

CONTENTS

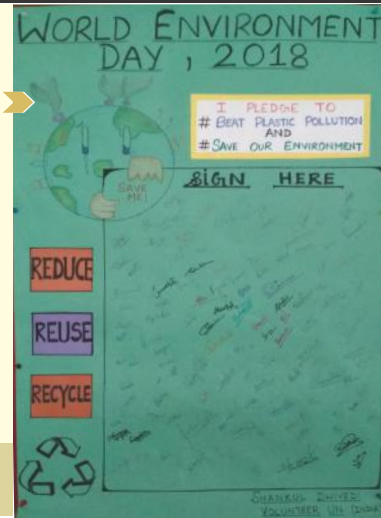
1. World Environment day
2. International Nurses Day
3. World No tobacco Day
4. International Yoga Day
5. Poster Presentations

In this Issue.....

WORLD ENVIRONMENT DAY– Beat Plastic Pollution: If you can't reuse it, refuse it PU celebrated this day by plantation of flowering plants by Chief Guest of the occasion Ms. Sangeeta Dani, Chief Chemist of Pollution Control Board, Shri S N Vijaywargia Chairman, Dr. P R Suresh Off. VC, Dr. V K Pandya Director (Acad), Dr. Neerja Mallick, Registrar as well as Heads of Institution of PU.

Ms. Sangeeta Dani in an interactive session with the audience stressed on the need to say no to single use plastics and also educated the students on hazards of these plastics. Ms. Asawari Sawant Intr. PDA give a presentation on harmful effects of single use plastics. To create awareness among the people in People's Campus, a rally was organized by NCC and NSS wing of the PU in which faculty and students of all constituent units participated.

It is noteworthy that People's campus has already been declared as "Plastic free"



INTERNATIONAL NURSES DAY- Nurses A Voice to lead: Health is Human Right

12th May - Florence Nightingale's birthday is celebrated around the world as International Nurses Day. The Chief guests were Dr. Dinesh Kumar Singh (National Program Manager) and Mr. Prince (Senior Program Officer JHPIEGO) The message of International Nurses Day by ICN President was read out by Principal Dr. Prof. Mrs. Karesh Prasad, On this auspicious day 2 faculties Prof. Sunita Choubey & Mrs. Minu Nair Asso. Prof. were felicitated for their 10 years of dedicated services in PCN & RC, also 3 staff nurses Ms. Usha Ramesh, Ms. Smitha Mahipal, Ms. Mini Jaychandran from PCDS, 3 staff Nurses Ms. Elsy Thomas, Ms. Shubha V Nair, Ms Mariaama Mathew from PDA, 8 Staff nurses Ms. Nirmala D, Ms. Sophiaama Mathew, Ms. Julie Mathew, Ms Ratna Thomas, Ms. Anie Mary, Ms. Girija Unni, Ms Roshni, Ms. Ambly from PH were also felicitated for their exemplary services.

The much awaited JHPIEGO skill lab inaugurated by chief guest Dr. Dinesh(National Program Manager), Mr. Prince (Senior Program Officer JHPIEGO), Dr. P.R. Suresh (Officiating Vice Chancellor, PU), Dr. Shaji Thomas (Dean, PCDS), Dr. Prof. Mrs. Karesh Prasad (Principal, PCN&RC), Prof. Sunita Choubey (Nodal in JHPIEGO program at PCN&RC). A role play on family planning by GNM III yr students during JHPIEGO inspection On the occasion poster making competition was also held on 11 May 2018.



WORLD NO TOBACCO DAY – Tobacco Breaks Heart: Choose Health, not tobacco

Observed on 31 May by Dept. of Public Health Dentistry, PDA, the theme this year focuses on impact of tobacco on cardiovascular health of people worldwide. Dr Sanjeev Tyagi Off. Dean, DrVrinda Saxena Head, Community Dentistry, Dr Swapnil, DrVijayata and Dr Vineesh inspected various institutions of People's University and declared them to be "Tobacco Free Zone". The various institutions were also awarded a certificate of achievement. An anti-tobacco squad was also constituted to maintain the tobacco free zone status.

An Oath letter was also signed by the people in the campus after counseling and creating awareness on tobacco consumption.



POSTER PRESENTATIONS - at 4th International Young Scientist Community (IYSC-2018) at Rashtriya Sanskrit Vidyapeetha, Tirupati, Andhra Pradesh by faculty of PCN & RC.

Prof. Sunita Choubey: Effectiveness of Iron Folic Acid Tab Supplementation during Menstruation period among the adolescent girls studying in selected college of Khargone M.P. India

Ms. Priyanka Shukla Asst. Prof.: Effectiveness of Helper Skin Tap Technique on pain reduction among patients receiving Intramuscular injection at selected private hospitals, Bhopal M.P

STUDENT'S PERSPECTIVE

One step towards a greener environment – World Environment Day

Report by Sakshi Thapliyal Final Prof. MBBS, PCMS & RC

Students began the day with poster making competition in accordance with this year theme- beat plastic pollution with Dr Ruchi Kalra and Dr Jyotsana Gumastha as the judges. Winners were- 1) Punit Jain 2) Mortina Prasad 3) Ayushi Jain & Apurv Kamle. Student volunteers made paper bags and distributed them among the various canteens in the campus explaining the detrimental effects of Plastic & requested the vendors to switch to sustainable alternatives to maintain our campus' Plastic free status. A pledge was also put up to be signed by Students & faculty to make this Campus Plastic free & Environment green & safe.

A Photo Campaign was also held aimed at increasing social media awareness among the rest of the students.

The student volunteers were Shalini, Shivani, Sakshi, Shimona, Shreya, Shivam, Pankhuri, Pravin, Shubham and Ayushi with Shankul Dwivedi (VP PCMS&RC and UN VOLUNTEER for World Environment Day) at the helm.

UN Environment has teamed up with Litterati, a data science company that has created a powerful tool to help people clean up the planet. You can contribute too. More details on: <http://worldenvironmentday.global/en/get-involved/lets-clean>



INTERNATIONAL YOGA DAY – Yoga for Peace

Yoga is an ancient physical, mental and spiritual practice that originated in India. Yoga, derived from Sanskrit, symbolizes the union of body and consciousness.

PU celebrated International Yoga day with demonstration of Yogasanas by students who are regularly attending the Yoga classes conducted by Yoga instructor Ms. Sushma Chandekar of PU. Asanas like Kati-Chakra Asana, Trikon asana, Vrukshasan, Chakrasana and Surya Namaskar were performed by the students with expertise. All the students were also felicitated on the occasion with special appreciation to Ms. Sukanya, BDS intern of PDA.

Constituent units of PU also conducted various programmes like poster competition, essay competition etc on the occasion and the winners of these competitions were felicitated on the occasion by Dr. V K Pandya Director (Acad), Dr. Neerja Mallick Registrar, Dr. Pillai (DSW) and Mr. Tukaram Prabhu (DAA)

Placement for B.Sc. Nursing IV yr (2015-16)

Under the guidance of Dr. Prof. (Mrs.) Karesh Prasad, Principal PCN & RC, Mrs. Joyce Peter (Asst. Prof.) placement in-charge organized through Skype in Conference hall PCN & RC. Interview was conducted by **Medanta the Medicity Hospital**, Delhi. Total 75 B.Sc. Nursing Students attended the interview.



Live Skit on "No Tobacco Day"

A live skit scripted by Ms Nandita Kurup and Ms Khusboo Satwani of PDA was performed to create awareness about the harmful effects of Tobacco consumption and

socioeconomic and health burden. The cast included- Shitanshu Tiwari, Nandita Kurup, Mariya Dairkee, Adarsh Rajput, Ghankashri Chauhan, Nikky Jaiswal, Mohd. Aquil Khan, Garima Gurjar, Neha, and Perna Sonthalia. The skit was supported by Dr Vrinda Saxena, Head, Community Dentistry, PDA



A poster making competition was also held and the first prize was shared by Ms Karishma Nahata and Ms. Isha Maru.

Fostering Intellectual Property Rights (IPR) in the field of Pharmaceutical Research and Development – One Day National Seminar

On 7 Apr 2018, National Seminar was organized by SOP&R, which was attended by over 200 delegates. The objective of seminar was to understand IPR and its benefit to both academic and industrial research in pharmaceutical sciences. The seminar was inaugurated by Chief Guest Prof. Shailendra Saraf, Vice Chancellor, Durg University and Vice President, Pharmacy Council of India and Dr. C.S Verma, Regional Officer, CRO, AICTE, Bhopal. Dr. Neeraj Upmanyu Principal SOP&R and Officiating VC, PU delivered the welcome speech. The sessions included lectures by Prof. Ghayur Alam, NLIU Bhopal, Dr. Nitin Kumar Jain, Scientist E, DBT, New Delhi and Mr. Chandan Chandna, Scientist Gr I NIPER, Mohali. Dr Rupal Dubey, Associate Professor SOP&R was the Organizing Secretary. Poster presentation was judged by Mr. Sharad P Pandey, Truba institute of Pharmacy and Ms. Srishti Mallick, IPR expert Bhopal. Ms. Aishwarya Rai LNCP, won first prize, while Ms. Shreya Khanna and Ms Rashi Bajaj, SOP&R won second prize and third prize was won by Ms. Neelam Shukla, Truba Institute of Pharmacy. Dr. Vijay Thawani, Director CSRD, People's University distributed the prizes and certificates to the awardees.



REPUBLIC DAY CELEBRATIONS- 26 Jan 2018

Republic day was celebrated with great gaiety and joy. The function was attended by Chancellor, Vice Chancellor, Registrar and other office bearers of PU, Trustees of SJPN, Project Director and All heads of Institutions along with students of the constituent units. Indian Tricolour was unfurled by Officiating VC Dr. Neeraj Upamanyu who later took salute of the Republic day march past by students of PU.

It was also announced that the brand ambassador of PU for the year 2018 will be IBSF Six Red Snooker Champion Mr. Kamal Chawla. He is world no. 2 of IBSF Six Red Snooker Championship 2017 and has won several national and international tournaments.

It is a matter of pride for the University that Sergeant Abhinav Yadav (PCMS), Sergeant Naveen Meshram (SORT) and Sergeant Anand Kumar (SOPR) were among the 108 NCC students from MP and CG who were selected for the Republic Day parade and camp at New Delhi. Also Sergeant Satyendra Vishwakarma (SORT) was selected for the special national assessment camp at Agra. They were trained under the leadership of NCC officers of PU – Capt. R P Choudhary and Capt. Summi Choudhary.

WORLD HEALTH DAY: 7 April 2018

A continued medical education and quiz competition was jointly organized by Department of Community Medicine, PCMS & RC and Indian Association of Preventive and Social Medicine on occasion of World Health Day. Officiating Dean Dr Anil K. Dixit delivered the welcome speech. Dr. P V Prakasa Rao presented the overview of World Health Day 2018 theme: **“Universal Health Coverage: Everyone, Everywhere”**. This was followed by quiz competition for MBBS students, with quiz master Dr Girjesh Gupta, Asst. Professor. Vote of thanks was proposed by Dr. V Bathma, Asst. Professor.

AWARENESS ON SAVING GIRL CHILD (Beti bachao) – 27 January 2018

NSS wing of PCPS&RC organized an Awareness programme on **“Saving Girl Child”** at Bhopal Utsav Mela TT Nagar, Bhopal. Various issues like acid attack, women harassment and female foeticide were highlighted by dance, drama and songs to create awareness among the general population. The programmes were highly appreciated and Principal Dr. P R Suresh was felicitated by the Bhopal Utsav Mela Committee.



Women Empowerment, Education Environment, Biodiversity, Health and Agriculture –

National conference (22 -24 March 2018), organized by Society for Health Education and Family Welfare.

Oral Presentation:

1. Dr. Vrinda Saxena- Tobacco Cessation spectine study of cohort of tobacco users.
2. Dr. Swapnil Jain- Oral Health status of Women *Bidi* Workers in Bhopal City.
3. Dr. Vijayta Sharma- Evaluation of Local delivery system containing 80 % aloe vera gel used as an adjunct to Periodontic Therapy in Peridontitis affected patients.

POSTER PRESENTATION:

1. Shanaya Kapoor (Intern) - Oral Hygiene among females- Ice berg to be proper.
2. Vaishali (IV BDS) - Dentist Perspective on Tobacco Cessation among private practitioners in Bhopal.
3. Shivam Raghuvanshi (Intern) - Domestic Remedies for Tobacco Cessation.
4. Adarsh Rajput (Intern) – *Ek Pehal* towards Tobacco free India.

WORLD ORAL HEALTH DAY – 20 March 2018 –

Theme: Say Ahh: Think Mouth Think Health

The theme focuses on four main messages: Oral health is much more than a nice smile, Oral health and general health have a two-way relationship, the mouth cannot be isolated from the rest of the body and most oral diseases share common risk factors with other diseases. On occasion of World Oral Health Day, Department of Public Health Dentistry under Dr. Vrinda Saxena along with Department of Prosthodontics under Dr. Navin Yadav, People's Dental Academy organized a mega oral health promotion and rehabilitative camp at the Central Jail, Bhopal. A team of faculty from Department of Prosthodontic Dr. Harsh, Dr. Sumit Khare, Dr. Gopi and Dr. Geetanjali along with Dr. Vijayata, Dr. Faiz and Dr. Vinish worked dedicatedly for the entire day screening oral health of edentulous inmates for perfect measurement to deliver dentures. The team work was very well appreciated by the Jailer Shri P.D. Shrivastav and Chief Medical Officer Pramendra in the Jail. Almost 300 inmates underwent screening and 32 impressions were taken for prosthesis fabrication.

Dr. Ashok Mhaske, Medical Director, People's Hospital also accompanied to propose health care facilities in the jail premises by People's hospital which was also well appreciated by jail authorities and was forwarded for permission and

implementation. All the inmates were helped by tobacco cessation counselling as the Jailer is trying to make one-of- its- kind tobacco free Jail. So people having withdrawal symptoms were counselled by Dr. Vrinda Saxena and Dr. Shubhangi Mhaske. Harmful and hazardous effects of tobacco were explained and the counselling for tobacco cessation was done.



ORAL HEALTH PROMOTION AND SCREENING TEST CAMP at MISSIONARIES OF CHARITY BHOPAL

Department of Public Health Dentistry, PDA organized this camp on 21 May 2018. Dr. Vrinda Saxena, Head of Department of Public Health Dentistry arranged the camp with support of Officiating Dean, Dr. Sanjeev Tyagi, PDA.

A team of Interns along with the camp organizer Mr. Ajay Tripathi attended the camp after due permissions. The interns examined around 85 inmates and also demonstrated basic brushing techniques, were made aware of dental & general hygiene and principle of health education.

ORAL HEALTH AWARENESS AND SCREENING CAMP AT AASRA – 20 May 2018

Department of Public Health Dentistry, PDA, along with Anand Vibhag organized this camp under the guidance of Dr. Sanjeev Tyagi, Vice Dean, PDA and Dr. Vrinda Saxena Head of department. AASRA old age home, Shahjanabad was established to provide a home, shelter and healthy atmosphere to destitute, sick and abandoned by family. There are around 105 members living in this facility. They are being taken care by Mrs. Radha and her team. Dr. Vrinda Saxena Head of department of public health dentistry accompanied team of interns along with camp organizers. The team performed screening to identify problem such as gingivitis, periodontitis, partially edentulous, completely edentulous, tooth pain and other ailments. There were some bed ridden patients who were screened bedside. Many of inmates were edentulous and partially edentulous so screening test was done accordingly to provide further needful services.



ORAL
HEALTH
Good for
Life

