SPARSH 2018 Awareness Programme for Girls 14<sup>th</sup> 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 Dr. S. Bhuvaneswari Registrar, CUTN

Co-Patron Mr. CMA. V. Palani, Finance Officer, CUTN

Dr. A. Ragupathy, Controller of Examinations, CUTN

Advisory CommitteeProf. T. SengadirProf S NagarajanDean- AcademicDean-Student WelfareDean, School of Basic and<br/>Applied Sciences

Conference Directors Prof. Sulochana Shekhar Dean, School of Earth Sciences Head, Department of Geography, Presiding Officer, Internal Complaint Committee, CUTN

Prof. Kavitha L Head, Department of Physics, 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

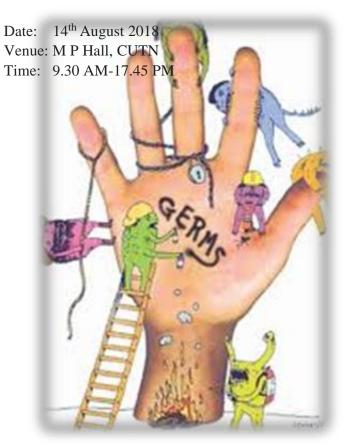
Dr Sumalatha B. S Assistant Professor, Dept. of Economics, Warden, Girls Hostel

Student RepresentativesMs. V. Jeeva, Ms. K. Ramya, Ms. Sneha Joseph, Ms.S. Sujitha, Ms. Susmita Halder,Ms. Tomcy ThomasII 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.



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 Bhuvaneswari, 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