

THE DEPARTMENT OF PUBLIC HEALTH DENTISTRY

DATE: 19.02.2021	NO. OF STUDENTS: 10
FACULTY: Dr. Jagannatha GV sir, Dr. Nagaland T sir, Dr. Nagappan N sir, Dr. Cyril Benedict sir	ORGANISING AGENCY: Final Year C Batch Students (2017-18 Batch)

SPECIAL EVENT REPORT

INTERNATIONAL WOMEN'S DAY 2021

19th February, 2021

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1. INTRODUCTION

International Women's Day (*March 8*) is a global day celebrating the social, economic, cultural, and political achievements of women. Throughout ancient and modern history, women have collaborated and lead purposeful action to redress inequality in the hope of a better future for their communities, children and themselves.

Started in the early 1900's, the almighty and tenacious Suffragettes forged purposeful action for equality. It was the Suffragettes who started International Women's Day, with the first officially named "International Women's Day" event held in 1911.

And still to this day, International Women's Day continues to be a powerful platform globally that unifies tenacity and drives action for gender parity, while celebrating the social, cultural, economic and political achievements of women.

Values that guide International Women's Day provide direction for the type of action, behaviour associated with this critical and globally-supported day.

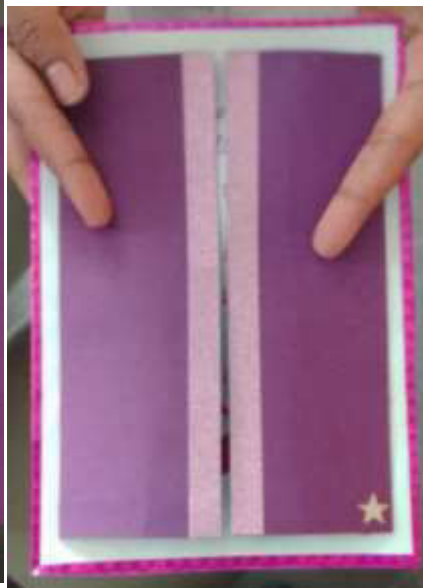
Ten values that guide International Women's Day are:

- ❖ Justice
- ❖ Dignity
- ❖ Hope
- ❖ Equality
- ❖ Collaboration
- ❖ Tenacity
- ❖ Appreciation
- ❖ Respect
- ❖ Empathy
- ❖ Forgiveness

As modern day Suffragettes - female, male and all genders - let us continue the work and spirit of the almighty Suffragettes, fighting the good fight. Let us recognize honour and celebrate the important and impressive achievements of women globally.

2. PRE-EVENT PREPARATION





The Invitation was made by Divya Bharathi, Dhiviya N, Gayathri SA, Divya Dharshini R and presented to the Head of the Department of Public Health Dentistry, Dr. Jagannatha G V by the special event incharge Ishwerya M

3. EVENTS

3.01 INTRODUCTION:



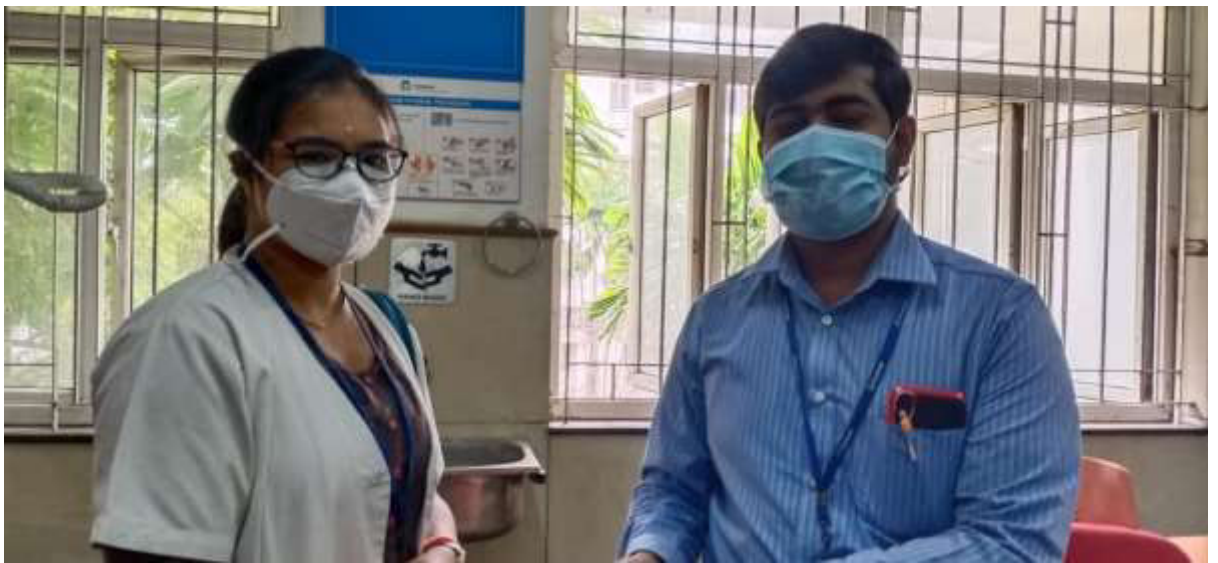
We the C Batch students conducted a special event on International Women's Day in the Rural Health Centre, Poonjeri to create an awareness among the village women and their families.

The verbal introduction to the event was given by Gokul S in a bilingual manner (both tamil and English) to get a better attention from the audience.

3.02 LOGO OF THE DAY:

- Logo of the day was presented by Divya Dharshini R
- The logo had: a pink colored ribbon that encircles the symbol of women depicting International Women's Day
- Pink color depicts women
- A shadowed view of a woman's side face is incorporated in the logo to represent the women.
- Then a star is stuck in the badge which shows that women have an equal right to shine like stars in the sky of the so called society.
- The Logo was adapted into several wearable badges, which was presented to all the Faculties, Interns, and final years in the department of Public Health Dentistry. The badges were also given to few participants in the special event.









3.03 SAVE GIRL CHILD

- ❖ Event presented by Divya Bharathi K
- ❖ This chart depicts the following problems faced by a girl child:
- ❖ Female foeticide -It is a worrying practice, as cheap abortion technology allows households to exercise their preference for sons over daughters.
- ❖ Child marriage - Violates children's rights and places them at high risk of violence, exploitation, and abuse.
- ❖ Harassment of girl child - Female children are not a commodity or sex-object but "an equally worthy human being to be loved, respected, and cared for.
- ❖ Education to a girl child to create awareness on the need to protect the girl child and focus on their education.
- ❖ Dowry - The rules of marriage have been misinterpreted and misused for maintaining the dowry system.





3.04 NEGLIGENCE OF WOMEN'S HEALTH

- ❖ Event presented by Dhiviya N and Gayathri N
- ❖ This chart describes the various conditions that occur due to the negligence of women's health.
- ❖ Weight gain: Getting older can be triple whammy. Muscle is lost as age advances .At the same time body burns only few calories for the same physical activities as when you were younger. Gaining weight increases the risk of heart disease, hypertension, diabetes and stroke.
- ❖ Fragile bones: Many seniors fear facing advancing years affects your balance and makes less steady. Women of ages 50 and older are twice more likely than their male peers to break a bone because of their "brittle bone disease".
- ❖ PCOD: A hormone disorder causing enlarged ovaries with small cyst on the outer edges. The cause of polycystic ovary syndrome may involve a combination of genetic and environmental factors. Symptoms: Acne, Gaining weight, facial hair, difficulty in getting pregnant
- ❖ PMS: Pre Menstrual Syndrome. A group of symptoms occur in women, typically between ovulation & a period. The cause likely involves change in hormones during menstrual cycle. Symptoms: Mood swings, tender breasts, food cravings, fatigue, Irritability & depression







3.05 POST-MENOPAUSAL SYNDROME

- ❖ Event presented by Haripriya S
- ❖ This chart describes the symptoms of postmenopausal women in all over the world
- ❖ Tells about average menopausal age of the women
- ❖ It shows the symptoms which generally occurs in older age
- ❖ For this syndrome at initial stages home remedies such as drinking excess of water, eating fruits and vegetables, and by taking vitamin D and calcium supplements can be taken
- ❖ Describes about hormone replacement therapy





3.06 WOMEN HEALTH SCHEMES

- ❖ Event presented by Dhwarkamai SS
 - ❖ This chart gives in a brief explanation on Woman Health Schemes given by the Government as per National Health Mission (2013)
1. NATIONAL WOMENS HEALTH SCHEME-it is introduced for both rural and urban mission and it is universal and access to equitable and quality for health care
 2. REPRODUCTIVE AND CHID HEALTH PROGRAM (2005)-it is mainly for child survival and to safe mother
 3. PRADHAN MANTRI MATRITRA VNDANA YOJANI FREE ANTINATAL SERVICE (2010)-mainly for safe delivery, child care nutrition, monthly checking
 4. JANANI SHISHU SURAKSHA KARYAKARAM (2011)-it is mainly for delivery at health institute, transport service and child health
 5. RASHTRIYA BAL SWATHYA KARYAKRAN(2013)- it aims at early identity and intervention from birth to 18 yrs to cover 4D's –defect, deficiency,disease,and developmental delay
 6. DR.MUTHULAKSHMI MATERNITY BENEFICT(2006)-it is introduced for financial assistance 12-18k and free delivery
 7. NARJAT SERVICE SURAKSHA KARYAKRAM-to train health personal for new born care,prevention of infection
 8. MISSION INDIA DHANUSH-missed vaccine is administered ,ensure health and immune status of newborn



WOMEN HEALTH SCHEME

National Health Mission (2013)



Rural & Urban mission
Equitable
Affordable
Quality health care service

Reproductive & Child Health Programme (2005)



child survival
safe motherhood.

Pradhan Mantri Matritva Vandana Yojana



Free antenatal services (2010)
Safe delivery, child care
nutrition, monthly checkup

Vandemataram Scheme (2004)



Voluntary Scheme
Obstetric & Gynaec Spl.

Janani Shishu Suraksha Karyakaram (2011)



delivery at health Inst.
transport services
child health.

3



Rashtriya Bal Swasthya Karyakram
Child birth - 18 yrs (2013)
+D - deficiency, defect, disease,
developmental delays.



Dr. Muthulakshmi Maternity Benefit
Financial Assistance 12-18k (2006)
First 2 deliveries
needy people.



Navjat Shishu Suraksha Karyakram
train health personnel for (2009)
new born care, resuscitation
prevention of infection.



Sukanya Samriddhi Yojana (2015)



- Girl child
- annual, monthly invest
- 8.5% rate of Interest
- 15 yrs duration.



Mission Indra Dhanush (2014)

- Missed Vaccine is administered.
- ensures health & immune status of newborn.



3.07 NON-GOVERNMENTAL ORGANISATIONS

Event presented by Gayathri SA

This chart describes the Non-Governmental Organisations (NGO) present in India which plays an important role in women empowerment

1. A non-governmental organization (NGO) is a non-profit group that functions independently of any government
2. Give India is a non profit organisation in India. It is an online donation platform and aims to channel and provide resources to credible non-governmental organisations across India
3. NGOs India – Information portal of Indian NGOs, consisting NGOs and Funding Agencies database and online resource for NGOs, NPOs, Vos
4. Some of the important NGOs for female empowerment are SEWA, VIMOCHANA, SWANITI, MAKAM, JANODAYA, CREA, AZAD FOUNDATION, SNEHALAYA
5. Main website for approaching NGOs are:

www.ngosindia.org

www.ngosindia.com

For NGOs in Tamilnadu visit

www.ngodarpan.gov.in

அரசு சார்பற்ற அமைப்புகள் - (என்ஜிஓ)
NON-GOVERNMENTAL ORGANISATIONS - (NGO's)

கீவ் 	மஞ்சளம் 	அனாத் 
ஸிவா 	கிரீடா 	விமோசனா 
இசுஆர்யூவ் 	சுவந்தி 	பா ஜீ எம் ஏஸ் 

அரசு சார்பற்ற அமைப்புகள் - (என்ஜிஓ)
NON-GOVERNMENTAL ORGANISATIONS - (NGO's)

அமர் சேவா சங்கம்

சுவயம் 	கேர் 	
அன்யு 	ஆசாரா 	ஸ்ரீமாதா 
லயன்ஸ் கிளப் 		அன்னை டிபன்ட் 

www.ganesh.org.in
www.ganesh.org.in
www.ganesh.org.in



3.08 FUNDAMENTAL RIGHTS OF WOMEN

Event presented by Gokul S

This chart describes the Fundamental Rights of every woman in India.

1. Women have the right to equal pay: According to the provisions listed under the Equal Remuneration Act, one cannot be discriminated on the basis of sex when it comes to salary, pay or wages.

2. Women have the right to dignity and decency: In an event that the accused is a woman, any medical examination procedure on her must be performed by -- or in the presence of -- another woman.

3. Women have the right against workplace harassment: The Sexual Harassment of Women at Workplace Act gives a female the right to file a complaint against any kind of sexual harassment at her place of work. Under this act, she can submit a written complaint to an Internal Complaints Committee (ICC) at a branch office within a period of 3 months.

4. Women have a right against domestic violence:

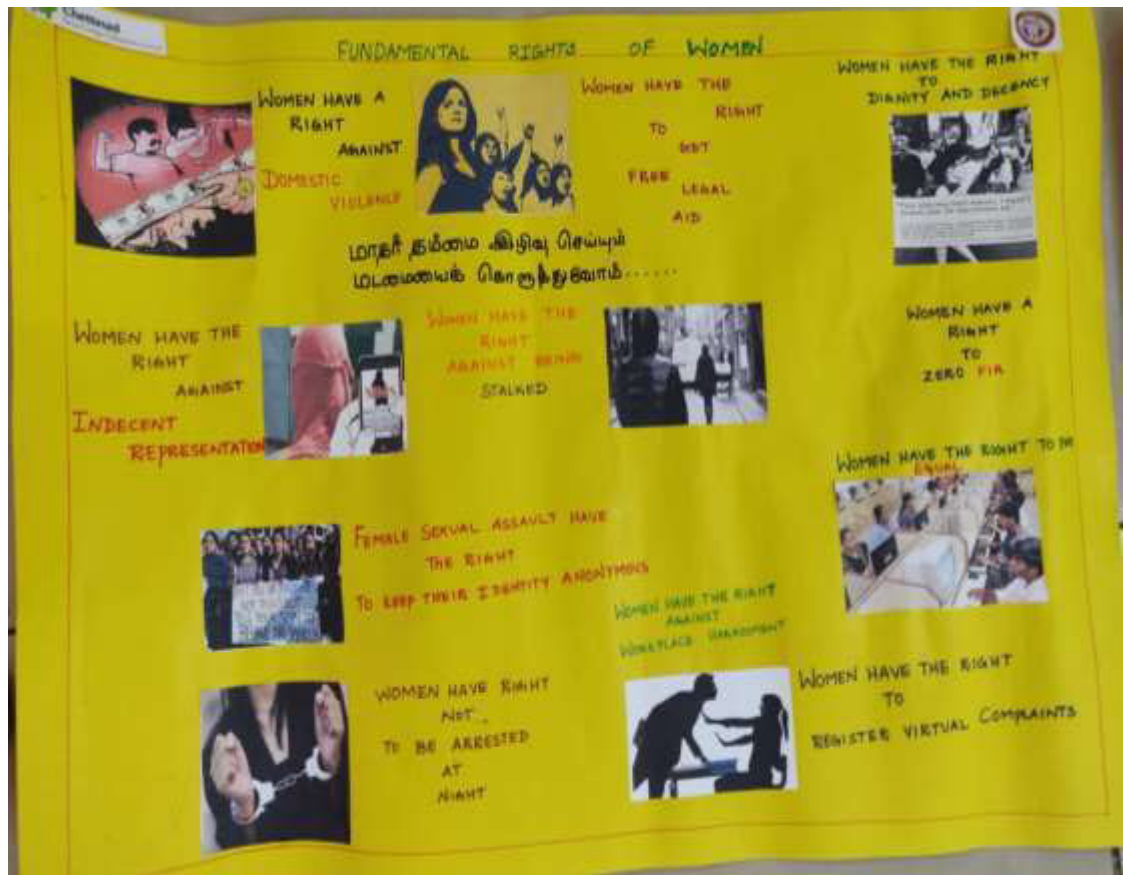
Section 498 of the Indian Constitution looks to protect a wife, female live-in partner or a woman living in a household like a mother or a sister from domestic violence (including verbal, economic, emotional and sexual) by the hands of a husband, male live-in partner or relatives.

5. Female sexual assault victims have the right to keep their identity anonymous

6. Women have the right to get free legal aid: Under the Legal Services Authorities Act, female rape victims have the right to get free legal aid or help from the Legal Services Authority who has to arrange a lawyer for her.

7. Women have right not to be arrested at night:

Unless there is an exceptional case on the orders of a first class magistrate, a woman cannot be arrested after sunset and before sunrise.



3.09 ACHIEVEMENTS BY WOMEN

Event presented by Ishwerya M

This is handmade cube that shows the achievements by women in various fields in India

1. **The Fiscal Scholar – Gita Gopinath:** Gita Gopinath is a Harvard economist who became the first Indian woman to assume the position of Chief Economist at IMF - the

International Monetary Fund. She is originally from Kerala and is the daughter of a farmer-entrepreneur

2. **Dhing Express – Hima Das:** Hima Das is the first Indian athlete (sprint runner) to win gold at the IAAF World Under-20 Athletics Championship in 2018, held at Tampere, Finland. Later, she went on to win gold and silver medals at the Asian Games held in Jakarta. She currently holds the Indian national record in 400 meters, with a timing of 50.79s. The daughter of a humble rice farmer near the town of Dhing in Assam, Hima Das became a national phenomenon at the young age of 18.
3. **Ms. Knockout – Mary Kom:** Chungneijang Mary Kom Hmangte is an Indian Olympic boxer from Manipur. She is the only woman to achieve the coveted No. 1 position in the International Boxing Association (AIBA) after becoming the World Amateur Boxing champion for a six times record. Kom is also the only woman boxer to have won a medal in all seven world championships, making it a world record. Known as ‘Magnificent Mary,’ she has become India’s favourite sportsperson, shining at several International platforms.
4. **Sky Warrior – Avani Chaturvedi:** Flight Lieutenant Avani Chaturvedi, a young Indian Air Force officer, became the first Indian woman fighter pilot to fly the ‘MiG-21 Bison’ solo. The MiG-21 Bison is known for its highest take-off and landing speed in the world at 340 kmph. Avani inspired many young women by making her mark in a field dominated by men.
5. **Biotech Pioneer - Kiran Mazumdar-Shaw:** She started her own venture- Biocon in 1978. Today she is ranked 60th on the Forbes’ list of most powerful women in the world and is the richest self-made woman billionaire of India. She is currently the Chairperson and Managing Director of Biocon Limited (one of the largest biotechnology/biopharmaceutical companies in India) and the Chairperson of the Indian Institute of Management, Bangalore.
6. **1st Women Dentist – Dr. Vimla Sood:** Vimal Sood was the first woman to become a dentist in India. She graduated from the University of Punjab in 1944. Her family were all doctors, and encouraged her to become a dentist. She moved to New York for an internship and travelled America, completing the masters in Paediatric Dentistry in 1955 at the University of Minnesota. She is India’s first Dentist who visited alma mater.



3.10 HARASSMENTS FACED BY WOMEN IN DAILY LIFE

A small role play was made by the students of C – Batch which depicts the harassments faced by women in their daily life

The plot revolves around a 12 year old girl who was made to wait by her mother near a shop in a market area and the mother went to another shop. In this moment the shopkeeper takes advantage of the girl and touches her at inappropriate places with an excuse of giving chocolates. The girl feels uncomfortable and tries to move away while another man comes

and scolds the shopkeeper and they both end up quarrelling in the shop. Hearing this, the mother comes and takes away her daughter. The man asks the mother to give a police complaint against the shopkeeper for harassing her daughter while the mother instantly avoids fearing for the image of her family in the society. The mother continues to scold her daughter without even listening to the small girl. She also threatens the girl to not to tell anything about this to the family.

This play was mainly done to show ‘it’s not always the girl’s mistake whenever something happens’. The voice of the girl must be heard aloud and lastly dress doesn’t matter!

3.11 CONCLUSION

This is a chart work done to show the Importance of woman’s in every aspect of life.

“We need women at all levels, including the top, to change the dynamic, reshape the conversation, to make sure women’s voices are heard and heeded, not overlooked and ignored.” – Sheryl Sandberg





4. SPECIAL EVENT CONCLUSION

The International Women's Day event by the Final Year C Batch students concluded by showing sincere gratitude towards the Department of Public Health Dentistry and the Head Of the Department and the staffs for providing the opportunity and continuous support and motivation throughout the event.

LEARNING HIGHLIGHTS FROM THE EVENT:

Differing from our previous online special events, this direct event to the general public was a new experience. Talking to patients one on one, building up conversations on the spot and adapting ourselves to meet the needs of our audience was a whole new challenge on its own. The active engagement and participation of the public, gave us a morale boost which aided us in giving our best.

We learned how to connect with the audience, not just with our verbal skills but also use our gestures, body language and facial expressions to communicate in a more efficient way.

We also learned the need for cooperation and team work in successfully hosting a special event.

We also developed our interpersonal skills by answering their questions and concerns about the particular topic.

We learnt that spreading awareness to the general public makes an impact and we feel beyond blessed to be given this opportunity.

AREAS OF IMPROVEMENT:

We would like to improvise on our stage presence and we also would like to improvise our speech delivery to the general public in a still more systematic and effective manner.

In our upcoming events we would also like to incorporate an innovative methodology to educate the public apart from the conventional model and chart works.

5. APPENDIX- LIST OF PARTICIPANTS

Faculty present:

- Dr. Jagannatha GV sir
- Dr. Nagaland T sir
- Dr. Nagappan N sir
- Dr. Cyril Benedict sir

PG present:

1. Dr. Sujatha Devi
2. Dr. Vincy Preetha
3. Dr. Charumati

Final Year Students- C Batch:

1. Dhiviya N
2. Dhwarkamai SS
3. Divya Bharathi K
4. Divya Dharshini R
5. Gayathri N
6. Gayathri SA
7. Gogula Krishnan
8. Gokul S
9. Haripriya S
10. Ishwerya M





