

## WOMEN CELL EVENT HELD ON 31.10.22

### WORKSHOP ON AWARENESS ON ACCIDENTAL TRAUMA

The word trauma refers to a wound or an injury, whether psychic or physical. It is an unexpected, unforeseen, and unfortunate event. Disability is viewed as an act of God or an unpreventable accident. It is true that no one expects to be injured; however, in most of the cases, "accidents" are preventable. All that is required is a small amount of planning.

Injury (trauma) is the leading cause of death for all age groups under the age of 44. It remains one of the significant public health issues haunting the World, yet the problem continues to go largely unrecognized. Motor accidents, and fire injuries represent the two major causes of trauma and death. Drowning falls, and poisoning represents other common causes of trauma.

Useful tips were provided by two renowned doctors on accidental trauma and the ways by which we can deal with it. Prevention is better than cure and students were made aware to follow traffic rules to avoid accidental injury.



