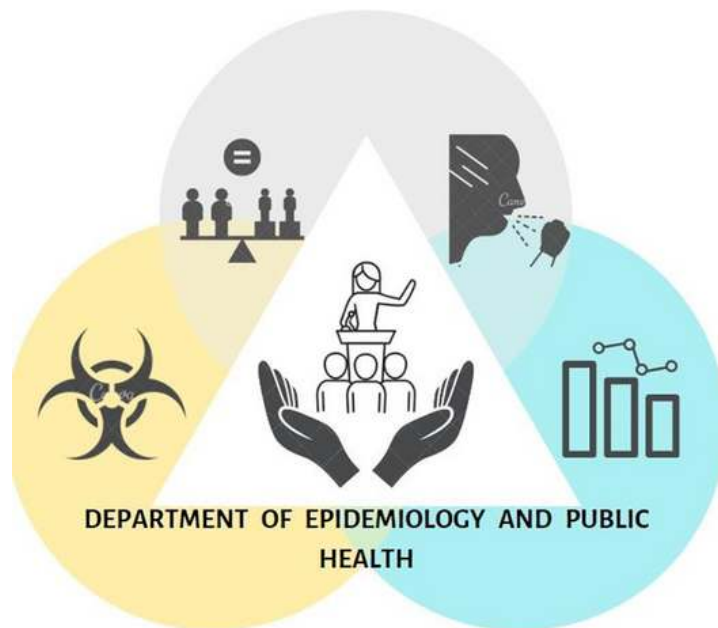


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EPI HEALTH

DEPARTMENT OF EPIDEMIOLOGY AND
PUBLIC HEALTH
CENTRAL UNIVERSITY OF TAMIL NADU
THIRUVARUR

Annual News Letter

MESSAGE FROM HOD, EPH

It gives me immense pleasure to present the newsletter message of the Department of Epidemiology and Public Health. I take pride in the active participation of our students in the curricular as well as extracurricular activities of the department. The COVID-19 pandemic has put unforeseen pressures on us. Although the storm clouds of the pandemic, after a long while, the department is back in full swing, with the resumption of offline classes.

The year 2021, has been another amazing for our department. Online classes continued with the same vigor as early years. The final-year students completed their projects and graduated successfully. We bid them farewell, which was a bit emotional, similar to the previous farewell celebrations. In addition to that, both 2018-2020 and 2019-2021 batch students were awarded with their degrees in the sixth convocation which was organized very beautifully in virtual mode. The reopening of hostels for current year PG and PhD students was another development in campus life wherein after a year and a half, we could finally meet each other in person. It was rather nice to put a face to the voice. I applaud the Editorial Board of this newsletter for successfully completing this daunting task of putting together the multifarious thoughts of our students and faculty into a visual feast.



PROF. NATARAJAN GOPALAN

From the new syllabus point of view, we constituted a Board of studies for the Department with more practical oriented courses. We are happy to inform you that we have published many manuscripts in good impact scientific journals and we are busy preparing ourselves for a NAAC second cycle assessment. Yet again, we are eagerly getting ready to welcome our 2022-2024 batch of students while our research scholars are working hard to complete their studies with at least two of them hoping to submit their Ph.D. thesis in the coming months.

I also extend my heartfelt congratulations to students for their fruitful efforts and participation. I welcome you all to explore the opus of our creative minds for the improvement of the Department in all activities.

WELCOME TO THE DEPARTMENT OF EPIDEMIOLOGY AND PUBLIC HEALTH

~~~MEET OUR FACULTIES~~~



## **PROF. NATARAJAN GOPALAN**

Professor and Head of the  
Department

Area of Research: Medical  
Entomology Diseases Diagnosis  
and Management

## **DR. AJEET JAISWAL**

Associate Professor

Area of Research: Biophysical  
anthropology, Forensic anthropology,  
Occupational Hazard And Public  
Health



## **DR. LEKHA BHAT**

Assistant Professor EPH

Area of Research: Gender Health,  
Health Policy, and Qualitative  
Research





## **DR. SUJIT KUMAR BEHERA**

Assistant professor

Area of research: Epidemiology of zoonotic diseases and development of novel diagnostics for diseases of public health importance

## **DR. PRAVEEN BALABASKARAN NINA**

Assistant professor

Area of research: Vector (Anopheles) – Parasite (Plasmodium). Relationships and resistance and susceptibility of vectors to plasmodium



## **DR. NEENA ELEZEBETH PHILIP**

Assistant professor

Area of research: Healthcare economics, Health system, and health policy



~~~MEET OUR RESEARCH SCHOLARS~~~



ZERFEWORK DEBEBE

Mentor: Dr. Neena Elezebeth Philip,
Assistant Professor

AISHWARYA MOHAN

Mentor: Dr. Praveen Balabaskaran Nina,
Assistant Professor



ASHWANI

Mentor: Dr. Ajeet Jaiswal,
Associate Professor



MEENU MARIYA JAMES

Mentor: Dr. Sujit Kumar Behera,
Assistant Professor



DEPARTMENTAL ACTIVITIES

ONE DAY WEBINAR

One-day webinar on the topic Universal Access to Vaccine & Medicines as a fight against Covid-19 towards World Awakening Day and the UAVM (Universal Access to Vaccine & Medicines); Campaign between 18 to June 23, 2021, under the request of the Association of Indian Universities (AIU) was held on 23rd June 2021. The Programme was coordinated by Prof. N. Gopalan, Dr.Paban Kumar Dash, Head, Division of Virology, Defense R & D Establishment (DRDE), Gwalior discussed the Exploration of Technology Platforms in the Development of COVID-19 Vaccines. Dr, Kodumudi Venkat Venkateswaran, Chief Scientist of Tetracore Inc. Rockville, Maryland, USA discussed the topic of COVID-19 Diagnostic and Surveillance Tests and Dr.Sriram Selvaraju, MBBS, MPH Scientist, ICMR-NIRT Chennai discussed about The Epidemiology of COVID-19.

SPECIAL LECTURE- 1

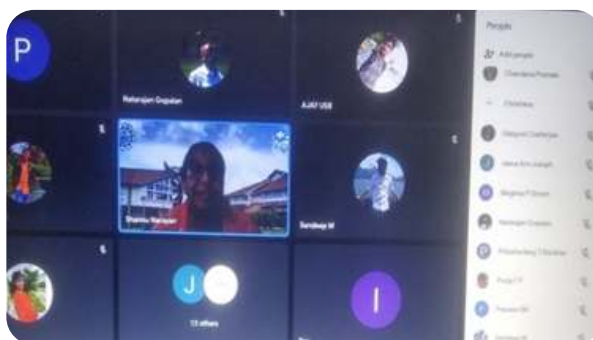
On 16th June 2021, a special lecture on ‘Sri Lankan Healthcare System: An Innovative Approach to universal health coverage’, was held in the department. The resource person was Dr. Ishra Fathima Nazeer, from Community Medicine for the faculty of Medical Sciences at the University of Sri Jayawardenapura, Sri Lanka. The lecture program was coordinated by Dr. Neena Elezebeth Philip.

SPECIAL LECTURE- 2

An invited lecture by Dr. Jithesh V, Assistant director, Public health on the topic “Operational aspects of Primary Health Care in India” as part of the health care system course of second semester, MSc was conducted on 7th June 2021. Programme was coordinated by Dr Neena Elezebeth Philip.

SPECIAL LECTURE- 3

A special lecture on the topic “Health law and policy; regulations and practices” was held on 29th June 2021. The Resource person was Dr. Shannu Narayan, Assistant professor, and Chairperson, Law facility Humanities & Liberal Arts in Management, IIM Kozhikode. The lecture Program was coordinated by Dr. Lekha D Bhat



DEPARTMENTAL ACTIVITIES

WEBINAR- 1

A webinar on Anthropology of Health and Anthropometry was conducted on the 16th of December 2021, Prof. N. Gopalan, Professor, and Head of the Department of EPH was the program convener and it was coordinated by Dr. Ajeet Jaiswal. Dr. Anup Adhikari, Mentor and Exercise Physiologist, and Anthropometrist from the International Standards for Anthropometric Assessment (ISAK) based in Canada discussed the Anthropology of Health and Anthropometry, and Ms. Debaarati Chakrasati who is an Anthropometrist from the Sports Authority of India discussed on Craniometry and Somatometry. Following the two guest speakers, a discussion was held among the speakers and experts. This was then followed by a vote of thanks by Dr. Sujit Kumar Behera.



DEPARTMENTAL ACTIVITIES

WEBINAR- 2

A one-day special webinar lecture titled 'Relevance of Anthropometric Knowledge in the Current Context and Forensic Anthropology' was held on 23rd December 2021. The program Convenor was Prof. N. Gopalan, and Professor & Head of the Department Dr. Ajeet Jaiswal was the coordinator of the program. Dr Sudip Datta Banik, Head, Dept. Of Human Ecology, Center for Research and Advanced Studies (Cinvestav), Merida, Mexico, discussed the Relevance of Anthropometric Knowledge in the Current Context, and Dr. Ranjeet Kumar Singh, Director, SIFS-India, Forensic Lab discussed the topic of Forensic Anthropology. Both the speakers enlightened us students with their knowledge and expertise. They were also able to provide us with career options after completion of our MSc. EPH course.



DEPARTMENTAL ACTIVITIES

FRESHER'S DAY FOR JUNIOR BATCH

On the 21st of April, second-year MSc EPH students conducted a Fresher's programme titled FRECEBO-2K22 for the first-year batch of 2021. Jovial smiles and high spirits marked the welcome party for the new students. Various dance performances, singing performances, and many games were organized during the function.



DEPARTMENTAL ACTIVITIES

FAREWELL TO THE SENIOR BATCH

First-year students arranged a farewell party in the title CHEERIO- 2k22 to the final year outgoing students. Students presented group and solo dance performances and song performances. Some exciting games were also arranged for the seniors by their juniors. The jovial eve ended with a delicious dinner.



STUDENTS PLACEMENTS

MSc EPH 2020 - 2022 BATCH

| SI No | REG. NUMBER | NAME | DESIGNATION | SALARY |
|-------|-------------|-------------------------|---|----------------------|
| 1 | P201501 | Abdul Hisham Alam | Relationship Officer S1, Agriculture Business Department, Federal Bank | Approx. 11.89 LPA |
| 2 | P201514 | Phibahunlang T. Wankhar | Field investigator ICMR- National Institute for Research in Environmental Health, Bhopal | 31,000 per month |
| 3 | P201516 | Premala Chandana | Trainee-Reviewer Selection Editor, Straive/ SPI Technologies India Private Limited, Chennai | CTC 23,600 per month |

FACULTY ACHIEVEMENTS

DETAILS OF PUBLICATIONS IN THE YEAR 2021-22

| Sl. No. | Title of paper | Name of the author/s | Name of the journal | Year of publication |
|---------|---|--|--|---------------------|
| 1 | The Occupational Health and Safety” An Anthro-Medical Review” | Ajeet Jaiswal | Anthro-Indialogs | 2021 |
| 2 | Addiction to Drugs in Low Back Pain Patients: An Anthro-Medical Review | Ajeet Jaiswal | Anthro-Indialogs | 2021 |
| 3 | Socio-Economic and Nutritional Status Evaluation among the rural Women of Tamil Nadu | Ajeet Jaiswal | Anthropology and Ethnology Open Access Journal | 2021 |
| 4 | Effects of Carbon Monoxide and Cyanide Poisoning On Human Health | Ajeet Jaiswal | Public health open access | 2021 |
| 5 | Stature Estimation Using Arm Length, Acromiale-Radiae Length and Biepicondylar Humerus Breadth of School Going Male Children | Ajeet Jaiswal | Science, Technology and Development Journal | 2021 |
| 6 | Powers and Functions of Panchayat and Tribes in India: Panchayati Raj Institutions | Ajeet Jaiswal | Academia Letters | 2021 |
| 7 | COVID-19: Evaluation of Occupational Health Risk and Healthcare Workers | Ajeet Jaiswal | Anthropology and Ethnology Open Access Journal | 2021 |
| 8 | Tribes in India and Economic Globalization | Ajeet Jaiswal | Anthropology and Ethnology Open Access Journal | 2021 |
| 9 | Risk Factors Associated with Porcine Leptospirosis in Uttar Pradesh, India | Sujit Kumar Behera | Proquest | 2021 |
| 10 | Immunoinformatic Study of Recombinant LigA/BCon1-5 Antigen and Evaluation of Its Diagnostic Potential in Primary and Secondary Binding Tests for Serodiagnosis of Porcine Leptospirosis | Sujit Kumar Behera | Pathogens | 2021 |
| 11 | Evaluation of the diagnostic potential and DIVA capability of recombinant LigBCon1-5 protein of Leptospira interrogans serovar Pomona in canine leptospirosis | Sujit Kumar Behera | Iranian Journal of Veterinary Research | 2021 |
| 12 | Socio-economic and household determinants of malaria in adults aged 45 and above: analysis of the longitudinal ageing survey in India, 2017-2018 | Praveen Balabaskaran Nina & Sujit Kumar Behera | Malaria Journal | 2021 |
| 13 | Epidemiology, Hot Spots, and Sociodemographic Risk Factors of Alcohol Consumption in Indian Men and Women: Analysis of National Family Health Survey-4 (2015-16), a Nationally Representative Cross Sectional Study | Praveen Balabaskaran Nina & Sujit Kumar Behera | Frontiers in Public Health | 2021 |
| 14 | Social and housing indicators of dengue and chikungunya in Indian adults aged 45 and above: Analysis of a nationally representative survey (2017-18) | Praveen Balabaskaran Nina & Sujit Kumar Behera | Archive of Public Health | 2021 |
| 15 | Futuristic Non-antibiotic Therapies to Combat Antibiotic Resistance: A Review | Praveen Balabaskaran Nina | Archive of Public Health | 2021 |

FACULTY ACHIEVEMENTS

DETAILS OF PUBLICATIONS IN THE YEAR 2021-22

| SI. No. | Title of paper | Name of the author/s | Name of the journal | Year of publication |
|---------|---|------------------------------|--|---------------------|
| 16 | Revealing the socio-economic vulnerability and multi-hazard risks at micro -administrative units in the coastal plains of Tamil Nadu, India | Praveen Balabaskaran
Nina | Geomatics, Natural Hazards, and Risk | 2021 |
| 17 | Effect of climate change and deforestation on vector borne diseases in the North-Eastern Indian State of Mizoram bordering Myanmar | Praveen Balabaskaran
Nina | Journal of Climate Change and Health | 2021 |
| 18 | Probiotic containing foods in Military Dining: A systematic review. 6 (4), 305-13 | Prof Natarajan Gopalan | Def Life Sci | 2021 |
| 19 | District-level epidemiology, hot spots and sociodemographic determinants of tobacco use in Indian men and women: analysis of national family health survey-4 (2015-16). | Praveen Balabaskaran
Nina | Public Health | 2021 |
| 20 | Evaluation of the diagnostic potential and DIVA capability of recombinant LigBCon1 protein of Leptospira interrogans serovar Pomona in canine leptospirosis | Sujit Kumar Behera | Iranian Journal of veterinary research | 2021 |
| 21 | Development of Magnetic Nanoparticle Assisted Aptamer-Quantum Dot Based Biosensor for the Detection of Escherichia coli in Water Samples (2022). | Prof Natarajan Gopalan | Accepted in Sci Total Environ. (Impact factor: 7.96) | 2022 |
| 22 | Spatial epidemiology of acute respiratory infections and its risk factors in children under five in India: Analysis of National Family Health Survey-4 (2015-2016) | Prof Natarajan Gopalan | PLOS ONE | 2022 |
| 23 | Prevalence and Associated Factors of Stroke among Older Adults in India: Analysis of the Longitudinal Aging Study in India-Wave 1 2017-18 | Lekha Bhat | Indian Journal of Public Health | 2022 |
| 24 | Fear and Stigma during COVID 19: A roadmap to develop effective Intervention | Lekha Bhat | Journal of Positive School Psychology. | 2022 |
| 25 | Health, Economic and Social Development Challenges of the COVID-19 Pandemic: Strategies for Multiple and Interconnected Issues | Lekha Bhat | Health care | 2022 |
| 26 | Fear, discrimination, and healthcare access during the COVID-19 pandemic: Exploring women domestic workers' lives in India | Lekha Bhat | Agenda | 2022 |
| 27 | Appraisal of climate change and cyclone trends in Indian coastal states: a systematic approach towards climate action | Lekha Bhat | Arabian Journal of Geosciences | 2022 |
| 28 | The Second Wave of COVID 19 and Beyond: Rural Health Care | Lekha Bhat | Rural Health Care | 2022 |

FACULTY ACHIEVEMENTS

DETAILS OF FUNDED GRANTS

| Sl.No | Name of the professor | Title of the project | Funding Agency | Amount of grant | Year of award |
|-------|------------------------------|--|----------------|-----------------|---------------|
| 1 | Dr Praveen Balabaskaran Nina | Research Project (PI) | DHR | Rs. 13, 98000/- | 2021 |
| 2 | Prof Natarajan Gopalan | DBT- Capacity building and promoting good husbandry practices among livestock farmers for the livelihood, sustainable livestock production and upholding public health | DST | Rs. 71.35 lakhs | |

PATENTS

| Sl.No | Title of the patent | Name of the Professor | Publish of patent/Year of Award |
|-------|---|-------------------------|---------------------------------|
| 1 | Magnetic Nanoparticle assisted Aptamer – Quantum Dot based Biosensor for the detection of Ecoli | Prof. Natarajan Gopalan | 2021 |

FACULTY ACHIEVEMENTS

DETAILS OF BOOK CHAPTERS PUBLISHED

| Sl. No | Name of the Faculty | Title of the Chapter | Title of the book | Name of the publisher | Year of publication |
|--------|------------------------|---|---|---|---------------------|
| 1 | Ajeet Jaiswal | | Environmental health and Occupational health | Paragon International Publishers, New Delhi | 2021 |
| 2 | Ajeet Jaiswal | “Gandhi and Globalization: A Holistic Mahatma Gandhi’s Vision on Globalization” | Mahatma Gandhi vision: sustainable and human development | Avon Publishing House, New Delhi | 2021 |
| 3 | Neena Elezebeth Philip | India’s Economy and Society. | India Studies in Business and Economics. | Springer, Singapore. | 2021 |
| 4 | Sujit Kumar Behera | Chapter 6- Veterinary and public health | Part-1 Veterinary Science | - | 2021 |
| 5 | Ajeet Jaiswal | Covid-19: Health workers and occupational Health” | Socio-Economic and Health Problem During Covid-19 Pandemic | Raghav Publications, New Delhi | 2021 |
| 6 | Ajeet Jaiswal | Fundamentals of Human Ecology | Human Ecology: Biological and Cultural Dimensions | IGNOU | 2021 |
| 7 | Lekha Bhat | Livelihood, employment and health of migrant workers in the context of COVID-19 pandemic. | India Migration Report 2021 | Routledge India. | 2022 |
| 8 | Lekha Bhat | Climate Change: Development perspective | Climate Change and Growing Inequality: The Emerging Paradigm Shift in Helping Profession. | Authors Press. New Delhi | 2021 |
| 9 | Lekha Bhat | Urban Health: Emerging Public Health Perspectives. | Beyond the COVID 19 crisis and Global Health Diplomacy. | Global South Strategies. Mangalore | 2021 |
| 10 | Lekha Bhat | Livelihood, employment and health of migrant workers in the context of COVID-19 pandemic. A Qualitative study in Kerala and Tamilnadu | COVID 19 and migrant health | Clever fox publishers | 2021 |

FACULTY ACHIEVEMENTS

INVITED LECTURES

DR. NATARAJAN GOPALAN

Served as a guest speaker in a two-day virtual National conference on Leadership skills, Teaching, Learning Strategies, Challenges and opportunities of New Education Policy 2020 conducted by the Department of Management in association with Bharathidasan Institute of management on December 21-22, 2022

DR. AJEET JAISWAL

- Delivered an Invited Lecture in International Debate Cycle – 2021, on “Anthropology, Anthropometry and Sports” on 28th May, online mode, organized by IUAES: Commission of Anthropology of Sports
- Delivered an Invited Lecture at the 2nd International Conference and Expo on Materials Science and Nanoscience during October 25-27, 2021 at Material Science-2021, OLC International, Cologne, Germany as Speaker “Anthropology and Material science”.
- Delivered an Invited Lecture in International Union of Anthropological and Ethnological Sciences (IUAES) Congress, Yucatan, Mexico, held on 9-13 November 2021 (Virtual Mode) on “Ethnographies in sports during pandemic times” on 12th November, online mode, organized by IUAES: Commission of Anthropology of Sports - @IUAES_CAS. Round table number 11.

Dr. LEKHA BHAT

- Delivered an Invited talk on English in Academic Writing: A Special Session for Social Sciences in Short term Course on Academic and Research Report Writing, Organised by National College (Autonomous), Tiruchirappalli, Tamil Nadu on 3rd Jan 2022.
- Delivered a Key note address on Social Work and Public Health – Possibilities and Practices during the pandemic’ Kerala Social Work Congress 2021 International Conference on Social Work and Public Health: Possibilities and practices during the pandemic jointly organised by KAPS, Vimala College, Thrissur and St. Thomas College, Thrissur Kerala on 20 – 21st December 2021.
- Delivered an invited talk on “Health System Management and its role in Public Health” on 20th Nov 2021 at Department of Social Work, Jamia Milia Islamia, Delhi.

POPULARITY OF ALTERNATIVE STRATEGIES FOR BOOSTING IMMUNITY DURING THE TIME OF COVID-19

~ ROHIT JANGRA



The coronavirus disease 19 (COVID-19) pandemic is unique and unprecedented in several aspects and has challenged health care systems. Considering the current pandemic of COVID-19 where no effective preventive and curative medicine is available, a healthy immune system is one of the most important weapons. Clinical interventions are being carried out all over the world. The Indian government has launched a similar strategy, using the Ayurveda and Homeopathy systems of medicine as immune boosters to improve citizens' respiratory health. As a result, the scientific community must consider the complementary and alternative systems that are available around the world. Complementary and Alternative Medicine (CAMs) are currently part of the medicinal system and national drug programs in different countries, like India, Sri Lanka, Bangladesh, China, Singapore, etc. In India, it is referred to as Indian traditional medicines and is combined under one roof termed AYUSH and is integrated with the national medicinal system in treating several diseases. The AYUSH system consists of five different holistic treatment approaches that include Ayurveda, Yoga, Unani, Siddha, and Homeopathy. Among all Ayurveda, Yoga, and Homeopathy are accepted worldwide and referred to as the ancient medicinal system.

Yoga is an ancient mind-body practice that is becoming increasingly recognized for its health benefits in a wide range of clinical and non-clinical conditions. It is difficult to obtain a balanced and varied diet in today's global context due to limited mobility. As a result, meeting recommended calorie and micronutrient intakes will be difficult, and elective micronutrient supplementation via nutraceuticals may be beneficial, particularly for vulnerable populations. Homeopathy is a well-integrated part of AYUSH modalities - The preventive aspect of Homoeopathy is well known for many ailments including viral infections.

Historically, Homoeopathy gained prominence following its usefulness for the management of the epidemics of Cholera, Typhoid, Yellow fever, Diphtheria, Spanish Influenza, leptospirosis, scarlet fever, etc. Ayurveda being the ancient medical science has great importance in disease management with its ultimate goal of ensuring complete and comprehensive health. Siddha system of medicine is a traditional healing system, one of India's oldest holistic systems. This system features a large source of drugs of four types namely herbals, metals, minerals, and animals. Unani is a traditional system of medicine developed during the Middle Ages, which employs natural drugs of herbal, animal, and mineral origin for treatment.

The majority of people have become more health conscious since the COVID 19 pandemic hit and have started using multiple alternate strategies. It would be unwise to assume that a similar situation may not arise in the future. Alternate medicinal strategies cannot be overlooked and could play a significant role in boosting the innate immunity to possibly combat the severity of symptoms during the wake of covid-19. A significant portion of people has sought out alternate strategies to arm themselves and strengthen their

immunity and India could be a leading example by incorporating Traditional and alternate systems as a healthcare choice with the active involvement of the Ministry of AYUSH. More professionals are required to counsel in these fields as heavily non-credible information sources are in circulation which is misleading therefore intensive research in this field could pave the way for the coexistence of these supplementary systems with the conventional healthcare in place.

WOMEN'S LIBERTY IN REPRODUCTIVE RIGHTS: AN OVERVIEW OF CHANGES IN THE MTP ACT FROM 1971 TO 2022

~ YOGESWARAN ALIAS NEHRU S



We all know that the medical termination of 1971 made provisions to overcome rising maternal mortality from illegal abortion, and decriminalize the service provider. But, the enormous void in this act is that the services are offered only to a specific category of women during a certain period of gestation. This is ultimately against the reproductive rights of the woman mentioned in article 21 of the constitution. After the amendments made in 2021 in this act were key start towards the original objective by changing from “married women” into “any women” and “her husband” into “her partner” in section 3 of MTP act, 1971. This overall amendment contributes toward reducing preventable maternal mortality and thereby achieving sustainable development goals – 3.1, 3.7, and 5.6. A recent judgment was made by the supreme court in favor of unmarried pregnant women who want to abort their pregnancy after 23 weeks against the MTP rule 3B which states that only pregnant women of the special category are allowed to terminate between 20 – 24 weeks of gestation. The overall effect made by the Indian government on abortion services is considered a “great win for the collective wish of women”. This provides universal access to quality abortion services for all women in India. This was a great move by the Indian government to lighten the dark creator by the United States, which recently struck down “the constitutional right to abortion”.

Major applaudable amendments in MTP 2021 are,

- No upper gestational limit in case of fetal abnormalities to terminate pregnancy with the opinion of the medical board.
- Confidentiality in woman’s details who undergoes pregnancy termination has been included.
- Inclusion of all women in abortion services till 24 weeks of gestational even who get pregnant due to contraceptive failure.
- The opinion of one provider till 20 weeks of gestation and two providers for 20 – 24 weeks of gestation for termination of pregnancy.

Future challenges;

- Proper dissemination of information to everyone and thereby achieving “universal reproductive health”.
- MMR of 174 in 2015 has to be reduced further due to this liberalization with special attention towards sex-selective abortion which is prevailing in India.

Differences between MTP 1971 and MTP (amendment), 2021:

| MTP, 1971 | MTP, 2021 |
|--|---|
| <p>Explanation 2: Where any pregnancy occurs as a result of failure of any device or method used by any married woman or her husband for the purpose of limiting the number of children, the anguish caused by such unwanted pregnancy may be presumed to constitute a grave injury to the mental health of the pregnant woman.</p> | <p>Explanation 1: For the purposes of clause (a), where any pregnancy occurs as a result of the failure of any device or method used by any woman or her partner for the purpose of limiting the number of children or preventing pregnancy, the anguish caused by such pregnancy may be presumed to constitute a grave injury to the mental health of the pregnant woman.</p> |

MY EXPERIENCE AS A FOREIGN STUDENT AT CUTN

~ ULASINI NIRVANA PILLAY



I am Dr Ulasini Nirvana Pillay from Cape Town, South Africa. I completed my education until high school in South Africa. Thereafter I conducted my tertiary studies in the Philippines. I have completed my BSc. Biology at Emilio Aguinaldo College, School of Arts and Science, as well as Doctor of Medicine degree from Emilio Aguinaldo College, School of Medicine.

Public Health has always been my passion, it has been my dream to serve my community and the future generations to come.

MSc. EPH deals with preventive and social medicine. Taking this into account, as a general practitioner, I will be equipped with the skills to be a well-rounded doctor in my field of practice.

I joined the Central University of Tamil Nadu during the academic year 2021-2022 to pursue MSc. Epidemiology and Public Health. At the time it was the only university that incorporated both fields of interest. And I am so glad to be a part of the EPH family. With such supportive, well-learned staff and a department head that always looks out for our best interest, you can only succeed and become the best version of yourself.

During my medical schooling, we were placed in the community to identify risks for disease. This included identifying breeding sites for mosquitoes as well as risks for communicable diseases such as Tuberculosis. We were taught how to collect data as well as counsel community members on safe water practices and hygiene.

Medicine has always been my dream, and with the skills I will acquire after completing my MSc. Epidemiology and Public Health I hope to be as successful as my professors. They are truly an inspiration! EPH has opened new doors and opportunities. It's up to us to pursue our passions and make the best of it.

CUTN has given me the chance to make friendships that I will always cherish. I have had the opportunity to enjoy cultural programmes organized by the university and the student body. Being able to pursue my tertiary studies in India is an amazing opportunity, and I am enjoying every moment to the fullest!

MY EXPERIENCE AS A FOREIGN STUDENT AT CUTN

~ MEHESHREE PILLAY



I am Dr. Meheshree Pillay, from Cape Town, South Africa. I arrived in India in October 2021 and I'm currently living in Thiruvavarur, Tamil Nadu. I completed my primary and high school in South Africa.

Thereafter I completed my BSc. Biology and Doctor of Medicine degree in the Philippines.

I am currently enrolled as a Masters's student in the MSc EPH course.

As a doctor, I think it's relevant to study Epidemiology and Public health so that we may better understand the community and devise ways to improve the healthcare system.

I chose this university because they offered me a chance to do a course that I was passionate about - MSc. Epidemiology & Public Health.

Out of all the higher institutions in India that I researched, the Central University of Tamil Nadu was the only university that offered this unique postgraduate programme. Another attractive feature of the university was the research and published work by the faculty. The professors in our EPH department are exceptionally qualified and have many years of experience behind them.

During one of our community visits in Manila, Philippines, where we identified dengue risks in a local community. We had to collect data and educate the families on how to reduce their risks of dengue by taking care of their home and outdoor environments.

Through experiences like this (and many more), I realized the importance of social interactions with vulnerable communities and how medicine extends far beyond the walls of a hospital.

Christmas event hosted by our medical college, The orphanage is under the care and supervision of our medical college. As part of our festive season voluntary work, we entertained the children with food, music, dancing, face painting, and gifts for everyone!

I have made so many wonderful friends and built close relationships with the people in my class. As a foreign student here, I have always felt welcomed and included. I am truly enjoying this cultural and educational experience so far and look forward to making many more memories together.

~~~MEET OUR EDITORS~~~



DR. NEENA ELEZEBETH PHILIP
TEACHER CHIEF EDITOR



DR. LEKHA BHAT
TEACHER CHIEF EDITOR



MEENU MARIYA JAMES
CHIEF STUDENT EDITOR



NEEHARA MURALI
CHIEF STUDENT EDITOR



ROHIT JANGRA
STUDENT EDITOR, DESIGNER