

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS

SECTOR-11, CHANDIGARH



COURAGE TO KNOW

Community Hygiene and Public Health Society (Session: 2018-2019)

Committee Members

Ms. Sudha Vashisht (Incharge)

Dr. Madhurima Sharma

Ms. Simmi Sharma

Dr. Umesh Bharti

Dr. Shivani Gupta

Aims

1. Generating health and cleanliness consciousness is a primary focus of our programmes in and outside the college.
2. To discuss the concepts of health, hygiene and pollution
3. To create awareness among people regarding various preventable but life-threatening diseases like Malaria, Dengue, Encephalitis, Typhoid, and Tuberculosis.
4. To sensitize people about various life style diseases like diabetes, PCOD, fatty liver, anaemia, hypertension etc.
5. To lead by example in the mission to ensure Swachhtaprogramme by promoting major thrust areas like Public hygiene and cleanliness for maintaining hygienic life style.
6. To identify good and harmful environmental hygiene and sanitation practices in the community.
7. To create awareness on good eco-friendly healthpractices in the community.

Objectives

1. To conduct surveys and awareness campaigns for betterment of our community.
2. To provide guidance and counselling with respect to health and hygiene by organizing various activities.
3. To sensitize people about various health related issues by organizing expertise talks.

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MBhanti

Shambal

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Orientation Programme

Community Hygiene and Public Health Society is working under the able guidance of Principal Prof. (Dr) Anita Kaushal. Main objectives of society are to motivate the students to create healthy and hygienic environment. Society registered around 150 students of various streams from college. Orientation programme on Community Hygiene was organized on **8th August, 2018**. About 100 students were acquainted with the activities taken by the society throughout the year. Students were advised to participate in society activity for 50 hrs on and off the campus to get the participation certificate. Dr. Kanu interacted with the students and sensitized them on the importance of Personal, Domestic and Community Hygiene and lifestyle to improve health through power point presentation.

Poster Making Competition

Under the able guidance of Principal Prof. (Dr) Anita Kaushal, a poster making competition was organized by Community Hygiene and Public Health Society in collaboration with Prakriti-The Environment Society of the college on **18th August, 2018** on the topic “Malaria and Dengue: Causes, Cure and Prevention”. Students of different streams participated. Posters were adjudged by Dr. Madhurima Sharma and Dr. Umesh Bharti. Appreciation certificates were given to the winners. Following were the winners of the competition:

Prize	Name	Class	Roll No.
I	StanzinZangmo	B.Sc. II (M)	4403
II	Shruti Sharma	B.A. I	6372
III	Anjali Verma	B.Sc. II (M)	4386
Consolation	Sonakshi	B.A. I	6048



Posters adjudged by Dr. Madhurima Sharma and Dr. Umesh Bharti



Prize Distribution

Lecture on Minimum Medicines and Maximum Health

Under the able guidance of Principal Prof. (Dr.) Anita Kaushal, Community Hygiene and Public Health Society organized a lecture by Dr. R. Kumar, Ex-Ophthalmologist, PGI entitled 'Minimum Medicines and Maximum Health' on **11th September, 2018**. His talk enlightened the student to maintain good health without taking too many medicines. Pure water, clean air, hygienic food, abundant sunshine, relaxed sleep, peace of mind and happiness are important ingredient of good health. His experiences with various patients revealed that various diseases can be prevented by taking good care of your health. His organization SPEAK is doing remarkable job in changing the health care services in India. The talk was beneficial for both students and faculty members. Fifty students participated in the activity.



Lecture by Dr. R. Kumar, Ex-Ophthalmologist, PGI on 'Minimum Medicines and Maximum Health'

Lecture on 'Important facts about Cancer'

Under the able guidance of Principal Prof. (Dr.) Anita Kaushal, Community Hygiene and Public Health Society organized a lecture by Dr. S.M. Bose, Former Senior Professor and Head of Surgery, PGI entitled 'Important facts about Cancer' on 15th September, 2018. His talk enlightened nearly 400 students and staff members about causes and prevention of Cancer. He has emphasized on taking preventative measures, especially limiting your exposure to harmful chemicals which can potentially reduce chances of getting cancer. He has written many books on cancer in different languages namely, Winners of breast cancer, Cancer health education book, Cancer etc. for spreading awareness among masses. The talk was beneficial for both students and faculty members.



Lecture by Dr. S.M. Bose, Former Senior Professor and Head of Surgery, PGI entitled 'Important facts about Cancer'

Lecture on Down's Syndrome

Under the able guidance of Principal Prof. (Dr.) Anita Kaushal, Community Hygiene and Public Health Society organized a lecture by Dr Gurjit Kaur, Professor, GMCH-32 on Down's Syndrome on **21st February, 2019**. Her talk enlightened the students about the genetic disorders especially Down's syndrome. She also informed students about various screening procedures available for detecting genetic disorders and management of the children with genetic disability. Dr. Gurjit Kaur is also the Vice-President, Down Syndrome Society and got the award from the Down Syndrome Federation of India for outstanding efforts for the cause of Down syndrome. The talk was beneficial for both students and faculty members. Fifty(50) students participated actively in the activity. A poster making competition was held on this occasion and prize winners were given appreciation certificates.

Prize	Name	Class	Roll No.
I	Jyotsna	B.Sc. II (M)	2503
II	Nivedita	B.Sc. III (M)	2532
III	Simran	M.Sc. II (M)	6605
III	Meghna Sharma	B.Sc. III (M)	2529



Lecture by Dr Gurjit Kaur, Professor, GMCH-32 on Down's Syndrome

Lecture on Vector Borne Diseases

Under the able guidance of Principal Prof. (Dr.) Anita Kaushal, Community Hygiene and Public Health Society organized a lecture by Dr. Upenderjeet Singh Gill, Assistant Director Malaria, Chandigarh Administration on **1st March, 2019**. His talk enlightened nearly 400 students and staff members about H1N1 virus and Vector borne diseases. He has emphasized on taking preventative measures, especially during changing weather to prevent the spread of H1N1 virus. He also enlightened the students about the control of vector borne diseases so as to restrict the spread of these diseases. The talk was beneficial for both students and faculty members. Fifty students participated in poster making competition entitled “Vector Borne Diseases”.

The following are the prize winner entries:

Prize	Name	Class	Roll No.
I	JainisThaper	M. Sc II	5454
II	Himmi Hans	M.Sc. II	5460
III	NitiJaswal	B.Sc. I (M)	-

Outcome

The students were sensitized on the importance of Personal, Domestic and Community Hygiene and lifestyle to improve their health and community health. The society collaborated with Prakriti-The Environment Society of the college to aware students about spread of “Malaria and Dengue: Causes, Cure and Prevention” so that they further can channelize themselves to spread the message of proper hygiene and sanitation among the community. The society also organized expertise talks about Cancer spread and diagnosis, prevalence of down’s syndrome and collaborated with Chandigarh administration for a special talk on Vector borne diseases.