

Report on World ORS Day 2026

“A Glass of ORS Can Help Save a Life.”

Community Awareness at Manalurpettai Village

EVENT-1

Date: 24th July 2026

Location: Manalurpettai Village

Faculty:

Dr. Arun Vineeth A M, Senior Resident

Participants: 40 community members

Objectives

- To create awareness regarding **ORS and its importance in preventing dehydration.**
- To educate the community about the **early signs and symptoms of dehydration.**
- To demonstrate the **correct preparation of ORS using an ORS sachet.**
- To explain the preparation and appropriate use of **home-based ORS solution.**
- To educate parents and caregivers regarding the **use of ORS in children with diarrhoea.**
- To promote **continued fluid intake and feeding** during diarrhoeal illness.
- To emphasize the importance of **hand hygiene and safe drinking water** in preventing diarrhoeal diseases.
- To educate the community regarding **danger signs requiring timely medical consultation.**

➤ Introduction to ORS

The participants were introduced to **Oral Rehydration Solution (ORS)** and its importance in preventing dehydration during diarrhoeal illness. The health education session explained how ORS helps replace fluids and electrolytes lost during diarrhoea. The importance of starting ORS early during diarrhoeal episodes was emphasized.



➤ *Instructions on the Use of ORS*

The participants were educated on **when and how ORS should be administered** during diarrheal illness. Common signs of dehydration such as excessive thirst, dry mouth, weakness and reduced urination were explained. Participants were advised to start ORS early and provide adequate fluids to prevent dehydration.



➤ *Demonstration on ORS Preparation*

A **live step-by-step demonstration** was conducted on the correct preparation of ORS using an ORS sachet and clean drinking water. The correct quantity of water, hygienic preparation and appropriate use of the prepared solution were demonstrated. Participants were encouraged to observe the procedure and clarify their doubts.



➤ *Preparation of Home-Based ORS*

The participants were also educated about **home-based ORS preparation** using commonly available ingredients. The importance of using clean water and maintaining the appropriate proportion of ingredients during preparation was explained. Participants were encouraged to use commercially prepared ORS whenever available and to seek appropriate healthcare advice when required.



➤ *Recognition of Danger Signs*

Participants were educated regarding danger signs requiring **immediate medical attention**, including persistent vomiting, blood in stools, severe weakness, inability to drink and features suggestive of severe dehydration. They were advised not to delay seeking medical care when such symptoms occur.

➤ *Interactive Health Education Session*

An interactive health education session was conducted with the community members. Participants actively interacted with the facilitators, asked questions and clarified their doubts regarding diarrhoea, dehydration, ORS preparation and home-based management.

EVENT-2

School-Based Awareness Program

Date: 30th July 2026

Location: Servite Nursery & Primary School

Faculty:

- Dr. Bharath Rajh K, Senior Resident

Activities Conducted:

➤ Introduction to ORS:

The students were introduced to **Oral Rehydration Solution (ORS)** and its importance in preventing dehydration during diarrhoeal illness. The students were explained about the role of ORS in replacing the fluids and electrolytes lost from the body during diarrhoea. The importance of early use of ORS, particularly in children, was emphasized.



➤ Demonstration on ORS Preparation:

This was followed by a **live demonstration of ORS preparation** using an ORS sachet and clean drinking water. A demonstration of **home-based ORS preparation**

was also conducted to help the students understand the practical aspects of managing diarrhoea and preventing dehydration.



➤ **Awareness Regarding ORS Use in Children:**

The programme focused on creating awareness among school children regarding **diarrhoeal diseases, dehydration and the importance of Oral Rehydration Solution (ORS)**. CRMI delivered a health awareness talk covering the **benefits of ORS, its role in preventing dehydration, preparation of ORS using a sachet, and preparation of a home-based ORS solution**. The importance of **hand washing and maintaining good oral hygiene** was also explained to the students in a simple and interactive manner.



➤ **Importance of Hand Hygiene:**

The students were sensitized about the importance of **hand washing with soap and water**, particularly before eating and after using the toilet. The relationship between good hand hygiene and prevention of diarrhoeal diseases was explained. A practical demonstration of the correct hand-washing technique was also conducted.



➤ **Interactive Session:**

An interactive session was conducted with the students to reinforce the key messages regarding **ORS, diarrhoea, dehydration and personal hygiene**. Students actively participated by answering questions and clarifying their doubts, making the programme more engaging and effective. Overall, the programme provided an engaging and practical learning experience for the students and strengthened their awareness regarding **ORS, prevention of dehydration, personal hygiene and healthy practices**.



Conclusion

The World ORS Day 2026 awareness programs were successfully conducted, reaching different segments of the community. These programs enhanced knowledge on the importance of ORS, demonstrated its preparation and correct usage, and empowered caregivers and teachers to manage diarrheal diseases effectively. The efforts contribute to reducing dehydration-related complications and promoting preventive healthcare.