

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH**



COURAGE TO KNOW

**Community Hygiene and Public Health Society
(Session: 2019-2020)**

Committee Members

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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 Swachh programme 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 health practices 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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UPBhat

Mauchel

Principal

Post. Graduate Govt. College for Girls
Sector 11, Chandigarh

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 **19th August, 2019**. About 100 students were acquainted with the activities taken by the society throughout the year. A poster making and paper reading competition was held in order to make students aware about various vector-borne diseases. The following entries were adjudged the best.

Poster making Competition

Prize	Name	Class	Roll No.
I	Simran	B.Sc. II Med.	7490
II	Nishtha	B.Sc. II Med.	7513
III	Bhawna	B.Sc. II Med.	7448

Paperreading Competition

Prize	Name	Class	Roll No.
I	Vishakha	B.Sc. II Med.	7447
II	Nishtha	M.Sc. I Zoology	12971
Special Prize	Nishtha	B.Sc. II Med.	7448



Orientation Programme

Visit to Sewage Treatment Plant, Panchkula

Post Graduate College for Girls, Sector-11, Chandigarh, organized a visit on **12th September, 2019** to Sewage Treatment Plant for celebrating Swachhta Pakhwara. The students of MSc. Zoology and Community Health and Public hygiene society visited the plant. The aim of the visit was to sensitize them the process of removing contaminants from municipal wastewater, containing mainly household sewage plus some industrial wastewater. Forty students participated in the activity. Physical, chemical, and biological processes used during the process to remove contaminants and produce treated wastewater that is safe enough for release into the environment was illustrated. A by-product of sewage treatment, called sewage sludge was shown and its application to land was elaborated. Wastewater treatment produced an effluent that will do as little harm as possible when discharged to the surrounding environment, thereby preventing pollution compared to releasing untreated wastewater into the environment. The students experienced the following techniques during the visit namely,

- Grit removal: tanks are used for the removal of grit and scum.
- Pre-aeration: wastewater is aerated.
- Primary sedimentation: the quantities of produced sludge and scum depend upon the collection system and the possible discharge of industrial waste into the system.
- Biological treatment: biological degradation of BOD produces suspended solids, while thickening can be applied to concentrate the sludge stream.
- Secondary sedimentation: settling tanks are used for the removal of sludge and scum.
- Sludge-processing facilities: sludge, compost, and ashes are produced. The characteristics of the end products depend on the characteristics of the sludge being treated, and the processes used. Regulations for the disposal of sludge residuals are becoming increasingly stringent.
- As a whole the visit was informational and live experience for the students.



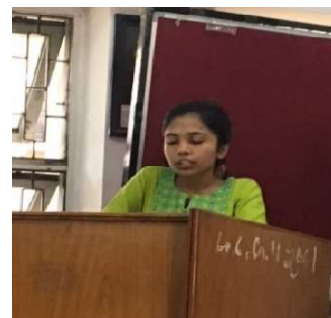
Visit to Sewage Treatment Plant, Panchkula

Lecture on Among Adolescent Girls

Community Hygiene and Public Health Society organized an awareness programme on “Anemia among adolescent girls” in Room no. 34 on **26th September, 2019**. About 150 students attended the lecture cum awareness programme. Different causes of Anemia were highlighted by our alumnus student Ms. Jainis Thaper. She elaborated different types of Anemia prevalent among the girls due to unbalanced diet, carbonated drinks, pesticides, oxytocin, genetic and lack of vitamins among the diet. This programme was organized under Poshan Maah celebration in Post Graduate Govt. College for Girls, Sector-11, Chandigarh. About 100 students attended the lecture, out of which 15 students participated in extempore organized on various topics related to anemia.



Lecture on Among Adolescent Girls by our alumnus student Ms. Jainis Thaper



Students participated in extempore

Breast Cancer Awareness Programme

Community Hygiene and Public Health Society organized an awareness programme on “Breast Cancer Awareness Programme” in Room no. 126 on **7th November, 2019**. About 120 students attended the lecture cum awareness programme. Dr. Japnit Singh from Ivy Hospital Mohali elaborated various causes of breast cancer among various age groups of females. She explained how with the help of ultrasound, mammography and self assessment one can do cancer screening. With the help of dummy she explained how self examination of breast can be performed with circular and wedge techniques. It is very important to catch the cancer at earlier stage before it catches you. The talk was very informative and enlightening for the students, faculty members and their parents.



Breast Cancer Awareness Programme by Dr. Japnit Singh from Ivy Hospital Mohali

Cancer Awareness Programme

Community Hygiene and Public health Society organized a lecture on ‘Cancer awareness’ in college campus on **28th January, 2020** by Dr. Rupinder Kaur (MBBS, MS - Consultant, Gynecologist, IVY Hospital) to sensitize the students particularly about Cervical and breast cancer in females. The aim was to raise cancer awareness regarding detection, prevention and treatment. She stressed on various signs and symptoms for early detection of these cancers and the need of change in life style habits. The lecture was particularly focused to educate about the prominent symptoms in Breast, uterine, ovarian, vaginal and vulval cancers and also to differentiate such types of co-related cancers. The speaker also motivated students to go for cervix cancer vaccination. About 150 students attended the lecture. The interaction ended with numerous queries by the students about cancer and general problems in women.



Cancer Awareness Programme by Dr. Rupinder

Poster making competition and staged NukkadNatak

To celebrate National Deworming Day, Community Hygiene and Public Health Society of PGGCG-11 organized a poster making competition and staged Nukkad Natak in the College Campus on **10th February, 2020**. Fifty (50) students participated in the activity. Both graduate and post graduate students participated in poster making competition and highlighted various diseases caused by unhygienic conditions. Through their posters they emphasized the need to deworm children regularly so as to improve their physical and mental health. Nukkad Natak performed by the B. Sc. Students was well appreciated by the audience. They reiterated the role of hygiene in preventing the spread of helminthic diseases.

Poster making Competition

The following entries were adjudged the best:

Roll No.	Class	Name	Prize
11738	B.Sc. I(Med.)	Riya Thakur	I
8478	M.Sc.II (Zoo.)	Aena Mehta	II
11690	B.Sc. I(Med.)	Pragati	III

Poster making competition was organized on 11th February 2020 by community hygiene and public health society of PGGCG-11. A NukkadNatak was staged by students. The theme of poster making was competition. Faculty members and 50 students attended the activity.



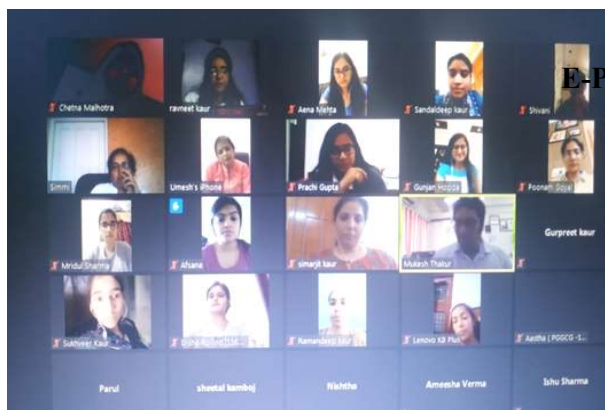
Poster making competition



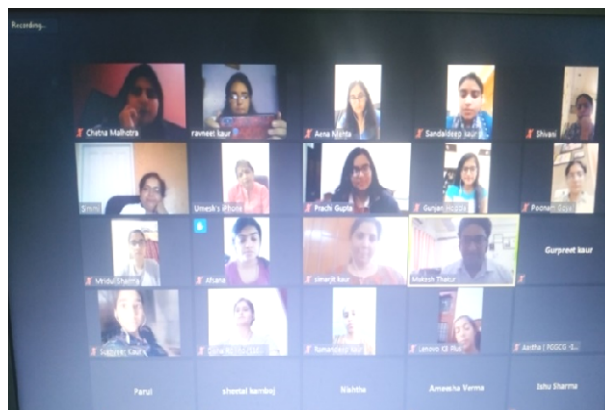
Nukkad Natak

Webinar and E-Poster Making Competition

Department of Zoology and Community Hygiene and Public Health Society organized a Webinar on theme 'ALL ABOUT COVID 19' on **8th June, 2020**. The speaker was Dr. Mukesh Thakur (Scientist C) – Centre for DNA Taxonomy & Coordinator Centre for Forensic Sciences, Zoological Survey of India, Kolkata. He spoke on topic 'Spread and transmission of SARS-COV 2 in India through an Evolutionary genetic approach'. The speaker stressed on the molecular and genetic aspects of SARS COV 2 spread. About 200 registrations were done for the webinar through the mode of google forms. The same webinar involved the e-poster presentation by our students from various classes (B.Sc. I, B.Sc. II, B.Sc. III, M.Sc I, M.Sc II). The e-posters were presented virtually on various sub themes – History of COVID 19, Symptoms & Prevention of COVID 19, Molecular and genetic aspects of COVID 19 transmission and Impact of COVID 19 on Biodiversity and Environment. The session ended with a fruitful and informative discussion with the speaker. The webinar was hosted on Zoom platform.



E-Poster



Making Competition

Outcome

With the vision of environmental conservation and public health & hygiene awareness, the society strived to motivate the students along with the college staff to keep their surroundings clean and green, promoted ethos of conservation of water, motivated public to imbibe habits and lifestyles for minimum waste generation, source separation and disposal of wastes and keeping oneself safe and healthy from various diseases. This was achieved by a visit to Sewage Treatment Plant, conduction of Nukkad Natak, Extempore and invited special talks by the expertise.