



**SRM**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
(Deemed to be University u/s 3 of UGC Act, 1956)

## UNIVERSITY WELLNESS PROGRAM ANCHORED BY SRM SCHOOL OF PUBLIC HEALTH

### FROM THE PROFESSOR'S DESK

*For he who has health has hope; And he who has hope has everything – Owen Arthur*

We are happy to present the next edition of our Newsletter. The most important phase of the UWP during this quarter was the SDG conference that focuses on higher education institutes' challenges and solutions for Sustainable Development Goals (SDGs)2022 wherein the School of Public Health anchored with reference to Goal No.3. An elaborate inauguration followed by the presentation of the themes by renowned speakers during the three days was highly informative. In every facet of the SDG, the participants threw light on the universal happenings. We had ceremonious valedictory enlightened by all faculty including Engineering, Management, Law, Medical and Dental Sciences on the third day. Each representatives highlighted their opinions and the prizes were distributed.

The research project of our postgraduate students using UWP platform was well demonstrated as a event at SRM Medical College Lobby and nurtured by the videos, posters and audio clippings. Students enthusiastically discussed their projects with our Pro Vice-Chancellor Lt Col Dr A. Ravikumar (Medical & Health Sciences), SRM faculties, judges from Industry and faculties from other educational institutions.

The highlights of the quarterly programmes enlightened awareness on International Girl Child Day and Cervical Cancer. Our students campaigned using the social media handles. We also hope to use this as an opportunity to collaborate with other departments on campus in the endeavor towards achieving campus wellness and sustainability. Please join us for many more health campaigns in the coming days.

*Dr. B. Kalpana, Professor, School of Public Health*

## UNIVERSITY WELLNESS PROGRAM – POSTGRADUATE RESEARCH POSTER PRESENTATION – November 09, 2022

UWP, an integrated learning activity to promote wellness and campus sustainability. It provides the scope for practice-based learning for students, by leveraging existing academic modules and evaluation systems. The II Year Postgraduate (PG) research projects are for **University Wellness Program**; many focus on campus related wellness and sustainability issues.

SPH's II PG students (Batch 2021-2023) exhibited their research projects that they have been working on. The event happened at SRM Medical College and Hospital Lobby on November 09, 2022 (UWP Wednesday).

Present on the occasion were Pro Vice-Chancellor Lt Col Dr A. Ravikumar (Medical); Dr. Satyajit Mohapatra (Director, SRM CCTR); Dr. Nisha Ashokan (Associate. Director, Student Affairs, SRMIST); Dr Binita Thampi (Associate Professor, IIT, Madras); Dr Padma Venkat, SPH faculty and students.



**Students interaction with Pro Vice-Chancellor (MHS)**

**Students interaction with Dr. Nisha Ashokan (Associate Director, Student Affairs, SRMIST); Dr Binita Thampi (Associate Professor, IIT, Madras)**



## INTERNATIONAL CONFERENCE ON HIGHER EDUCATION INSTITUTE'S CHALLENGES AND SOLUTIONS FOR SUSTAINABLE DEVELOPMENT GOALS (SDGs), 2022

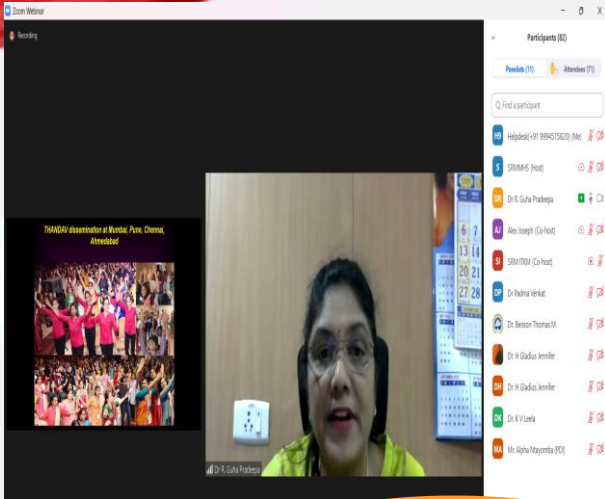
**SVASTHYA**

The ICSDG 2022 was organized from November 15 – 17 in collaboration with United Nations Sustainable Developments Goal Students Network (SDG SN) to create an awareness about sustainability and the SDGs. It is also to share experiences and discuss challenges and role of Higher Education Institutes in achieving the SDGs.

SRMIST addressed 10 of the 17 SDGs at the international conference. SRM School of Public Health (SPH) coordinated sessions under SDG Goal # 3 (Ensure healthy lives and promote wellbeing for all at all ages). The SDG #3 sessions have been grouped aptly under '*Svasthya*', which in Sanskrit means the state of being in harmony with one-self (*sva*-individual, *sthya*-stability). The SDG #3 sessions focused under 4 themes, namely Mother & Child Health, Physical & Mental Health and Wellbeing, Universal Health Coverage and Planetary Health. All sessions under SDG#3 such as keynote address, special invited talks, panel discussion, paper and poster presentation were conducted through online mode.

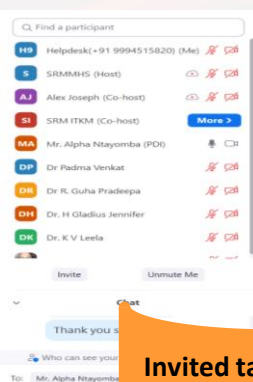
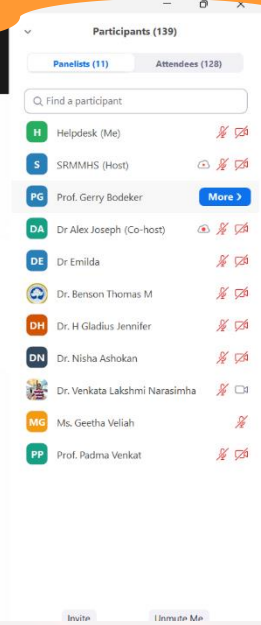
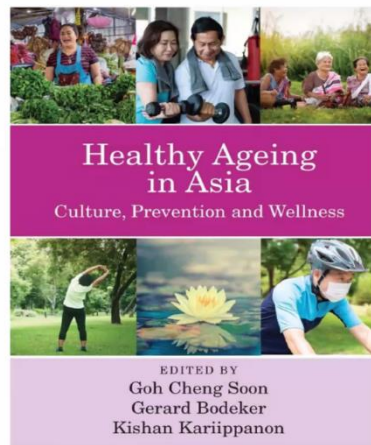
Prof. Ryan's (from Oxford University) message to healthcare providers on importance of kindness, compassion and friendship going beyond medical treatment was simple yet profound. The keynote by Prof. Gerard Bodeker, a renowned expert in the wellness sector provided self help approaches to student's mental health and well-being. Prof. Diwakar's keynote was an eye opener on how much can be achieved for public and planetary health through remote sensing technologies.

We had almost 230 participants registered SDG#3 (36% of the overall conference registrants). Average attendance per session was around 180 participants. 106 abstracts for oral and poster presentation were submitted. Out of which 31, posters and 16 papers for oral presentation were selected. Overall, 24 students bagged prizes.



**Keynote address on 'Wellbeing & Mental Wellness among University Students' by Prof. Gerry Bodeker, Green Templeton College, University of Oxford, UK on 16<sup>th</sup> Nov 2022**

**Invited talk on 'Thandav': Use of dance movements to prevent NCDs by Dr. Guha Pradeepa, Senior Scientist, Madras Diabetes Research Foundation**



**Invited talk on 'WASH in African Schools' by Mr. Alpha Ntayomba, Executive Director, Population and Development Initiative, Tanzania**

## UNIVERSITY WELLNESS PROGRAM DIGITAL PLATFORM LAUNCH

**UWP Digital Platform** is the new initiative under the flagship **University Wellness Program (UWP)** of School of Public Health, SRMIST. It was unveiled by **Dr Sulthan Khalifa Haroon Al Rashid**, Regional Officer, United Nations Sustainable Developments Goal Students Program for the Asia Pacific on Nov 15, 2022. **UWP Digital Platform**, a web-based solution to archive SRMIST's UWP projects and activities, is the collaborative effort of students and faculty of School of Public Health and the School of Computing, SRMIST. Dr. Prakash (Assistant Professor, School of Public Health) and Dr. Soumya (Assistant Professor, School of Computing) coordinated the project and Abhaya (II MPH) and Vivek (IV BTech) presented UWP & UWP-Digital to the audience.



UWP DIGITAL PLATFORM  
LAUNCH

## SPH CAMPAIGNS

### OCTOBER, 2022 INTERNATIONAL GIRL CHILD DAY

SPH students observed the tenth International Day of the Girl Child. The theme emphasizes the commitment we all need to make to empower girls to exercise their rights and be able to fulfil their potential. SPH students used social media platform for the campaign and the virtual connect.

### JANUARY, 2023 CERVICAL CANCER AWARENESS MONTH

SPH students observed the Public Health campaign using a social media platform for the cervical cancer awareness month (#ending cervical cancer within a few generations). Students made a video which disseminated sensitizing messages about cervical cancer and HPV vaccination.

## SPH HIGHLIGHTS



### RECIPIENT OF GLOBAL HEALTHCARE & WELLNESS AWARDS

### HEALTHCARE ICON OF THE YEAR

Dr. B. Kalpana Kosalram,  
Professor,  
SRM School of Public  
Health

## ADVISORY BOARD MEMBERS VISIT



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