



**List of Programs Integrating Cross-Cutting Issues Relevant to Gender, Environment and Sustainability, Human Values, Health Determinants, Right to Health and Emerging Demographic Issues and Professional Ethics**

<b>S.NO</b>	<b>NAME OF PROGRAM</b>	<b>DATE</b>
1.	Head and neck cancer day	27/07/2023
2.	Cyber Security Awareness Program	19/08/2023
3.	National nutrition week	08/09/2023
4.	Awareness program on drug abuse	19/09/2023
5.	Mental health awareness program	14/10/2023
6.	Global Handwashing Day	15/10/2023
7.	National Tooth Brushing Day	08/11/2023
8.	Gender sensitization program	06/11/2023
9.	Seminar on “Embracing gender diversity on the mat – Yoga for all”	11/11/2023
10.	World AIDS Day	01/12/2023
11.	Seminar on intellectual disability	05/12/2023
12.	Dental Exhibition	11/01/2024 & 12/01/2024
13.	National Youth Week	19/01/2024
14.	World Cancer Day	5/02/2024
15.	Nasha Mukht Bharat Abhiyan – Anti drug awareness program	26/02/2024
16.	World Water Day	22/03/2024



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17.	Seminar on fundamentals of right to vote as apart of Mera Pehala vote desh ke liye	4/04/2024
18.	World Health Day	08/04/2024
19.	World Earth Day	22/04/2024
20.	Awareness program on substance abuse	27/05/2024
21.	World Environment Day	05/06/2024
22.	World Blood Donors Day	14/06/2024
23.	International day against drug abuse and illicit trafficking	26/06/2024
24.	International Yoga Day	20/06/2024

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## HEAD AND NECK CANCER DAY

As a part of Head and Neck Cancer Day on July 27 2023, an Oral Cancer Screening camp was organized by Department of Public Health Dentistry, Oral Pathology and Microbiology and Oral Medicine and Radiology on July 27 2023 at Artech Palm Meadows, Construction site, Polayathode, Kollam. The target population was Migrant laborers. The distribution of pamphlets regarding oral cancer awareness and dental exhibition regarding the awareness of different dental diseases was also done for the participants.



## CYBER SECURITY AWARENESS PROGRAM ON 19/08/2023

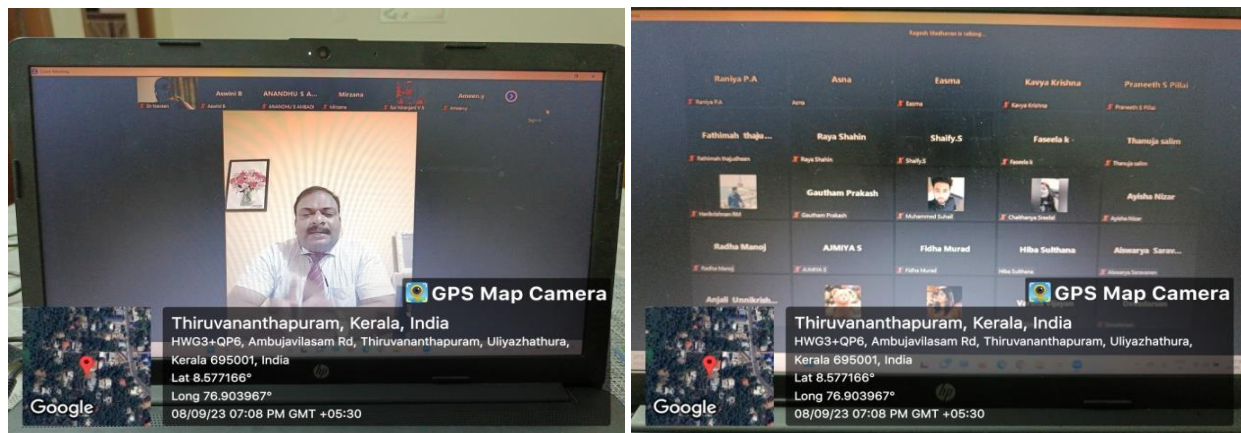
Department of Public Health Dentistry of Azeezia college of dental science and research had organized a seminar on “Cyber safety awareness for dental students in association with Indian Dental Association (Quilon branch) and women’s dental council on 19<sup>th</sup> August 2023, from 10 am to 12 pm. The seminar was conducted by Shri. A. Niyaz, Sub Inspector of police, Cyber crime police station, Kollam city. The objective of the program was to create awareness among the students about cybercrimes and it’s prevention.





## NATIONAL NUTRITION WEEK 2023

As a part of National Nutrition week, September 1 to 7 2023, Department of Public Health Dentistry conducted a webinar on the topic “Nutrition & Healthy Lifestyle” on September 8th from 07:00 to 08:00 pm. The webinar was conducted with the objective of creating awareness among young minds regarding the importance of nutrition & healthy lifestyle. The resource person for the webinar was Mr Ragesh Madhav [Chairman of RGM Wellness, Fellowship in Nutrition & Environmental Medicine, Nutrition therapy, Vitamin C & chelation therapy].



## AWARENESS PROGRAM ON DRUG ABUSE

Department of Public Health Dentistry of Azeezia College of Dental Sciences and Research in association with NSS unit (NSS/SFU/KLM/KUHS/3) organized a seminar on “AASTHA-Awareness program on drug abuse” on 19th of September 2023, from 12 pm to 1 pm. The seminar was taken over by Mr. Rajesh, Assistant Excise Commissioner, Kollam. Mr. Jawahar Janard, CEO, Azeezia Dental College chaired the session and delivered welcome address and introduced the guest speaker.



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## **MENTAL HEALTH AWARENESS PROGRAM ON 14/10/ 2023**

As a part of this day on October 14<sup>th</sup> a session on ‘Mental Health Awareness’ was conducted to the First year BDS students by Dr Aarathi Vijayan, HOD, Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research, where she elucidated on the importance of mental health. The Program started at 1:30pm at Lecture hall 1. During the session she gave a clear view about one's problem can improve the state of mind even temporarily. She also stated that consulting a psychologist or even confiding in friends or family can save people from their intrusive thoughts. There is certain taboo regarding medication for mental illness. Spreading awareness is necessary to eradicate such misconception.

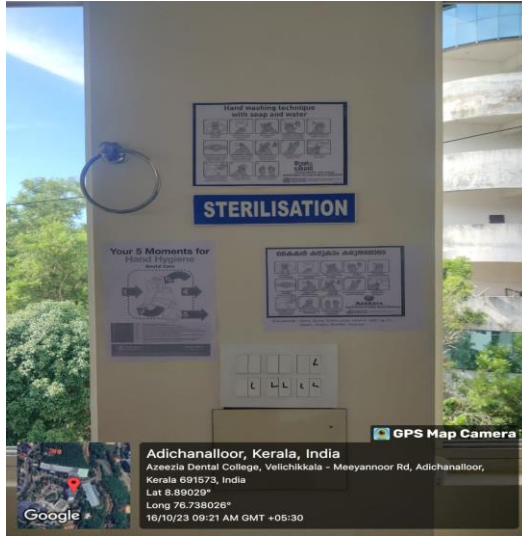


## **GLOBAL HANDWASHING DAY**

As a part of Global hand washing day on October 15<sup>th</sup> 2023, Department of Public Health Dentistry and NSS unit(NSS/SFU/KLM/KIHS/3) of Azeezia Dental College conducted an awareness on importance of hand washing and hand hygiene for students and patients. The objective of global hand washing day is to teach students and patient that hand washing helps them and their communities to stay healthy and to reduce the probability of sickness. In this event an awareness campaigns was held for students and patient together with the distribution of pamphlets and posters regarding the same was pasted all over the washing areas of the college campus.

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## NATIONAL TOOTH BRUSHING DAY

As part of the National Tooth Brushing Day, a screening camp and awareness program was organized by the Department of Public Health Dentistry in association with NSS unit(NSS/SFU/KLM/KUHS/3) on 8<sup>th</sup> November 2023. Faculty and interns were presented in the program and emphasized on the importance of tooth brushing to prevent dental caries and for better dental health. Students were divided into groups of 10 and each group were assigned to one intern. The children were asked to take a pea size of tooth paste and asked to spread it and proper tooth brushing techniques were explained.



  
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## GENDER SENSITIZATION PROGRAM ON 06/11/2023

An orientation program for the final year students on the topic “No to Stereotypes, Yes to Equality” was organised by the Department of Public Health Dentistry 6<sup>th</sup> of November 2023 at Lecture Hall 1 from 1:30 pm to 2:30 pm. The speaker of this program was Dr Nisha Kurup, Reader Department of Conservative Dentistry and Endodontics. The concept of gender equality among different genders was a central theme throughout the talk. The speaker stressed the importance of recognising and respecting the diversity of gender identities and the need for equal opportunities and rights for everyone, regardless of their gender identity.



## SEMINAR ON EMBRACING GENDER DIVERSITY ON THE MAT –YOGA FOR ALL

The Department of Public Health Dentistry, Azeezia College of Dental Science and Research, Kollam organized a seminar for the third year students on ‘Embracing Gender Diversity on the Mat –Yoga for all ‘ on November 11<sup>th</sup>, 2023. The seminar focused on benefits of yoga and karate in one’s physical and mental well-being. The seminar was given by Dr. Shefy Baiju, House surgeon of Azeezia College of Dental Sciences and Research. She was the former JSKA National Karate Champion, KKA's state karate champion, Brown Belt First degree, Junior Trainer at JSK India kashu kan karate. She is also a certified yoga trainer and chief yoga trainer at Natyanjali.





## WORLD AIDS DAY

As part of the World AIDS day , the Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research and NSS unit ( NSS/SFU/KLM/KUHS/ 3) conducted an awareness programme including red ribbon campaign and pamphlet distribution. Red ribbons were distributed among the staffs and interns of all the departments of our college. Pamphlet containing awareness, cause and transmission of HIV was distributed among the patients and public and they were informed about the importance of the day and made aware about the transmission of HIV.



## SEMINAR ON INTELLECTUAL DISABILITY

As a part of the international day of persons with disabilities, a seminar on the topic “Intellectual Disability” organized by the Department of Public Health Dentistry on 5<sup>th</sup> December 2023. The resource person was John C Lukose, Founder Director of BVET Chathannoor, life skills counseling centre for specially-abled children. He gave an idea about what is intellectual disability and also shared the story of the BVET and their training programs and achievements. Overall the session created awareness among the interns and students on how to treat these people





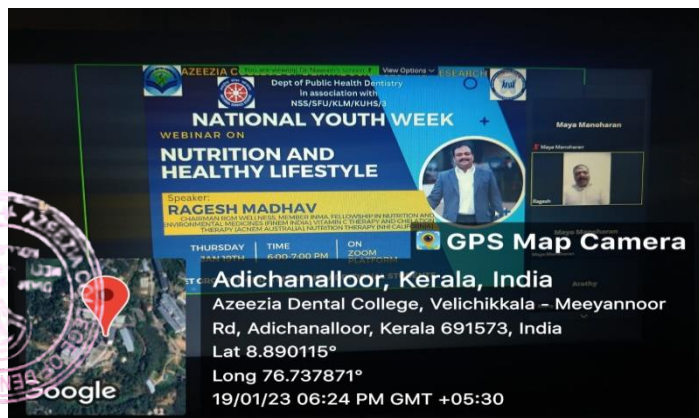
## DENTAL EXHIBITION ON 11/01/2024 & 12/01/2024

Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research, Kollam in association with NSS unit (NSS/ SFU/ KLM/ KUHS/ 3) and SMHSS Kottara organized a Dental Exhibition at SMHSS Kottara from 11.01.2024 to 12.01.24 under the name 'Kottara Fest'. The programme started with an inaugural function with Sri Murukan Kattakada, the chief guest. Faculty and interns were presented in the program and exhibited the posters, models about the prevention of dental trauma, effects of smoking, about caries prevention etc.in a hall provided by them. Students from different schools also participated in this event. The motive of this program was to create awareness among the students about dental health and general health.



## WEBINAR ON NUTRITION AND HEALTHY LIFESTYLE ON 19/01/2024

As a part of National youth week, Department of Public Health Dentistry in association with NSS/SFU/KLM/KUHS/3 conducted a webinar on Nutrition and Healthy Lifestyle on January 19<sup>th</sup> from 6:00 pm to 7:00pm through zoom platform with the objective to create awareness among students regarding the importance of Nutrition and Healthy Lifestyle. The resource person for the webinar was Mr. Rajesh Madhavan (Chairman of RGM Wellness, Fellowship in nutrition and environmental medicines, Nutrition therapy, Vitamin C and Chelation therapy)



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## WORLD CANCER DAY

As a part of World Cancer Day, on 5th February 2024 a “PURPLE RIBBON CAMPAIGN” was organized in the Azeezia College of Dental Sciences and Research by the Department of Public Health Dentistry as a part of awareness for the public. The campaign was inaugurated by the Dr Radhakrishnan Nair, Principal and Dr Rathy, Vice Principal. The ribbons were distributed to all the departments’ staffs, interns and students.



## ANTIDRUG AWARENESS PROGRAM

Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research conducted an on Anti-Drug Campaign under the PROJECT AASTA in association with Nasha Mukth Bharath Abhiyan ( under the Ministry of Social Justice and Empowerment ) on 26<sup>th</sup> February 2024. The key note address was given by Mr Rineesh Antony, Programme Coordinator, Caritas India, QSSS, who actively represents ‘Sajeevam’ an anti-drug abuse campaign launched in Kerala. The seminar was taken over by Mr Binu George, Motivational trainer, Resource Hub, Punalur.





## WORLD WATER DAY

World Water Day was observed in Azeezia Dental College on 22<sup>nd</sup> March 2024 by organising a field visit to water treatment plant for third BDS students. Posters regarding Water Day were also exhibited at the reception area of the dental college to create awareness on the importance of saving water, the procedures of water purification etc. The initiative of this programme was undertaken by the Department of Public Health Dentistry. All staff and interns of the department were actively involved and participated in the program



## SEMINAR ON“ FUNDAMENTALS OF RIGHT TO VOTE”

Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research and NSS unit (NSS/ SFU/KLM/ KUHS/ 3) under the campaign "Mera pehla vote desh ke liye" organized seminar on“ Fundamentals of Right to Vote” on 4th April, 2024 from 9am to 10 am. Dr. Aarathi Vijayan, Professor and HOD, Department of Public Health Dentistry was the speaker for the seminar. She explained by discussing the historical significance of the right to vote, highlighting its evolution over time. Overall the class was informative and thought provoking. It served as a reminder of importance of this fundamental right and the role it plays in ensuring a vibrant and inclusive democracy .

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## WORLD HEALTH DAY

With the theme: 'My Health, My Right ' which emphasised on fundamentals of human right to access quality Health care, Education and Information, World Health Day 2024 was celebrated on April 7th all over the world. As a part of this day an oral screening and health awareness programme was organised by Department of Public health dentistry, Azeezia College of Dental Sciences and Research and NSS unit (NSS/SFU/KLM/KUHS/3). On 8th April, a dental camp was conducted at Gandhibhavan Snehalayam, Nedumpna Panchayat.



## WORLD EARTH DAY

World Earth Day was observed in Azeezia Dental College on April 22<sup>th</sup> 2024 by installing eco-friendly water feeders for birds in the campus. Posters regarding Earth Day were also exhibited at the reception area of the dental college to create awareness on the importance of protecting our planet. The initiative of this programme was undertaken by the Department of Public Health Dentistry. All staff and interns of the department were actively involved and participated in the program.




## AWARENESS PROGRAM ON SUBSTANCE ABUSE


Department of Public Health Dentistry, Azeezia College of Dental Science and Research conducted an awareness programme on substance abuse under the PROJECT AASTHA in association with Nasha Mukht Bharat Abhiyan (under the Ministry of social Justice and Empowerment) and NSS (NSS/SFU/KLM/KUHS/3) on 27th May 2024. The aim of the programme was to spread awareness on the issues of substance abuse. Mr Rinish, programme coordinator, Quilon Social Service Society (QSSS) gave a brief introduction about the speaker. The awareness class was given by Mr. Binu George, Motivational Trainer, Resource Hub, Punalur. He emphasized about Screen and Drug addiction and the ways to safeguard our lives from them.

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## WORLD ENVIRONMENT DAY

As a part of World Environment Day, Department of Public Health Dentistry, NSS (NSS/SFU/KLM/KUHS/3) and Eco club conducted certain activities like planting of saplings on 5<sup>th</sup> June and sales and exhibition of Eco-friendly products made by BVET Life skills Counselling Centre, Chathanoor, Kollam on 7<sup>th</sup> June. The objective of this activity was to create and enhance awareness about the importance of tree plantations, how we can save our climate from pollution, control global warming, and make our Earth a better place to live in. Under the guidance of the staff, the young students enthusiastically participated in the activity.



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## WORLD BLOOD DONORS DAY

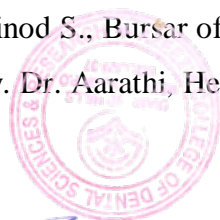
As part of the World Blood Donors day on 14<sup>TH</sup> June, the Department of Public Health Dentistry Azeezia College of Dental Science and Research and NSS(NSS/SFU/KLM/KUHS/3) organized a visit to Blood bank, Azeezia Medical College . The world observes world blood donors day to raise awareness about the importance of donating blood and supporting communities. It urges people to donate blood to keep the supply of healthy blood for the healthcare industry. Regular blood donation is linked to lower Blood pressure and a lower risk for heart attack.



## INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

26/06/2024

On June 26, 2024, Azeezia Dental College, Department of Public Health Dentistry, Kollam and NSS Unit (NSS/SFU/KLM/KUHS/3) in association with the Quilon Social Service Society (QSSS), organized a dental camp at Fatima Mata National College, Kollam, to observe the International Day against Drug Abuse and Illicit Trafficking. The camp was formally inaugurated by Dr. Cynthia Catherine Michael, Principal of Fatima Mata National College. Fr. Saiju Simon, Director of QSSS, provided an insightful explanation on anti-drug measures and the importance of prevention. The Nasha Mukta Bharat Abhiyaan Coordinator Abraham delivered a compelling message emphasizing the importance of avoiding drug use. Fr. Vinod S., Bursar of Fatima Mata National College, spoke on the significance of Anti-Drug Day. Dr. Aarathi, Head of the Department of Public Health Dentistry at Azeezia Dental



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College, addressed the gathering on the importance of drug awareness and prevention. Mr. Rineesh Antony, Program Coordinator of QSSS, delivered the vote of thanks, expressing gratitude to all participants and contributors to the successful event. As part of the event, Azeezia Dental College presented an exhibition with flex displays highlighting the dangers of tobacco use, oral cancer prevention, symptoms, and overall harmful effects. The event successfully combined health awareness with cultural activities, reinforcing the message of investing in prevention to combat drug abuse and promoting a drug-free community.



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## INTERNATIONAL YOGA DAY

A seminar on the topic “Yoga Is Not Only an Exercise, It's Beyond That” was organized by the Department of Public Health Dentistry on 20<sup>th</sup> June 2024. The speaker for the program was Mr. Abhilash Soman (Diploma in Yoga, Yoga alliance approved teacher, MBA in Human resource). The program was inaugurated by Dr Radhakrishnan Nair, Principal, Azeezia College of Dental Sciences and Research by giving a brief introduction about international yoga day. The vote of thanks was given by Dr Rathy R, Vice principal of Azeezia College of Dental science and Research and as a token of appreciation a memento was given to the speaker.



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