, and @SwasthyaP for the 5-day Multi-Lingual Public Health Outreach Campaign – “Stroke MukT Jeevan” from October 27 to 31, 2025 highlighting the World

[Show more](#)

**WORLD STROKE DAY 2025**

**EVERY MINUTE COUNTS**

**STROKE-MUKT JEEVAN**  
Life Free from Stroke  
27-31 October 2025

**A Multi-Lingual Public Health Outreach Campaign on Prevention & Management of Stroke**

ODIA | HINDI | BENGALI | MARATHI

Every Minute Counts - so #ActFAST

Campaign By: IFI FOUNDATION, World Stroke Organization  
Outreach Partners: S+ Odisha LIVE  
Knowledge Partner: [Logo]  
Ecosystem Partners: TIE, UCCIL

**OdishaLIVE**  
Published by Biswajit Sahoo · October 23 at 6:22 PM

Campaign By: IFI FOUNDATION, World Stroke Organization

Ecosystem Partner: UCCIL Pursuing Prosperity

**A Multi-Lingual Public Health Outreach Campaign on Prevention & Management of Stroke**

ODIA | HINDI | BENGALI | MARATHI

Every Minute Counts - so #ActFAST

World Stroke Day 2025, Every Minute Counts, S+ Odisha LIVE, TIE, UCCIL

**UTKAL Chamber**  
October 23 at 4:53 PM

Brain Stroke, a silent killer, possesses threat to a huge populace around the world with experts warning that '1 in 4 of us will have a stroke in our lifetime'. Brain stroke severely impacts industries and the economy by reducing workforce productivity, loss of skilled labour, increasing healthcare costs. However, with a modifiable lifestyle, and awareness on prevention and management of stroke, together we can be #GreaterThan Stroke.... See more

**OdishaLIVE**  
Published by Biswajit Sahoo · October 24 at 3:07 PM

Campaign By: IFI FOUNDATION, World Stroke Organization

Ecosystem Partner: TIE BHUBANESWAR FOSTERING ENTREPRENEURSHIP

**A Multi-Lingual Public Health Outreach Campaign on Prevention & Management of Stroke**

ODIA | HINDI | BENGALI | MARATHI

Every Minute Counts - so #ActFAST

World Stroke Day 2025, Every Minute Counts, S+ Odisha LIVE, TIE, UCCIL

**Tie Bhubaneswar**  
October 24 at 1:09 PM

Tie Bhubaneswar is glad to collaborate with @IFIFoundation and other partners in promoting the public health outreach campaign #StrokeMuktJeevan marking this #WorldStrokeDay.... See more

OdishaLIVE Media Services reposted this

**IFI Foundation**  
171 followers  
1d · 🌐

We warmly welcome [Berhampur University](#) to join our public health outreach campaign - #StrokeMuktJeevan. ...more

Campaign By:  
**IFI FOUNDATION** Member of World Stroke Organization

Academic Partner:  
**BERHAMPUR UNIVERSITY**

**A Multi-Lingual Public Health Outreach Campaign on Prevention & Management of Stroke**

ODIA | HINDI | BENGALI | MARATHI  
Every Minute Counts - so #ActFAST

Stroke-Mukt Jeevan | World Stroke Day 20th Oct | Every Minute Counts | Outreach Partners: S+ Odisha LIVE | Ecosystem Partners: IFE, WCC, etc.

Debabrasad Barick and 1 other · 1 repost

**IFI Foundation** @IFIFoundation · 1h Promote

Noncommunicable diseases (NCDs) are a silent pandemic. Claiming around 43 million lives every year and accounting for every 3 out of 4 deaths, they are the world's number one killer.

NCDs pose one of the most staggering threats to public health, economic security causing trillions of dollars in losses especially hitting poorest sections the hardest.

However, this crisis is really avoidable. Political will, smart investment, and collective courage can go a long way in fighting this emergency.

Here is a comprehensive read on the global perspective through insights from Nilambar Rath, Co-chair IFI Foundation.

[#NoncommunicableDiseases](#) [#NCDs](#) [#PublicHealth](#) [#EconomicDevelopment](#) [#GlobalKiller](#)

Read Full Piece:  
[ifi.org.in/2025/10/the-si.....](http://ifi.org.in/2025/10/the-si.....)

[@WStrokeCampaign](#) [@WorldStrokeOrg](#) [@WHO](#) [@UNICEF](#) [@UNICEFIndia](#) [@strokeindian](#) [@nilambarath](#) [@BUniversity](#) [@TIE\\_Bhubaneswar](#) [@TIEGlobal](#) [@UTKALCHAMBER](#) [@MoHFW\\_INDIA](#) [@HFWOdisha](#) [@NHMODisha](#) [@OdishaLIVE](#) [@SwasthyaP](#)

[ifi.org.in](http://ifi.org.in)  
The Silent Emergency: NCDs Draining Lives and Ec...  
Noncommunicable diseases are draining \$47 trillion from the global economy. Learn how NCDs drive ...

**S+** Swasthya Plus Odia 17 hours ago

Stroke is a silent killer and a leading cause of death and permanent disability worldwide. However, you can reduce chances of #BrainStroke with awareness on the modifiable risk factors including #Hypertension.

Read more

**WORLD STROKE DAY** 20th OCT | **EVERY MINUTE COUNTS**

1.4 billion people worldwide now live with high blood pressure: the silent killer behind most strokes.  
**#ACTFAST**

Campaign By: **IFI FOUNDATION** Member of World Stroke Organization

Outreach Partners: **S+ Odisha LIVE**

Academic Partner: **BERHAMPUR UNIVERSITY**

Ecosystem Partners: **IFE**, **WCC**, etc.

**OdishaLIVE** 18 hours ago (edited)

Together for a Stroke-Free World!

The IFI Foundation (a member of the World Stroke Organization), in partnership with OdishaLIVE and Swasthya Plus Network, presents the..  
Read more

Campaign By:  
**STROKE-MUKT JEEVAN** Life Free from Stroke | **IFI FOUNDATION** Member of World Stroke Organization

**27-31 October 2025**

**A Multi-Lingual Public Health Outreach Campaign on Prevention & Management of Stroke**

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Every Minute Counts - #ActFAST

**WORLD STROKE DAY** 20th OCT | **EVERY MINUTE COUNTS** | Outreach Partners: **S+ Odisha LIVE** | Academic Partner: **BERHAMPUR UNIVERSITY** | Ecosystem Partners: **IFE**, **WCC**, etc.

**OdishaLIVE and Swasthya Plus Odia**  
17h · 🌐

ଉଚ୍ଚ ରକ୍ତଚାପ ଟ୍ରେନ୍ ଷ୍ଟ୍ରୋକ୍ ଦେବାର ଆଶଙ୍କାକୁ ଦୂର୍ଭି ବଚେ ତି? | High BP & Stroke Risk | Dr Mitalee Kar  
#BloodPressure #WorldStrokeDay #StrokeMuktJeevan #ActFAST #OdiaHealthTips  
World Stroke Campaign, World Health Organization (WHO), UNICEF, UNICEF India, Indian Stroke Association, TIE Bhubaneswar, UTKAL Chamber, TIE Global, Ministry of Health and Family Welfare, Government of India, National Health Mission Odisha

ଉଚ୍ଚ ରକ୍ତଚାପ ଟ୍ରେନ୍ ଷ୍ଟ୍ରୋକ୍ ଦେବାର ଆଶଙ୍କାକୁ ଦୂର୍ଭି ବଚେ ତି? | High B...

World Stroke Campaign and 2 others

**Swasthya Plus Odia**  
Published by Priyanka Sucharita · 22h · 🌐

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Spot Stroke, Save Lives | Dr Saroj Kumar Misra on [#StrokeMuktJeevan](#)

Dr Saroj Kumar Misra, Public Health Expert, highlights the importance of engaging youth in stroke awareness. He underlines the need to educate them to be stroke spotters & recognize the symptoms while [Show more](#)

0:56

**Spot Stroke, Save Lives**

**World Stroke Day**

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TIE Bhubaneswar President Ayaskanta Mohanty shares his views on worldwide stroke scenario and how it has emerged as a daunting challenge for healthcare systems.

Mohanty lauds IFI Foundation and partners for sharing the collective effort of creating public health awareness on [Show more](#)

World Stroke Day

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Youth as Stroke Spotters | Together for a [#StrokeMuktJeevan](#)

'Spot Stroke, Save Lives' program helped the students of Berhampur University learn about the symptoms, causes, and prevention of brain stroke and how timely action can save lives.

Hosted by IFI Foundation the [Show more](#)

0:51

**Spot Stroke, Save Lives**

**World Stroke Day**

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**IFFI Foundation** @IFIFoundation · Nov 13  
Empowering Youth for a Stroke-Free Future | Prof. Geetanjali Dash

Prof. Geetanjali Dash, Vice-Chancellor, Berhampur University, advocates for wide youth awareness on prevention of brain stroke & it's management while speaking at the 'Spot Stroke, Save Lives' event.

She  
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**IFFI Foundation** @IFIFoundation · Nov 15  
Strengthening Stroke Awareness through Communication | Dr. Bandita Kumari Panda | #ActFAST

Dr Bandita Kumari Panda, HoD, Department of J&MC, Berhampur University, underscores importance of communication in effectively disseminating awareness on prevention and management of

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Prof. Sukanta Kumar Tripathy Backs IFI's Initiative for a Stroke-Free Life | #StrokeMuktJeevan

Prof. Sukanta Kumar Tripathy, Chairman, P.G. Council, Berhampur University, shares his positive outlook on the impact of 'Spot Stroke, Save Lives' youth awareness program by the IFI

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**IFFI Foundation** @IFIFoundation · Nov 15  
Motivate young Minds to identify Stroke early | Pranati Parida | #ActFAST

Smt. Pranati Parida, Co-Chair of the IFI Foundation, urges young change-makers to rise as champions in the fight against the rising burden of brain strokes by becoming stroke spotters to save lives through

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**DOCUMENTATION**

## List of Videos posted on IFI Foundation Platform

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21	একজন স্ট্রোকের সন্মুখীন হলে প্রাথমিক চিকিৎসা কি?   First Aid for Brain Stroke   Dr Anshita Kumari	X: <a href="https://x.com/IFIFoundation/status/1984180698857484578?s=20">https://x.com/IFIFoundation/status/1984180698857484578?s=20</a> LinkedIn: <a href="https://www.linkedin.com/posts/ififoundation_brainstroke-worldstrokeday-strokemuktjeevan-activity-7389285380728053760-AQKD?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60">https://www.linkedin.com/posts/ififoundation_brainstroke-worldstrokeday-strokemuktjeevan-activity-7389285380728053760-AQKD?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60</a>
22	স্ট্রোক কীভাবে প্রতিরোধ করা যায়?   How to prevent Brain Stroke?   Dr Debajyoti Pathak	X: <a href="https://x.com/IFIFoundation/status/1984610375208484916?s=20">https://x.com/IFIFoundation/status/1984610375208484916?s=20</a> LinkedIn: <a href="https://www.linkedin.com/posts/ififoundation_brainstroke-worldstrokeday-strokemuktjeevan-activity-7390377061376417792-">https://www.linkedin.com/posts/ififoundation_brainstroke-worldstrokeday-strokemuktjeevan-activity-7390377061376417792-</a>

		<a href="https://x.com/IFIFoundation/status/1984206215031775521?s=20">Dc3s?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60</a>
23	ब्रेन स्ट्रोकची कारणे कोणती?   Brain Stroke: Know the Symptoms, in Marathi   Dr Yatin C Sagvekar	<p>X: <a href="https://x.com/IFIFoundation/status/1984206215031775521?s=20">https://x.com/IFIFoundation/status/1984206215031775521?s=20</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/posts/ififoundation_%E0%A4%AC%E0%A4%B0%E0%A4%A8-%E0%A4%B8%E0%A4%9F%E0%A4%B0%E0%A4%95%E0%A4%9A-%E0%A4%95%E0%A4%B0%E0%A4%A3-%E0%A4%95%E0%A4%A3%E0%A4%A4-brain-stroke-activity-7389982544391278593-G2aT?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60">https://www.linkedin.com/posts/ififoundation_%E0%A4%AC%E0%A4%B0%E0%A4%A8-%E0%A4%B8%E0%A4%9F%E0%A4%B0%E0%A4%95%E0%A4%9A-%E0%A4%95%E0%A4%B0%E0%A4%A3-%E0%A4%95%E0%A4%A3%E0%A4%A4-brain-stroke-activity-7389982544391278593-G2aT?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60</a></p>
24	ब्रेन स्ट्रोक कशामुळे होतो?   What causes Brain Stroke?   Dr Sameer Rathi	<p>X: <a href="https://x.com/IFIFoundation/status/1982771759582769235?s=20">https://x.com/IFIFoundation/status/1982771759582769235?s=20</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/posts/ififoundation_worldstrokeday-brainstroke-worldstrokeday-activity-7388537470251929601-swmk?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60">https://www.linkedin.com/posts/ififoundation_worldstrokeday-brainstroke-worldstrokeday-activity-7388537470251929601-swmk?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60</a></p>
25	स्ट्रोकसाठी तात्काळ प्रथमोपचार काय आहेत?   First Aid for Brain Stroke   Dr Yatin C Sagvekar	<p>X: <a href="https://x.com/IFIFoundation/status/1983888706353451163?s=20">https://x.com/IFIFoundation/status/1983888706353451163?s=20</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/posts/ififoundation_brainstroke-worldstrokeday-strokemuktjeevan-activity-7389666152169275392-dPA_?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60">https://www.linkedin.com/posts/ififoundation_brainstroke-worldstrokeday-strokemuktjeevan-activity-7389666152169275392-dPA_?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60</a></p>
26	तरुणांना स्ट्रोकचा धोका असतो का?   Are young people at risk of Stroke?   Dr Yatin C Sagvekar	<p>X: <a href="https://x.com/IFIFoundation/status/1984164687831773404?s=20">https://x.com/IFIFoundation/status/1984164687831773404?s=20</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/posts/ififoundation_youngstroke-brainstroke-worldstrokeday-activity-7389286139972681728-uSmx?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60">https://www.linkedin.com/posts/ififoundation_youngstroke-brainstroke-worldstrokeday-activity-7389286139972681728-uSmx?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60</a></p>

27	<p>ब्रेन स्ट्रोक टाळता येतो का?   How to prevent Brain Stroke?   Dr Sameer Rathi</p>	<p>X:  <a href="https://x.com/IFIFoundation/status/1984247735311110403?s=20">https://x.com/IFIFoundation/status/1984247735311110403?s=20</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/posts/ififoundation_brainstroke-worldstrokeday-strokemuktjeevan-activity-7390023524574351360-0hx5?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60">https://www.linkedin.com/posts/ififoundation_brainstroke-worldstrokeday-strokemuktjeevan-activity-7390023524574351360-0hx5?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60</a></p>
28	<p>TiE Bhubaneswar President Ayaskanta Mohanty shares his views on worldwide stroke scenario and how it has emerged as a daunting challenge for healthcare systems. Mohanty lauds IFI Foundation and partners for sharing the collective action of creating public health awareness on prevention and management of brain stroke through outdoor engagement and digital outreach initiative</p>	<p>X:  <a href="https://x.com/IFIFoundation/status/1984616290410258436?s=20">https://x.com/IFIFoundation/status/1984616290410258436?s=20</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-actfast-activity-7390383374529544193-lppf?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60">https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-actfast-activity-7390383374529544193-lppf?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60</a></p>
29	<p>Dr Saroj Kumar Misra, Public Health Expert, highlights the importance of engaging youth in stroke awareness. He underlines the need to educate them to be stroke spotters &amp; recognize the symptoms while contributing towards a stroke-free society.</p>	<p>X:  <a href="https://x.com/IFIFoundation/status/1988947323372847415?s=20">https://x.com/IFIFoundation/status/1988947323372847415?s=20</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-strokemuktjeevan-strokeawareness-activity-7394716781241724928-YElg?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60">https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-strokemuktjeevan-strokeawareness-activity-7394716781241724928-YElg?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60</a></p>
30	<p>'Spot Stroke, Save Lives' program helped the students of Berhampur University learn about the symptoms, causes, and prevention on brain stroke and how timely action can save lives. Hosted by IFI Foundation the program aimed to prepare the youth as 'Stroke Spotters', under it's annual public health outreach</p>	<p>X:  <a href="https://x.com/IFIFoundation/status/1988962555021389907?s=20">https://x.com/IFIFoundation/status/1988962555021389907?s=20</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-strokemuktjeevan-strokeawareness-activity-7394728251560140800-Q4Mq?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60">https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-strokemuktjeevan-strokeawareness-activity-7394728251560140800-Q4Mq?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60</a></p>

	campaign towards a #StrokeMuktJeevan.	
31	Prof. Geetanjali Dash, Vice-Chancellor, Berhampur University, advocates for wide youth awareness on prevention of brain stroke & it's management while speaking at the 'Spot Stroke, Save Lives' event. She appreciates the efforts of IFI Foundation for organizing the program at the campus.	<p>X:  <a href="https://x.com/IFIFoundation/status/1988977653987086676?s=20">https://x.com/IFIFoundation/status/1988977653987086676?s=20</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-strokeawareness-actfast-activity-7394743361011847168-EnzV?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60">https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-strokeawareness-actfast-activity-7394743361011847168-EnzV?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60</a></p>
32	Smt. Pranati Parida, Co-Chair of the IFI Foundation, urges young change-makers to rise as champions in the fight against the rising burden of brain strokes by becoming stroke spotters to save lives through timely recognition and rapid response. Parida expresses deep gratitude to all partners of IFI Foundation in strengthening the collective vision of building a stroke-free future through #StrokeMuktJeevan campaign.	<p>X:  <a href="https://x.com/IFIFoundation/status/1989590538295939274?s=20">https://x.com/IFIFoundation/status/1989590538295939274?s=20</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-spotstrokesavelives-actfast-activity-7395405359957438464-HnUO?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60">https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-spotstrokesavelives-actfast-activity-7395405359957438464-HnUO?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60</a></p>
33	Prof. Sukanta Kumar Tripathy, Chairman, P.G. Council, Berhampur University, shares his positive outlook on the impact of 'Spot Stroke, Save Lives' youth awareness program by the IFI Foundation. Prof Tripathy terms IFI's mass health outreach initiative #StrokeMuktJeevan, a powerful catalyst for fostering positive transformation and championing good health practices.	<p>X:  <a href="https://x.com/IFIFoundation/status/1989609885458219066?s=20">https://x.com/IFIFoundation/status/1989609885458219066?s=20</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-strokemuktjeevan-strokeawareness-activity-7395408225686343680-TSVA?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60">https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-strokemuktjeevan-strokeawareness-activity-7395408225686343680-TSVA?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKiSfyUsH60</a></p>

34	<p>Dr Bandita Kumari Panda, HoD, Department of J&amp;MC, Berhampur University, underscores importance of communication in effectively disseminating awareness on prevention and management of strokes. Dr Panda lauds IFI Foundation's efforts in promoting positive behaviour changes through its 'Spot Stroke Save Lives' youth engagement program at the University under public health outreach campaign, #StrokeMuktJeevan.</p>	<p>X: <a href="https://x.com/IFIFoundation/status/1989624412321230960?s=20">https://x.com/IFIFoundation/status/1989624412321230960?s=20</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/posts/ififoundation_ac tfast-strokemuktjeevan-worldstrokeday-activity-7395410238960594944-pAbq?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60">https://www.linkedin.com/posts/ififoundation_ac tfast-strokemuktjeevan-worldstrokeday-activity-7395410238960594944-pAbq?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECKISfyUsH60</a></p>
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11.	TiE Bhubaneswar President Ayaskanta Mohanty Pledges Strong Voice For Stroke Fight	<a href="https://youtu.be/c8gmORJfYvA?si=K9e1o1dGE08_9YXJ">https://youtu.be/c8gmORJfYvA?si=K9e1o1dGE08_9YXJ</a>
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13.	ଡ୍ରୋନ୍ ଷ୍ଟ୍ରୋକ୍: ଏହି ସବୁ ଲକ୍ଷଣକୁ ଅନୁଧ୍ୟାନ କରନ୍ତୁ   Brain Stroke   Dr Subhransu Sekhar Jena	<a href="https://youtu.be/ZAY9JsTrV1s?si=R5UmHMAxsnG1sXVF">https://youtu.be/ZAY9JsTrV1s?si=R5UmHMAxsnG1sXVF</a>
14.	Spot Stroke, Save Lives   Dr. Saroj Kumar Misra on #StrokeMuktJeevan	<a href="https://youtu.be/6gYW8kteZ_I?si=0H-CdF_OmleKWa5S">https://youtu.be/6gYW8kteZ_I?si=0H-CdF_OmleKWa5S</a>

15.	Youth as Stroke Spotters   Together for a #StrokeMuktJeevan	<a href="https://youtu.be/qMM-SNcwOnw?si=BrGnl3Z0OPMkAngL">https://youtu.be/qMM-SNcwOnw?si=BrGnl3Z0OPMkAngL</a>
16.	Empowering Youth for a Stroke-Free Future   Prof. Geetanjali Dash	<a href="https://youtu.be/yArmsMCL0Ok?si=MN2IPGBYMle4eyCb">https://youtu.be/yArmsMCL0Ok?si=MN2IPGBYMle4eyCb</a>
17.	Motivate young Minds to identify Stroke early   Pranati Parida   #ActFAST	<a href="https://youtu.be/3vrZKDaOEMg?si=lcm3Im2WZ121Q93p">https://youtu.be/3vrZKDaOEMg?si=lcm3Im2WZ121Q93p</a>
18.	Prof. Sukanta Kumar Tripathy Backs IFI's Initiative for a Stroke-Free Life   #StrokeMuktJeevan	<a href="https://youtu.be/9UCuUqZtiQ?si=jHKofIF7Wrp mCtJl">https://youtu.be/9UCuUqZtiQ?si=jHKofIF7Wrp mCtJl</a>
19.	Strengthening Stroke Awareness through Communication   Dr Bandita Kumari Panda   #ActFAST	<a href="https://youtu.be/reT3f9Tu0jQ?si=vh75uEKPC_G_gmum">https://youtu.be/reT3f9Tu0jQ?si=vh75uEKPC_G_gmum</a>

## List of Videos posted on Swasthya Plus Network

Sl. No	Descriptions	Social Links
1	ଘାତକ ସାବୁଛି ଟ୍ରେନ୍ ଷ୍ଟୋକ୍ କେମିଟି ଗୋଟିକେ?   Brain Stroke: All you Need to Know   World Stroke Day	YouTube: <a href="https://youtu.be/cDzpberG7ss?si=HHKib0e6Eb3HwUSm">https://youtu.be/cDzpberG7ss?si=HHKib0e6Eb3HwUSm</a>
		Facebook: <a href="https://www.facebook.com/share/v/1ALEjrYzos/">https://www.facebook.com/share/v/1ALEjrYzos/</a>
		Instagram: <a href="https://www.instagram.com/reel/DQWI9UND76_/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DQWI9UND76_/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>
2	ଟ୍ରେନ୍ ଷ୍ଟୋକ୍: ଏହି ସବୁ ଲକ୍ଷଣକୁ ଅଣଦେଖା କରନ୍ତୁ ନାହିଁ   Brain Stroke   Dr Subhransu Sekhar Jena	YouTube: <a href="https://youtu.be/7z7dC-75M5U?si=NChnO3hr10cLyW3u">https://youtu.be/7z7dC-75M5U?si=NChnO3hr10cLyW3u</a>
		Facebook: <a href="https://www.facebook.com/share/v/1AJTrKj4QX/">https://www.facebook.com/share/v/1AJTrKj4QX/</a>
		Instagram: <a href="https://www.instagram.com/reel/DQY9ySkj0rZ/?utm_source=ig_web_copy_link">https://www.instagram.com/reel/DQY9ySkj0rZ/?utm_source=ig_web_copy_link</a>
3	ଏହି ନୀରଣରୁ ସୁରାକ୍ଷାରେ କ୍ଷେତ୍ରରେ ଟ୍ରେନ୍ ଷ୍ଟୋକ୍   Causes of Young Stroke   Dr Subhransu Sekhar Jena	YouTube: <a href="https://youtube.com/shorts/7c5nT5Vauug\">https://youtube.com/shorts/7c5nT5Vauug\</a>
		Facebook: <a href="https://www.facebook.com/share/r/1A9iAqpQcE/">https://www.facebook.com/share/r/1A9iAqpQcE/</a>
		Instagram: <a href="https://www.instagram.com/reel/DQTmFX2ke7H/?igsh=MXEzNmpwbzcyMnR0Yw==">https://www.instagram.com/reel/DQTmFX2ke7H/?igsh=MXEzNmpwbzcyMnR0Yw==</a>
4	ଉଚ୍ଚ ରକ୍ତଚାପ ଟ୍ରେନ୍ ଷ୍ଟୋକ୍ ହେବାର ଆଶଙ୍କାକୁ ବୁଝି କରେ କି?   High BP & Stroke Risk   Dr Mitalee Ka	YouTube: <a href="https://youtube.com/shorts/njAe1hc-XRk?si=KOQ_innmD7A6s0yq">https://youtube.com/shorts/njAe1hc-XRk?si=KOQ_innmD7A6s0yq</a>
		Facebook: <a href="https://www.facebook.com/share/r/1D1YS8F4ED/">https://www.facebook.com/share/r/1D1YS8F4ED/</a>
		Instagram: <a href="https://www.instagram.com/reel/DQUc6xoj-mV/?igsh=MTAwYWw5amRrNjNwYg==">https://www.instagram.com/reel/DQUc6xoj-mV/?igsh=MTAwYWw5amRrNjNwYg==</a>
5	ଟ୍ରେନ୍ ଷ୍ଟୋକ୍ ହେଲେ ଦେଖାନ୍ତି-ଏ ଏହିସବୁ ଲକ୍ଷଣ   Symptoms of Stroke   BEFAST   Dr Subhransu Sekhar Jena	YouTube: <a href="https://youtube.com/shorts/eKf01pcU0yY?si=GPxHj0IFwWfJrFee">https://youtube.com/shorts/eKf01pcU0yY?si=GPxHj0IFwWfJrFee</a>
		Facebook: <a href="https://www.facebook.com/share/r/17aPCcaWm9/">https://www.facebook.com/share/r/17aPCcaWm9/</a>
		Instagram: <a href="https://www.instagram.com/reel/DQV9t0vEfUH/?igsh=b3ppbG8zcG1vZ2x4">https://www.instagram.com/reel/DQV9t0vEfUH/?igsh=b3ppbG8zcG1vZ2x4</a>

6	<p>ଷ୍ଟ୍ରେକ୍ ହେବାର କେତେ ଘଣ୍ଟା ମଧ୍ୟରେ ଚିକିତ୍ସା କରିବା ଜରୁରୀ?   Golden Hour   Dr Subhransu Sekhar Jena</p>	<p>YouTube: <a href="https://youtube.com/shorts/j0YImFJTgyY?si=oOw634FmMLQdYRsk">https://youtube.com/shorts/j0YImFJTgyY?si=oOw634FmMLQdYRsk</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/1GtUrVEooU/">https://www.facebook.com/share/r/1GtUrVEooU/</a></p> <p>Instagram: <a href="https://www.instagram.com/reel/DQWp4mxD0Sx/?igsh=Z294aGtkeWJnM3Ux">https://www.instagram.com/reel/DQWp4mxD0Sx/?igsh=Z294aGtkeWJnM3Ux</a></p>
7	<p>ପଞ୍ଜାଘାତ ଯୋଗୁଁ ହେଉଥିବା ଘା'ତୁ ରୋଗିଙ୍କୁ କେମିତି?   Post Stroke Bedsore Care   Dr Maya Gantayet</p>	<p>YouTube: <a href="https://youtube.com/shorts/LuNJ8ex6PAI?si=2ca8YOrOzjEXqtsZ">https://youtube.com/shorts/LuNJ8ex6PAI?si=2ca8YOrOzjEXqtsZ</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/1MXGzbMRR2/">https://www.facebook.com/share/r/1MXGzbMRR2/</a></p> <p>Instagram: <a href="https://www.instagram.com/reel/DQYj8O1Dwpl/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DQYj8O1Dwpl/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p>
8	<p>ଷ୍ଟ୍ରେକ୍ ଚିକିତ୍ସା ପରେ ପିନ୍ଧିପଥେରାପିର ଦୁମିଳା   Post Stroke Physiotherapy   Prof Patitapaban Mohanty</p>	<p>YouTube: <a href="https://youtube.com/shorts/XCcaAAe2Cu8?si=V48A1jzc7HAHkg_n">https://youtube.com/shorts/XCcaAAe2Cu8?si=V48A1jzc7HAHkg_n</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/1DHCk3izpP/">https://www.facebook.com/share/r/1DHCk3izpP/</a></p> <p>Instagram: <a href="https://www.instagram.com/reel/DQZN_x1Dzhi/?igsh=czhua3o5bzE2ajho">https://www.instagram.com/reel/DQZN_x1Dzhi/?igsh=czhua3o5bzE2ajho</a></p>
9	<p>ଅଭ୍ୟାସପଦ୍ଧତୀର ଥେରାପି ଷ୍ଟ୍ରେକ୍ ପାଡ଼ିବକ ପାଇଁ କାହିଁକି ଜରୁରୀ?   Occupational Therapy   Pragyan Singh</p>	<p>YouTube: <a href="https://youtube.com/shorts/CobaJqbGydg?si=E07HLdEDC6f7iLEm">https://youtube.com/shorts/CobaJqbGydg?si=E07HLdEDC6f7iLEm</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/1GALM1hLaE/">https://www.facebook.com/share/r/1GALM1hLaE/</a></p> <p>Instagram: <a href="https://www.instagram.com/reel/DQbHV8AkfQz/?igsh=MWl6amU4Yml2Y2liNQ==">https://www.instagram.com/reel/DQbHV8AkfQz/?igsh=MWl6amU4Yml2Y2liNQ==</a></p>
10	<p>ଘରେ ଷ୍ଟ୍ରେକ୍ ପାଡ଼ିବକ ଷ୍ଟ୍ରିକ୍ ଥେରାପି କିପରି କରାଯାଏ?   Post Stroke Speech Therapy   Jayasankar Panda</p>	<p>YouTube: <a href="https://youtube.com/shorts/OL2y3sr2UoY?si=9uPitCqtULpvJU_p">https://youtube.com/shorts/OL2y3sr2UoY?si=9uPitCqtULpvJU_p</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/1ASLX8rnLX/">https://www.facebook.com/share/r/1ASLX8rnLX/</a></p> <p>Instagram: <a href="https://www.instagram.com/reel/DQbwq2kD19X/?igsh=MTVyMG90bmJwZXV0OA==">https://www.instagram.com/reel/DQbwq2kD19X/?igsh=MTVyMG90bmJwZXV0OA==</a></p>
11	<p>ଷ୍ଟ୍ରେକ୍ ପରେ ପାଡ଼ିବକ ଠିକ୍ ହେବା ପାଇଁ କେତେ ଦିନ ସମୟ ଲାଗିଥାଏ?   Occupational Therapy   Pragyan Singh</p>	<p>YouTube: <a href="https://youtube.com/shorts/1RmAugiUzXE">https://youtube.com/shorts/1RmAugiUzXE</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/17R13Dm2xq/">https://www.facebook.com/share/r/17R13Dm2xq/</a></p> <p>Instagram:</p>

		<a href="https://www.instagram.com/reel/DQdwNI_j63k/?igsh=MW9vM2gybXVmb3Bzdg==">https://www.instagram.com/reel/DQdwNI_j63k/?igsh=MW9vM2gybXVmb3Bzdg==</a>
12	କମ୍ ବରଷରୁ ଦିନିକି ଶୋଇବେ 6ମିନିଟ୍ 6ଖୁବ୍?   Prevention of Brain Stroke   Dr Mitalee Kar   #ActFAST	<p>YouTube: <a href="https://youtube.com/shorts/CB1E9Ht6TPw?si=XgWvK4GxAtT7Gzun">https://youtube.com/shorts/CB1E9Ht6TPw?si=XgWvK4GxAtT7Gzun</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/1B2Y3KGCTI/">https://www.facebook.com/share/r/1B2Y3KGCTI/</a></p> <p>Instagram: <a href="https://www.instagram.com/reel/DQeVkmrD3sd/?igsh=MWlkZGd3Nmd5ODk4Mg==">https://www.instagram.com/reel/DQeVkmrD3sd/?igsh=MWlkZGd3Nmd5ODk4Mg==</a></p>
13	ये वजह बन सकती है ब्रेन स्ट्रोक का कारण   What causes Brain Stroke?   Dr Pankaj Kumar Popli	<p>YouTube: <a href="https://youtube.com/shorts/Lq4gWc7aO5s?si=W90BoZfGg8REmoPO">https://youtube.com/shorts/Lq4gWc7aO5s?si=W90BoZfGg8REmoPO</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/1BqQyqM9v/">https://www.facebook.com/share/r/1BqQyqM9v/</a></p> <p>Instagram: <a href="https://www.instagram.com/reel/DQTm1kfd7IV/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DQTm1kfd7IV/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p>
14	ये लक्षण दिखें तो हो सकता है ब्रेन स्ट्रोक   Symptoms of Brain Stroke   Dr Anshul Jain	<p>YouTube: <a href="https://youtube.com/shorts/Ob6emKHmK70?si=1zdzU0YmVTRySHj">https://youtube.com/shorts/Ob6emKHmK70?si=1zdzU0YmVTRySHj</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/1DCsULAAx">https://www.facebook.com/share/r/1DCsULAAx</a></p> <p>Instagram: <a href="https://www.instagram.com/reel/DQZLPtfEzZF/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DQZLPtfEzZF/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p>
15	क्या युवाओं में स्ट्रोक का खतरा होता है?   Are young people at risk of Stroke?   Dr Anshul Jain	<p>YouTube: <a href="https://youtube.com/shorts/FF0d7QOXE7o?si=EcfagJ3NQrR0Kkc7">https://youtube.com/shorts/FF0d7QOXE7o?si=EcfagJ3NQrR0Kkc7</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/163r2NSQLI/">https://www.facebook.com/share/r/163r2NSQLI/</a></p> <p>Instagram: <a href="https://www.instagram.com/reel/DQZMKP3kzS4/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DQZMKP3kzS4/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p>
16	स्ट्रोक के समय तुरंत क्या करना चाहिए?   First Aid for Brain Stroke   Dr Ranjan Das	<p>YouTube: <a href="https://youtube.com/shorts/PKOTuO9M9N4?si=q5DuUpUI7c0PdDi">https://youtube.com/shorts/PKOTuO9M9N4?si=q5DuUpUI7c0PdDi</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/17nxwU61hG/">https://www.facebook.com/share/r/17nxwU61hG/</a></p>

		Instagram: <a href="https://www.instagram.com/reel/DQb2TuDE6jA/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DQb2TuDE6jA/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>
17	ब्रेन स्ट्रोक से बचाव के लिए अपनाएं ये उपाय। Prevention of Brain Stroke   Dr Pankaj Kumar Popli	YouTube: <a href="https://youtube.com/shorts/4Yb87Z_mYWo?si=dMWqflYFuzYgHplQ">https://youtube.com/shorts/4Yb87Z_mYWo?si=dMWqflYFuzYgHplQ</a> Facebook: <a href="https://www.facebook.com/share/r/1HHHaAwtiA/">https://www.facebook.com/share/r/1HHHaAwtiA/</a> Instagram: <a href="https://www.instagram.com/reel/DQeXAdbEy-r/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DQeXAdbEy-r/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>
18	ब्रेन स्ट्रोक: क्या है इसका इलाज?   Brain Stroke, in Hindi   Symptoms & Treatment   Dr Anshul Jain	YouTube: <a href="https://youtu.be/PtWV8at-Gkl?si=_A_9b0NgdsHxLbPI">https://youtu.be/PtWV8at-Gkl?si=_A_9b0NgdsHxLbPI</a> Facebook: <a href="https://fb.watch/DPUDUISbI5/">https://fb.watch/DPUDUISbI5/</a> Instagram: <a href="https://www.instagram.com/reel/DQeE9P6EwpW/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/reel/DQeE9P6EwpW/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>
19	ब्रेन स्ट्रोक: लक्षण এবং চিকিৎসা। Brain Stroke: How to Treat? in Bangla   Dr Debajyoti Pathak	YouTube: <a href="https://youtu.be/FAdmQg9Sips?si=r4LFoRtXlanWVoo5">https://youtu.be/FAdmQg9Sips?si=r4LFoRtXlanWVoo5</a>
20	তরুণদের কি স্ট্রোকের ঝুঁকি রয়েছে?   Are young people at risk of Stroke?   Dr Debajyoti Pathak	YouTube: <a href="https://youtube.com/shorts/TSBTZXDtial?si=ok4MMrXOzp8UkQTI">https://youtube.com/shorts/TSBTZXDtial?si=ok4MMrXOzp8UkQTI</a>
21	BEFAST: এই লক্ষণগুলিকে উপেক্ষা করবেন না। Symptoms of Brain Stroke: BEFAST   Dr Anshita Kumari	YouTube: <a href="https://youtube.com/shorts/4FxAqz-9PTc?si=_a4dmLQYpnejXR-C">https://youtube.com/shorts/4FxAqz-9PTc?si=_a4dmLQYpnejXR-C</a>
22	একজন স্ট্রোকের সম্মুখীন হলে প্রাথমিক চিকিৎসা কি?   First Aid for Brain Stroke   Dr Anshita Kumari	YouTube: <a href="https://youtube.com/shorts/IBgQiMNI_U?si=BPRRbq3Vdvl3Vth3">https://youtube.com/shorts/IBgQiMNI_U?si=BPRRbq3Vdvl3Vth3</a>
23	স্ট্রোক রোগীর যত্ন কিভাবে নেবেন?   How to care of a Stroke patient?   Dr Partho Sarathi Sanyal	YouTube: <a href="https://youtube.com/shorts/NP8L97Ji_64?si=8nLzdNnLYg8ld0KP">https://youtube.com/shorts/NP8L97Ji_64?si=8nLzdNnLYg8ld0KP</a>

24	स्ट्रोक की भावे प्रतिरोध करी यीय?   How to prevent Brain Stroke?   Dr Debajyoti Pathak	YouTube: <a href="https://youtube.com/shorts/YkLeXZRckUA?si=WIDwpWvAYHjOJ16C">https://youtube.com/shorts/YkLeXZRckUA?si=WIDwpWvAYHjOJ16C</a>
25	ब्रेन स्ट्रोक कशामुळे होतो?   What causes Brain Stroke?   Dr Sameer Rathi	YouTube: <a href="https://youtube.com/shorts/drcsWcbWKg4?si=1mGcRvUjBv1ZchBw">https://youtube.com/shorts/drcsWcbWKg4?si=1mGcRvUjBv1ZchBw</a>
26	BEFAST: या लक्षणांकडे दुर्लक्ष करू नका। Symptoms of Brain Stroke: BEFAST   Dr Yatin C Sagvekar	YouTube: <a href="https://youtube.com/shorts/rGWqx9XncLs?si=uVdIKX9TvkzzaUW7">https://youtube.com/shorts/rGWqx9XncLs?si=uVdIKX9TvkzzaUW7</a>
27	तरुणांना स्ट्रोकचा धोका असतो का?   Are young people at risk of Stroke?   Dr Yatin C Sagvekar	YouTube: <a href="https://youtube.com/shorts/NEPKJ5COJaY?si=frZJ2NZClVFsvN2l">https://youtube.com/shorts/NEPKJ5COJaY?si=frZJ2NZClVFsvN2l</a>
28	स्ट्रोकसाठी तात्काळ प्रथमोपचार काय आहेत?   First Aid for Brain Stroke   Dr Yatin C Sagvekar	YouTube: <a href="https://youtube.com/shorts/rCKzcPxrWEQ?si=gc4eLlNel6lqDpbf">https://youtube.com/shorts/rCKzcPxrWEQ?si=gc4eLlNel6lqDpbf</a>
29	ब्रेन स्ट्रोक टाळता येतो का?   How to prevent Brain Stroke?   Dr Sameer Rathi	YouTube: <a href="https://youtube.com/shorts/QdCaJfwlqLw?si=yUM23FqDRxTEhCOY">https://youtube.com/shorts/QdCaJfwlqLw?si=yUM23FqDRxTEhCOY</a>
30	ब्रेन स्ट्रोकची कारणे कोणती?   Brain Stroke: Know the Symptoms, in Marathi   Dr Yatin C Sagvekar	YouTube: <a href="https://youtu.be/Bm2pa2uMWJs?si=0mxwETQWBWJIMJwQ">https://youtu.be/Bm2pa2uMWJs?si=0mxwETQWBWJIMJwQ</a>

## List of Social Media Post

Sl. No	Descriptions	Social Links
1	<p>"Every Minute Counts" when it comes to a Stroke — Your timely awareness can save precious lives (Curtain Raiser)</p>	<p>X: <a href="https://x.com/IFIFoundation/status/1981261609655029781">https://x.com/IFIFoundation/status/1981261609655029781</a></p> <p>Facebook: <a href="https://www.facebook.com/share/p/1EzUN8fTRV/">https://www.facebook.com/share/p/1EzUN8fTRV/</a></p> <p>Instagram: <a href="https://www.instagram.com/p/DQJN1wkEcw4/?utm_source=ig_web_copy_link">https://www.instagram.com/p/DQJN1wkEcw4/?utm_source=ig_web_copy_link</a></p> <p>YouTube: <a href="http://youtube.com/post/UgkxgPoHmS5hMI MOczLgHuUJ26vKrbgXP588?si=Sow3BVKLBxtUbp">http://youtube.com/post/UgkxgPoHmS5hMI MOczLgHuUJ26vKrbgXP588?si=Sow3BVKLBxtUbp</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/feed/update/urn:li:activity:7387028361803599872">https://www.linkedin.com/feed/update/urn:li:activity:7387028361803599872</a></p>
2	<p>Digital Poster making Competition for Students of Berhampur University</p> <p>Theme: Stroke MukT Jeevan</p> <p>IFI Foundation, in collaboration with Berhampur University is hosting a Digital Poster Making Competition on the theme #StrokeMuktJeevan, aligned with #WorldStrokeDay 2025.</p>	<p>X: <a href="https://x.com/IFIFoundation/status/1982740252264661306">https://x.com/IFIFoundation/status/1982740252264661306</a></p> <p>Facebook: <a href="https://www.facebook.com/share/p/14LSj86vN2q/">https://www.facebook.com/share/p/14LSj86vN2q/</a></p> <p>Instagram: <a href="https://www.instagram.com/p/DQTuikDyKX/?igsh=MTNvM3I5MXNtZ25leg==">https://www.instagram.com/p/DQTuikDyKX/?igsh=MTNvM3I5MXNtZ25leg==</a></p> <p>YouTube: <a href="http://youtube.com/post/UgkxMwyWj6UjLj2GewJ7RVuL_j2KfxnLGZ9Q?si=82N6u0HtPGsrLQCX">http://youtube.com/post/UgkxMwyWj6UjLj2GewJ7RVuL_j2KfxnLGZ9Q?si=82N6u0HtPGsrLQCX</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/feed/update/urn:li:activity:7388511844744773632">https://www.linkedin.com/feed/update/urn:li:activity:7388511844744773632</a></p>
3	<p>Together for a Stroke-Free World! The IFI Foundation (a member of the World Stroke Organization), in partnership with OdishaLIVE and Swasthya Plus Network, presents the 5-day multilingual public health outreach campaign - "Stroke</p>	<p>X: <a href="https://x.com/IFIFoundation/status/1982780441061916831">https://x.com/IFIFoundation/status/1982780441061916831</a></p> <p>Facebook: <a href="https://www.facebook.com/share/p/1K5qVeMdEm/">https://www.facebook.com/share/p/1K5qVeMdEm/</a></p> <p>Instagram: <a href="https://www.instagram.com/p/DQT-zyCj-">https://www.instagram.com/p/DQT-zyCj-</a></p>

	Mukt Jeevan™ - from October 27 to 31, 2025.	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7388495778446618624">NF/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a> <b>YouTube:</b> <a href="https://www.youtube.com/post/UgkxrOvDznKHuP0Zh6AQVcyc7aBLod6JqyMc?si=HvbTFYRti389o_1K">https://www.youtube.com/post/UgkxrOvDznKHuP0Zh6AQVcyc7aBLod6JqyMc?si=HvbTFYRti389o_1K</a> <b>LinkedIn:</b>
4	ଏହି ଜୀବନରୁ ଯୁବାବସ୍ଥାରେ ହୋଇପାରେ ଟ୍ରେନ୍ ଷ୍ଟ୍ରେକ୍   Causes of Young Stroke   Dr Subhransu Sekhar Jena	<b>X:</b> <a href="https://x.com/IFIFoundation/status/1982727247074062556">https://x.com/IFIFoundation/status/1982727247074062556</a> <b>Facebook:</b> <a href="https://www.facebook.com/share/r/1A9iAqpQcE/">https://www.facebook.com/share/r/1A9iAqpQcE/</a> <b>Instagram:</b> <a href="https://www.instagram.com/reel/DQTMFX2ke7H/?igsh=MXEzNmpwbzcyMnR0Yw==">https://www.instagram.com/reel/DQTMFX2ke7H/?igsh=MXEzNmpwbzcyMnR0Yw==</a> <b>YouTube:</b> <a href="https://www.youtube.com/shorts/7e5nT5Vauug">https://www.youtube.com/shorts/7e5nT5Vauug</a> <b>LinkedIn:</b> <a href="https://www.linkedin.com/feed/update/urn:li:activity:7388495778446618624">https://www.linkedin.com/feed/update/urn:li:activity:7388495778446618624</a>
5	ଉଚ୍ଚ ରକ୍ତଚାପ ଟ୍ରେନ୍ ଷ୍ଟ୍ରେକ୍ ହେବାର ଆଶଙ୍କାକୁ କୂର୍ତ୍ତି କରେ କି?   High BP & Stroke Risk   Dr Mitalee Ka	<b>X:</b> <a href="https://x.com/IFIFoundation/status/1982786860318671069">https://x.com/IFIFoundation/status/1982786860318671069</a> <b>Facebook:</b> <a href="https://www.facebook.com/share/r/1D1YS8F4ED/">https://www.facebook.com/share/r/1D1YS8F4ED/</a> <b>Instagram:</b> <a href="https://www.instagram.com/reel/DQUC6xj-mV/?igsh=MTAwYWc5amRrNjNwYg==">https://www.instagram.com/reel/DQUC6xj-mV/?igsh=MTAwYWc5amRrNjNwYg==</a> <b>YouTube:</b> <a href="https://www.youtube.com/shorts/njAe1hcXRk?si=KOQ_innmD7A6s0yq">https://www.youtube.com/shorts/njAe1hcXRk?si=KOQ_innmD7A6s0yq</a> <b>LinkedIn:</b> <a href="https://www.linkedin.com/feed/update/urn:li:activity:7388552665204465664">https://www.linkedin.com/feed/update/urn:li:activity:7388552665204465664</a>
6	Stroke is a silent killer and a leading cause of death and permanent disability worldwide. However, you can reduce chances of #BrainStroke with	<b>X:</b> <a href="https://x.com/IFIFoundation/status/1982798005481971903">https://x.com/IFIFoundation/status/1982798005481971903</a> <b>Facebook:</b> <a href="https://www.facebook.com/share/p/17GHEaQSm5/">https://www.facebook.com/share/p/17GHEaQSm5/</a>

	awareness on the modifiable risk factors including #Hypertension. Practice a healthy lifestyle, exercise and monitor your Blood Pressure regularly. #EveryMinuteCounts, so #ActFAST!	<p>Instagram: <a href="https://www.instagram.com/p/DQUHUrmd2Ek/?igsh=MWFhaTN4c3ZiaTd6eQ==">https://www.instagram.com/p/DQUHUrmd2Ek/?igsh=MWFhaTN4c3ZiaTd6eQ==</a></p> <p>YouTube: <a href="http://youtube.com/post/Ugkx2DOQhPD0hqYBEkXajFyFBfnQ_7BWIQWS?si=rKcYJ72TizmVxYiq">http://youtube.com/post/Ugkx2DOQhPD0hqYBEkXajFyFBfnQ_7BWIQWS?si=rKcYJ72TizmVxYiq</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/feed/update/urn:li:activity:7388552665204465664">https://www.linkedin.com/feed/update/urn:li:activity:7388552665204465664</a></p>
7	ହେଡ଼ ଷ୍ଟ୍ରେକ୍ ରେଲେ ଦେଖାଦିଏ ଏହିସବୁ ଲକ୍ଷଣ   Symptoms of Stroke   BEFAST   Dr Subhransu Sekhar Jena	<p>X: <a href="https://x.com/IFIFoundation/status/1983059690629280132">https://x.com/IFIFoundation/status/1983059690629280132</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/17aPCcawWm9/">https://www.facebook.com/share/r/17aPCcawWm9/</a></p> <p>Instagram: <a href="https://www.instagram.com/reel/DQV9t0vEfUH/?igsh=b3ppbG8zcG1vZ2x4">https://www.instagram.com/reel/DQV9t0vEfUH/?igsh=b3ppbG8zcG1vZ2x4</a></p> <p>YouTube: <a href="https://youtube.com/shorts/eKf01pcU0yY?si=GPxHj0IfWwMJrFee">https://youtube.com/shorts/eKf01pcU0yY?si=GPxHj0IfWwMJrFee</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/feed/update/urn:li:activity:7388883773913948160">https://www.linkedin.com/feed/update/urn:li:activity:7388883773913948160</a></p>
8	ଷ୍ଟ୍ରେକ୍ ହେବାର କେତେ ଘଣ୍ଟା ମଧ୍ୟରେ ଚିକିତ୍ସା କରିବା ଜରୁରୀ?   Golden Hour   Dr Subhransu Sekhar Jena	<p>X: <a href="https://x.com/IFIFoundation/status/1983156034807181441">https://x.com/IFIFoundation/status/1983156034807181441</a></p> <p>Facebook: <a href="https://www.facebook.com/share/r/1GtUrVEooU/">https://www.facebook.com/share/r/1GtUrVEooU/</a></p> <p>Instagram: <a href="https://www.instagram.com/reel/DQWp4mxD0Sx/?igsh=Z294aGtkeWJnM3Ux">https://www.instagram.com/reel/DQWp4mxD0Sx/?igsh=Z294aGtkeWJnM3Ux</a></p> <p>YouTube: <a href="https://youtube.com/shorts/j0YlmFJTgyY?si=ooOw634FmMLQdYRsk">https://youtube.com/shorts/j0YlmFJTgyY?si=ooOw634FmMLQdYRsk</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/feed/update/urn:li:activity:7388938982350450688">https://www.linkedin.com/feed/update/urn:li:activity:7388938982350450688</a></p>
8	ଘାତେତ ବାବୁଣି ହେଉ ଷ୍ଟ୍ରେକ୍: କେମିତି ରୋକିବେ?   Brain Stroke: All you Need to Know   World Stroke Day	<p>YouTube: <a href="https://youtu.be/cDzpbberG7ss?si=Tz84l1GxCYn8RL5Y">https://youtu.be/cDzpbberG7ss?si=Tz84l1GxCYn8RL5Y</a></p> <p>Facebook: <a href="https://www.facebook.com/share/v/1FewQwhvG1/">https://www.facebook.com/share/v/1FewQwhvG1/</a></p> <p>Instagram:</p>

		<a href="https://www.instagram.com/reel/DQWl9UN D76_/?igsh=MW10aXV6aTF4ZHBhMQ==">https://www.instagram.com/reel/DQWl9UN D76_/?igsh=MW10aXV6aTF4ZHBhMQ==</a> <b>X:</b> <a href="https://x.com/IFIFoundation/status/1983143 936798716187">https://x.com/IFIFoundation/status/1983143 936798716187</a> <b>LinkedIn:</b> <a href="https://www.linkedin.com/feed/update/urn:li :activity:7388908902723121152">https://www.linkedin.com/feed/update/urn:li :activity:7388908902723121152</a>
9	<p>Timely detection and speedy response is key to saving precious lives from the scourge of <b>#BrainStrokes</b>. When dealing with such cases of emergency, Every Minute Counts.</p> <p>So it is imperative to identify signs of stroke and <b>#ActFAST</b> (one should take action in case of spotting drooping Face, Arm weakness, Speaking difficulty with Timely response) to improve chances of survivability and recovery.</p> <p><b>#StrokeMuktJeevan</b> <b>#WorldStrokeDay</b></p>	<p><b>YouTube:</b>  <a href="http://youtube.com/post/UgkoyP4FQ_Lwe4xi w2P3CS7B9_F8tWhEnjX4?si=ltVuszoWqk4U-Qd3">http://youtube.com/post/UgkoyP4FQ_Lwe4xi w2P3CS7B9_F8tWhEnjX4?si=ltVuszoWqk4U-Qd3</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/p/1RfjKe1 Msb/">https://www.facebook.com/share/p/1RfjKe1 Msb/</a></p> <p><b>Instagram:</b>  <a href="https://www.instagram.com/p/DQWuXHRj9 D4/?utm_source=ig_web_copy_link&amp;igsh=Mz RIODBiNWFIZA==">https://www.instagram.com/p/DQWuXHRj9 D4/?utm_source=ig_web_copy_link&amp;igsh=Mz RIODBiNWFIZA==</a></p> <p><b>X:</b>  <a href="https://x.com/IFIFoundation/status/1983164 347674423707">https://x.com/IFIFoundation/status/1983164 347674423707</a></p> <p><b>LinkedIn:</b>  <a href="https://www.linkedin.com/feed/update/urn:li :activity:7388939325909975040">https://www.linkedin.com/feed/update/urn:li :activity:7388939325909975040</a></p>
10	<p>Awareness is the first step to prevention when it comes to Brain Strokes. Your prompt action can be the difference between life and death.</p> <p>On <b>#WorldStrokeDay</b>, lets come together to fight this silent killer with awareness, action and care.</p> <p>Recognise the signs, <b>#ActFAST</b> as a <b>#StrokeSpotter</b> to reach for emergency medical help for those in need and inspire others to live <b>#StrokeMuktJeevan</b>.</p>	<p><b>YouTube:</b>  <a href="http://youtube.com/post/Ugkx2elh5BzXD0llo KJKTKD9G_SQpza9miPd?si=0dPjlmH_7vvN-Was">http://youtube.com/post/Ugkx2elh5BzXD0llo KJKTKD9G_SQpza9miPd?si=0dPjlmH_7vvN-Was</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/p/17boeax jDy/">https://www.facebook.com/share/p/17boeax jDy/</a></p> <p><b>Instagram:</b>  <a href="https://www.instagram.com/p/DQYSgxLDyU E/?igsh=ZDN1enl2a3d3ZzRp">https://www.instagram.com/p/DQYSgxLDyU E/?igsh=ZDN1enl2a3d3ZzRp</a></p> <p><b>X:</b>  <a href="https://x.com/IFIFoundation/status/1983360 640598048804?t=N1HGSDuJkh7LROBbM29Y JA&amp;s=19">https://x.com/IFIFoundation/status/1983360 640598048804?t=N1HGSDuJkh7LROBbM29Y JA&amp;s=19</a></p> <p><b>LinkedIn:</b>  <a href="https://www.linkedin.com/posts/ififoundatio n_worldstrokeday-actfast-strokespotter- activity-7389126340165292032- Z3mg?utm_source=social_share_send&amp;utm_ medium=android_app&amp;rcm=ACoAADRrwd8B yKCAG84AtefjYPvGZ1AeL5Rd8AA&amp;utm_cam paign=copy_link">https://www.linkedin.com/posts/ififoundatio n_worldstrokeday-actfast-strokespotter- activity-7389126340165292032- Z3mg?utm_source=social_share_send&amp;utm_ medium=android_app&amp;rcm=ACoAADRrwd8B yKCAG84AtefjYPvGZ1AeL5Rd8AA&amp;utm_cam paign=copy_link</a></p>

11	<p>ପକ୍ଷାଘାତ ଯୋଗୁଁ ହେଉଥିବା ଘା'ରୁ ଲୋକିକେ କେମିତି?   Post Stroke Bed sore Care   Dr Maya Gantayet</p>	<p><b>YouTube:</b>  <a href="https://youtube.com/shorts/LuNJ8ex6PAI?si=2ca8YOrOzjEXqtsZ">https://youtube.com/shorts/LuNJ8ex6PAI?si=2ca8YOrOzjEXqtsZ</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/r/1MXGzbMRR2/">https://www.facebook.com/share/r/1MXGzbMRR2/</a></p> <p><b>Instagram:</b>  <a href="https://www.instagram.com/reel/DQYj8O1Dwpl/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==">https://www.instagram.com/reel/DQYj8O1Dwpl/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==</a></p> <p><b>X:</b>  <a href="https://x.com/IFIFoundation/status/1983405938796081560">https://x.com/IFIFoundation/status/1983405938796081560</a></p> <p><b>LinkedIn:</b>  <a href="https://www.linkedin.com/posts/ififoundation_actfast-bedsore-worldstrokeday-activity-7389171639097364480-jYz0?utm_source=social_share_send&amp;utm_medium=android_app&amp;rcm=ACoAADRrwd8ByKCAG84AtefjYPvGZ1AeL5Rd8AA&amp;utm_campaign=copy_link">https://www.linkedin.com/posts/ififoundation_actfast-bedsore-worldstrokeday-activity-7389171639097364480-jYz0?utm_source=social_share_send&amp;utm_medium=android_app&amp;rcm=ACoAADRrwd8ByKCAG84AtefjYPvGZ1AeL5Rd8AA&amp;utm_campaign=copy_link</a></p>
12	<p>ସ୍ତ୍ରୋକ୍ ଷ୍ଟ୍ରୋକ୍: ଏହି ସବୁ ଲକ୍ଷଣରୁ ଅଣବେଖା କରନ୍ତୁ ନାହିଁ   Brain Stroke   Dr Subhransu Sekhar Jena</p>	<p><b>YouTube:</b>  <a href="https://youtu.be/7z7dC-75M5U?si=fE2k_Q-QOv9y4CGL">https://youtu.be/7z7dC-75M5U?si=fE2k_Q-QOv9y4CGL</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/v/1HJFT58Tuj/">https://www.facebook.com/share/v/1HJFT58Tuj/</a></p> <p><b>Instagram:</b>  <a href="https://www.instagram.com/reel/DQY9ySkj0rZ/?igsh=NXlkeTd1cXBkbW0w">https://www.instagram.com/reel/DQY9ySkj0rZ/?igsh=NXlkeTd1cXBkbW0w</a></p> <p><b>X:</b>  <a href="https://x.com/IFIFoundation/status/1983490240791953774">https://x.com/IFIFoundation/status/1983490240791953774</a></p> <p><b>LinkedIn:</b>  <a href="https://www.linkedin.com/feed/update/urn:li:activity:7389248661366685696">https://www.linkedin.com/feed/update/urn:li:activity:7389248661366685696</a></p>
13	<p>ଷ୍ଟ୍ରୋକ୍ ଚିକିତ୍ସା ପରେ ପିଚିଓଥେରାପିର ମୂଳିକା   Post Stroke Physiotherapy   Prof Patitapaban Mohanty</p>	<p><b>YouTube:</b>  <a href="https://youtube.com/shorts/XCcaAAe2Cu8?si=V48A1jzc7HAHkg_n">https://youtube.com/shorts/XCcaAAe2Cu8?si=V48A1jzc7HAHkg_n</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/r/1DHck3izpP/">https://www.facebook.com/share/r/1DHck3izpP/</a></p> <p><b>Instagram:</b>  <a href="https://www.instagram.com/reel/DQZN_x1Dzhi/?igsh=czhua3o5bzE2ajho">https://www.instagram.com/reel/DQZN_x1Dzhi/?igsh=czhua3o5bzE2ajho</a></p>

		<p><b>X:</b> <a href="https://x.com/IFIFoundation/status/1983511746242646427">https://x.com/IFIFoundation/status/1983511746242646427</a></p> <p><b>LinkedIn:</b> <a href="https://www.linkedin.com/feed/update/urn:li:activity:7389281102831603712">https://www.linkedin.com/feed/update/urn:li:activity:7389281102831603712</a></p>
14	<p>Just 30 minutes of physical activity five days a week will not only make you healthy but can also significantly lower risk of Brain Stroke. Insure your life with the power of adopting an active lifestyle from today. Stay Aware. Stay Active. Stay Stroke Free #ActFAST #StrokeMuktJeevan #WorldStrokeDay</p>	<p><b>YouTube:</b> <a href="http://youtube.com/post/UgkxKd8cYRvMSPU4mjufzkEfuMSPuDu9CvCV?si=Xzq5s2SN6EZS3lgo">http://youtube.com/post/UgkxKd8cYRvMSPU4mjufzkEfuMSPuDu9CvCV?si=Xzq5s2SN6EZS3lgo</a></p> <p><b>Facebook:</b> <a href="https://www.facebook.com/share/p/1JbYU9pGXy/">https://www.facebook.com/share/p/1JbYU9pGXy/</a></p> <p><b>Instagram:</b> <a href="https://www.instagram.com/p/DQbGCOQkVfz/?igsh=ZWRzZGJld3dyYTh6">https://www.instagram.com/p/DQbGCOQkVfz/?igsh=ZWRzZGJld3dyYTh6</a></p> <p><b>X:</b> <a href="https://x.com/IFIFoundation/status/1983782685316440074">https://x.com/IFIFoundation/status/1983782685316440074</a></p> <p><b>LinkedIn:</b> <a href="https://www.linkedin.com/feed/update/urn:li:activity:7389488737770143744">https://www.linkedin.com/feed/update/urn:li:activity:7389488737770143744</a></p>
15	<p>ଅନୁପେକ୍ଷାକୃତ କ୍ଷେତ୍ର ଥେରାପି ପାଇଁ କାହିଁକି ଚିତ୍ତୁରା?   Occupational Therapy   Pragyan Singh</p>	<p><b>YouTube:</b> <a href="https://youtube.com/shorts/CobaJqbGydg?si=E07HLdEDC6f7iLEm">https://youtube.com/shorts/CobaJqbGydg?si=E07HLdEDC6f7iLEm</a></p> <p><b>Facebook:</b> <a href="https://www.facebook.com/share/r/1GALM1hLaE/">https://www.facebook.com/share/r/1GALM1hLaE/</a></p> <p><b>Instagram:</b> <a href="https://www.instagram.com/reel/DQbHV8AkfQz/?igsh=MWl6amU4Yml2Y2liNQ==">https://www.instagram.com/reel/DQbHV8AkfQz/?igsh=MWl6amU4Yml2Y2liNQ==</a></p> <p><b>X:</b> <a href="https://x.com/IFIFoundation/status/1983784863833714989">https://x.com/IFIFoundation/status/1983784863833714989</a></p> <p><b>LinkedIn:</b> <a href="https://www.linkedin.com/feed/update/urn:li:activity:7389576578466430977">https://www.linkedin.com/feed/update/urn:li:activity:7389576578466430977</a></p>
16	<p>ପରେ ଥେରାପି ପାଇଁ କାହିଁକି କ୍ଷେତ୍ର ଥେରାପି ପାଇଁ କାହିଁକି ଚିତ୍ତୁରା?   Post Stroke Speech Therapy   Jayasankar Panda</p>	<p><b>YouTube:</b> <a href="https://youtube.com/shorts/OL2y3sr2UoY?si=9uPltCqtULpvJU_p">https://youtube.com/shorts/OL2y3sr2UoY?si=9uPltCqtULpvJU_p</a></p> <p><b>Facebook:</b> <a href="https://www.facebook.com/share/r/1ASLX8rnLX/">https://www.facebook.com/share/r/1ASLX8rnLX/</a></p> <p><b>Instagram:</b> <a href="https://www.instagram.com/reel/DQbwq2kD19X/?igsh=MTVyMG90bmJwZXV0OA==">https://www.instagram.com/reel/DQbwq2kD19X/?igsh=MTVyMG90bmJwZXV0OA==</a></p> <p><b>X:</b></p>

		<a href="https://x.com/IFIFoundation/status/1983874674070261825">https://x.com/IFIFoundation/status/1983874674070261825</a> <b>LinkedIn:</b> <a href="https://www.linkedin.com/feed/update/urn:li:activity:7389657485713801235">https://www.linkedin.com/feed/update/urn:li:activity:7389657485713801235</a>
17	Brain strokes are not confined to elderly only, but can also strike young adults with uncontrolled hypertension, unhealthy lifestyle, and lack of physical activity. Stay Healthy, Stroke Free	<b>YouTube:</b> <a href="http://youtube.com/post/UgkxrZWwZptZBBK CUEjlesPrGxorGnfVTqWR?si=DfcgZBRWoqz U1lft">http://youtube.com/post/UgkxrZWwZptZBBK CUEjlesPrGxorGnfVTqWR?si=DfcgZBRWoqz U1lft</a> <b>Facebook:</b> <a href="https://www.facebook.com/share/p/19ATvNpKA7/">https://www.facebook.com/share/p/19ATvNpKA7/</a> <b>Instagram:</b> <a href="https://www.facebook.com/share/p/19ATvNpKA7/">https://www.facebook.com/share/p/19ATvNpKA7/</a> <b>X:</b> <a href="https://x.com/IFIFoundation/status/1984142774602756392">https://x.com/IFIFoundation/status/1984142774602756392</a> <b>LinkedIn:</b> <a href="https://www.linkedin.com/feed/update/urn:li:activity:7389851115686780929">https://www.linkedin.com/feed/update/urn:li:activity:7389851115686780929</a>
18	ଝୁଣ୍ଡ ପରେ ପାଟିକୁ ଠିକ୍ ହେବା ପାଇଁ କେତେ ଦିନ ସମୟ ଲାଗିଥାଏ?   Occupational Therapy   Pragyan Singh	<b>YouTube:</b> <a href="https://youtube.com/shorts/1RmAugiUzXE">https://youtube.com/shorts/1RmAugiUzXE</a> <b>Facebook:</b> <a href="https://www.facebook.com/share/r/17R13Dm2xq/">https://www.facebook.com/share/r/17R13Dm2xq/</a> <b>Instagram:</b> <a href="https://www.instagram.com/reel/DQdwNI_j63k/?igsh=MW9vM2gybXVmb3Bzdg==">https://www.instagram.com/reel/DQdwNI_j63k/?igsh=MW9vM2gybXVmb3Bzdg==</a> <b>X:</b> <a href="https://x.com/IFIFoundation/status/1984153363567521845">https://x.com/IFIFoundation/status/1984153363567521845</a> <b>LinkedIn:</b> <a href="https://www.linkedin.com/feed/update/urn:li:activity:7389919067379392512">https://www.linkedin.com/feed/update/urn:li:activity:7389919067379392512</a>
19	କିଏ ବୟସକୁ ବିପତ୍ତି ରୋଗିତ୍ରେ ବ୍ରେନ୍ ଝୁଣ୍ଡ?   Prevention of Brain Stroke   Dr Mitalee Kar   #ActFAST	<b>YouTube:</b> <a href="https://youtube.com/shorts/CB1E9Ht6TPw?si=XgWvK4GxAtT7Gzun">https://youtube.com/shorts/CB1E9Ht6TPw?si=XgWvK4GxAtT7Gzun</a> <b>Facebook:</b> <a href="https://www.facebook.com/share/r/1B2Y3KGCT/">https://www.facebook.com/share/r/1B2Y3KGCT/</a> <b>Instagram:</b> <a href="https://www.instagram.com/reel/DQeVkmrD3sd/?igsh=MWlkZGd3Nmd5ODk4Mg==">https://www.instagram.com/reel/DQeVkmrD3sd/?igsh=MWlkZGd3Nmd5ODk4Mg==</a> <b>X:</b> <a href="https://x.com/IFIFoundation/status/1984236413840130155">https://x.com/IFIFoundation/status/1984236413840130155</a>

		<p>LinkedIn:  <a href="https://www.linkedin.com/feed/update/urn:li:activity:7390022616239042560">https://www.linkedin.com/feed/update/urn:li:activity:7390022616239042560</a></p>
20	<p>We extend gratitude to <a href="#">@UTKALCHAMBER</a> for collaborating with us to make the <a href="#">#StrokeMuktJeevan</a> campaign even more impactful this year. Together, let's work towards a <a href="#">#StrokeFreeWord</a> and build healthier, more informed communities through awareness, and proactive health practices.</p>	<p>X:  <a href="https://x.com/IFIFoundation/status/1981377070807892083">https://x.com/IFIFoundation/status/1981377070807892083</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/posts/ififoundation_greaterthan-strokemuktjeevan-everyminutecounts-activity-7387145541765439489-zGgn?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60">https://www.linkedin.com/posts/ififoundation_greaterthan-strokemuktjeevan-everyminutecounts-activity-7387145541765439489-zGgn?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60</a></p>
21	<p>We warmly welcome <a href="#">@BUniversiy</a> to join our public health outreach campaign - <a href="#">#StrokeMuktJeevan</a>. IFI Foundation extends heartfelt thanks for your continued support, collaboration, and shared commitment to amplifying awareness on prevention and management of strokes.</p>	<p>X:  <a href="https://x.com/IFIFoundation/status/1981377389772128701">https://x.com/IFIFoundation/status/1981377389772128701</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-everyminutecounts-actfast-activity-7387836242119286784-K2Dx?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60">https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-everyminutecounts-actfast-activity-7387836242119286784-K2Dx?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60</a></p>
22	<p>Thank you <a href="#">@TiE_Bhubaneswar</a> for joining hands with us once again for our <a href="#">#StrokeMuktJeevan</a> campaign! Your enduring support strengthens our shared commitment to raise awareness and help communities prevent and manage Stroke in time. <a href="#">#WorldStrokeDay</a></p>	<p>X:  <a href="https://x.com/IFIFoundation/status/1981637766988591571">https://x.com/IFIFoundation/status/1981637766988591571</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-worldstrokeday-everyminutecounts-activity-7387404067125387264-XMzt?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60">https://www.linkedin.com/posts/ififoundation_strokemuktjeevan-worldstrokeday-everyminutecounts-activity-7387404067125387264-XMzt?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADIKE1EBHEGMwAiZb8c1Q5GECkISfyUsH60</a></p>
23	<p>TiE Bhubaneswar President Ayaskanta Mohanty shares his views on worldwide stroke scenario and how it has emerged as a daunting challenge for healthcare systems. Mohanty lauds IFI Foundation and partners for</p>	<p>X:  <a href="https://x.com/IFIFoundation/status/1984616290410258436">https://x.com/IFIFoundation/status/1984616290410258436</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/posts/ififoundation_strokmuktjeevan-actfast-activity-7390383374529544193-lppf">https://www.linkedin.com/posts/ififoundation_strokmuktjeevan-actfast-activity-7390383374529544193-lppf</a></p>

	sharing the collective action of creating public health awareness on prevention and management of brain stroke through outdoor engagement and digital outreach initiative.	
24	Addressing the global health emergency of rising stroke cases is the need of the hour. On <a href="#">#WorldStrokeDay</a> , let's further our pledge to build healthier and stroke-free society.	<p>X: <a href="https://x.com/IFIFoundation/status/1983529857347961118">https://x.com/IFIFoundation/status/1983529857347961118</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/feed/update/urn:li:activity:7389268153609981952">https://www.linkedin.com/feed/update/urn:li:activity:7389268153609981952</a></p>
25	The IFI Foundation in collaboration with the Department of Journalism and Mass Communication, Berhampur University, hosted an insightful Youth Awareness Program 'Spot Stroke, Save Lives' on Monday to empower students as "Stroke Spotters" and public health ambassadors in the fight against brain stroke.	<p>YouTube: <a href="http://youtube.com/post/UgkxNPoo5w3v_IBqzxxp0Y5IW3SM7LU6y6yc?si=0Qzi-OLewl01gKC4">http://youtube.com/post/UgkxNPoo5w3v_IBqzxxp0Y5IW3SM7LU6y6yc?si=0Qzi-OLewl01gKC4</a></p> <p>Facebook: <a href="https://www.facebook.com/share/p/19TxdTmiT/">https://www.facebook.com/share/p/19TxdTmiT/</a></p> <p>X: <a href="https://x.com/IFIFoundation/status/1988133431507611732?s=20">https://x.com/IFIFoundation/status/1988133431507611732?s=20</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/posts/odishaliveservices_spot-stroke-save-lives-campaign-at-berhampur-activity-7393907430000295936-QiGD?">https://www.linkedin.com/posts/odishaliveservices_spot-stroke-save-lives-campaign-at-berhampur-activity-7393907430000295936-QiGD?</a></p>
26	<p>Together for awareness, together for life!</p> <p>At the 'Spot Stroke, Save Lives' event held at Berhampur University, students and dignitaries united to take the Stroke Awareness Pledge, reaffirming their commitment to spread the message: Spot Stroke. Save Lives.</p> <p>The pledge reflected a shared resolve to promote early detection, prevention, and timely action against stroke —</p>	<p>YouTube: <a href="http://youtube.com/post/UgkxNPoo5w3v_IBqzxxp0Y5IW3SM7LU6y6yc?si=3w0pviMp5jJUH z9C">http://youtube.com/post/UgkxNPoo5w3v_IBqzxxp0Y5IW3SM7LU6y6yc?si=3w0pviMp5jJUH z9C</a></p> <p>Facebook: <a href="https://www.facebook.com/share/p/1GZXScGXVq/">https://www.facebook.com/share/p/1GZXScGXVq/</a></p> <p>Instagram: <a href="https://www.instagram.com/p/DQ6qfJsj16u/?igsh=OG9zdmsxbTRkZmx1">https://www.instagram.com/p/DQ6qfJsj16u/?igsh=OG9zdmsxbTRkZmx1</a></p> <p>X: <a href="https://x.com/IFIFoundation/status/1988222531296522738?s=20">https://x.com/IFIFoundation/status/1988222531296522738?s=20</a></p> <p>LinkedIn: <a href="https://www.linkedin.com/feed/update/urn:li:activity:7393997814214823936">https://www.linkedin.com/feed/update/urn:li:activity:7393997814214823936</a></p>

	<p>a vital step in building a healthier, #StrokeMuktJeevan.</p> <p>#WorldStrokeDay #ActFAST</p>	
27	<p>Awareness leads to action. Action saves lives. In Stroke, every minute counts. So, #ActFAST!</p> <p>We launched the campaign newsletter under our public health outreach initiative #StrokeMuktJeevan (Life Free from Stroke) as a part of the diverse activities planned around the #WorldStrokeDay 2025.</p> <p>The newsletter, highlighting the ways to identify, prevent, and manage stroke through awareness and timely action, was released at the youth awareness program - 'Spot Stroke, Save Lives' - recently hosted in collaboration with the Berhampur University.</p> <p>Click the link to read or download your copy and be a part of the change.  <a href="https://tinyurl.com/nky6pvre">https://tinyurl.com/nky6pvre</a></p> <p>#ActFAST #StrokeAwareness</p>	<p><b>YouTube:</b>  <a href="http://youtube.com/post/Ugkx_CBW-HfybO1eLu3tg7oxH1Wzmv2jJEb3?si=GmCbSou51wGYK5Wg">http://youtube.com/post/Ugkx_CBW-HfybO1eLu3tg7oxH1Wzmv2jJEb3?si=GmCbSou51wGYK5Wg</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/p/1Cr7QRsV4s/">https://www.facebook.com/share/p/1Cr7QRsV4s/</a></p> <p><b>Instagram:</b>  <a href="https://www.instagram.com/p/DQ8snY5EQ0J/?igsh=MTk1ZXlwYzVsMXBqNw==">https://www.instagram.com/p/DQ8snY5EQ0J/?igsh=MTk1ZXlwYzVsMXBqNw==</a></p> <p><b>X:</b>  <a href="https://x.com/IFIFoundation/status/1988509501042160089?s=20">https://x.com/IFIFoundation/status/1988509501042160089?s=20</a></p> <p><b>LinkedIn:</b>  <a href="https://www.linkedin.com/feed/update/urn:li:activity:7394281538768650240">https://www.linkedin.com/feed/update/urn:li:activity:7394281538768650240</a></p>
28	<p>Posters that speak awareness! During the 'Spot Stroke, Save Lives' youth-focus program at Berhampur University, we released a set of posters on Stroke Awareness inspired by World Stroke Organization's themes under #WorldStrokeDay 2025.</p> <p>This has been a part our efforts to spread the message of early detection, prevention,</p>	<p><b>YouTube:</b>  <a href="http://youtube.com/post/UgkxOyMMvqO0pD_1DJ2PN3qs5XjzXCJ1qr65?si=pQBm1m-omvcOk-bz">http://youtube.com/post/UgkxOyMMvqO0pD_1DJ2PN3qs5XjzXCJ1qr65?si=pQBm1m-omvcOk-bz</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/p/1MaZSFqGfT/">https://www.facebook.com/share/p/1MaZSFqGfT/</a></p> <p><b>Instagram:</b>  <a href="https://www.instagram.com/p/DQ8zLnzEd23/?igsh=MW9qc3dnZHptNmY5eA==">https://www.instagram.com/p/DQ8zLnzEd23/?igsh=MW9qc3dnZHptNmY5eA==</a></p> <p><b>X:</b>  <a href="https://x.com/IFIFoundation/status/1988524946705064327?s=20">https://x.com/IFIFoundation/status/1988524946705064327?s=20</a></p>

	<p>and post-stroke management promoting #StrokeMuktJeevan.</p> <p>#ActFAST #StrokeAwareness</p>	<p>LinkedIn:  <a href="https://www.linkedin.com/feed/update/urn:li:activity:7394301079200411649">https://www.linkedin.com/feed/update/urn:li:activity:7394301079200411649</a></p>
29	<p>Awareness is the key in public health advocacy while impacting change in the behavior of the masses.</p> <p>Thus an AV capsule on stroke awareness was showcased during the 'Spot Stroke, Save Lives' youth-focus program at Berhampur University, leaving a lasting impact on the audience.</p> <p>The powerful visual message highlighted the importance of early detection, prevention, and timely action against brain stroke, inspiring students to step forward as public health ambassadors and torchbearers of a #StrokeMuktJeevan.</p> <p>#StrokeAwareness #ActFAST</p>	<p>YouTube:  <a href="http://youtube.com/post/UgkxBuuRqUuBo3QTdQ8CgWLXNxoK2hh7HACH?si=bXdAIZsKLBIVdJyR">http://youtube.com/post/UgkxBuuRqUuBo3QTdQ8CgWLXNxoK2hh7HACH?si=bXdAIZsKLBIVdJyR</a></p> <p>Facebook:  <a href="https://www.facebook.com/share/p/1C4TgY4XoV/">https://www.facebook.com/share/p/1C4TgY4XoV/</a></p> <p>Instagram:  <a href="https://www.instagram.com/p/DQ89J9hj6kO/?igsh=dm5zMjd3eHZ1eWph">https://www.instagram.com/p/DQ89J9hj6kO/?igsh=dm5zMjd3eHZ1eWph</a></p> <p>X:  <a href="https://x.com/IFIFoundation/status/1988547318401134940?s=20">https://x.com/IFIFoundation/status/1988547318401134940?s=20</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/feed/update/urn:li:activity:7394334297299677184">https://www.linkedin.com/feed/update/urn:li:activity:7394334297299677184</a></p>
30	<p>Young minds for a healthier tomorrow!</p> <p>Students from various departments of Berhampur University participated in the Digital Poster Making Competition during #WorldStrokeDay 2025, creatively expressing their thoughts on stroke prevention and management. Selected posters were displayed during the 'Spot Stroke, Save Lives' event, a youth-focus outreach program hosted by the IFI Foundation in association with the Berhampur University. The participants were also</p>	<p>YouTube:  <a href="http://youtube.com/post/UgkxfaXSjed4wclGH5BeYRiySwo7rYy-v7jp?si=PmOwVT-Pile0gPDQ">http://youtube.com/post/UgkxfaXSjed4wclGH5BeYRiySwo7rYy-v7jp?si=PmOwVT-Pile0gPDQ</a></p> <p>Facebook:  <a href="https://www.facebook.com/share/p/15M4AWcPBKy/">https://www.facebook.com/share/p/15M4AWcPBKy/</a></p> <p>Instagram:  <a href="https://www.instagram.com/p/DQ_MNL9j5GV/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==">https://www.instagram.com/p/DQ_MNL9j5GV/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==</a></p> <p>X:  <a href="https://x.com/IFIFoundation/status/1988860506782986366?s=20">https://x.com/IFIFoundation/status/1988860506782986366?s=20</a></p> <p>LinkedIn:  <a href="https://www.linkedin.com/feed/update/urn:li:activity:7394687300439310336">https://www.linkedin.com/feed/update/urn:li:activity:7394687300439310336</a></p>

	<p>appreciated with certificates for their efforts promoting public health advocacy. Thank you all for joining the global cause. In <b>#Stroke</b> every m1nute counts. So <b>#ActFAST!</b></p>	
31	<p>"The socio-economic development of a nation can be boosted when we focus on the key subjects like education and public health. So, our youth can play a transformative role in curbing the growing menace of brain stroke, a major public health burden of the time, through wide awareness and healthy habits."</p> <p>Prof. Geetanjali Dash, Vice-Chancellor, Berhampur University, commended 'Spot Stroke, Save Lives', an initiative by IFI Foundation and its partners, for inspiring students to become active voices in public health advocacy and contributors to a #StrokeMuktJeevan.</p>	<p><b>YouTube:</b>  <a href="http://youtube.com/post/Ugkx_QAd3Z1yW8ILSABGLbhps2OjW4aJhkgV?si=4ve6G6EbqawLKvoZ">http://youtube.com/post/Ugkx_QAd3Z1yW8ILSABGLbhps2OjW4aJhkgV?si=4ve6G6EbqawLKvoZ</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/p/1BR9fsyRmB/">https://www.facebook.com/share/p/1BR9fsyRmB/</a></p> <p><b>Instagram:</b>  <a href="https://www.instagram.com/p/DQ_Y5jLkWHs/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFiZA==">https://www.instagram.com/p/DQ_Y5jLkWHs/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFiZA==</a></p> <p><b>X:</b>  <a href="https://x.com/IFIFoundation/status/1988879513313288513?s=20">https://x.com/IFIFoundation/status/1988879513313288513?s=20</a></p> <p><b>LinkedIn:</b>  <a href="https://www.linkedin.com/feed/update/urn:li:activity:7394689214757580800">https://www.linkedin.com/feed/update/urn:li:activity:7394689214757580800</a></p>
32	<p>"For the last three years, IFI Foundation along with our partners has been leading the #StrokeMuktJeevan campaign as a multi-pronged public health outreach movement in Odisha and beyond." At 'Spot Stroke, Save Lives' held at Berhampur University, Nilambar Rath, Chair, IFI Stroke Initiative, shared how the Foundation is empowering youth to become 'Stroke Spotters' today and 'Stroke Yodhas' of tomorrow in the fight against this public health emergency.</p>	<p><b>YouTube:</b>  <a href="http://youtube.com/post/UgkxiPNFY86O83MszcAwcID7mn6q3FLA523P?si=DNfi75TkyErpBEoq">http://youtube.com/post/UgkxiPNFY86O83MszcAwcID7mn6q3FLA523P?si=DNfi75TkyErpBEoq</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/p/14Qh3XFrGC7/">https://www.facebook.com/share/p/14Qh3XFrGC7/</a></p> <p><b>Instagram:</b>  <a href="https://www.instagram.com/p/DQ_pHorD3Eh/?igsh=NWk0ZTVvZnF3a2Jx">https://www.instagram.com/p/DQ_pHorD3Eh/?igsh=NWk0ZTVvZnF3a2Jx</a></p> <p><b>X:</b>  <a href="https://x.com/IFIFoundation/status/1988925115518906654?s=20">https://x.com/IFIFoundation/status/1988925115518906654?s=20</a></p> <p><b>LinkedIn:</b>  <a href="https://www.linkedin.com/feed/update/urn:li:activity:7394720717537325056">https://www.linkedin.com/feed/update/urn:li:activity:7394720717537325056</a></p>

33	<p>Chairperson, IFI Stroke Initiative Shri Nilambar Rath presented a copy of the #StrokeMuktJeevan campaign newsletter to Shri Anuj Kumar Das Pattanaik, Director, I&amp;PR Department, Government of Odisha, recently. Shri Rath shared with him, the vision &amp; key activities of IFI under the initiative towards building a stroke-aware and healthier society.</p>	<p><b>YouTube:</b>  <a href="http://youtube.com/post/Ugkx6xfUhK4ELw3w0gpefNo3lSolsPUqX8X2?si=xUiGFX89dbtvf0fc">http://youtube.com/post/Ugkx6xfUhK4ELw3w0gpefNo3lSolsPUqX8X2?si=xUiGFX89dbtvf0fc</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/p/1FkMGrA1Ch/">https://www.facebook.com/share/p/1FkMGrA1Ch/</a></p> <p><b>Instagram:</b>  <a href="https://www.instagram.com/p/DRBsdD1D9Jl/?igsh=MW9wZnNnNWJhNzVydW==">https://www.instagram.com/p/DRBsdD1D9Jl/?igsh=MW9wZnNnNWJhNzVydW==</a></p> <p><b>X:</b>  <a href="https://x.com/IFIFoundation/status/1989214070118273442?s=20">https://x.com/IFIFoundation/status/1989214070118273442?s=20</a></p> <p><b>LinkedIn:</b>  <a href="https://www.linkedin.com/feed/update/urn:li:activity:7395105134185242624">https://www.linkedin.com/feed/update/urn:li:activity:7395105134185242624</a></p>
34	<p>Thank you to the media for covering the 'Spot Stroke, Save Lives' event &amp; facilitating a wide coverage towards the awareness under #StrokeMuktJeevan campaign</p>	<p><b>YouTube:</b>  <a href="http://youtube.com/post/UgkxTIXwi-5vgZczEnQip09danWVLPRHIV6Z?si=066SXprqtAByMlg6">http://youtube.com/post/UgkxTIXwi-5vgZczEnQip09danWVLPRHIV6Z?si=066SXprqtAByMlg6</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/p/1AHJEkNZas/">https://www.facebook.com/share/p/1AHJEkNZas/</a></p> <p><b>Instagram:</b>  <a href="https://www.instagram.com/p/DRB82zpkefj/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/DRB82zpkefj/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p> <p><b>X:</b>  <a href="https://twitter.com/IFIFoundation/status/1989235687254892676">https://twitter.com/IFIFoundation/status/1989235687254892676</a></p> <p><b>LinkedIn:</b>  <a href="https://www.linkedin.com/feed/update/urn:li:activity:7395108500693082113">https://www.linkedin.com/feed/update/urn:li:activity:7395108500693082113</a></p>
35	<p>#WorldStrokeDay 2025 was a powerful reminder that collaborative effort is key to tackling stroke — a global public health emergency. 🌍</p> <p>IFI Foundation, a member of the World Stroke Organization, was humbled to run the public</p>	<p><b>YouTube:</b>  <a href="http://youtube.com/post/Ugkx5S7o5f-E1rgbNgZuP7_9spnEGMc9t5lg?si=EMCMZZt0i5fyLYTq">http://youtube.com/post/Ugkx5S7o5f-E1rgbNgZuP7_9spnEGMc9t5lg?si=EMCMZZt0i5fyLYTq</a></p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/share/p/16hTo9EFAz/">https://www.facebook.com/share/p/16hTo9EFAz/</a></p>

	<p>health outreach campaign #StrokeMuktJeevan for the third year in a row.</p> <p>This time, a multilingual and multipronged strategy helped amplify the program, focusing on prevention, management, and timely response.</p> <p>Our sincere gratitude to all our partners for their continued support and collaboration in making the campaign impactful. Your contribution helped boost this vital message. 🙏</p>	<p><b>Instagram:</b></p> <p><a href="https://www.instagram.com/p/DREy3qLj4Jy/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==">https://www.instagram.com/p/DREy3qLj4Jy/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==</a></p>
		<p><b>X:</b></p> <p><a href="https://x.com/IFIFoundation/status/1989650484152734009?s=20">https://x.com/IFIFoundation/status/1989650484152734009?s=20</a></p>
36	<p>Chairperson, IFI Stroke Initiative, Shri Nilambar Rath presented a copy of the #StrokeMuktJeevan campaign newsletter to Dr Mrutyunjay Suar, Chairman, BCKIC and CEO KIIT TBI. During the meeting, Shri Rath offered an overview of IFI’s vision to promote stroke awareness, prevention, and community education. He highlighted the initiative’s key activities—community outreach programs, awareness campaigns, training for stroke spotters, and efforts to make preventive, pre- and post-stroke care information accessible across diverse populations.</p>	<p><b>YouTube:</b></p> <p><a href="http://youtube.com/post/UgkxYMqiNLGNkv7uab3QpwFckSEnWBe35UAr?si=sRZnFlrMs3CFrl1e">http://youtube.com/post/UgkxYMqiNLGNkv7uab3QpwFckSEnWBe35UAr?si=sRZnFlrMs3CFrl1e</a></p>
		<p><b>Facebook:</b></p> <p><a href="https://www.facebook.com/share/p/17Z5hRygoK/">https://www.facebook.com/share/p/17Z5hRygoK/</a></p>
		<p><b>Instagram:</b></p> <p><a href="https://www.instagram.com/p/DRRSGntDUrE/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==">https://www.instagram.com/p/DRRSGntDUrE/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFlZA==</a></p>
		<p><b>X:</b></p> <p><a href="https://x.com/IFIFoundation/status/1991407501879963898?s=20">https://x.com/IFIFoundation/status/1991407501879963898?s=20</a></p>
		<p><b>LinkedIn:</b></p> <p><a href="https://www.linkedin.com/feed/update/urn:li:activity:7397175938725236736">https://www.linkedin.com/feed/update/urn:li:activity:7397175938725236736</a></p>
37	<p>Shri Nilambar Rath, Chairperson, IFI Stroke Initiative, presented a copy of the #StrokeMuktJeevan 2025 campaign newsletter to Dr. Bidhu Kalyan Mohanti, Director Academic and Head of Radiation Oncology at the Bagchi Sri Shankara Cancer</p>	<p><b>YouTube:</b></p> <p><a href="http://youtube.com/post/UgkxMGJ1XI4Ref8uR8swfoDEKsm18TUu5CaK?si=x0tl6-XBhpk2ldbx">http://youtube.com/post/UgkxMGJ1XI4Ref8uR8swfoDEKsm18TUu5CaK?si=x0tl6-XBhpk2ldbx</a></p>
		<p><b>Facebook:</b></p> <p><a href="https://www.facebook.com/share/p/1E7ADTNALY/">https://www.facebook.com/share/p/1E7ADTNALY/</a></p>

	<p>Centre &amp; Research Institute, Bhubaneswar during his recent visit to the institution. Shri Rath outlined IFI's broader mission to build a stronger public understanding of stroke risks and response. He informed about the efforts of IFI — from grassroots awareness drives to capacity-building of youth as stroke spotters empowering communities with vital preventive, emergency, and recovery-related information on brain stroke.</p>	<p>Instagram:  <a href="https://www.instagram.com/p/DRRaC6pDVUs/">https://www.instagram.com/p/DRRaC6pDVUs/</a></p>
		<p>X:  <a href="https://x.com/IFIFoundation/status/1991425470504792095?s=20">https://x.com/IFIFoundation/status/1991425470504792095?s=20</a></p>
		<p>LinkedIn:  <a href="https://www.linkedin.com/feed/update/urn:li:activity:7397191850534559744">https://www.linkedin.com/feed/update/urn:li:activity:7397191850534559744</a></p>



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2	October 29, 2025	KNews	<a href="https://knewsodisha.com/state/today-is-world-stroke-day-745309">https://knewsodisha.com/state/today-is-world-stroke-day-745309</a>
3	October 29, 2025	OdishaLIVE	<a href="https://odisha.live/2025/10/29/world-stroke-day-wake-up-call-for-all-to-combat-this-harbinger-of-death-and-permanent-disability-odia-news-odia-news/">https://odisha.live/2025/10/29/world-stroke-day-wake-up-call-for-all-to-combat-this-harbinger-of-death-and-permanent-disability-odia-news-odia-news/</a>
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5	October 29, 2025	Odisha Plus	World Stroke Day 2025: Every Minute Counts for Global Action
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7	November 13, 2025	Finger Print News (ENGLISH)	<a href="https://fingerprintnews.in/empowering-youth-as-public-health-ambassadors-to-reduce-the-burden-of-st...">https://fingerprintnews.in/empowering-youth-as-public-health-ambassadors-to-reduce-the-burden-of-st...</a>
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11	October 29, 2025	Nandighosa	<a href="https://youtu.be/O8yBPvK-SRo?si=6ACRPCy1lx0xXyl">https://youtu.be/O8yBPvK-SRo?si=6ACRPCy1lx0xXyl</a>
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13	November 10, 2025	ETV Bharat	<a href="https://www.etvbharat.com/or/state/stop-stroke-save-lives-awareness-program-in-berhampur-university...">https://www.etvbharat.com/or/state/stop-stroke-save-lives-awareness-program-in-berhampur-university...</a>
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20	November 10, 2025	Odisha Diary	<a href="https://orissadiary.com/spot-stroke-save-lives-ifi-foundation-hosts-youth-awareness-program-at-berh...">https://orissadiary.com/spot-stroke-save-lives-ifi-foundation-hosts-youth-awareness-program-at-berh...</a>
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<b>Publication</b>	Matrubhasha
<b>Date</b>	13 November 2025
<b>Headline</b>	ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ଯୁବପିଢ଼ିଙ୍କ ପାଇଁ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ: 'ଷ୍ଟୋକ୍‌କୁ ଜାଣନ୍ତୁ, ଜୀବନ ବଞ୍ଚାନ୍ତୁ'

## ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ଯୁବପିଢ଼ିଙ୍କ ପାଇଁ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ: 'ଷ୍ଟୋକ୍‌କୁ ଜାଣନ୍ତୁ, ଜୀବନ ବଞ୍ଚାନ୍ତୁ'

**ଭୁବନେଶ୍ୱର/ବ୍ରହ୍ମପୁର:** 'ବ୍ରେନ୍ ଷ୍ଟୋକ୍' ବା 'ମସ୍ତିଷ୍କାଘାତ' ଆଜି ସାରା ବିଶ୍ୱରେ ଏକ ବଡ଼ ଜନସାଧୁ ସମସ୍ୟା ହୋଇଛି । ତେଣୁ, ଏ ବିଷୟରେ ଯୁବପିଢ଼ିଙ୍କ ଭିତରେ ସଚେତନତା ସୃଷ୍ଟି କରିବା ଲାଗି ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟଠାରେ ଯୋଜନା କରାଯାଇଥିବା 'ଷ୍ଟୋକ୍‌କୁ ଜାଣନ୍ତୁ, ଜୀବନ ବଞ୍ଚାନ୍ତୁ' ଶୀର୍ଷକରେ ଏକ ବିଶେଷ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହୋଇଯାଇଛି । ଏଥିରେ ଜନସାଧୁ ଓ ସୂଚନା ବିଶେଷଜ୍ଞ ଏବଂ ଶିକ୍ଷାବିତ୍ ଯୋଗଦେଇ ଷ୍ଟୋକର କିପରି ମୁକାବିଲା କରାଯାଇପାରିବ ସେ ବିଷୟରେ ଯୁବପିଢ଼ିଙ୍କୁ ପରାମର୍ଶ ଦେଇଥିଲେ ।

ବିଶ୍ୱବିଦ୍ୟାଳୟର ସହଭାଗିତାରେ ଆଇଏଫଆଇ ପାଉଣ୍ଡେସନ, ସାମ୍ବଲପୁର ଏବଂ ଓଡ଼ିଶାଲାଇଭ୍ ପକ୍ଷରୁ ଏହି ଜନସାଧୁ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ କରାଯାଇଥିଲା । ଏଥିରେ ବିଭିନ୍ନ ବିଭାଗର ଶତାଧିକ ଛାତ୍ରଛାତ୍ରୀଙ୍କ ସହ ଅଧ୍ୟାପକ, ଅଧ୍ୟାପିକା, କର୍ମଚାରୀ ଯୋଗ ଦେଇଥିଲେ । କାର୍ଯ୍ୟକ୍ରମରେ ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ପ୍ରଫେସର ଗୀତାଲି ଦାଶ ଯୋଗଦେଇ କହିଥିଲେ, 'ବ୍ରେନ୍ ଷ୍ଟୋକ୍ ଭଳି ଜଟିଳ ସମସ୍ୟାର ମୁକାବିଲା ପାଇଁ ସମସ୍ତେ ଏକାଠି ହେବାର ଆବଶ୍ୟକତା ରହିଛି । ଦେଶର ଆର୍ଥିକ ବିକାଶ ପାଇଁ ଶିକ୍ଷା ଏବଂ ଜନସାଧୁ ଦୁଇଟି ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ବିଷୟ । ତେଣୁ ଯୁବଗୋଷ୍ଠୀକୁ ସଚେତନ କରିବା ସହ ଷ୍ଟୋକର ଲକ୍ଷଣକୁ ଚିହ୍ନିବା ଏବଂ ଏହାର ନିରାକରଣ କରିପାରିଲେ ଏକ ଷ୍ଟୋକ-ମୁକ୍ତ ସମାଜ ଗଠନ ହୋଇପାରିବ । ଏଥିରେ ଯୁବଗୋଷ୍ଠୀ ଏକ ପ୍ରମୁଖ ଭୂମିକା ଗ୍ରହଣ କରିବେ । ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ସାମ୍ବଲପୁର ଓ ଗଣଯୋଗାଯୋଗ ବିଭାଗର ମୁଖ୍ୟ ତତ୍କର ବନ୍ଦିତା କୁମାରୀ ପଣ୍ଡା ସମସ୍ତଙ୍କୁ ସାଗତ କରିଥିଲେ । ଆଇଏଫଆଇ ପାଉଣ୍ଡେସନ, ସାମ୍ବଲପୁର ଏବଂ ଓଡ଼ିଶାଲାଇଭ୍ ପକ୍ଷରୁ ଆୟୋଜିତ ଏହି ଜନସାଧୁ କାର୍ଯ୍ୟକ୍ରମକୁ ସେ ପ୍ରଶଂସା କରିଥିଲେ ।



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<b>Date</b>	10 November 2025
<b>Headline</b>	'ଷ୍ଟ୍ରୋକ୍ ଜାଣନ୍ତୁ, ଜୀବନ ବଞ୍ଚାନ୍ତୁ' ସଚେତନତା

**ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟ 'ଷ୍ଟ୍ରୋକ୍ ଜାଣନ୍ତୁ, ଜୀବନ ବଞ୍ଚାନ୍ତୁ' ସଚେତନତା**

ଗୋପାଳପୁର, ୧୦୧୧ (ଆମ୍ଭ): ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟ ପୂର୍ବ ସମ୍ମିଳନୀ କକ୍ଷରେ ସୋମବାର ଆଇ-ଏମ୍‌ଆଇ ପାଇଲୋଟ୍, ସାମାଜିକ ସ୍ୱାସ୍ଥ୍ୟ ଏବଂ ଡିଜିଟାଲ୍ ମାଧ୍ୟମରେ ଟ୍ରୋକ୍ ଷ୍ଟ୍ରୋକ୍ ନେଇ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ ହୋଇଥିଲା । ଏହାର ଶୀର୍ଷକ ଥିଲା 'ଷ୍ଟ୍ରୋକ୍ ଜାଣନ୍ତୁ, ଜୀବନ ବଞ୍ଚାନ୍ତୁ' । କୁଳପତି ପ୍ରଫେସର ଗୋପାଳ ଚନ୍ଦ୍ର କହିଥିଲେ ଯେ- ଦେଶର ଆର୍ଥିକ ବିକାଶ ପାଇଁ ଶିକ୍ଷା ଏବଂ ଜନସ୍ୱାସ୍ଥ୍ୟ ଦୁଇଟି ସ୍ତମ୍ଭରୂପେ ବିଷୟ । ପ୍ରତିରୋଧୀକୁ ସଚେତନ କରିବା ସହ ଟ୍ରୋକ୍ ଷ୍ଟ୍ରୋକ୍ ବା ମସ୍ତିଷ୍କାଘାତର ଲକ୍ଷଣକୁ ଚିହ୍ନିବା ଏବଂ ଏହାର ନିରାକରଣ କରିପାରିଲେ ଏକ ଷ୍ଟ୍ରୋକ୍-ପୁତ୍ର ସମାଜ ଗଠନ ହୋଇପାରିବ ।

ସାମ୍ବନ୍ଧିକ ଓ ଗଣସଂଗଠନ ବିଭାଗର ପ୍ରଫୁଲ୍ଲ ଚ. ବହିରା କୁମାରୀ ପଞ୍ଜୀକୃତ ସମ୍ବନ୍ଧ କରୁଥିଲେ । ଆଇ-ଏମ୍‌ଆଇ ପାଇଲୋଟ୍ ପ୍ରତିଷ୍ଠା ନୀଳମ୍ବର ରଥ ଷ୍ଟ୍ରୋକ୍ ଲକ୍ଷଣକୁ ଚିହ୍ନି ଠିକ୍ ସମୟରେ ଉଚିତ ପରାମର୍ଶ ନେଇପାରିଲେ ଆଗାମୀ ଦିନରେ ସେମାନେ ବଞ୍ଚିବେ ଷ୍ଟ୍ରୋକ୍ ସେବା ହେଉ

ପାରିବେ ବୋଲି କହିଥିଲେ । ଜନସ୍ୱାସ୍ଥ୍ୟ ବିଶେଷଜ୍ଞ ଡା. ସରୋଜ କୁମାର ମିଶ୍ର ଷ୍ଟ୍ରୋକ୍ ମୁକାବିଲାର ବିଭିନ୍ନ ଚିକିତ୍ସା ବିଷୟରେ କହିଥିଲେ । ପିମ୍ପି କାର୍ଯ୍ୟକ୍ରମ ଅଧ୍ୟକ୍ଷ ପ୍ରଫେସର ପୁଲକ କୁମାର ରୂପାଠୀ ଷ୍ଟ୍ରୋକ୍ ମୁକାବିଲରେ ଛାତ୍ରଛାତ୍ରୀ ଓ ଯୁବପିଢ଼ିଙ୍କୁ ସଶକ୍ତ କରିବା ଉପରେ ସ୍ୱରୂପ ଦେଇଥିଲେ ।

ଏହି ଅବସରରେ ଷ୍ଟ୍ରୋକ୍ ମୁକାବିଲ ଏକ ପୁସ୍ତିକା ଅଭିଯାନର ଦ୍ୱାରା ଉଦ୍ଦେଶ୍ୟ କରାଯାଇଥିଲା । ମସ୍ତିଷ୍କାଘାତର କାରଣ, ଲକ୍ଷଣ, ଚିକିତ୍ସା ଏବଂ ଷ୍ଟ୍ରୋକ୍ ପରବର୍ତ୍ତୀ ଅବସ୍ଥାରେ ରୋଗୀଙ୍କ ସେବା ଯତ୍ନ ଉପରେ ଆଧାରିତ ସ୍ୱଚ୍ଛ ଚିତିତ୍ର ପ୍ରଦର୍ଶନ କରାଯାଇଥିଲା । ଛାତ୍ରଛାତ୍ରୀଙ୍କ ଦ୍ୱାରା ପୋଷ୍ଟର ପ୍ରଦର୍ଶନ ସହ ସଚିପିକେଟ୍ ପ୍ରଦାନ କରାଯାଇଥିଲା । ପରେ ସମସ୍ତେ ଷ୍ଟ୍ରୋକ୍ ସଚେତନତା ଶପଥ ଗ୍ରହଣ କରିଥିଲେ । ଆଇ-ଏମ୍‌ଆଇ ପାଇଲୋଟ୍ ସହ-ଅଧ୍ୟକ୍ଷ ପ୍ରଫୁଲ୍ଲ ପରିଡ଼ା, ସାମାଜିକ ସ୍ୱାସ୍ଥ୍ୟ ପ୍ରମୁଖୀକରଣ ବିଭାଗ, ସାମାଜିକ ସ୍ୱାସ୍ଥ୍ୟ ପ୍ରମୁଖୀକରଣ ବିଭାଗ, ସୁଚିରୋଷା ପାଣିଗ୍ରାହୀ ପ୍ରମୁଖ ପରିଚାଳନା କରିଥିଲେ । ଧନ୍ୟବାଦ ଅର୍ପଣ କରିଥିଲେ ଅମିତ କୁମାର ମହାନ୍ତି । କୁଳସଚିବ ସଚିବାଳୟ ନାୟକ, ପ୍ରମୁଖ-କୁଳସଚିବ ଡ. ବାବୁଜୀ ସାମଲ, ଡ. ଚିନ୍ମୟ ବହିରା, ଡ. ନେହା ପାଣି, ଡ. ଜୟନ୍ତ ପଣ୍ଡାଙ୍କ ସମେତ ଛାତ୍ର ଛାତ୍ରୀ, ଅଧ୍ୟାପକ ଅଧ୍ୟାପିକା ଓ କର୍ମଚାରୀ ଯୋଗ ଦେଇଥିଲେ ।



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<b>Headline</b>	ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ, ସ୍ୱାସ୍ଥ୍ୟପୁସ୍ତକ ଏବଂ ଓଡ଼ିଶାଲାଲଭୁ ପକ୍ଷରୁ ଯୁବପିଢ଼ିଙ୍କ ପାଇଁ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ: 'ଷ୍ଟୋକ୍‌କୁ ଜାଣନ୍ତୁ, ଜୀବନ ବଞ୍ଚାନ୍ତୁ'



**ଆରମ୍ଭ**  
SEITHU ARAMBHA

ଗୁରୁବାର, ୧୩ ନଭେମ୍ବର, ୨୦୨୫ : ବାଲେଶ୍ୱର : ପୃଷ୍ଠା - ୩

## ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ, ସ୍ୱାସ୍ଥ୍ୟପୁସ୍ତକ ଏବଂ ଓଡ଼ିଶାଲାଲଭୁ ପକ୍ଷରୁ ଯୁବପିଢ଼ିଙ୍କ ପାଇଁ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ : 'ଷ୍ଟୋକ୍‌କୁ ଜାଣନ୍ତୁ, ଜୀବନ ବଞ୍ଚାନ୍ତୁ'

ବାଲେଶ୍ୱର, ୧୨/୧୧ (ଆ.ପୁ) : 'ତ୍ରେନ୍ ଷ୍ଟୋକ୍' ବା 'ମଣିଷାଗାର' ଆଜି ସାରା ବିଶ୍ୱରେ ଏକ ବଡ଼ ଜନସ୍ୱାସ୍ଥ୍ୟ ସମସ୍ୟା ହୋଇଛି । ତେଣୁ, ଏ ବିଷୟରେ ଯୁବପିଢ଼ିଙ୍କ ଭିତରେ ସଚେତନତା ସୃଷ୍ଟି କରିବା ଲାଗି ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟ ଠାରେ 'ଷ୍ଟୋକ୍‌କୁ ଜାଣନ୍ତୁ, ଜୀବନ ବଞ୍ଚାନ୍ତୁ' ଶୀର୍ଷକରେ ଏକ ବିଶେଷ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହୋଇଥିଲା । ଏଥିରେ ଜନସ୍ୱାସ୍ଥ୍ୟ ଓ ସୁନା ବିଶେଷଜ୍ଞ ଏବଂ ଶିକ୍ଷାବିତ୍ ଯୋଗଦେଇ ଷ୍ଟୋକ୍‌ର କିପରି ମୁକାବିଲା କରାଯାଇପାରିବ ସେ ବିଷୟରେ ଯୁବପିଢ଼ିଙ୍କୁ ପରାମର୍ଶ ଦେଇଥିଲେ । ବିଶ୍ୱବିଦ୍ୟାଳୟର ସହକାରୀତାରେ ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ, ସ୍ୱାସ୍ଥ୍ୟପୁସ୍ତକ ଏବଂ ଓଡ଼ିଶାଲାଲଭୁ ପକ୍ଷରୁ ଏହି କାର୍ଯ୍ୟକ୍ରମ କରାଯାଇଥିଲା । ଏଥିରେ ବିଭିନ୍ନ ବିଭାଗର ଶତଧନ ଛାତ୍ରଛାତ୍ରୀଙ୍କ ସହ ଅଧ୍ୟାପକ, ଅଧ୍ୟାପିକା, କର୍ମଚାରୀ ଯୋଗ ଦେଇଥିଲେ । କାର୍ଯ୍ୟକ୍ରମରେ ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ପ୍ରଫେସର ଗୀତାଜିନି ଦାଶ



ଯୋଗଦେଇ କହିଥିଲେ, "ତ୍ରେନ୍ ଷ୍ଟୋକ୍ ଲାଗି ଜୀବନ ସମୟରେ ମୁକାବିଲା ପାଇଁ ସମସ୍ତେ ଏକାଠି ହେବାର ଆବଶ୍ୟକତା ରହିଛି । ଦେଶର ଆର୍ଥିକ ବିକାଶ ପାଇଁ ଶିକ୍ଷା ଏବଂ ଜନସ୍ୱାସ୍ଥ୍ୟ ଦୁଇଟି ସ୍ତମ୍ଭରୂପେ ବିଷୟ । ତେଣୁ ଯୁବରୋଷୀଙ୍କୁ ସଚେତନ କରିବା ସହ ଷ୍ଟୋକ୍‌ର ଲକ୍ଷଣକୁ ଚିହ୍ନିବା ଏବଂ ଏହାର ନିରାକରଣ କରିପାରିଲେ ଏକ ଷ୍ଟୋକ୍-ମୁକ୍ତ ସମାଜ ଗଠନ ହୋଇପାରିବ । ଏଥିରେ ଯୁବରୋଷୀ ଏକ ପ୍ରମୁଖ ଭୂମିକା ଗ୍ରହଣ କରିବେ ।" ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ସାମ୍ପାଦିକତା ଓ ଗଣଯୋଗାଯୋଗ ବିଭାଗର ମୁଖ୍ୟ ଚକ୍ରର କନ୍ଦିତା କୁମାରୀ ପଞ୍ଜା ସମସ୍ତଙ୍କୁ ସ୍ୱାଗତ କରିଥିଲେ । ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ, ସ୍ୱାସ୍ଥ୍ୟପୁସ୍ତକ ଏବଂ ଓଡ଼ିଶାଲାଲଭୁ ପକ୍ଷରୁ ଆୟୋଜିତ

ଏହି କାର୍ଯ୍ୟକ୍ରମ କାର୍ଯ୍ୟକ୍ରମକୁ ସେ ପ୍ରଶଂସା କରିଥିଲେ । "ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ 'ଷ୍ଟୋକ୍' ଷ୍ଟୋକ୍ ଅର୍ଚ୍ଚନାକ୍ରମରେ ଏବଂ ସଚେତନତା ସୃଷ୍ଟି କରିବା ପାଇଁ ଉତ୍ସାହ ପ୍ରଦାନ କରିବା ପାଇଁ ଧନ୍ୟବାଦ ଦେଉଛି । ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ ପକ୍ଷରୁ ଗତ ଦିନିକିଏ ଧରି ଷ୍ଟୋକ୍ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ କରାଯାଇଛି । ଛାତ୍ରଛାତ୍ରୀ ଓ ଯୁବପିଢ଼ିଙ୍କୁ ଷ୍ଟୋକ୍ ବିଷୟରେ ସଚେତନ କରିବା ଲାଗି ଚର୍ଚ୍ଚିତବର୍ଷ ଆମେ ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟ ଠାରେ ଏକ ସ୍ୱତନ୍ତ୍ର କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜନ କରିଥିଲୁ । ଷ୍ଟୋକ୍‌ର ଲକ୍ଷଣକୁ ଚିହ୍ନି ଠିକଣା ସମୟରେ ଲଗିତ ଯତ୍ନେତ ନେଇପାରିଲେ ଆଗାମୀ ଦିନରେ ସେମାନେ ବାସ୍ତବରେ ଷ୍ଟୋକ୍ ଯୋଷା ହୋଇପାରିବେ," କହିଛନ୍ତି 'ଷ୍ଟୋକ୍-ମୁକ୍ତ ଜୀବନ ଅଭିଯାନ'ର ଅଧ୍ୟକ୍ଷ ନୀତୀମଣି ରଥ । କାର୍ଯ୍ୟକ୍ରମରେ ବିଶିଷ୍ଟ ଜନସ୍ୱାସ୍ଥ୍ୟ ବିଶେଷଜ୍ଞ ଡାକ୍ତର ସରୋଜ କୁମାର ମିଶ୍ର ଯୋଗଦେଇ ଷ୍ଟୋକ୍ ମୁକାବିଲା ବିଭିନ୍ନ ବିଶୟରେ କହିଥିଲେ । ସେହିପରି ଷ୍ଟୋକ୍ ମୁକାବିଲାରେ ଛାତ୍ରଛାତ୍ରୀ ଓ ଯୁବପିଢ଼ିଙ୍କୁ ସଶକ୍ତ କରିବା ଉପରେ ବିଶ୍ୱବିଦ୍ୟାଳୟର ପିଡ଼ି କାଳନସିଂହ ଅଧ୍ୟକ୍ଷ ପ୍ରଫେସର ସୁଜାତା କୁମାର ତ୍ରିପାଠୀ ମଧ୍ୟ ଗୁରୁତ୍ୱ ଦେଇଥିଲେ । ଏହି ଅବସରରେ 'ଷ୍ଟୋକ୍-ମୁକ୍ତ ଜୀବନ' ଶୀର୍ଷକରେ ଏକ ସୁନା ପୁସ୍ତିକା ଲୋକାର୍ପଣ କରାଯିବା ସହ ତ୍ରେନ୍ ଷ୍ଟୋକ୍‌ର କାରଣ, ଲକ୍ଷଣ, ଚିକିତ୍ସା ଏବଂ ଷ୍ଟୋକ୍ ପ୍ରଭୃତି ଅବସ୍ଥାରେ ରୋଗୀଙ୍କ ସେବା ଯତ୍ନ ଉପରେ ଆଧାରିତ ଏକ ସ୍ୱତନ୍ତ୍ର ଭିଡିଓ ପ୍ରଦର୍ଶନ କରାଯାଇଥିଲା । ଛାତ୍ରଛାତ୍ରୀଙ୍କୁ ନେଇ ଆୟୋଜିତ 'ଚିଡ଼ିତାଲ ପୋଷ୍ଟର ମେକିଙ୍ଗ୍' ପ୍ରତିଯୋଗିତାରେ ସମ୍ପର୍କ ହୋଇଥିବା

ଛାତ୍ରଛାତ୍ରୀମାନଙ୍କ ପୋଷ୍ଟରକୁ ପ୍ରଦର୍ଶନ କରାଯିବା ସହ ଅଂଶଗ୍ରହଣକାରୀଙ୍କୁ ସାର୍ଟିଫିକେଟ୍ ପ୍ରଦାନ କରାଯାଇଥିଲା । ଉପସ୍ଥିତ ସମସ୍ତ ଅତିଥି, ଛାତ୍ରଛାତ୍ରୀ ଏକ ସ୍ୱରରେ ଷ୍ଟୋକ୍ ସଚେତନତା ଉପରେ ଶପଥ ଗ୍ରହଣ କରିଥିଲେ । କାର୍ଯ୍ୟକ୍ରମରେ ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନର ସହ-ଅଧ୍ୟକ୍ଷ ପ୍ରଣବି ପରିଡ଼ା ଯୋଗଦେଇଥିଲେ । ଓଡ଼ିଶାଲାଲଭୁ ପକ୍ଷରୁ ଅନିତା କୁମାର ମହାନ୍ତି ସମସ୍ତଙ୍କୁ ଧନ୍ୟବାଦ ଜଣାଇଥିଲେ । ସେହିପରି ସ୍ୱାସ୍ଥ୍ୟପୁସ୍ତକ ପକ୍ଷରୁ ପ୍ରଫୁଲ୍ଲିତା ରେଭେରା କାର୍ଯ୍ୟକ୍ରମ ସଂଗଠନ କରିଥିବା ବେଳେ ସାତ୍ୟାଣ୍ଡ ଶେଖର ପୂଜାରୀ, ପ୍ରିୟଙ୍କା ପ୍ରତାପିନୀ, ସୁଚିତ୍ରେଖା ପାଣିଗ୍ରାହୀ ପ୍ରମୁଖ ପରିଚାଳନା କରିଥିଲେ । ଏହି ଅଭିଯାନରେ ଚର୍ଚ୍ଚିତବର୍ଷ ବ୍ରହ୍ମପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟ ଏକାଡେମିକ୍ସ ଡାଇରେକ୍ଟର ରହିଥିବା ବେଳେ ଉତ୍ତମ ଚାନ୍ଦର ଅଫ୍‌ଜର୍ସ ଏବଂ ଟାଲ୍ କୁଳନେଶ୍ୱର ଇଡୋ ସିଖା ପାର୍ଟନର୍ସ ଭାବେ ଯୋଡ଼ି ହୋଇଥିଲେ । ସେହିପରି ରେଭିଓ ପାର୍ଟନର୍ସ ଭାବେ ରେଭିଓ କୁଳନେଶ୍ୱର ଯୋଡ଼ି ହୋଇଥିଲା ।

<b>Publication</b>	Prameya
<b>Date</b>	13 November 2025
<b>Headline</b>	IFI Foundation Hosts Youth Awareness Program at Berhampur University

## IFI Foundation Hosts Youth Awareness Program at Berhampur University

**Berhampur (DMS):** Brain stroke has emerged as one of the most alarming public health challenges globally — claiming millions of lives and leaving many others disabled each year. Raising awareness, especially among the youth, is crucial for prevention, early recognition, and timely response to this silent killer.

In response to this growing concern, the IFI Foundation, a member of the World Stroke Organisation (WSO), organised a special youth awareness program titled 'Spot Stroke, Save Lives' in collaboration with the Department of Journalism and Mass Communication, Berhampur University, on Monday.

Prof. Geetanjali Dash, Vice-Chancellor, Berhampur University, commended the initiative, stressing the importance of youth involvement in public health advocacy. "Economic prosperity thrives when education empowers minds and public health strengthens lives. The growing incidence of



brain stroke is a major public health challenge that calls for urgent attention. Our youth can play a transformative role in curbing this menace by spreading awareness, promoting healthy habits, and becoming responsible health ambassadors. Initiatives like 'Spot Stroke, Save Lives' inspire them to take proactive steps toward a stroke-free society," said Prof Dash.

Underscoring IFI Foundation's continuing efforts, Nilambar Rath, Chair, IFI Stroke Initiative, said, "For the last three years, IFI Foundation along with our partners has been leading the

Stroke-Mukt Jeevan campaign as a multi-pronged public health outreach movement in Odisha and beyond. This year, at Berhampur University, we are preparing students to be 'Stroke Spotters' — so that today's youth, can become tomorrow's 'Stroke Yodhas' in the fight against this emergency."

The program commenced with a welcome address by Dr. Bandita Kumari Panda, HoD, Dept. of JMC, emphasizing the importance of youth-driven health communication. A special audio-visual capsule on Brain Stroke Prevention and

Management was screened, followed by the unveiling of campaign newsletters and awareness posters.

Renowned public health expert Dr. Saroj Kumar Misra delivered an expert session on the medical aspects of brain stroke, while Prof. Sukanta Kumar Tripathy, Chairman, PG Council, shared insights on the global rise in stroke cases and highlighted on the role of youth empowered through similar programs. Prof Tripathy stressed that prevention is better than cure when it comes to strokes and youth can play a big role in achieving the objective.

Students, officials, teaching and non-teaching staff of Berhampur University actively participated in the event showcasing creative displays and messages from digital poster competition held by the IFI based the themes of World Stroke Organization. A collective Stroke Awareness Pledge Ceremony was also held, where attendees committed to spread the life-saving message—

Spot Stroke, Save Lives.

Co-Chair, IFI Foundation Pranati Parida joined the program and inspired participants to actively champion the cause of stroke prevention and awareness. On behalf of OdishaLIVE, Amit Kumar Mohanty presented the vote of thanks, while Sushreesmita Behera anchored the event. Among others, Sitansu Sekhar Sutar, Priyanka Sucharita and Smrutirekha Panigrahi conducted the program.

The event was a part of IFI Foundation's broader annual public health outreach campaign 'Stroke-Mukt Jeevan' (Stroke-Free Life), observed around World Stroke Day every year.

The campaign 2025 was organised in collaboration with OdishaLIVE and Swasthya Plus as outreach partners. Similarly, Berhampur University joined as the academic partner, Radio Bhubaneswar as Radio Partner while Utkal Chamber of Commerce and Industry Ltd and TiE Bhubaneswar extended their support as Ecosystem Partners.

<b>Publication</b>	The Kalinga Chronicle
<b>Date</b>	13 November 2025
<b>Headline</b>	Youth Power Against Stroke: IFI Foundation's 'Spot Stroke, Save Lives' Campaign at Berhampur University

Bhubaneswar, Thursday, 13 November, 2025



## Youth Power Against Stroke: IFI Foundation's 'Spot Stroke, Save Lives' Campaign at Berhampur University

**Balasore, November 12 (Krushna Kumar Mohanty):** Brain stroke has become one of the most alarming public health challenges worldwide — claiming millions of lives and leaving countless others disabled each year. Raising awareness, particularly among the youth, is crucial for prevention, early recognition, and timely action against this silent killer.

Addressing this growing concern, the IFI Foundation, a member of the World Stroke Organisation (WSO), organised a special youth awareness program titled 'Spot Stroke, Save Lives' in collaboration with the Department of Journalism and Mass Communication, Berhampur University, on Monday.

Prof. Geetanjali Dash,



take leadership in health awareness. Amit Kumar Mohanty of OdishaLIVE proposed the vote of thanks, while Sushreemita Behera anchored the program. Sitansu Sekhar Sutar, Priyanka Sucharita, and Smrutirekha Panigrahi helped coordinate the event. The initiative forms part of IFI Foundation's annual public health campaign 'Stroke-Mukt Jeevan' (Stroke-Free Life), observed around World Stroke Day each year. The 2025 campaign was organised in collaboration with OdishaLIVE and SwasthyaPlus as outreach partners. Berhampur University as academic partner, Radio Bhubaneswar as radio partner, and Utkal Chamber of Commerce and Industry Ltd and TIE Bhubaneswar as ecosystem partners.

Vice-Chancellor of Berhampur University, lauded the initiative and stressed the importance of youth involvement in public health advocacy. "Economic prosperity thrives when education empowers minds and public health strengthens lives. The growing incidence of brain stroke is a major challenge that demands urgent attention. Our youth can play a transformative role in curbing this menace by spreading awareness, promoting healthy habits, and becoming responsible health ambassadors. Initiatives like 'Spot Stroke, Save Lives' inspire them to take proactive steps toward a stroke-free society," she said.

Nilambar Rath, Chair of the IFI Stroke Initiative, highlighted the foundation's ongoing mission: "For the past three years, IFI Foundation and our partners have been leading the Stroke-Mukt Jeevan campaign — a multi-pronged public health movement across Odisha and beyond. This year, we are preparing students to be 'Stroke Spotters,' so that today's youth can become tomorrow's 'Stroke Yodhas' in the fight against this emergency."

The event began with a welcome address by Dr. Bandita Kumari Panda, HoD, Department of JMC, who emphasized youth-driven health communication. A special audio-visual capsule on brain stroke prevention and management was screened, followed by the release of campaign newsletters and awareness posters.

Public health expert Dr. Saroj Kumar Misra delivered a session on the medical aspects of brain stroke, while Prof. Sukanta Kumar Tripathy, Chairman, PG Council, discussed the global rise in stroke cases and the vital role of youth in prevention. "When it comes to strokes, prevention is always better than cure — and our young generation can make that possible," Prof. Tripathy noted.

Students, faculty, and staff of Berhampur University participated actively, displaying creative digital posters based on World Stroke Organization themes. A Stroke Awareness Pledge Ceremony marked the event, where attendees committed to spreading the message — Spot Stroke, Save Lives.

Pranati Parida, Co-Chair of IFI Foundation, encouraged students to

<b>Publication</b>	Enadu
<b>Date</b>	12 November 2025
<b>Headline</b>	చైతన్యంతోనే 'స్టోక్' నివారణ: ఐ.ఎఫ్.ఐ., బీయూ నిపుణుల పిలుపు

## చైతన్యంతోనే 'స్టోక్' నివారణ

● ఐ.ఎఫ్.ఐ., బీయూ నిపుణుల పిలుపు



సంచిత ఆవిష్కరిస్తున్న ప్రముఖులు

గోపాలచౌదరి, స్యూసీటుడె: 'క్రియిన్ స్ట్రోక్' సమాజానికి ముప్పుగా పరిణమించిన నేపథ్యంలో 'స్ట్రోక్ ముక్త' భారత్ డ్యేయంగా కలిసి పని చేయడానికి విద్యార్థులు, విద్యార్థిణులు, మీడియా సంస్థలు ముందుకు రావాలని ఐ.ఎఫ్.ఐ. ఐ. ఫౌండేషన్ కోఫౌండర్, ఒడిశా లైవ్ ప్రసార మాధ్యమాల సీఈఓ సీలాంబర్ రట్ పిలుపునిచ్చారు. సోమవారం సాయంత్రం బ్రహ్మపుర విశ్వవిద్యాలయం (బీయూ) జర్నలిజం విభాగం సహకారంతో ఐ.ఎఫ్.ఐ. ఫౌండేషన్ 'స్పాట్ స్ట్రోక్, సేవ్ లైఫ్' అన్న నినాదంతో వర్చివల్ ఆచార్యులు, విద్యార్థులు, పాత్రికేయులతో సదస్సు నిర్వహించారు. ముఖ్యవక్తగా పాల్గొన్న సీలాంబర్ (ఘననేశ్వర్) మాట్లాడుతూ ప్రస్తుతం ప్రతి నలుగురిలో ఒకరు క్రియిన్ స్ట్రోక్ గురవుతున్నారని పేర్కొన్నారు. ప్రపంచ ఆరోగ్య సంస్థ (డబ్ల్యు హెచ్ఎం) అక్టోబరు 29ని వరల్డ్ స్ట్రోక్ డేగా ప్రకటించి జన చైతన్యం చేస్తున్నట్లు చెప్పారు. స్ట్రోక్ లక్షణాలను ముందుగా గుర్తించి వైద్యం, పీజియోథెరపీ

చేయిస్తే కోలుకోగలుగుతారన్నారు. వ్యాధికి కారణమవుతున్న రక్తపోటు, మధుమేహం, కొవ్వు పెరగడంపై అప్రమత్తంగా ఉండాలని, మత్తు పానీయాలు, పాన్ గుట్టా, సిగరెట్ వ్యసనాలకు దూరంగా ఉంటూ, ఉత్తమ ఆహారం, నిత్యం వ్యాయామం చేస్తే స్ట్రోక్ రాకుండా నివారించొచ్చన్నారు. వీసీ గీతాంజలి దాస్ అధ్యక్షతన జరిగిన సదస్సులో వర్చివల్ పీజి కౌన్సిల్ అధ్యక్షుడు ఆచార్య సుకాంత్ కుమార్ త్రిపాఠి, రిజిస్ట్రార్ సద్విదానందనాయక్, జర్నలిజం విభాగాధికారిణి డాక్టర్ బందితాకుమారి పండ, బ్రహ్మపుర ఎమ్మెసీజీ వైద్య కళాశాల ఆచార్యుడు సరోజ్ కుమార్ మిశ్ర తదితరులు పాల్గొని స్ట్రోక్ కు సంబంధించి సమగ్ర అవగాహన కల్పించారు. దీనికి సంబంధించి 'సంచిత' ఆవిష్కరించారు. జన చైతన్యం కల్పిస్తామని అందరితో ప్రమాణం చేయించారు.



ప్రమాణం చేస్తున్న విద్యార్థులు, ఇతర ప్రతినిధులు

<b>Publication</b>	The Common Times
<b>Date</b>	13 November 2025
<b>Headline</b>	Empowering Youth as Public Health Ambassadors to reduce the burden of Stroke on the Society

Thursday, 13 November 2025      Bhubaneswar      P-3

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## Empowering Youth as Public Health Ambassadors to reduce the burden of Stroke on the Society

Balasore, 12/11 (tet) : Brain stroke has emerged as one of the most alarming public health challenges globally - claiming millions of lives and leaving many others disabled each year. Raising awareness, especially among the youth, is crucial for prevention, early recognition, and timely response to this silent killer.

In response to this growing concern, the IFI Foundation, a member of the World Stroke Organisation (WSO), organised a special youth awareness program titled 'Spot Stroke, Save Lives' in collaboration with the Department of Journalism and Mass Communication, Berhampur University, on Monday. Prof. Geetanjali Dash, Vice-Chancellor, Berhampur University, commended the initiative, stressing the importance of youth involvement in public health advocacy. "Economic prosperity thrives when education empowers minds and public health strengthens lives. The growing incidence of brain stroke is a major public health challenge that calls for urgent attention. Our youth can play a transformative role in curbing this menace by spreading awareness, promoting healthy habits, and becoming responsible health



IFI based the themes of World Stroke Organization. A collective Stroke Awareness Pledge Ceremony was also held, where attendees committed to spread the life-saving message - Spot Stroke, Save Lives.

Co-Chair, IFI Foundation Pranati Parida joined the program and inspired participants to actively champion the cause of stroke prevention and awareness. On behalf of OdishaLIVE, Amit Kumar Mohanty presented the vote of thanks, while Sushreesmita Behera anchored the event. Among others, Sitansu Sekhar Sutar, Priyanka Sucharita and Smrutirekha Panigrahi conducted the program. The event was a part of IFI Foundation's broader annual public health outreach campaign 'Stroke-Mukt Jeevan' (Stroke-Free Life), observed around World Stroke Day every year.

The campaign 2025 was organised in collaboration with OdishaLIVE and Swasthya Plus as outreach partners. Similarly, Berhampur University joined as the academic partner, Radio Bhubaneswar as Radio Partner while Utkal Chamber of Commerce and Industry Ltd and TiE Bhubaneswar extended their support as Ecosystem Partners.

ambassadors. Initiatives like 'Spot Stroke, Save Lives' inspire them to take proactive steps toward a stroke-free society," said Prof Dash. Underscoring IFI Foundation's continuing efforts, Nilambar Rath, Chair, IFI Stroke Initiative, said, "For the last three years, IFI Foundation along with our partners has been leading the Stroke-Mukt Jeevan campaign as a multi-pronged public health outreach movement in Odisha and beyond. This year, at Berhampur University, we are preparing students to be 'Stroke Spotters' - so that today's youth, can become tomorrow's 'Stroke Yodhas' in the fight against this emergency."

The program commenced with a welcome address by Dr. Bandita Kumari Panda, HoD, Dept. of JMC, emphasizing the importance of youth-driven health communication. A special audio-

visual capsule on Brain Stroke Prevention and Management was screened, followed by the unveiling of campaign newsletters and awareness posters. Renowned public health expert Dr. Saroj Kumar Misra delivered an expert session on the medical aspects of brain stroke, while Prof. Sukanta Kumar Tripathy, Chairman, PG Council, shared insights on the global rise in stroke cases and highlighted on the role of youth empowered through similar programs. Prof Tripathy stressed that prevention is better than cure when it comes to strokes and youth can play a big role in achieving the objective. Students, officials, teaching and non-teaching staff of Berhampur University actively participated in the event showcasing creative displays and messages from digital poster competition held by the

<b>Publication</b>	The Sakala
<b>Date</b>	10 November 2025
<b>Headline</b>	'ଷ୍ଟ୍ରୋକ୍‌କୁ ଜାଣନ୍ତୁ, ଜୀବନ ବଞ୍ଚାନ୍ତୁ' ସଚେତନତା କର୍ମଶାଳା

# ସକାଳ

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## 'ଷ୍ଟ୍ରୋକ୍‌କୁ ଜାଣନ୍ତୁ - ଜୀବନ ବଞ୍ଚାନ୍ତୁ' ସଚେତନତା କର୍ମଶାଳା

ବ୍ରହ୍ମପୁର, ୧୦।୧୧(ସମ୍ପାଦ): ସମ୍ପ୍ରତି 'ବ୍ରେନ୍ ଷ୍ଟ୍ରୋକ୍' ବା 'ମସ୍ତିଷ୍କାଘାତ' ସମସ୍ତ ବିଶ୍ୱରେ ଚିନ୍ତାର କାରଣ ସାଜିଛି । ଏ ନେଇ ମୁଦପିଡ଼ିଙ୍କ ମଧ୍ୟରେ ସଚେତନତା ସୃଷ୍ଟି କରିବା ପାଇଁ ବ୍ରହ୍ମପୁର ବିଶ୍ୱ ବିଦ୍ୟାଳୟରେ ଯୋଜନା କରାଯାଇଥିଲା । "ଷ୍ଟ୍ରୋକ୍‌କୁ ଜାଣନ୍ତୁ - ଜୀବନ ବଞ୍ଚାନ୍ତୁ" ଶୀର୍ଷକ ଏକ ବିଶେଷ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହୋଇଯାଇଛି । ଏଥିରେ ଜନସାଧାରଣ ଓ ସୂଚନା ବିଶେଷଜ୍ଞ ଏବଂ ଶିକ୍ଷାବିତ୍ ଯୋଗଦେଇ ଷ୍ଟ୍ରୋକ୍‌ର କିପରି ମୁକାବିଲା କରାଯାଇପାରିବ

ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ ହାତକୁ ନିଆଯାଇଛି । ଛାତ୍ରଛାତ୍ରୀ ଓ ମୁଦପିଡ଼ିଙ୍କୁ ଷ୍ଟ୍ରୋକ୍ ସମ୍ପର୍କିତ ସଚେତନ କରିବା ପାଇଁ ବ୍ରହ୍ମପୁର ବିଶ୍ୱ ବିଦ୍ୟାଳୟରେ ଏହି ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜନ କରାଯାଇଥିଲା । ଷ୍ଟ୍ରୋକ୍‌ର ଲକ୍ଷଣକୁ ଚିହ୍ନି ଠିକ୍‌ଶା ସମୟରେ ଉଚିତ ପଦକ୍ଷେପ ନେଇପାରିଲେ ଆକାମୀ ଦିନରେ ସେମାନେ ବାସ୍ତବରେ ଷ୍ଟ୍ରୋକ୍ ଯୋଦ୍ଧା ହୋଇପାରିବେ ବୋଲି କହିଛନ୍ତି "ଷ୍ଟ୍ରୋକ୍-ମୁକ୍ତ ଜୀବନ ଅଭିଯାନ"ର ଅଧ୍ୟକ୍ଷ ନୀଳାମ୍ବର ରଥ । କାର୍ଯ୍ୟକ୍ରମରେ



ସେ ସମ୍ପର୍କରେ ମୁଦପିଡ଼ିଙ୍କୁ ପରାମର୍ଶ ଦେଇଥିଲେ । ବିଶ୍ୱ ବିଦ୍ୟାଳୟର ସହକାରୀ ପଢ଼ାପଞ୍ଜୀକର ଆଇଏପିଆଇ ପାଠଶ୍ରେୟନ, ସାଧ୍ୟାୟ ଏବଂ ଓଡ଼ିଶାଲାଇଭ୍ ପକ୍ସରୁ ଏହି ଜନସାଧାରଣ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜନ କରାଯାଇଥିଲା । ଏଥିରେ ବିଭିନ୍ନ ବିଭାଗର ଶ୍ରଦ୍ଧାଳୁ ଛାତ୍ରଛାତ୍ରୀଙ୍କ ସହ ଅଧ୍ୟାପକ, ଅଧ୍ୟାପିକା ଓ କର୍ମଚାରୀମାନେ ଯୋଗ ଦେଇଥିଲେ । କାର୍ଯ୍ୟକ୍ରମରେ ବ୍ରହ୍ମପୁର ବିଶ୍ୱ ବିଦ୍ୟାଳୟର କୁଳପତି ପ୍ରଫେସର ଗାତାଞ୍ଜଳି ଦାଶ ମୁଖ୍ୟଅତିଥି ଭାବେ ଯୋଗଦେଇ ବ୍ରେନ୍ ଷ୍ଟ୍ରୋକ୍ ଭଳି କଟିକ ସମସ୍ୟାର ମୁକାବିଲା ପାଇଁ ସମସ୍ତେ ଏକାଠି ହେବା ଜରୁରୀ ବୋଲି କହିଥିଲେ । ଦେଶର ଆର୍ଥିକ ବିକାଶ ପାଇଁ ଶିକ୍ଷା ଏବଂ ଜନସାଧାରଣ ଦୁଇଟି ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ବିଷୟ । ତେଣୁ ମୁଦପିଡ଼ିଙ୍କୁ ସଚେତନ କରିବା ସହ ଷ୍ଟ୍ରୋକ୍‌ର ଲକ୍ଷଣକୁ ଚିହ୍ନିବା ଏବଂ ଏହାର ନିରାକରଣ କରିପାରିଲେ ଏକ ଷ୍ଟ୍ରୋକ୍-ମୁକ୍ତ ସମାଜ ଗଠନ ହୋଇପାରିବ । ଏଥିରେ ମୁଦପିଡ଼ିଙ୍କୁ ଏକ ପ୍ରମୁଖ ଭୂମିକା ଗ୍ରହଣ କରିବେ ବୋଲି ମତ ପ୍ରକାଶ ପାଇଥିଲା । କାର୍ଯ୍ୟକ୍ରମରେ ସାମ୍ବାଦିକତା ଓ ଗଣଯୋଗାଯୋଗ ବିଭାଗର ମୁଖ୍ୟ ଡକ୍ଟର ବସିତା କୁମାରୀ ପଞ୍ଜା ସାଗର ଅଭିଭାଷଣ ଦେଇ ଆଇଏପିଆଇ ପାଠଶ୍ରେୟନ, ସାଧ୍ୟାୟ ଏବଂ ଓଡ଼ିଶାଲାଇଭ୍ ପକ୍ସରୁ ଆୟୋଜିତ ଏକ ଜନସାଧାରଣ କାର୍ଯ୍ୟକ୍ରମକୁ ପ୍ରଶଂସା କରିଥିଲେ । ଆଇଏପିଆଇ ପାଠଶ୍ରେୟନ 'ସାକ୍ଷୀ' ଷ୍ଟ୍ରୋକ୍ ଅର୍ଦ୍ଧନାଭକେସନ'ର ସଦସ୍ୟ ରହିଛନ୍ତି । ପାଠଶ୍ରେୟନ ପକ୍ଷରୁ ବିଗତ ମାସ ଧରି ଷ୍ଟ୍ରୋକ୍ ସମ୍ପର୍କିତ ବିଭିନ୍ନ

ବିଶେଷ ଜନସାଧାରଣ ବିଶେଷଜ୍ଞ ତାଙ୍କୁ ସେମାନେ କୁମାର ମିଶ୍ର ଯୋଗଦେଇ ଷ୍ଟ୍ରୋକ୍ ମୁକାବିଲାର ବିଭିନ୍ନ ଦିଗ ବିଷୟରେ ଆଲୋଚନା କରିଥିଲେ । ସେହିପରି ଷ୍ଟ୍ରୋକ୍ ମୁକାବିଲାରେ ଛାତ୍ରଛାତ୍ରୀ ଓ ମୁଦପିଡ଼ିଙ୍କୁ ସମ୍ମତ କରିବା ଉପରେ ବିଶ୍ୱ ବିଦ୍ୟାଳୟର ପିଜି କାର୍ତ୍ତବୀକା ଅଧ୍ୟକ୍ଷ ପ୍ରଫେସର ସୁଜାତା କୁମାର ତ୍ରିପାଠୀ ମଧ୍ୟ ଗୁରୁତ୍ୱାରୋପ କରିଥିଲେ । ଏହି ଅବସରରେ "ଷ୍ଟ୍ରୋକ୍-ମୁକ୍ତ ଜୀବନ" ଶୀର୍ଷକରେ ଏକ ସୂଚନା ପୁସ୍ତକା ଲୋକାର୍ପଣ କରାଯିବ । ସହ ବ୍ରେନ୍ ଷ୍ଟ୍ରୋକ୍‌ର କାରଣ, ଲକ୍ଷଣ, ଚିକିତ୍ସା ଏବଂ ଷ୍ଟ୍ରୋକ୍ ପରବର୍ତ୍ତୀ ଅବସ୍ଥାରେ ରୋଗୀଙ୍କ ସେବା ଯତ୍ନ ଉପରେ ଆଧାରିତ ଏକ ସଚେତନତା ପ୍ରଦର୍ଶନ ହୋଇଥିଲା । ଛାତ୍ରଛାତ୍ରୀଙ୍କୁ ନେଇ ଆୟୋଜିତ 'ଡିଜିଟାଲ ପୋଷ୍ଟର ମେକିଙ୍ଗ୍' ପ୍ରତିଯୋଗିତାରେ ସାମିଲ ହୋଇଥିବା ଛାତ୍ରଛାତ୍ରୀଙ୍କ ପୋଷ୍ଟରକୁ ପ୍ରଦର୍ଶନ କରାଯିବ । ସହ ଅନୁଗ୍ରହଣକାରୀଙ୍କୁ ସାବିତ୍ରୀକେନ୍ଦ୍ର ପ୍ରଦାନ କରାଯାଇଥିଲା । ଉପସ୍ଥିତ ସମସ୍ତ ଅତିଥି, ଛାତ୍ରଛାତ୍ରୀ ଏକ ସରରେ ଷ୍ଟ୍ରୋକ୍ ସଚେତନତା ଉପରେ ଶ୍ରଦ୍ଧା ନେଇଥିଲେ । କାର୍ଯ୍ୟକ୍ରମରେ ଆଇଏପିଆଇ ପାଠଶ୍ରେୟନର ସହ-ଅଧ୍ୟକ୍ଷ ପ୍ରଶାନ୍ତି ପରିଡ଼ା ଯୋଗ ଦେଇଥିଲେ । ଶେଷରେ ଓଡ଼ିଶାଲାଇଭ୍ ପକ୍ସରୁ ଅମିତ କୁମାର ମହାନ୍ତି ସମସ୍ତଙ୍କୁ ଧନ୍ୟବାଦ ଜଣାଇଥିଲେ । ସେହିପରି ସାଧ୍ୟାୟ ପକ୍ଷରୁ ସୁଶ୍ରୀ ସ୍ମିତା ବେହେରା କାର୍ଯ୍ୟକ୍ରମ ସଂଗଠନ କରିଥିବା ବେଳେ ସାତଶ୍ରୀ ଶେଖର ସୂତାର, ପ୍ରିୟଙ୍କା ସୁଚରିତା, ସୁଚିରେଣା ପାଣିଗ୍ରାହୀ ପ୍ରମୁଖ ସହଯୋଗ କରିଥିଲେ ।

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<b>Headline</b>	ସ୍ଵାସ୍ଥ୍ୟପୁସ୍ତକ ଏବଂ ଓଡ଼ିଶାଲାଭକ୍ତ ପକ୍ଷରୁ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ

## ସ୍ଵାସ୍ଥ୍ୟପୁସ୍ତକ ଏବଂ ଓଡ଼ିଶାଲାଭକ୍ତ ପକ୍ଷରୁ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ

ବାଲେଶ୍ଵର(ନିପ୍ର): ‘ବ୍ରେନ୍ ସ୍ପୋକ୍’ ବା ‘ମସ୍ତିଷ୍କାଘାତ’ ସାରା ବିଶ୍ଵରେ ଏକ ବଡ଼ ଜନସ୍ଵାସ୍ଥ୍ୟ ସମସ୍ୟା ହୋଇଛି । ତେଣୁ, ଏ ବିଷୟରେ ଯୁବପିଢ଼ିଙ୍କ ଭିତରେ ସଚେତନତା ସୃଷ୍ଟି କରିବା ଲାଗି ବ୍ରେନ୍ ସ୍ପୋକ୍ ବିଶ୍ଵବିଦ୍ୟାଳୟ ଠାରେ ‘ସ୍ପୋକ୍ କାଣ୍ଡୁ, କାବନ ବଂଚାନ୍ତୁ’ ଶୀର୍ଷକରେ ଏକ ବିଶେଷ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହୋଇଯାଇଛି । ଏଥିରେ ଜନସ୍ଵାସ୍ଥ୍ୟ ଓ ସୂଚନା ବିଶେଷଜ୍ଞ ଏବଂ ଶିକ୍ଷାବିତ୍ ଯୋଗଦେଇ ସ୍ପୋକ୍ କିପରି ମୁକାବିଲା କରାଯାଇପାରିବ ସେ ବିଷୟରେ ଯୁବପିଢ଼ିଙ୍କୁ ପରାମର୍ଶ ଦେଇଥିଲେ । ବିଶ୍ଵବିଦ୍ୟାଳୟର ସହକାରୀତାରେ ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ, ସ୍ଵାସ୍ଥ୍ୟପୁସ୍ତକ ଏବଂ ଓଡ଼ିଶାଲାଭକ୍ତ ପକ୍ଷରୁ ଏହି ଜନସ୍ଵାସ୍ଥ୍ୟ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ କରାଯାଇଥିଲା । ଏଥିରେ ବିଭିନ୍ନ ବିଭାଗର ଶତାଧିକ ଛାତ୍ରଛାତ୍ରୀଙ୍କ ସହ ଅଧ୍ୟାପକ, ଅଧ୍ୟାପିକା, କର୍ମଚାରୀ ଯୋଗ ଦେଇଥିଲେ । କାର୍ଯ୍ୟକ୍ରମରେ ବ୍ରେନ୍ ସ୍ପୋକ୍ ବିଶ୍ଵବିଦ୍ୟାଳୟର କୁଳପତି ପ୍ରଫେସର ଗୀତାଞ୍ଜଳି ଦାଶ ଯୋଗଦେଇ କହିଥିଲେ, “ବ୍ରେନ୍ ସ୍ପୋକ୍ ଭଳି କଟିକ ସମସ୍ୟାର ମୁକାବିଲା ପାଇଁ ସମସ୍ତେ ଏକାଠି ହେବାର ଆବଶ୍ୟକତା ରହିଛି । ଦେଶର ଆର୍ଥିକ ବିକାଶ ପାଇଁ ଶିକ୍ଷା ଏବଂ ଜନସ୍ଵାସ୍ଥ୍ୟ ଦୁଇଟି ଗୁରୁତ୍ଵପୂର୍ଣ୍ଣ ବିଷୟ । ତେଣୁ ଯୁବଗୋଷ୍ଠୀକୁ ସଚେତନ କରିବା ସହ ସ୍ପୋକ୍ ଲକ୍ଷଣକୁ ଚିହ୍ନିବା ଏବଂ ଏହାର ନିରାକରଣ କରିପାରିଲେ ଏକ ସ୍ପୋକ୍-ମୁକ୍ତ ସମାଜ ଗଠନ ହୋଇପାରିବ । ଏଥିରେ ଯୁବଗୋଷ୍ଠୀ ଏକ ପ୍ରମୁଖ ଭୂମିକା ଗ୍ରହଣ କରିବେ” । ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ସାମାଜିକତା ଓ ଗଣଯୋଗାଯୋଗ ବିଭାଗର ମୁଖ୍ୟ ଡକ୍ଟର ବନ୍ଦିତା କୁମାରୀ ପଣ୍ଡା ସମସ୍ତଙ୍କୁ ସ୍ଵାଗତ କରିଥିଲେ । ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ, ସ୍ଵାସ୍ଥ୍ୟପୁସ୍ତକ ଏବଂ ଓଡ଼ିଶାଲାଭକ୍ତ ପକ୍ଷରୁ ଆୟୋଜିତ ଏହି ଜନସ୍ଵାସ୍ଥ୍ୟ କାର୍ଯ୍ୟକ୍ରମକୁ ସେ ପ୍ରଶଂସା କରିଥିଲେ । ‘ଆଇଏଫଆଇ ଫାଉଣ୍ଡେସନ ‘ସ୍ପୋକ୍ ଅର୍ଗାନାଇଜେସନ’ର ସହଯୋଗ ରହିଛି । ଫାଉଣ୍ଡେସନ ପକ୍ଷରୁ ଗତ ତିନିବର୍ଷ ଧରି ସ୍ପୋକ୍ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ କରାଯାଇଛି । ଛାତ୍ରଛାତ୍ରୀ ଓ ଯୁବପିଢ଼ିଙ୍କୁ ସ୍ପୋକ୍ ବିଷୟରେ ସଚେତନ କରିବା ଲାଗି ଚଳିତବର୍ଷ ଆମେ ବ୍ରେନ୍ ସ୍ପୋକ୍ ବିଶ୍ଵବିଦ୍ୟାଳୟଠାରେ ଏକ ସ୍ଵତନ୍ତ୍ର କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜନ କରିଥିଲୁ । ସ୍ପୋକ୍ ଲକ୍ଷଣକୁ ଚିହ୍ନି ଠିକ୍ ଠିକ୍ ସମୟରେ ଉଚିତ ପଦକ୍ଷେପ ନେଇପାରିଲେ ଆଗାମୀ ଦିନରେ ସେମାନେ ବାସ୍ତବରେ ସ୍ପୋକ୍ ଯୋଷା ହୋଇପାରିବେ,” କହିଛନ୍ତି ‘ସ୍ପୋକ୍-ମୁକ୍ତ କାବନ ଅଭିଯାନ’ର ଅଧ୍ୟକ୍ଷ ନୀଳାମ୍ବର ରଥ । କାର୍ଯ୍ୟକ୍ରମରେ ବିଶିଷ୍ଟ ଜନସ୍ଵାସ୍ଥ୍ୟ ବିଶେଷଜ୍ଞ ଡାକ୍ତର ସରୋଜ କୁମାର ମିଶ୍ର ଯୋଗଦେଇ ସ୍ପୋକ୍ ମୁକାବିଲାର ବିଭିନ୍ନ ଦିଗ ବିଷୟରେ କହିଥିଲେ । ସେହିପରି ସ୍ପୋକ୍ ମୁକାବିଲାରେ ଛାତ୍ରଛାତ୍ରୀ ଓ ଯୁବପିଢ଼ିଙ୍କୁ ସଶକ୍ତ କରିବା ଉପରେ ବିଶ୍ଵବିଦ୍ୟାଳୟର ପିଜି କାଉନସିଲ ଅଧ୍ୟକ୍ଷ ପ୍ରଫେସର ସୁକାନ୍ତ କୁମାର ତ୍ରିପାଠୀ ମଧ୍ୟ ଗୁରୁତ୍ଵ ଦେଇଥିଲେ । ଏହି ଅବସରରେ ‘ସ୍ପୋକ୍-ମୁକ୍ତ କାବନ’ ଶୀର୍ଷକରେ ଏକ ସୂଚନା ପୁସ୍ତିକା ଲୋକାର୍ପଣ କରାଯିବ। ସହ ବ୍ରେନ୍ ସ୍ପୋକ୍ କାରଣ, ଲକ୍ଷଣ, ଚିକିତ୍ସା ଏବଂ ସ୍ପୋକ୍ ପରବର୍ତ୍ତୀ ଅବସ୍ଥାରେ ରୋଗୀଙ୍କ ସେବା ଯନ୍ତ୍ରଣା ଉପରେ ଆଧାରିତ ଏକ ସ୍ଵତନ୍ତ୍ର ଭିଡିଓ ପ୍ରଦର୍ଶନ କରାଯାଇଥିଲା । ଛାତ୍ରଛାତ୍ରୀଙ୍କୁ ନେଇ ଆୟୋଜିତ ‘ଡିଜିଟାଲ ପୋଷ୍ଟର ମେକିଙ୍ଗ୍’ ପ୍ରତିଯୋଗିତାରେ ସାମିଲ ହୋଇଥିବା ଛାତ୍ରଛାତ୍ରୀମାନଙ୍କ ପୋଷ୍ଟରକୁ ପ୍ରଦର୍ଶନ କରାଯିବ। ସହ ଅଂଶଗ୍ରହଣକାରୀଙ୍କୁ ସାର୍ଟିଫିକେଟ୍ ପ୍ରଦାନ କରାଯାଇଥିଲା ।



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<b>Date</b>	31 October 2025
<b>Headline</b>	ହେନ୍ ଷ୍ଟୋକ୍ ନେଇ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ

# ହେନ୍ ଷ୍ଟୋକ୍ ନେଇ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ



॥ ପ୍ରଭାନ୍ତ୍ୟକ ॥ ଭୁବନେଶ୍ୱର, ୩୧ । ୧୦ :  
 ସାରା ବିଶ୍ୱରେ ଏକ ବଡ଼ ଜନସ୍ୱାସ୍ଥ୍ୟ ଆନ୍ଦୋଳନ ହୋଇଛି 'ହେନ୍ ଷ୍ଟୋକ୍' ବା 'ମଣ୍ଡିଆପାଟ' । ବିଭିନ୍ନ ଅଣ୍ଡାଫଳାଣିକ ରୋଗ ମଧ୍ୟରେ ଷ୍ଟୋକ୍ ସର୍ବାଧିକ ମୃତ୍ୟୁର କାରଣ ପାଇଁ ଚିହ୍ନିତ । ତା'ଛଡ଼ା ଏହା ଯୋଗୁଁ ସୃଷ୍ଟି ହେଉଥିବା ଗୁରୁତର ଶାରୀରିକ ଓ ମାନସିକ ଅସମତା ଅନେକ ରୋଗୀଙ୍କ ଜୀବନକୁ କଡ଼ିତ କରିଦେଇଛି । ତେଣୁ, ଏ କ୍ଷେତ୍ରରେ ବ୍ୟାପକ ସଚେତନତା ସୃଷ୍ଟି କରି ଅଲୋଚନା ୨୯ ତାରିଖକୁ ବିଶ୍ୱ ଷ୍ଟୋକ୍ ଦିବସ ଭାବେ ପାଳନ କରାଯାଇଛି ।

ପ୍ରାୟ ଷ୍ଟୋକ୍ ଅର୍ଶିନାଭିକେସନର ସୁଚନା ଅନୁଯାୟୀ, ପ୍ରତିବର୍ଷ ପୃଥିବୀରେ ୭୦ ଲକ୍ଷରୁ ଅଧିକ ଲୋକ ହେନ୍ ଷ୍ଟୋକ୍ରେ ମୃତ୍ୟୁବରଣ କରୁଛନ୍ତି । ସେହିପରି ଲକ୍ଷ ଲକ୍ଷ ରୋଗୀ ବିଭିନ୍ନ ପ୍ରକାର ଶାରୀରିକ ଓ ମାନସିକ କଡ଼ିତତାର ଶିକାର ହେବା ଫଳରେ ଆର୍ଥିକ ସମସ୍ୟା ସହିତ ଜୀବନ ଅର୍ଥନୀତି ମଧ୍ୟ ପ୍ରଭାବିତ ହେଉଛି । ଏକେଇ ବିଭିନ୍ନ ସୁଚନାଧର୍ମୀ ଭିତ୍ତିତ 'ଫିଣ୍ଡାଲାଇଭ୍' ଏବଂ 'ସ୍ୱାସ୍ଥ୍ୟସୁଖ'ର ସୋସିଆଲ ମିଡ଼ିଆ ବ୍ୟାଚେନଲରେ ପ୍ରସାରଣ କରାଯାଇଛି । ଏଥିରେ ଦେଶର ବିଶିଷ୍ଟ ଡାକ୍ତରଙ୍କ ସାକ୍ଷାତକାରକୁ ଆଧାରକରି ଭିତ୍ତିତ ପ୍ରସ୍ତୁତ କରାଯାଇଛି । ବୃତ୍ତିତବର୍ଷ ବିଭିନ୍ନ ଭାଷାରେ ଏହି ଅଭିଯାନ କରାଯିବା ଫଳରେ ଦେଶର ବିଭିନ୍ନ ଅଞ୍ଚଳର ଲୋକଙ୍କ ପାଖରେ ଷ୍ଟୋକ୍ ସଚେତନତା ବାର୍ତ୍ତା ପହଞ୍ଚାଇବାରେ ସକ୍ଷମ ହୋଇଛି ବୋଲି କହିଛନ୍ତି ଷ୍ଟୋକ୍ ମୁକ୍ତ ଜୀବନ ଅଭିଯାନ ଅଧ୍ୟକ୍ଷ ତଥା ବରିଷ୍ଠ ସାମାଜିକ ନୀତୀକାରୀ ରଥ । ଏହି ଅଭିଯାନ ସମୟରେ ଡିଜିଟାଲ ମିଡ଼ିଆ ସହିତ ଲୋକଙ୍କ ସୁଚନା ପାଇଁ ଇ-ନ୍ୟୁଜକେଣ୍ଟର ପ୍ରକାଶ କରାଯାଇଛି । ସେହିପରି ବିଶ୍ୱବିଦ୍ୟାଳୟ ସ୍ତରରେ ଛାତ୍ରଛାତ୍ରୀଙ୍କୁ ହେନ୍ ଷ୍ଟୋକ୍ ରୋଗର ବିଭିନ୍ନ ଲକ୍ଷଣ ସମ୍ବନ୍ଧରେ ସଚେତନ କରିବା ପାଇଁ ଏକ ବିଶେଷ କାର୍ଯ୍ୟକ୍ରମ କରାଯିବ ବୋଲି ଆଇଏଫଆଇ ପକ୍ଷରୁ ସୁଚନା ଦିଆଯାଇଛି ।



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## 'IFI Foundation', 'Swasthya Plus' Network & 'OdishaLIVE' – The Core Partners

### IFI Foundation – Fostering Information for Impact



**IFI Foundation**, a Section 8 'Not for Profit' Company, is focused on social impact areas by accelerating youth action for the Sustainable Development Goals (SDGs), and research & action to advance Social & Behaviour Change Communication (SBCC). IFI supports various collaborative initiatives that use the power of information to drive change, especially among young people in India.

IFI Foundation has entered into an understanding with leading multi-lingual digital health network 'Swasthya Plus' and leading digital news media platform 'OdishaLIVE' for dissemination of information in the form of news stories & videos and for joining hosting various media events, campaigns and knowledge activities in both physical and digital mode. ([www.ifi.org.in](http://www.ifi.org.in))

### 'Swasthya Plus' – South Asia's Health Media Network



Swasthya Plus Network works towards the mission of making health information accessible to everyone. At Swasthya Plus Network, we serve reliable & engaging health content to communities in their own languages.

From explainer videos on life's most common ailments watched by millions of people every month, to behaviour change communication interventions that support the vulnerable - we inform, educate, and encourage positive healthcare seeking behaviours. Swasthya Plus also partners with global organizations, governments, and international universities to further Social and Behavior Change Communication, as well as pioneering research in the future of Health Communication in the digital world.

SwasthyaPlus Network is serving around 10M+ people every month through 16 languages, including in 12 Indian languages and English to disseminate the information globally.

### 'OdishaLIVE' – Web & Social Channels



OdishaLIVE is a digital media platform of 'Academy for Media Learning Private Limited', under its media initiative 'OdishaLIVE Media Network', operating since 2012. The platform creates and curates, news, features, and interviews with diverse subjects and personalities. Along with the news portal [www.odisha.live](http://www.odisha.live), empaneled with Information and Public Relations

Department, Government of Odisha, the platform disseminates news and information in a credible manner across web and social channels.

OdishaLIVE also has a strong social media presence touching over 1.15M plus Subscribers in YouTube channel and 127K Followers in its Facebook page reaching out to a large audience of different age groups and interest across the Odia diaspora.

Central to our vision and content strategy, OdishaLIVE is actively involved in partnering with the local communities, Government, Corporate, UN agencies, brands and non-profits organizations during campaigns, events and thematic areas to capture, curate and promote relevant and engaging content, on a diverse formats, with a focus on life and livelihood, culture, development, public policy and other social impact areas.





[www.ifi.org.in](http://www.ifi.org.in)  
[hello@ifi.org.in](mailto:hello@ifi.org.in)  
+91-7440012175

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