

Loyola College (Autonomous)

Chennai – 600 034.

Department of Service Learning (Outreach)

Thematic Training on Health and Sanitation and Clean Environment

Session - I for Shift - II students

The training program on Health and Sanitation was held on 23rd July 2015 at LS Hall which began at 10.00 am with a silent prayer followed by the welcome address which was given by Prof. Melson.

The introductory speech was given by Prof. John Kaviarasu, Head of the Department of Service Learning (Outreach). Then the resource person Mr. Gangadharan was introduced by Prof. J. Antony Anbarasan. All the second year UG Shift II students from the Health & Sanitation groups participated in the training program. The first session was conducted by Mr. Gangadharan who is the Health Educator from Children and Women's Hospital, Egmore. It was a very informative session as he spoke elaborately about the different type of diseases that can affect people in the slums. He further spoke about how waterborne and communicable diseases are being spread and what are the necessary steps that we can take to prevent ourselves from getting infected. He then told the students to tell people living in the slum areas to be aware of how they can safeguard themselves. He also stressed on the need to keep the environment clean as it plays an important part in preventing and stopping the spread of diseases.

The second Resource person for the morning session was Dr. R. Somasekhar who is a Professor of Pediatrics in the Institute of Child Health and Hospital for Children, Egmore. Dr. Somasekhar's session was very lively and informative. He told the students about the different types of diseases and also about how many of the diseases are caused due to stress and that all illness can be psychosomatic because the body reflects our mental, emotional and spiritual health. He also told us about the necessary steps that we need to take in order to keep ourselves healthy. The vote of thanks was given by one of our fellow students.

Session - II for Shift - I students

The afternoon session started at 2 PM. All the second year UG Shift II students from the Health & Sanitation groups participated in the training program. The welcome address was given by Dr. Anand. Then the Introductory speech was given by Prof. John Kaviarasu, Head of the Department of Service Learning (Outreach). The MC of the program was Mr. Philomin Sylvester, a second year UG student from the English Literature Department. The first session in the afternoon was conducted by Mr. Gangadharan who is the Health Educator from Children and Women's Hospital, Egmore. It was a very informative session as he spoke about the different types of diseases that can affect the people living in the slums areas. In this session he limited the duration of his speech but he still ensured that it was an interesting and thought provoking session. The second resource person for the afternoon session was Mr. Senthil who is the Project officer from ICMR. He spoke about how TB spreads and the precautionary measures that we need to adopt. He said that TB is a curable disease which can be cured with proper medication. He spoke about how we can maintain a clean environment. He also told the students that they can take the support of ICMR to conduct awareness programmes in the slums about TB. Then he encouraged the students to ask questions and he clarified the doubts of the students. Finally the vote of thanks was given by Mr. Stalin Rex, a second year UG student from English Literature Department.