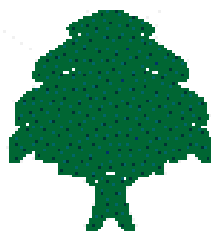


POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH



COURAGE TO KNOW

Community Hygiene and Public Health Society
(Session: 2021-2022)

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 Swachhta 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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Alkhanti

Shauhal

Principal
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E poster making on Mosquito Day

Community Hygiene and Public Health Society, PGGCG-11, Chandigarh organized E-Poster making activity to mark Mosquito Day on **20th August, 2021**. Students highlighted India's record of 60% reduction in reported malaria and a momentum to reach zero indigenous cases by 2027. About 21 students of B.Sc. Medical and M.Sc. Zoology tried to sensitize the public to be collectively responsible to fight against mosquito borne diseases such as malaria, dengue, chikungunya, zika, filariasis, Japanese encephalitis and to spread a concept of Malaria free world. Appreciation certificates were given to the winners.

Prize	Name of the participants	Class
First Prize	Deepti	M.Sc.II Zoology
Second Prize	Farhat	M.Sc.II Zoology
Third Prize	Nisha Singh	M.Sc.II Zoology
Consolation Prize	Dharvi	B.Sc. III (Med.)



E-Poster making activity to mark Mosquito Day

Extempore and Essay Writing in Earth Science Week

Department of Zoology & Community Hygiene and Public Health Society, PGGCG-11, Chandigarh celebrated Earth Science week from **10th to 16th October, 2021** by organizing two activities i.e. Extempore and Essay writing activity. The theme of the activity was ‘Water today and the future’. Around 100 Students of B.Sc. Medical and M.Sc. Zoology specifically focussed on the importance of learning how to understand, conserve and protect water which is the Earth’s vital resource. Appreciation certificates were given to the winners for both the

Event	Prize	Name of the participant	Class	Event	Prize	Name of the participant	Class
Extempore	First Prize	Kajal	B.Sc. I (Med.)	Essay writing activity	First Prize	Riya Badhwar	B.Sc. I (Med.)
	Second Prize	Riya Badhwar	B.Sc. I (Med.)		Second Prize	Kirti	B.Sc. I (Med.)

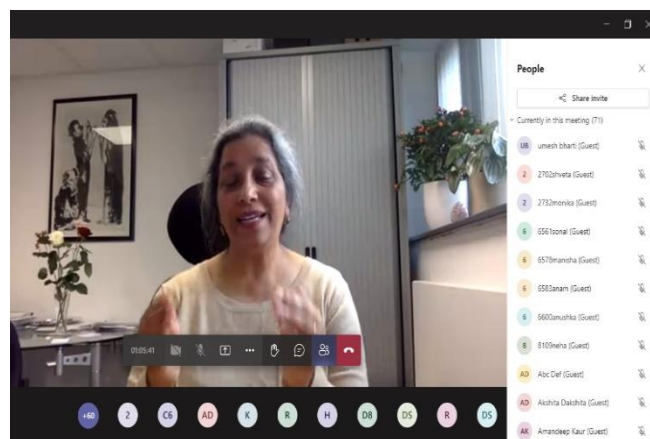
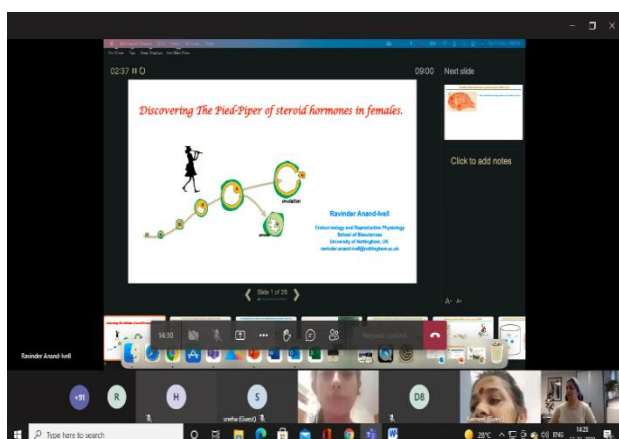
activities.



Prize Winners of Extempore and Essay Writing activity

International Webinar

Under the able guidance of Principal Prof. Anita Kaushal, an International Webinar was organized by Department of Zoology and Community Hygiene and Public Health Society, PGGCG-11, Chandigarh on **12th November, 2021**. Prof. (Dr.) Ravinder Anand-, Associate Professor in Reproductive physiology and Endocrinology in the school of Biosciences at the University of Nottingham (UK) was the speaker. She delivered a lecture on topic ‘Discovering the Pied-Piper of steroid hormones in females.’ She mentors about 300 research scholars in the University. She has received 05 Young Scientist awards. She has also won the outstanding research supervisor of the year 2021 of University of Nottingham. She emphasised her lecture on the molecular physiological mechanisms of female and male reproductive systems and the signalling mechanisms in the reproductive system, including the gametes and differentiation processes. Her lecture was very informative and research based. Around 100 post-graduate and undergraduate students participated enthusiastically in the webinar. The session ended with a long interactive session where the students asked their queries regarding the research and opportunities for studies abroad.



Prof. (Dr.) Ravinder Anand delivered a lecture

Invited talk on Women’s Reproductive Health

Under the able guidance of Principal Prof. Anita Kaushal, a lecture was organized by Community Hygiene and Public Health society and Department of Zoology, PGGCG-11, Chandigarh on the topic “Women’s Reproductive Health : Facts and Fancies” on **1st December, 2021**. The invited speaker Dr. Tejinder Kaur, MBBS, DNB (Obs. and Gynae.) Empanelled Consultant Laparoscopic Surgeon & Infertility Specialist, Fortis Medicentre, Chandigarh, sensitized the students and faculty members about reproductive cycle, Cervix cancer and the associated medications required for preventing the diseases related to reproductive system in females. About 70 students of both post graduate and graduate classes attended the lecture and interacted with the speaker to discuss their problems related to reproductive health.



Lecture by Dr. Tejinder Kaur

Extempore on Cancer Awareness

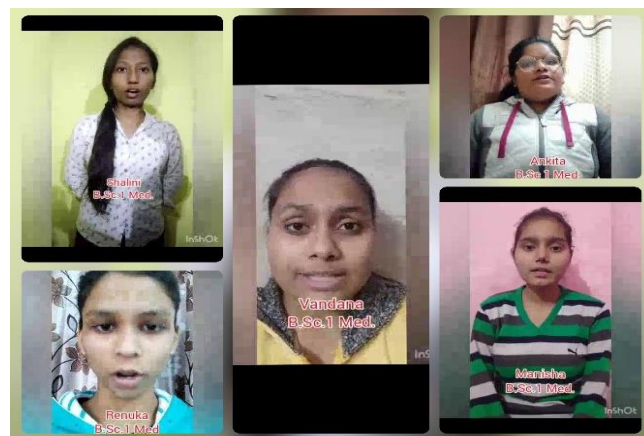
Department of Zoology and Community Hygiene and Public Health Society organized an Extempore on **15th December, 2021** to educate students about cancer awareness. Students of UG and PG classes intended to sensitize awareness about different types of cancers, signs & symptoms and preventive measures that could be taken to avoid the disease. The participants also rolled out statistics to prove the alarming increase in breast cancer cases in recent years. A total of 20 students prepared an extempore, for which a video was compiled and shared on a common platform of college to spread the theme.



Extempore on Cancer Awareness

Extempore on Immune System

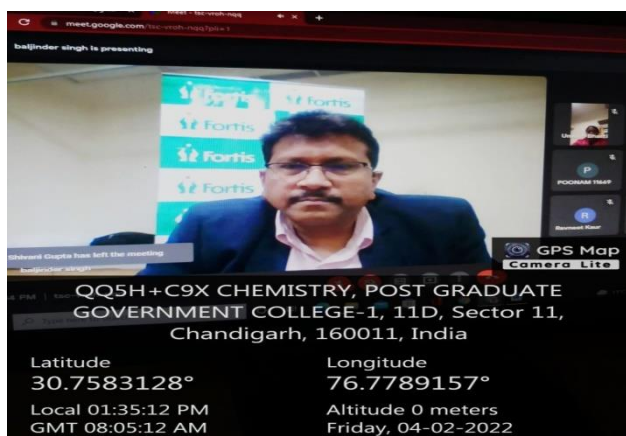
Department of Zoology and Community Hygiene and Public Health Society organized an Extempore on Theme Immune System on **17th December, 2021**. The theme of the activity was to focus on mammalian immunity, the challenges that it faces, the mechanisms by which these are addressed, and the consequences that arise when it malfunctions. The UG and PG participants highlighted the problems that the mammalian immune system faces, the adaptations that we make in response to infection. A total of 20 students participated and voiced about how an effective immune system enables to interpret changes in the world around it and respond appropriately. The activity was compiled in the form of audio-video report and spread to other students.



Extempore on Immune System

Invited Talk on World Cancer Day

Under the able guidance of Principal Prof. Anita Kaushal, an invited talk was organized by Community Hygiene & Public Health Society and Department of Zoology, PGGCG-11, Chandigarh to mark World Cancer Day on **4th February, 2022**. Dr. Narendra Kumar Bhalla, Director, Radiation Oncology, Fortis Hospital, Mohali, was the guest speaker. Dr. Narendra Kumar has an experience of 20 years as a radiation oncologist in treating and management of different types of cancer. He emphasised his lecture with a theme to judge breast cancer so as to inspire and build global awareness about breast cancer signs, symptoms, diagnosis and treatment. His lecture sensitized the students about the need to prevent millions of deaths each year by raising awareness and education about cancer. Around 90 post-graduate and undergraduate students participated enthusiastically in the webinar.



Invited Talk by Dr. Narendra Kumar Bhalla

Invited Talk and Dental Check Up

Under the able guidance of Principal Ma'am Prof. (Dr.) Anita Kaushal, Community Hygiene and Public Health Society and Department of Zoology of Post Graduate Govt. College for Girls, Sector-11, Chandigarh organized a talk and dental check-up for students, teaching staff and non-teaching staff on **16th March, 2022**. Dr. Shivani Gupta introduced the speaker for the event; Dr. Ravi Kumar, (Dentist, Periodontist, Implantologist), Vital Dental, Sector- 15, Chandigarh. Dr. Kumar gave an elaborated talk covering the entire concept related to oral hygiene which included importance of dietary habits, regular dental check-ups and issues related to tooth decaying along with its various treatments. He also interacted with students of B.Sc. (Medical) and M.Sc. (Zoology) and satisfied their various queries related to oral hygiene. The talk was followed by dental check-up conducted by team of Vital Dental. As many as 100 participants including teaching staff of Department of Zoology, non-teaching staff and students were examined. The team then provided their report/ comments on general oral hygiene of students. According to which the general oral hygiene of our students was found to be good. Dr. Umesh Bharti, Head, Department of Zoology gave away the vote of thanks. She highlighted the significance of such event/ interactions for students as well as for teaching and non-teaching staff.



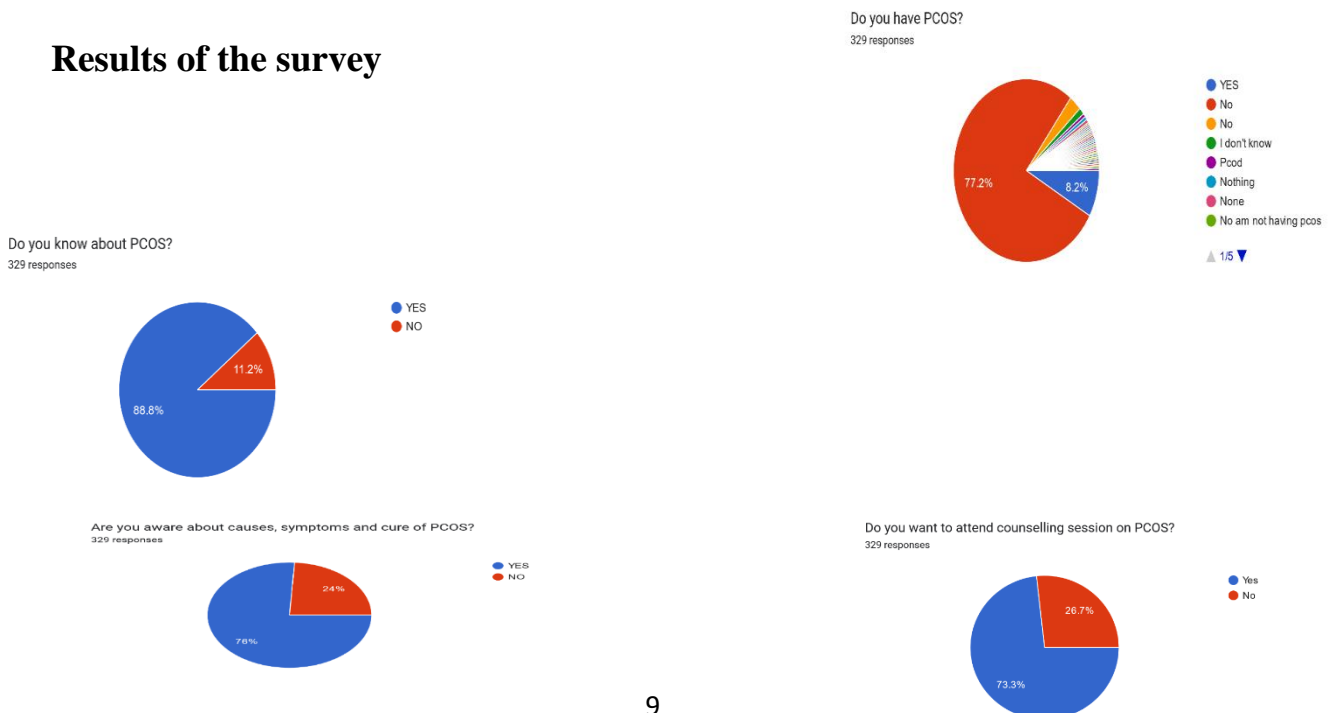
Talk by Dr. Ravi Kumar

Awareness about Poly Cystic Ovarian Disease (PCOD): A Preliminary Survey

Under the able guidance of Principal, Prof. (Dr) Anita Kaushal, Community Hygiene and Public Health Society, PGGCG 11 conducted a survey to analyse the awareness about Poly Cystic Ovarian Disease (PCOD) on **10th April, 2022**. Polycystic ovary syndrome (PCOS) is a hormonal disorder common among women of reproductive age. Women with PCOS may have infrequent or prolonged menstrual periods or excess male hormone (androgen) levels. The ovaries may develop numerous small collections of fluid (follicles) and fail to regularly release eggs. The survey included students from all the streams (B.A., B.Sc., B.Com, M.A. and MSc.) of the college. In total 329 responses were received. In the survey it was observed that 88.8% students knew about PCOD and 11.2% were unaware about this problem as shown in the figure 1.

8% of the students admitted that they are suffering from this problem while 0.3% suffered from acne problem and 0.3% suffered from irregular periods which are the important symptoms of PCOD as shown in figure 2. 76% of the college students were aware about the symptoms, causes and cure of PCOD but 24% are still not familiar with the problem. 73.3% students wanted to attend the counselling session on PCOD as shown in figure 3. After this survey it was decided that Community Hygiene and Public Health Society must organize an interactive session with concerned doctors to spread awareness among students regarding PCOD.

Results of the survey



Extempore on World No Tobacco Day

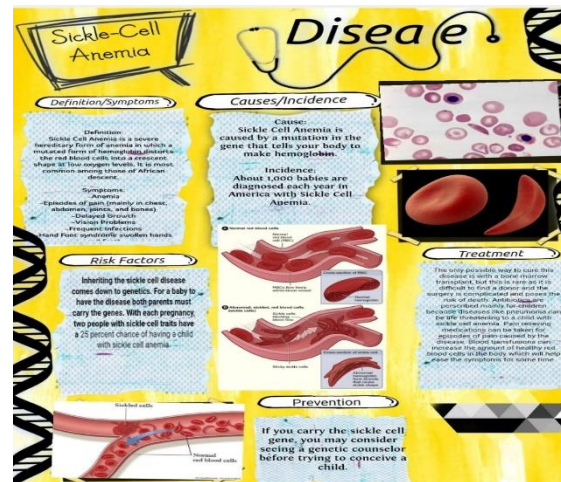
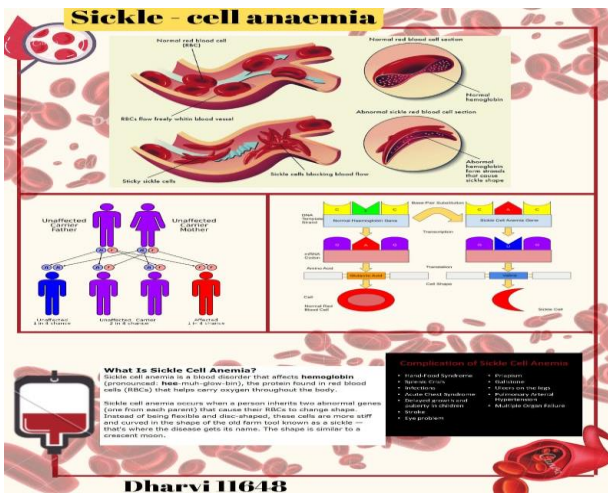
Community Hygiene and Public Health Society and Department of Zoology organized an extempore on World Anti – Tobacco day, an annual awareness campaign started by WHO on **31st May, 2022**. The celebration was aimed to sensitize public on the dangers of using tobacco and the business practices of tobacco companies. An extempore was compiled in the form an audio-visual where around 20 students participated. The students highlighted different efforts being made to fight the tobacco epidemic, and what people can do to live a healthy life so as to protect future generations. The purpose of the activity was to draw global attention to the tobacco misuse and various preventable measures that can be taken to defeat death and the disease itself permanently.



Extempore on World No tobacco day

E-poster making on World Sickle Cell Awareness Day

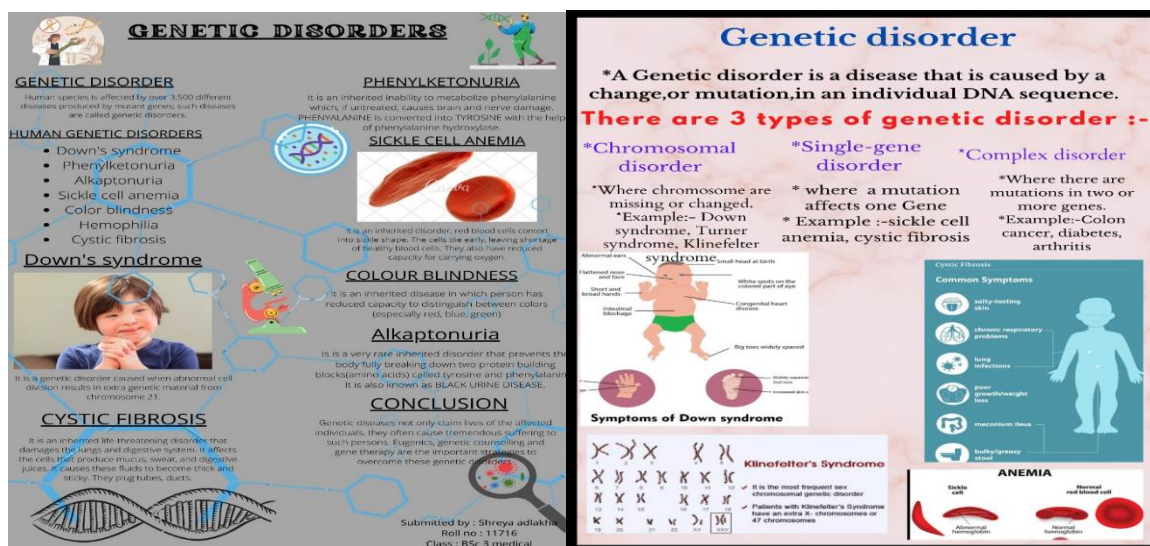
Community Hygiene & Public Health Society and Department of zoology organized an E-poster making activity to mark World Sickle Cell Awareness Day on **19th June, 2022**. Around 20 students of B.Sc. Medical prepared the posters to increase public knowledge and an understanding of sickle cell disease, and the challenges experienced by patients and their families and caregivers. The students highlighted symptoms, causes and various treatments available worldwide to spread the information and resources of emergency departmental care units for people suffering with sickle cell disease.



E-poster making activity to mark World Sickle Cell Awareness Day

E-poster making on Genetic Disorder Awareness

Community Hygiene & Public Health Society and Department of zoology organized E-poster making activity to spread awareness on Genetic disorders on **30th June, 2022**. The aim of the activity was to educate about need genetic disorders. Around 20 students of B.Sc. Medical participated and prepared e- posters. Students discussed the causes, symptoms and diagnosis of various genetic disorders like phenylketonuria, alkaptonuria, albinism, sickle cell anaemia, tyrosinemia, taylach disease etc to raise awareness for the people worldwide affected by these rare diseases. The students highlighted the need for spreading awareness in rural areas to prevent these issues, diagnostic methods, and other aspects of treatment. Also it was focused to enlighten academicians and researchers on recent techniques developed in prenatal diagnosis for screening of these genetic disorders prevailing in the society.



E-poster making activity to spread awareness on Genetic disorders

Outcome

The society organized expertise talks to create awareness on various important public health and life style diseases like cancer, PCOD, Women reproductive health and impact of stressed hormones, Sickle cell anaemia, Genetic disorders and disadvantages of tobacco use in society. The sensitization also included activities to spread the importance of rise of vector borne diseases and various measures to be taken to conserve the earth resources. The students participated in the campus to motivate others using E-Poster making, Slogans, Extempore etc. to express their views.