

SPARSH 2018

Awareness Programme

for Girls

14th August 2018, Tuesday

Organized by

Internal Complaints Committee, CUTN In

association with

Department of Epidemiology and Public Health

Health Centre, CUTN,

Hostels, CUTN

Maintaining Personal Hygiene and ensuring good sanitation practices is central in ensuring a positive living experience in any community. This is very much applicable to communities like university hostels as well, because students from various socio-economic-cultural background are sharing the physical and social space. Generally, the practice of personal hygiene is employed to prevent or minimize the incidence and spread of communicable diseases. WHO mentions that 3.1% of all deaths worldwide are attributable to unsafe water, sanitation and personal hygiene. Many of these communicable diseases are preventable if we take adequate, but simple measures and include those in our day to day life.

It was observed that, girl residents of various hostels are complaining about health conditions like nausea, diarrhoea, Urinary Tract Infections apart from various skin allergies and problems. This was validated through the health centre records. This one day awareness programme aims to educate female students (especially first year students) about the importance of personal hygiene and sanitation, so that various disease outbreaks within the university premises can be prevented.

Chief Patron

Prof. A. P. Dash

Honourable Vice Chancellor, CUTN

Patron

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Chief Warden (Girls)

Dr. G Sudha, Head, Department of Management

Dr. Jayalakshmi Krishnan

Assistant Professor and Coordinator,

Dept. of EPH, Warden, Girls Hostel

Organizing Secretaries

Dr. Lekha D Bhat, Assistant Professor,

Dept. of EPH, Warden, Girls Hostel

Dr Sumalatha B. S

Assistant Professor,

Dept. of Economics, Warden, Girls Hostel

Student Representatives

Ms. V. Jeeva, Ms. K. Ramya, Ms. Sneha Joseph, Ms.

S. Sujitha, Ms. Susmita Halder,

Ms. Tomcy Thomas

II M.Sc., EPH (2017-2019)



Expected Outcome

- Minimization of incidence and prevalence of communicable infections and allergies.
- Encourage and ensure proper menstrual hygiene and health which is environment friendly.
- Reduce absentee rates in regular classes which are due to hygiene and sanitation related problems.

Date: 14th August 2018

Venue: M P Hall, CUTN

Time: 9.30 AM-17.45 PM



Programme Schedule

Inauguration and
Felicitation VENUE – MP
Hall, CUTN

Inauguration 9.30AM-10.30AM

09:15 – 9.30AM – Assembling and Registration
Welcome and Introducing the Theme
Dr Jayalakshmi Krishnan, Coordinator, Dept. of
EPH, Warden (Girls)

Inaugural Address
Prof A P Dash
Hon'ble Vice-Chancellor, CUTN

Key Note Address
Dr S Bhuvaneshwari, Registrar, CUTN

Felicitations
Mr CMA Palani, FO, CUTN

Dr A Ragupathy, CoE, CTUN

Prof.T .Sengadir, Dean Academics, Head, Dept.
of Mathematics

Prof. S Nagarajan, Dean, Student Welfare,
Dean, School of Basic and Applied Sciences

Prof. Sulochana Shekar, Dean, School of Earth
Sciences, Head, Dept. of Geography, Presiding
Officer, Internal Compliant Committee, CUTN

Prof. L Kavitha, Head, Dept. of Physics and
Chief Warden (Girls), CUTN
Dr. G Sudha, Head, Dept. of Management

Vote of Thanks
Dr Sumalatha B.S, Assistant Professor, Dept. of
Economics, Warden (Girls Hostel)



Session I

VENUE – M P Hall, CUTN

11:00 -11:15 –

Common Health Problems of Young Women
(Thyroid, Anaemia etc.) - Dr Prem Davis,
Medical Officer, CUTN

11:15 – 11.30 –

Medical Aspects of Menstruation and Related
Disorders

Dr SarasVeni, Medical Officer, CUTN

11.30 – 11.45 –

Practical Aspects of Personal and Menstrual
Hygiene.

Ms. Neenumol, Assistant Professor, Dept. of
EPH, CUTN

11.45-12.00

Medical Dimensions of Women's Health.

Dr Vishnu Priya, Medical Officer, CUTN

12.00- 12.15

Urinary Tract Infections, Dr Punitha, Medical
Officer, CUTN

12.15-12.30

Unhygienic Practices and Pathogens,

Dr Jayalakshmi Krishnan, Assistant
Professor and Coordinator, Dept. of EPH,
CUTN

12:30 - 13:00 - Interaction and Clarification
of

Doubts with expert panel

13:00 - 14.00 – Lunch Break

Session II

VENUE – M P Hall, CUTN

14:00 – 14:30 –

Mental Health and Girls,
Dr V. Vithya, Assistant Professor,
Dept. of Applied Psychology, CUTN

14:30 – 16.00 – ICC and Women of CUTN
Discussion and Interaction by ICC Team

Prof Sulochana Shekar, Presiding Officer, ICC
Prof L Kavitha, Member, ICC

Dr G Sudha, Head, Dept. of Management

Session III

VENUE- M P Hall, CUTN

16.00 – 17.30

Outreach Session – EPH Students

Quiz Competition – EPH Students

Dept of Epidemiology and Public Health,
CUTN

17.30 – 17.45 Vote of Thanks

Ms NeenuMol Babu

Assistant Professor, Dept of EPH, Warden
(Girls), CUTN

Registration

All first year female students are expected
to participate, kindly register in the below
link <https://goo.gl/forms/Q0jcvwOfCT2aUWxp1>