

SATHYABAMA INSTITUTE OF
SCIENCE AND TECHNOLOGY



SDG 3 GOOD HEALTH AND WELL-BEING



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SDG 3 - GOOD HEALTH AND WELL-BEING



Ensuring healthy lives and promoting well-being at all ages is important to build prosperous societies .There is an urgent need to fully eradicate the wide range of diseases for sustainable development and to address many different persistent and emerging health issues.

Sathyabama Institute of Science and Technology contributes to the nation and the global for good health and well – being by introducing health related new academic programmes year on year, strengthening collaborations with hospitals and healthcare institutions, and conducting a wide range of community health initiatives for the development of healthier society.

The sanctioned project by The Director General of the Council, Indian Council of Medical Research on “Exploring temperature and salinity tolerant mosquitoes and their influence on mosquito-borne disease dynamics” directly supports SDG 3 by contributing towards surveillance, and prevention of vector-borne diseases. This research strengthens public health preparedness and aids in reducing the spread of communicable diseases.

A.Current collaborations with health institutions

Sathyabama Institute of Science and Technology maintains collaborations with health institutions and health research organisations that directly aim to improve health & well-being outcomes. SIST has MoUs ranging from primary health centres, District health centres and several private hospitals for joint research, internships and collaborative projects.

The university is running health sciences programmes such as Dental Sciences, Nursing, Physiotherapy, Pharmacy, Psychology, Clinical Nutrition and Dietetics, Medical Lab Technology focussed towards health and well-being. Sathyabama Dental College and Hospitals run community outreach in collaboration with local NGOs.

The university research centres such as Centre for Drug Discovery and Development (CDDD) works towards discovering new chemical entities from natural resources to fight against life threatening infectious diseases like TB and HIV and non-infectious diseases like cancer, diabetes, etc. Also the Centre for Molecular & Nanomedical Sciences (nano medicine, drug discovery, cancer/regenerative biology) — collaborate with government research organizations and support health advanced research in the area of nano medicine and drug discovery.

The following table presents the formal collaborations established by the institution signed between 2023 and 2024, with various industry partners, corporate houses, medical universities, hospitals, and research organizations.

Sl.No	Name of the institution/ industry/ corporate house
1.	Incare Lab and Cannarma private limited
2.	Gulf Medical University
3.	Medway Hospital, Chennai
4.	Biopol Bioscience pvt. Ltd., Bengaluru, India
5.	Ramakrishna Medical Centre LLP, Trichy, Tamil Nadu
6.	AVN Ayurveda Formulations, Madurai, Tamil Nadu
7.	AAARNA Therapeutics and Vaxigen International Research Centre private Limited

B. Health outreach programmes

The Department of Public Health Dentistry at Sathyabama Dental College and Hospital conducted a series of dental Screening Camp for the school children, senior citizens, non-teaching staff including bus drivers focussing on oral health education, early diagnosis, and the prevention of dental diseases. The following table presents the outreach activities conducted during the academic year 2023-2024, highlighting the dates, venues, nature of programs, and participant details.

Sl.No	DATE	Name of the Activities	VENUE	No .of Participants
1	05.07.2023	Dental Screening Camp	Bumblebees Casa Dei Bambini , Navalur	35
2	07.07.2023	Special Program - Dental Awareness Day	Aalfa Matriculation Higher Secondary School	235
3	05.09.2023	Dental Screening Camp	Little Elly Pre School, Sholinganallur	27
4	07.09.2023 - 08.09.2023	Dental Screening Camp (Voice against tobacco)	Sathyabama Dental College and Hospital	50
5	08.09.2023	Dental Awareness program on saving tooth post trauma for school Students and teachers	Govt Primary & Middle School, Navallur	114
6	27.11.2023	Oral screening program	Kirubai Oldage home, Medavakkam, Chennai	20
7	22.12.2023	Dental Screening Camp	Kidzee Preschool, Sithalapakkam	20
8	19.01.2024	Screening camp for school students	Government Elementary and Higher Secondary School, Kaliyampoondi	126
9	15.02.2024	Awareness on cool lip cessation among young adults	Anna Centenary Library , Adyar Cancer Institute	21
10	05.03.2024	Dental Screening Camp	Akshaya Trust , Pallikaranai	25
11	12.03.2024	Dental Screening Camp	Kidzee Preschool, Block 13, Villa 15, Bollineni Hillside, Perumbakkam	115
12	20.03.2024	Dental Screening Camp	ISKCON Temple, Injambakkam	46
13	23.04.2024	Dental Screening Camp	Believable Senior Citizen Home ,37a,1st Avenue, 2cross street, Injambakkam, Chennai.	10
14	26.04.2024	Dental Screening Camp	Anbu Karangal Boys Orphanage, Thiruvanmiyur,	23
15	16.05.2024	Dental Screening Camp	Dhakshina Chitra Heritage Museum	30
16	17.05.2024	Dental Screening Camp	Sri Prathyangira Devi Temple, Sholinganallur	35
17	03/04/2024	Outreach-Psychology	Vishranthi Home for Aged Destitute Women , Chennai	15

Free Dental Screening Camp

1. The Dental Screening Camp conducted at Bumblebees Casa dei Bambini aligns with Sustainable Development Goal (SDG) 3, which aims to ensure healthy lives and promote well-being for all, especially through preventive measures. The camp organized by the Department of Public Health Dentistry focused on oral health education, early diagnosis, and the prevention of dental diseases in children, which directly contributes to these objectives.

A total of 35 children (15 male and 20 female) were screened for dental health. The initiative targeted a critical early age, as early childhood is a crucial period for establishing lifelong health habits. Preventing oral diseases such as cavities and gum disease in children plays a direct role in reducing the overall health burden, which is a core aspect of SDG 3.

SATHYABAMA

Institute of Science and Technology

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SATHYABAMA DENTAL COLLEGE AND HOSPITAL

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

DENTAL CARE

FOR CHILDREN'S TEETH

DENTAL SCREENING CAMP

5TH July, Wednesday

PROGRAM SCHEDULE:

10AM-11:00AM

DENTAL SCREENING

11:00AM-12PM.

ACTIVITIES

VENUE: BUMBLEBEES CASA DEI BAMBINI

CHIEF PATRONS

Dr. Mariazeena Johnson

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Dr. Marie Johnson

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Mrs. Maria Bernadette Tamilarasi Johnson

Vice President

Mr. Anul Selvam

Vice President

Ms. Maria Catherine Jayapriya

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Dr. G. Sundari

Director Administration

STAFF COORDINATORS

Sathyabama Institute of


Science and Technology

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The camp featured several educational activities aimed at raising awareness about oral hygiene practices among children. A puppet show was used to engage the children in a fun and memorable way, promoting the importance of brushing teeth regularly and maintaining good oral hygiene. The camp also included an interactive photo booth activity, encouraging children to engage in health awareness in a playful and creative manner.




2.A Special program for Dental awareness day was conducted at Aalfa matriculation higher secondary school, New Perungalathur, Chennai on 07.07.2023 .



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SATHYABAMA DENTAL COLLEGE AND HOSPITAL

Department of Public Health Dentistry

DENTAL AWARENESS DAY

VENUE - Aalfa Matriculation Higher Secondary School, Tambaram, Chennai.

Date : 07/07/2023
Time : 9:00am to 2:00pm

Chief patrons

Dr.Mariazeena Johnson Chancellor	Dr.Marie Johnson President	Mrs.Maria Bernadette Tamil arasi Mr.J.Arulselvan Ms.Maria Catherine Jayapriya Vice President
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Advisors

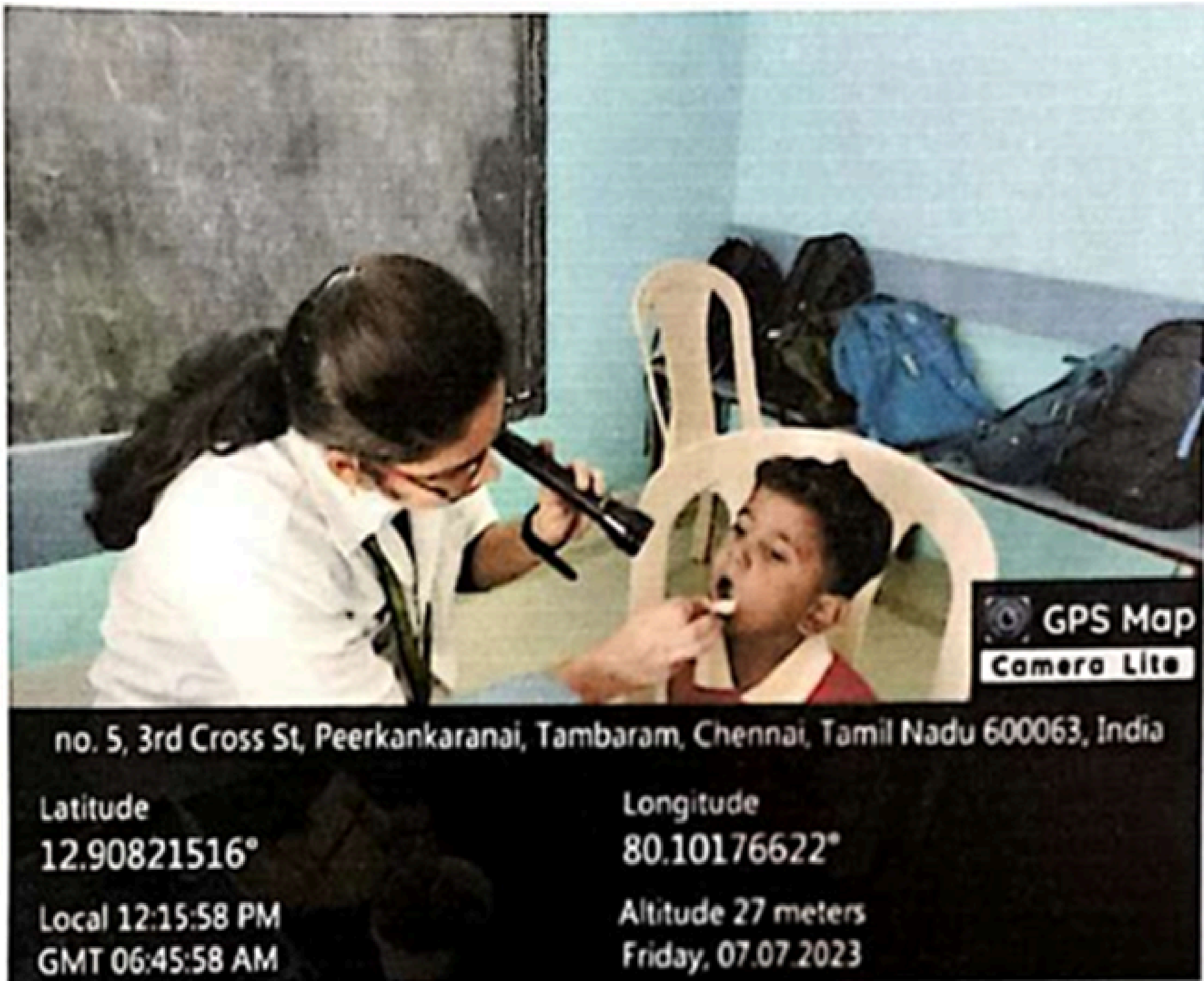
Dr.T.Sasiprabha Vice chancellor	Dr.E.Logashanmugam Pro Vice Chancellor	Dr.S.S.Rao Registrar	Dr.G.Sundari Director of Administration
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Convener
Dr.Shahul Hameed Faizee


Co Convener
Dr. V.Anu

Coordinators
Dr.Pavani,Dr.Sureshkumar
Dr.Nadeem,Dr.Aishwarya







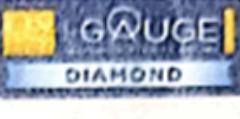


3. The dental screening camp was organised on 05/09/2023 at Little Elly Pre School aimed at promoting the oral health among young children. The camp successfully screened a batch of 27 kids, Oral examination was done for all the children. To make the experience engaging and educational, children were taught brushing techniques on the models and the children were made to do so.




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SATHYABAMA DENTAL COLLEGE AND HOSPITAL
 Department of Public Health Dentistry

DENTAL SCREENING CAMP
 Venue : Little Elly Pre School, Sholinganallur
 Date : 05/09/2023
 Time : 10:00 am to 12:30pm



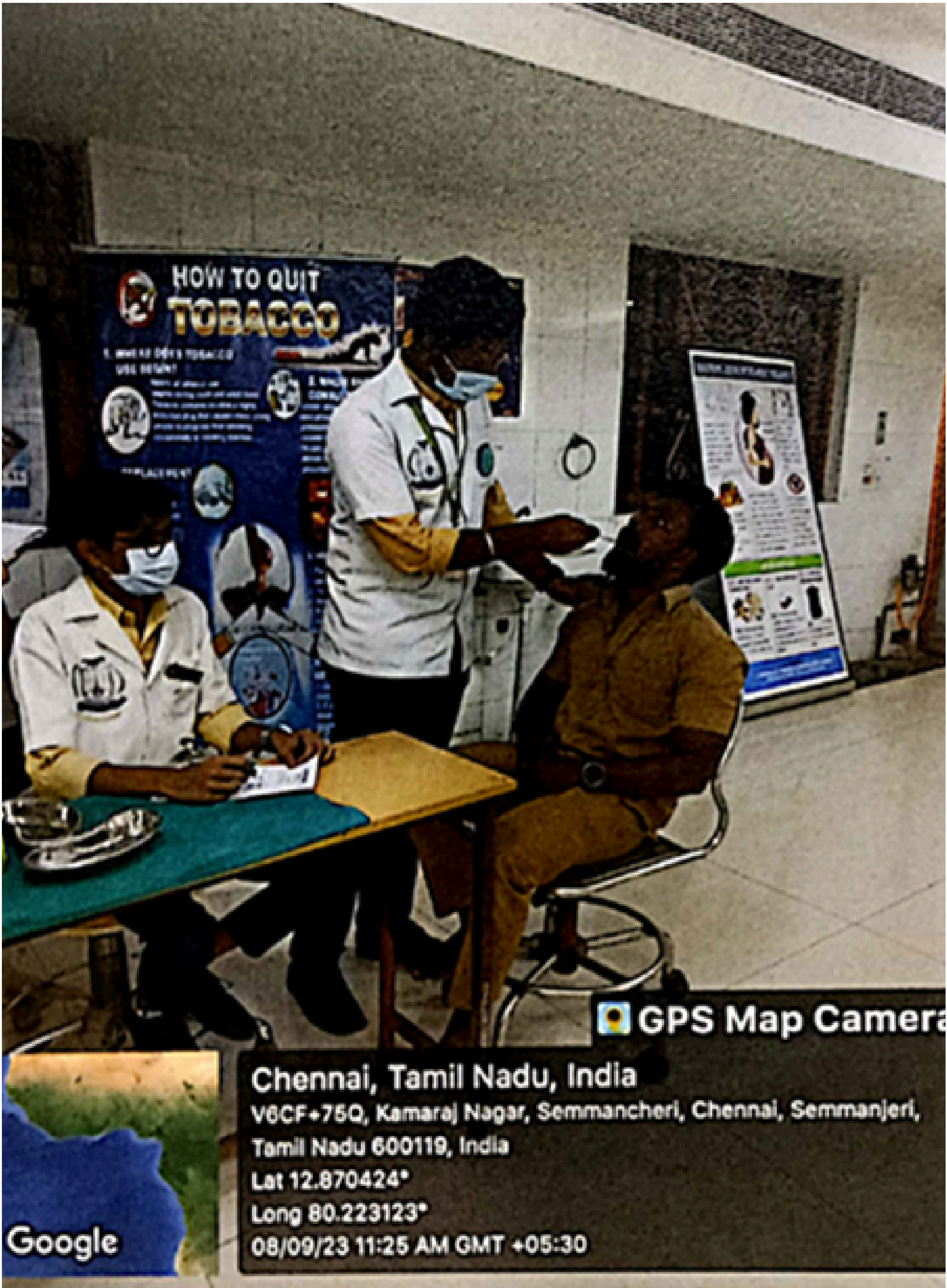
Chief patrons
 Dr. Mariazeena Johnson, Chancellor
 Dr. Marie Johnson, President
 Mrs. Maria Bernadette Tamil Asasi, Mr. J. Arulselvan, Ms. Maria Catherine Jayapriya, Vice President

Advisors
 Dr. T. Sasiprabha, Vice Chancellor
 Dr. E. Logashanmugam, Pro Vice Chancellor
 Dr. S. S. Rao, Registrar
 Dr. G. Sundari, Director of Administration

Convener: Dr. Shahul Hameed Faizee
 Co-ordinators: Dr. Pavani, Dr. Suresh Kumar, Dr. Krihika, Dr. Ponsiva
 Co-Conveners: Dr. V. Anu



4. The dental screening camp conducted on 07/09/2023 and 08/09/2023 for 50 non-teaching staff, including bus drivers, contributed directly to Sustainable Development Goal 3 (Good Health and Well-Being) by promoting preventive oral healthcare and supporting reduction of lifestyle-related risks. The camp provided comprehensive dental examinations that identified conditions such as dental caries, gingivitis, periodontitis, root stumps, and grossly decayed teeth, underscoring the importance of early diagnosis in preventing complications. The tobacco cessation counselling was offered using the Fagerstrom Test for Nicotine Dependence, leading many participants to express readiness to quit.



5. Awareness program on saving tooth post trauma for school students and teachers was conducted on 08/09/2023 at Government Primary & Middle School, Navalur by the department of public health dentistry. The program includes a guest lecture given by Dr. ARAVINTHAN, Senior lecturer of department of conservative dentistry and endodontics. Short film was projected in order to create an awareness and to educate them on saving the tooth post trauma. Apart from this, the students were also educated about brushing technique and importance of good dental hygiene. Number of students benefited from this were 108 & the number of teachers benefited were 6.



6.The Department of Public Health Dentistry at Sathyabama Dental College and Hospital conducted an oral screening camp on 27/11/23 at Kirubai Old Age Home in Medavakkam, Chennai. A comprehensive dental examination was done for the elderly individuals and necessary treatment plan was discussed. The elderly senior citizens received education on proper brushing techniques (fones technique) and they were enlightened on maintaining proper oral maintenance.



7. Dental Screening Camp has been conducted on 22/12/2023 for preschool children at Kidzee preschool, Sithalapakkam by the Department of Public Health Dentistry. Totally 20 kids were screened in which 7 were diagnosed with dental caries and advised for restoration and 13 children were given oral hygiene instructions.



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SATHYABAMA DENTAL COLLEGE AND HOSPITAL
Department of Public Health Dentistry
DENTAL SCREENING CAMP

Venue:
Kidzee preschool
57 Maheswar nagar
Opp to SGR MARRIAGE HALL
Mambakkam main road
Sithalapakkam

Date: 22.12.23
Time:
10.30 AM TO 12 PM

Chief patrons

Dr. Mariazeena Johnson Chancellor	Dr. Marie Johnson President	Mrs. Maria Bernadette Tamarasi Vice president Mr. J. Arun Selvan Vice president Ms. Maria Catherine Jayapriya Vice president
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Advisors

Dr. T Sasiprabha Vice Chancellor	Dr. E Logashanmugam Pro Vice Chancellor	Dr. S S Rao Registrar	Dr. G Sundari Director of Administration
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Convenor: Dr. Shahul Hameed Faizee
Dean: Sathyabama Dental College

Co convenor: Dr. V Anu
Head of the department: Public Health Dentistry

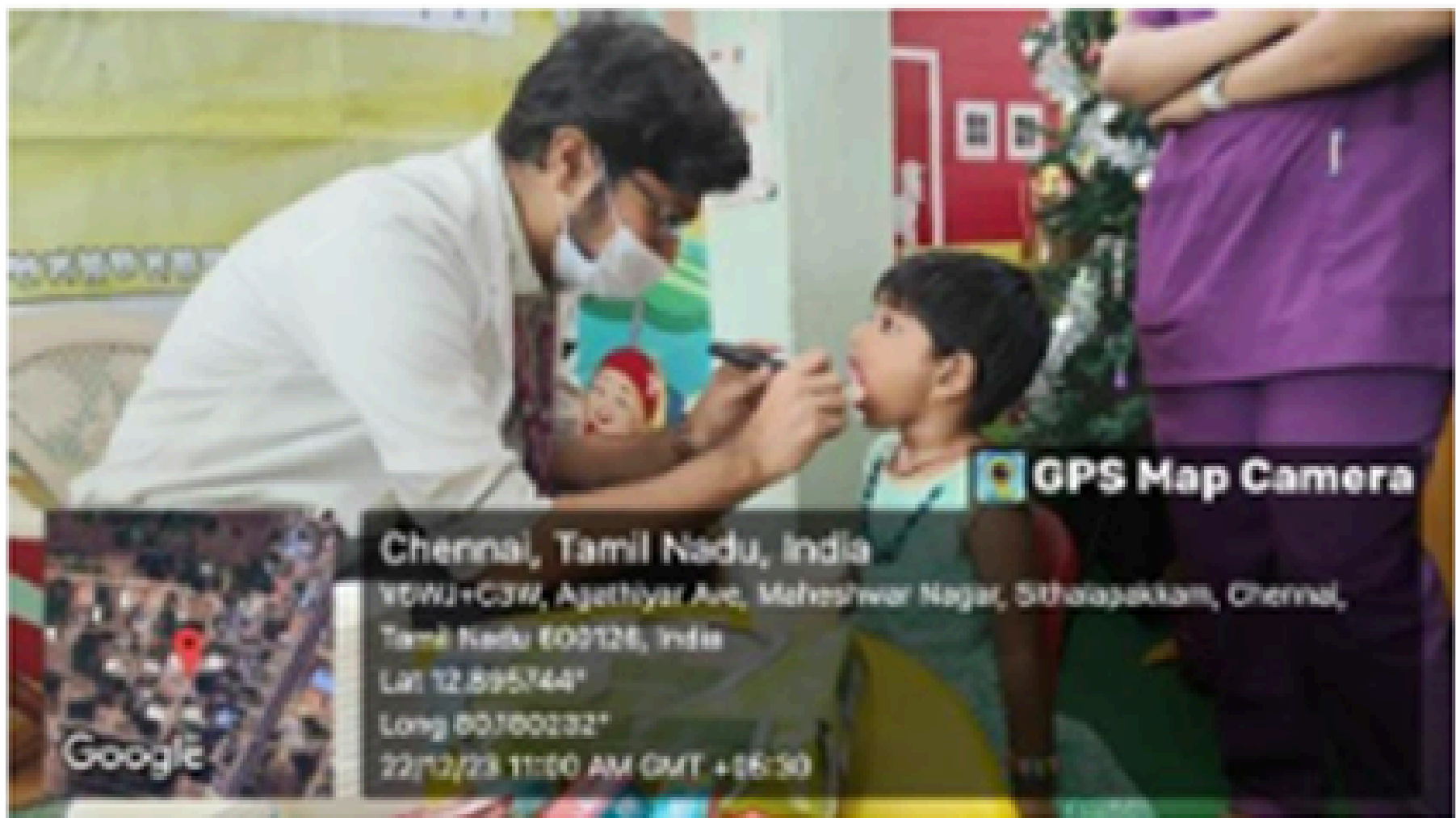
Coordinators: Dr. Gousalya, Dr. Ponsiva Sowmiya









DENTAL SCREENING CAMP PHOTOS



8. Dental Screening Camp has been conducted on 19/01/2024 for the school students of standards 6th, 7th and 8th at Government Elementary and Higher Secondary School, Kaliyampoondi by the Department of Public Health Dentistry. Totally 126 school children were screened in which 52 were diagnosed with dental caries and advised for restorations, 45 were diagnosed with gingivitis and advised for oral prophylaxis, 18 were diagnosed with maligned teeth and advised for correction of malocclusion, 7 were diagnosed with fractured teeth and advised for restoration, 4 were diagnosed with fluorosis, 2 were diagnosed with grossly decayed and advised for extraction, 1 was diagnosed with bruxism and advised for splint and 7 were diagnosed with good oral hygiene. The students were issued with the camp sheet and pamphlet for maintaining oral hygiene.



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**SATHYABAMA DENTAL COLLEGE AND HOSPITAL
DEPARTMENT OF PUBLIC HEALTH DENTISTRY**

SCREENING CAMP

VENUE:	DATE:	TIME:
GOVERNMENT ELEMENTARY AND HIGHER SECONDARY SCHOOL KALIYAMPOONDI VILLAGE, CHENNAI - 603402	19/01/24	11:00AM TO 1:30PM

Chief patrons

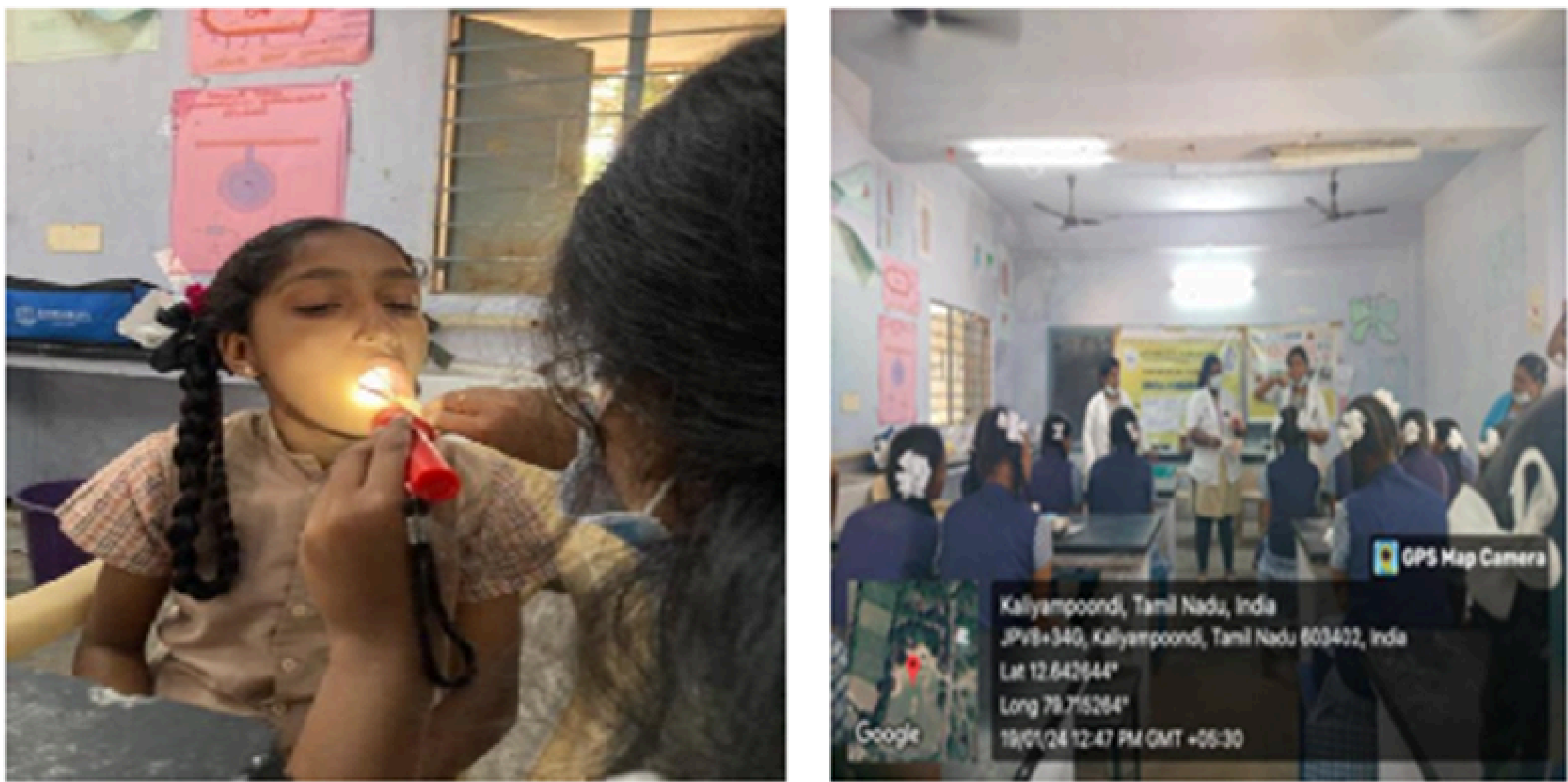
Dr. Mariazeena Johnson Chancellor	Dr. Marie Johnson President	Mrs. Maria Bernadette Tamilarasi Vice president Mr. J. Arun Selvan Vice president Ms. Maria Catherine Jayapriya Vice president
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Advisors


Dr. T Sasiprabha Vice Chancellor	Dr. E Logashanmugam Pro Vice Chancellor	Dr. S S Rao Registrar	Dr. G Sundari Director of Administration
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Convenor Dr. Shahul Hameed Faizee Dean Sathyabama Dental College	Co convenor Dr. V Anu Head of the department Public Health Dentistry	Coordinators Dr. Gousalya V Dr. Maneeshwari M
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9.The Department of Public Health Dentistry, Sathyabama Dental College, participated in the Youth Health Mela 2024 held from 15–17 February 2024 at Anna Centenary Library, Kotturpuram, where interns created impactful awareness on Cool Lip cessation among young adults. Two interactive stalls were set up—one featuring a creative tea-stall model depicting the circulation of Cool Lip among students, and another offering oral screening for identifying precancerous lesions. This outreach program significantly supported SDG 3 (Good Health and Well-Being) by promoting oral health, discouraging harmful substance use, and encouraging healthier lifestyle choices among the youth.



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SATHYABAMA DENTAL COLLEGE AND HOSPITAL
Department of Public Health Dentistry

Awareness on cool lip cessation among young adults

Venue
ANNACENTENARY LIBRARY

Date
15th, 16th, 17th February

Time
9am - 6pm

Chief patrons

Dr. Mariazeena Johnson
Chancellor

Dr. Marie Johnson
President

Mrs. Maria Bernadette Tamil Arasi
Mr. J.Arulselvan
Ms. Maria Catherine Jayapriya
Vice President

Advisors

Dr. T. Sasiprabha
Vice Chancellor

Dr. E. Logashanmugam
Pro Vice Chancellor

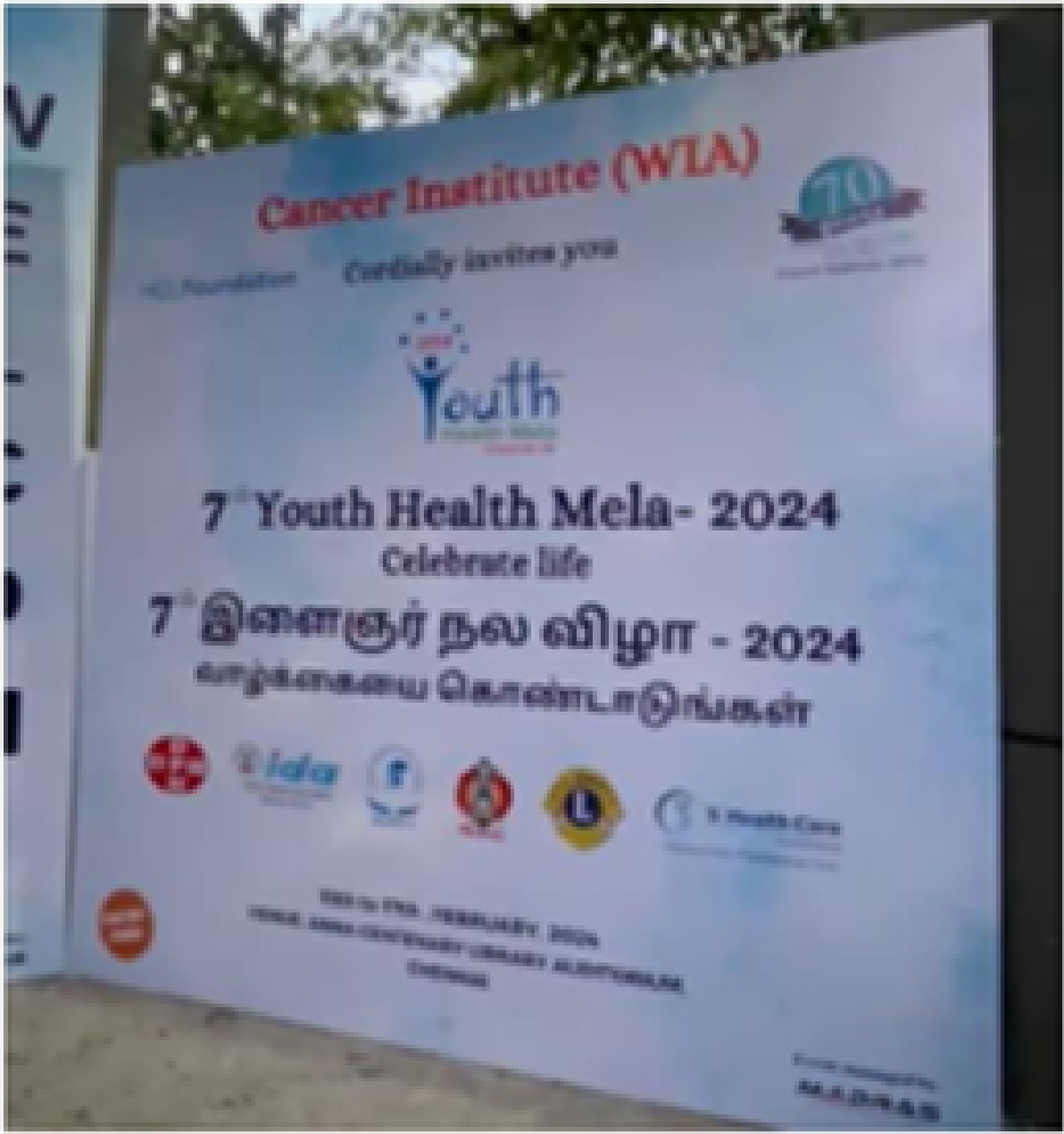
Dr. S. S. Rao
Registrar

Dr. G. Sundari
Director of Administration

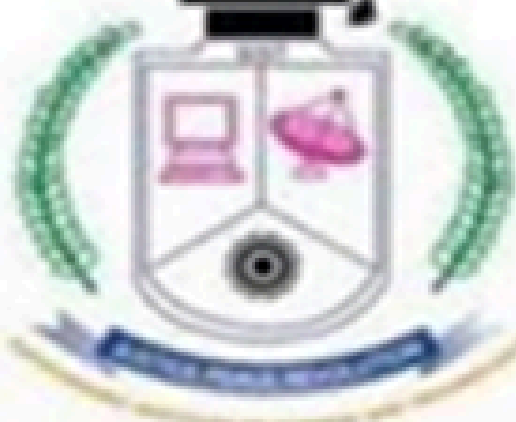
Convenor
Dr. Shahul Hameed Faizee
Dean
Sathyabama Dental College

Co Convenor
Dr. V. Anu
Head of the Department
Public Health Dentistry


Coordinators
Dr. Mohammed Riyaz
Dr. Ponsiva sowmiya

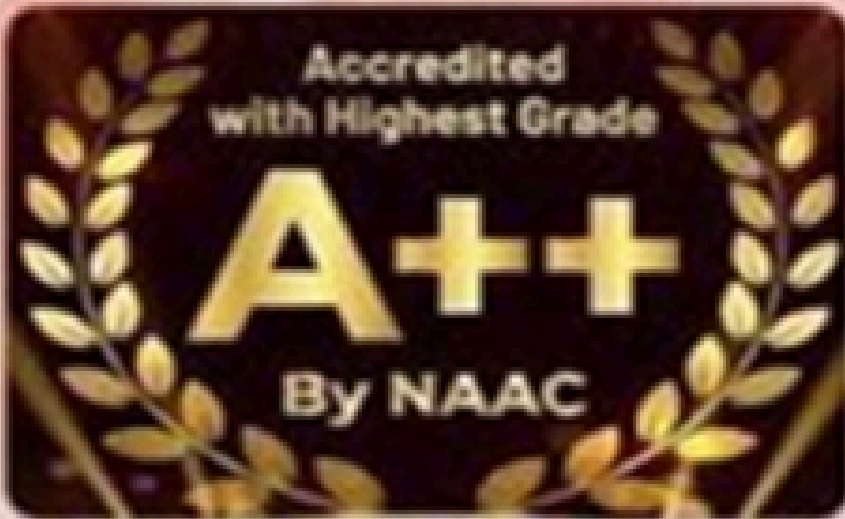


10. Dental screening camp was organized at Akshaya Trust Pallikaranai on 05/03/2024 by the Department of Public Health Dentistry with the aim to promote oral health for senior citizens. Total 25 people were screened, and are diagnosed with missing teeth, periodontitis, and dental caries and advised for restorations and replacing of missing tooth. After screening all the participants were educated about the oral hygiene maintenance, denture care and brushing techniques. Tooth paste was distributed to all the participants who were actively engaged in the screening camp.



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SATHYABAMA DENTAL COLLEGE AND HOSPITAL
DEPARTMENT OF PUBLIC HEALTH DENTISTRY

DENTAL SCREENING CAMP

VENUE:	DATE:	TIME:
AKSHAYA TRUST 5/4 B,Tranquilnest, 3rd Main Rd,Kamakoti Nagar, Pallikaranai,Chennai Tamil Nadu 600100 PH NO: 99529 32806	05/03/2024	10:00AM TO 12:30PM

Chief patrons

Dr . Mariazeena Johnson Chancellor	Dr. Marie Johnson President	Mrs. Maria Bernadette Tamilarasi Vice President Mr. J. Arun Selvan Vice President Ms.Maria Catherine Jayapriya Vice President
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Advisors

Dr . T Sasiprabha Vice Chancellor	Dr. E Logashanmugam Pro Vice Chancellor	Dr. S S Rao Registrar	Dr. G Sundari Director of Administration
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Convenor Dr . Sahul Hameed Faizee Dean Sathyabama Dental College	Co Convenor Dr. V Anu Head Of The Department Public Health Dentistry	Coordinators Dr. Gousalya . V Dr. Reeshma Ruckschanda . M
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11.The dental screening camp organized by the Department of Public Health Dentistry at KIDZEE Pre-School, Perumbakkam aimed to promote oral health among children. A total of 115 kids were successfully screened in this camp. Interns provided engaging and educational oral hygiene instructions to the children comprising demonstration of proper brushing technique and ideal dietary measures. These efforts captivated the children's attention while emphasizing theimportance of good oral hygiene.



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SATHYABAMA DENTAL COLLEGE & HOSPITAL

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

DENTAL SCREENING CAMP

VENUE :
KIDZEE PRESCHOOL
Block 13 ,villa 15,
Bollineni hillside,
Perumbakkam,
Chennai - 600126.

DATE:
12th MARCH 2024

TIME:
10:00 am
to
12:30 pm

CHIEF PATRONS

DR.MARIAZEENA JOHNSON
CHANCELLOR

DR.MARIE JOHNSON
PRESIDENT

MRS.MARIA BERNADETTE TAMILARASI
VICE PRESIDENT

MR.ARUL SELVAN
VICE PRESIDENT

MS.MARIA CATHERINE JAYAPRIYA
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REGISTRAR

DR.G.SUNDARI
DIRECTOR

CONVENOR
Dr.SHAHUL HAMEED FAIZEE
DEAN

CO CONVENOR
Dr.V.ANU
HEAD OF THE DEPARTMENT
PUBLIC HEALTH DENTISTRY

CO-ORDINATORS
Dr.MOHAMMED RIYAZ
Dr.MANEESHWARI M



12.A dental screening camp was held at the ISKCON Temple to commemorate "World Oral Health Day - 2024". Attendees included devotees, employees, and residents of the temple. Emphasizing the theme of this year's World Oral Health Day, "A Happy Mouth is Happy Body" participants were educated on the significance of maintaining good oral hygiene for overall well-being. They were encouraged to ask questions and seek clarification on proper brushing techniques and dietary habits. Interns also conducted demonstrations on proper brushing techniques to enhance oral health awareness.

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SATHYABAMA DENTAL COLLEGE & HOSPITAL

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

WORLD ORAL HEALTH DAY 2024

« A HAPPY MOUTH IS... A HAPPY BODY »

DENTAL SCREENING CAMP

VENUE :

ISKCON TEMPLE

Bhakti Vedanta Swami Rd,

Akkarai,

Sholinganallur,

Chennai -600119

DATE:

20th MARCH 2024

TIME:

10:00 am

to

12:00 pm

CHIEF PATRONS

DR.MARIAZEENA JOHNSON

CHANCELLOR

DR.MARIE JOHNSON

PRESIDENT

Mrs.MARIA BERNADETTE TAMILARASI

VICE PRESIDENT

Mr.ARUL SELVAN

VICE PRESIDENT

Ms.MARIA CATHERINE JAYAPRIYA

VICE PRESIDENT

ADVISORS

DR.T.SASIPRABA

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DR.S.S.RAO

REGISTRAR

DR.G.SUNDARI

DIRECTOR

CONVENOR

Dr.SHAHUL HAMEED FAIZEE

DEAN

CO-CONVENOR

Dr.V.ANU

HEAD OF THE DEPARTMENT

PUBLIC HEALTH DENTISTRY

CO-ORDINATORS

Dr.MOHAMMED RIYAZ

Dr.MANEESHWARI M





13. Dental screening Camp was organized at Believable Senior Citizen Home, Injambakkam aiming to enhance oral health among institutionalized elderly individuals. The event commenced with a welcome speech by the interns followed by live demonstration of appropriate brushing technique for geriatric population. Further, all the inmates were subjected to complete oral diagnosis to identify their oral health problems. All the inmates actively participated in this event. Their queries regarding oral hygiene maintenance were clarified by the staff and students.

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SATHYABAMA DENTAL COLLEGE AND HOSPITAL

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

SCREENING CAMP

VENUE:

DATE:

TIME:

Believable Senior Citizen Home
37 a,1st avenue,
2nd cross street,
Vettuvankani,
Injambakkam,
Chennai-600115

23rd April 2024

10:00 AM -12:30 PM

CHIEF PATRONS

DR.MARIAZEENA JOHNSON
CHANCELLOR

MR.MARIA BERNADETTE TAMILARASI
VICE PRESIDENT

MR.ARUL SELVAN
VICE PRESIDENT

MS.MARIA CATHERINE JAYAPRIYA
VICE PRESIDENT

ADVISORS

DR.T.SASIPRABHA
VICE CHANCELLOR

DR.E.LOGASHANMUGAM
PRO VICE CHANCELLOR

DR.S.S.RAO
REGISTRAR

DR.G.SUNDARI
DIRECTOR

CONVENOR

CO-CONVENOR

CO-ORDINATORS

DR.SHAHUL HAMEED FAIZEE
DEAN

DR.V.ANU
HEAD OF THE DEPARTMENT
PUBLIC HEALTH DENTISTRY

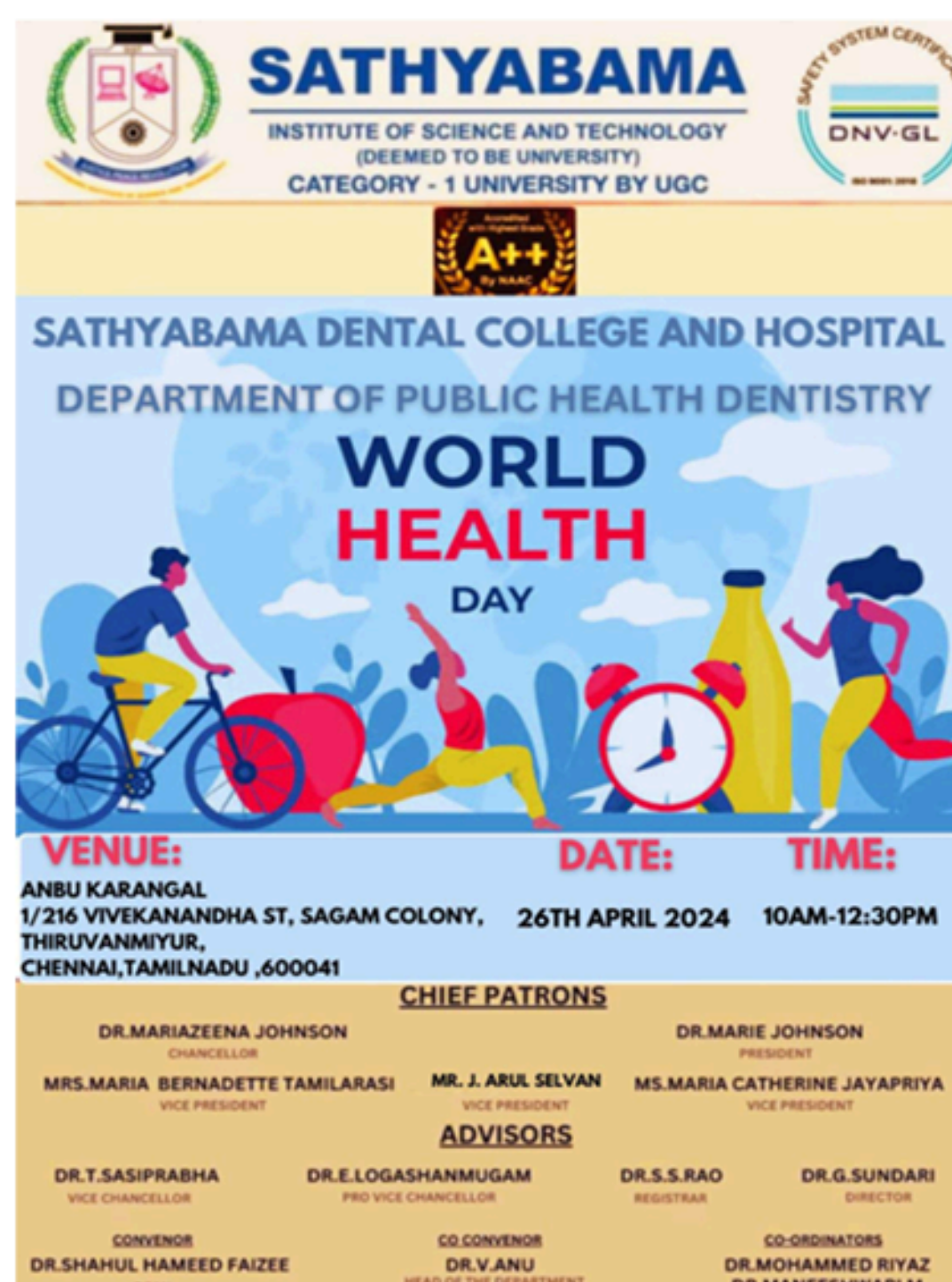
DR.MOHAMMED RIYAZ
DR.MANEESHWARI M

Sathyabama Institute of Science and Technology

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14.The Department of Public Health Dentistry at Sathyabama Dental College and Hospital organized a special program for "World Health Day" at the Anbu Karangal Orphanage Home. The instructions on basic yoga poses were given to promote overall health and help kids to refine balance, focus, concentration, and coordination. The oral health screening have been done for all the participants, during which their oral health problems were identified, and proper consultations were given. Additionally, the children were educated on essential oral hygiene practices and maintaining a healthy diet. This was done to enhance oral health awareness and help the kids understand the significance of the relationship between oral health and general health.





15. Department of Public Health Dentistry Sathyabama Dental College conducted an impactful awareness program on May 16th held at Dakshina chitra heritage museum on the occasion of “WORLD NO TOBACCO DAY” aimed to spread awareness about the harmful effects of using tobacco to the general public. An arousing skit was enacted to spread awareness about the harmful effects of tobacco following which a short film was played depicting the baneful after effects of tobacco usage and ways to quit tobacco. Additionally small cards with awareness slogans were given to the public .During the awareness programme public and the workers had the opportunity to interact and were provided with personalised advice and answered questions regarding tobacco usage. Throughout the programme we emphasised the harmful effects of tobacco usage and its role as bane to a healthy life. By raising awareness and promoting preventive measures, we succeeded to empower individuals to voice against tobacco.

SATHYABAMA DENTAL COLLEGE AND HOSPITAL

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

WORLD NO TOBACCO DAY

VOICE AGAINST TOBACCO

Date : MAY 16, 2024

TIME : 10:00Am -12:30PM

VENUE : DAKSHINA CHITRA HERITAGE MUSEUM

CHIEF PATRONS

Dr. Mariazeena Johnson
Chancellor

Dr. Marie Johnson
President

Mrs. Maria Bernadette Tamilarasi,
Mr. J. Arul Selvan,
Ms. Maria Catherine Jayapriya
Vice Presidents

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Vice Chancellor

Dr.E. Logashanmugam
Pro Vice Chancellor

Dr. S. S. Rao
Registrar

Dr. G. Sundari
Director

CONVENOR

Dr. Shahul Hameed Faizee
Dean

ORGANIZING COORDINATOR

Dr. Anu. V
Head Of the Department
Public Health Dentistry

COORDINATORS

Dr. B. Pavani

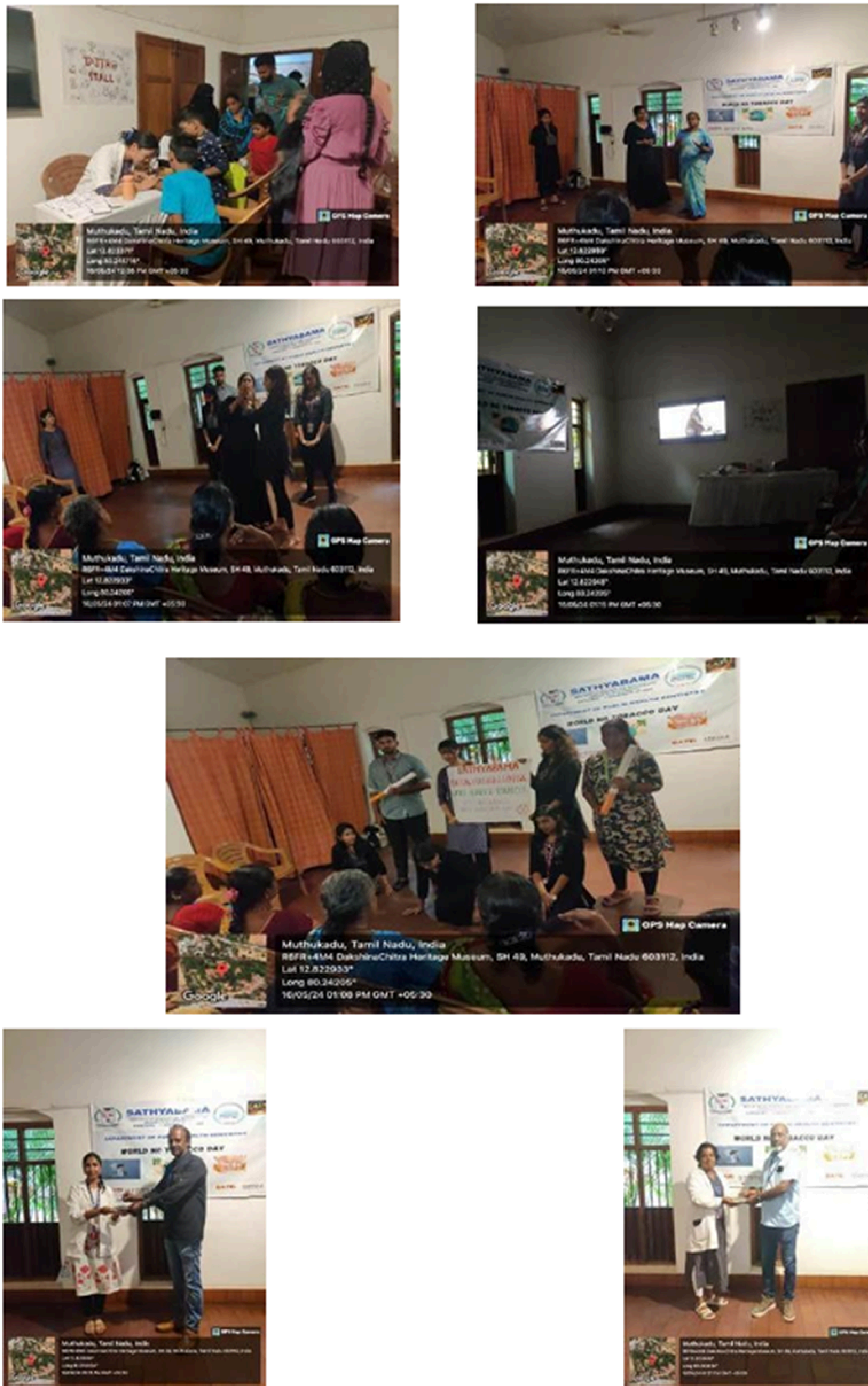
Dr. Mohammed Riyaz

Dr. Gousalya. V

Dr. Reeshma Ruckschanda. M

Dr. Maneeshwari. M





16.A Dental screening camp was organized by The Department of Public Health Dentistry at the Sri Prathyangira Devi Temple, Sholinganallur for promoting oral health among workers and public. A total 35 participants were screened and educated on the significance of maintaining good oral hygiene. They were encouraged to ask their doubts and clarification on same was done. Interns demonstrated on proper brushing techniques using tooth model to the participants.



17.The Psychology Department organized an outreach program on April 3, 2024, at the Vishranthi Home for Aged Destitute Women in Chennai, aiming to provide emotional support and companionship to the elderly residents. Activities included one-on-one conversations, a lively dance and music session, and group therapy focusing on coping mechanisms. The event was a testament to the department's commitment to community well-being.



Around 947 people were benefited by these outreach programmes promoting health and well-being.

To advance SDG 3 – Good Health and Well-Being, our institution actively commemorates global health observance days by organizing community-focused programmes that promote disease prevention, health awareness, and improved healthcare practices thereby contributing to enhanced well-being at both individual and community levels.

Sl.No	Date	Name of the Activities	Venue
1	26-6-2023	International Day Against Drug Abuse and Illicit Trafficking - 2023	Thiruporur, General Hospital
2	10-7-2023	World Suicide Prevention Day 2023	Olcott Memorial School, Besant Nagar, Chennai.
3	11-7-2023	World Population Day 2023	Pallavakkam ,Public Health Center
4	28-7-2023	World Hepatitis Day	Sathyabama Institute of Science and Technology, Chennai
5	7-4-2024	World Health Day 2024	Semmencherry , Public Health Center
6	3-3-2024 to 5-3-2024	National pulse polio programme 2024	Semmencherry PHC, Paduvanchery PHC and Sholinganallur PHC

International Day against Drug Abuse and Illicit Trafficking - 2023

Sathyabama College of Nursing had organized a CNE - Outreach Programme - Role Play to commemorate International Day Against Drug Abuse and Illicit Trafficking - 2023 on the theme “People first: Stop stigma and discrimination, strengthen prevention” at Thiruporur General Hospital. The participants of the programme were 30 patients attending outpatient department at Thiruporur General Hospital. The patients enjoyed the role play and gained knowledge and developed awareness regarding drug abuse and illicit trafficking. Patient’s doubts were cleared.



World Suicide Prevention Day 2023

Sathyabama College of Nursing participated in the Walkathon organized by Sneha Suicide Prevention Centre to commemorate World Suicide Prevention Day - 2023 on the theme “Creating hope through action” at Olcott Memorial School, Besant Nagar, Chennai. The day is on highlighting the importance of suicide prevention. The students started walking at 6:30 AM from Olcott Memorial School for 3 Km. It ended by 7:15AM. They created awareness about suicide prevention among people. At the end, the chief guest, Dr Radhakrishnan gave a brief talk about suicide prevention. He emphasized on the significance of World Suicide Prevention Day. A total of 600 participants from different colleges participated in the event. The students gained knowledge on stress management to overcome stress. The program was successful. The overall feedback from the participants was excellent and useful.



SATHYABAMA
INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)
Accredited with Grade 'A++' by NAAC | 12B Status by UGC | Approved by AICTE



SATHYABAMA COLLEGE OF NURSING
in association with
SNEHA SUICIDE PREVENTION CENTRE, CHENNAI
Organizes
WORLD SUICIDE PREVENTION DAY 2023
Band together with us for
WALKATHON



Theme: CREATING HOPE THROUGH ACTION

 6:30 a.m - 8:00 a.m  10th SEP'23

 **OLCOTT MEMORIAL SCHOOL, CHENNAI**

CHIEF PATRONS
Dr. Mariazeena Johnson, Chancellor
Dr. Marie Johnson, President
Mr. J. Arul Selvan, Vice President
Ms. Maria Bernadette Tamilarasi, Vice President
Ms. Maria Catherine Jayapriya, Vice President

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Dr. E. Logashanmugam, Pro Vice-Chancellor
Dr. S. S. Rao, Registrar
Dr. G. Sundari, Director, Administration

CONVENER
Dr. L. Lakshmi, Dean

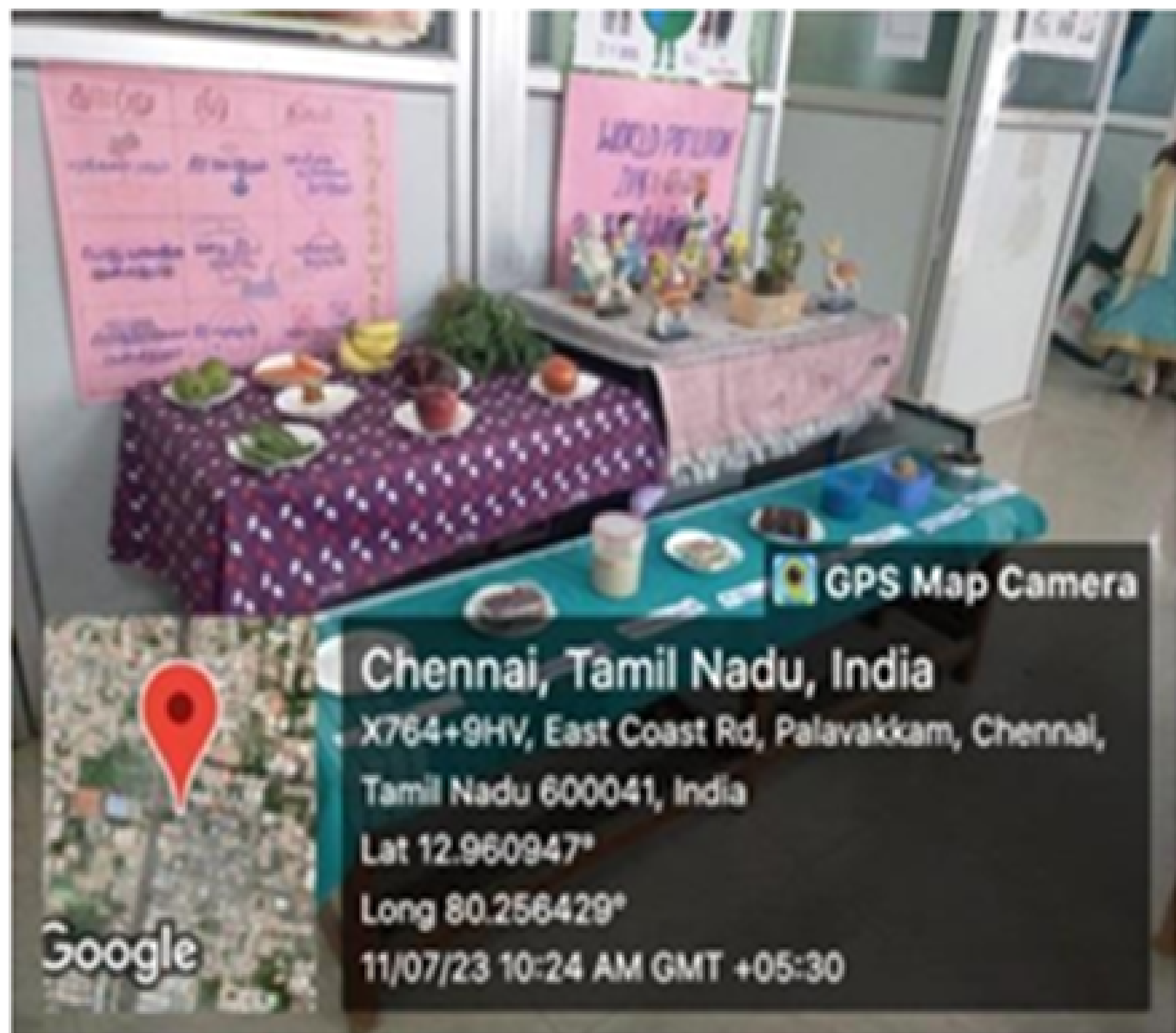
PROGRAMME COORDINATORS
Ms. Prathiba S., Assistant Professor



World population day 2023

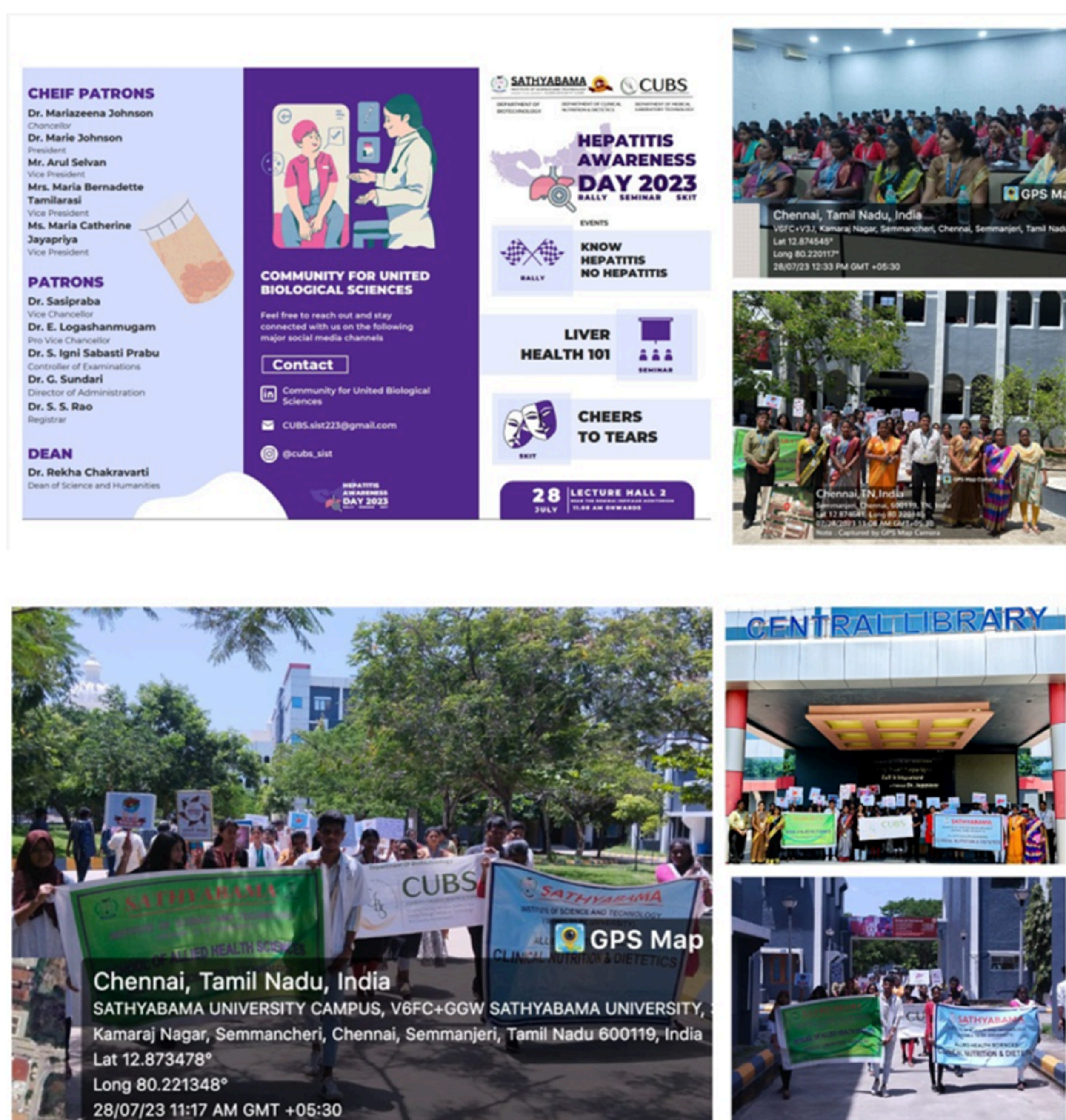
Sathyabama College of Nursing organized a nutrition demonstration on pregnancy diet and a health talk on antenatal exercise, antenatal care, and anaemia to commemorate World Population Day 2023, based on the theme “Unleashing the Power of Gender Equality.” The programme was conducted at the Pallavakkam ,Public Health Center. A total of 45 outpatients participated in the session. The patients gained knowledge and developed awareness regarding anaemia, personal hygiene, and a healthy pregnancy diet.





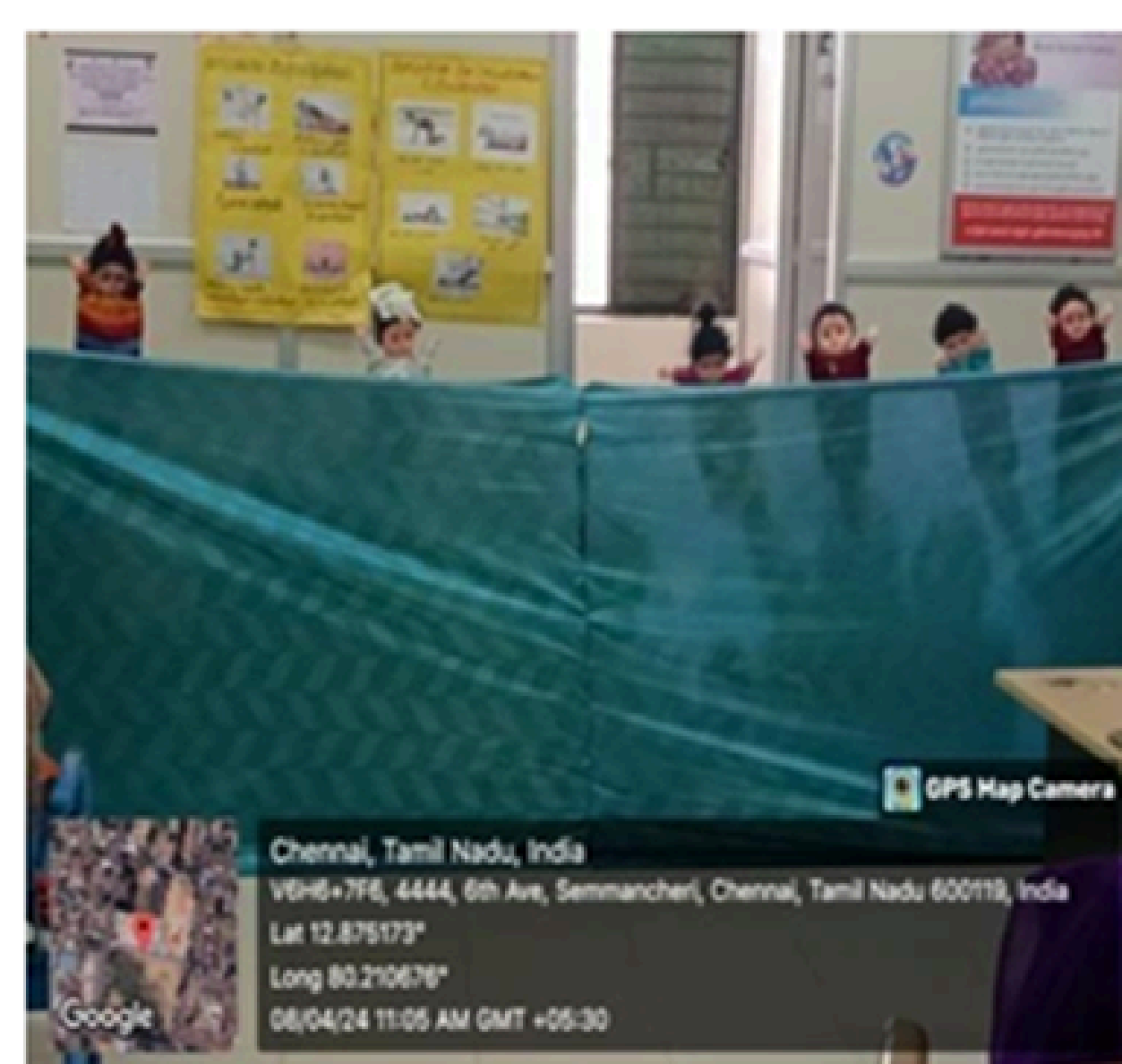
World Hepatitis Day 2023

On account of World Hepatitis Day, a series of events were conducted on 28th July, 2023 by the department of Clinical Nutrition & Dietetics along with department of Biotechnology and department of Medical Laboratory Technology. The program started with an awareness rally on hepatitis and healthy liver, followed by a technical talk and skit, and finally concluded with the plantation of sapling.



World Health Day 2024

In commemoration of World Health Day, The Department of Community Health Nursing had conducted a Puppet show on the theme “My health my rights” on 7th April 2024 at Semmencherry , Public Health Center. The participants of the programme was 45 patients attending Outpatient department at semmencherry Public Health Center, the patients gained knowledge and developed awareness regarding care of child and hygiene.



National pulse polio programme 2024

In Commemoration of National pulse polio programme, Department of community Health Nursing coordinated and participated in the pulse polio program which was organized by our state government. Our students were actively participated at Semmencherry PHC, Paduvanchery PHC and Sholinganallur PHC from 3rd March 2024 to 5th March 2024. Pulse polio was started by 8am, on 3rd March Students actively participated in Booth activities allotted for them, following on 4th and 5th March 2024, house to house visit was done for drop outs and polio immunization were done. Totally 57 students participated and around 1000 under five children were immunized and benefited.

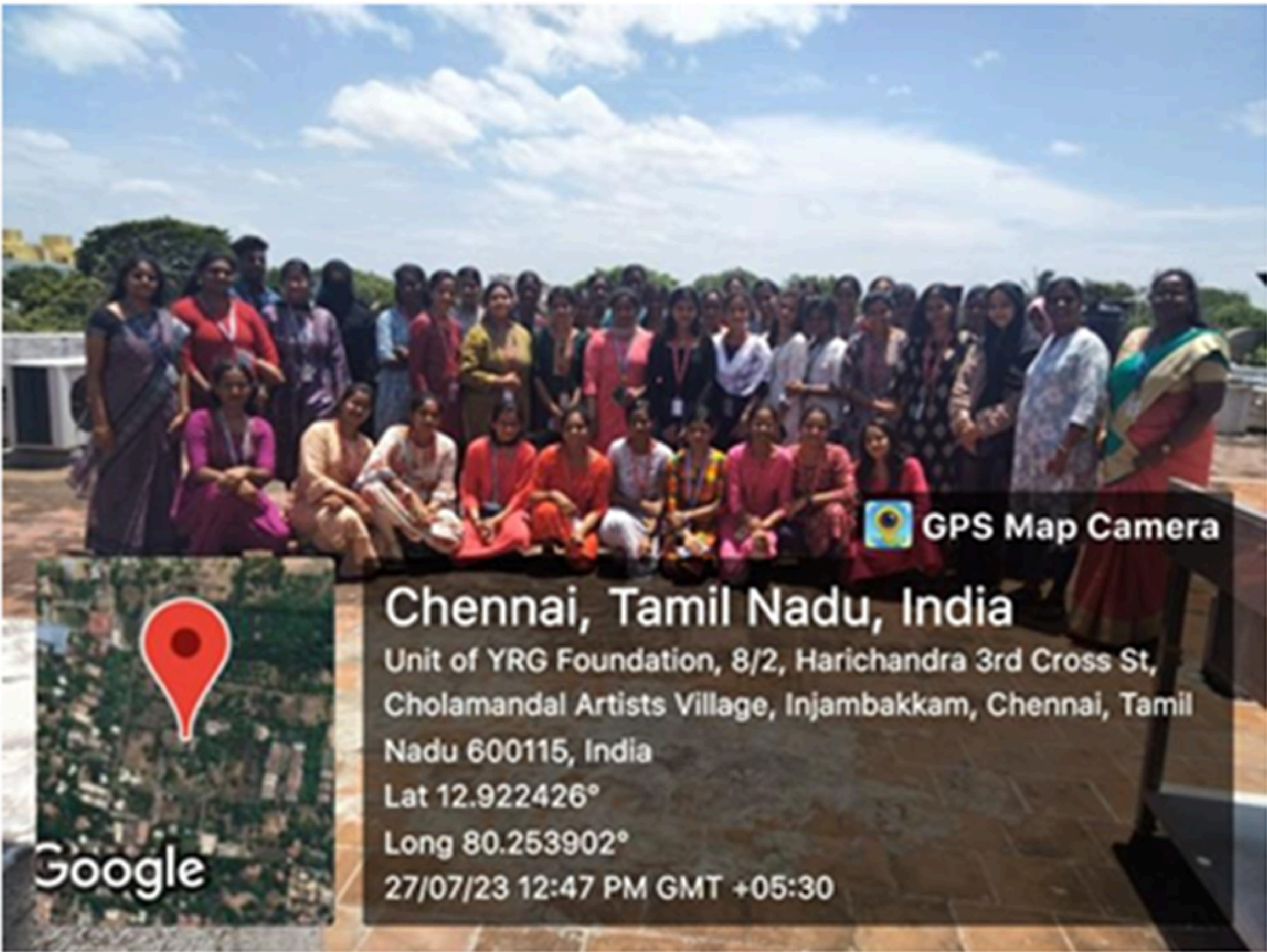


SDG 3 – Good Health and Well-Being: Industrial Visit to Eco-Kitchen

An industrial visit to Eco-Kitchen, Injambakkam, was organized for II & III year CND students on 27.07.2023. A total of 42 students participated in the visit, which provided valuable exposure to large-scale, hygienic, and nutrition-focused food production systems. Guided by Mrs. Kavitha Balaji, students observed scientific cooking processes, including the use of steam-based boilers, energy-efficient stoves, double-jacket kettles, and separate hygienic zones for vegetarian and non-vegetarian food preparation.

The visit highlighted the kitchen's strict food safety protocols such as sample preservation, cold storage, sanitation measures, and personal hygiene practices like the mandatory use of head caps. Students also learned about sustainable fuel practices and clean cooking methods that contribute to healthier environments.

This experience enhanced the students' understanding of safe food handling, nutrition quality, and community health—directly supporting SDG 3 by promoting awareness on hygienic food production and its role in ensuring healthier lives.



Fun with Food: Promoting Healthy Eating Habits

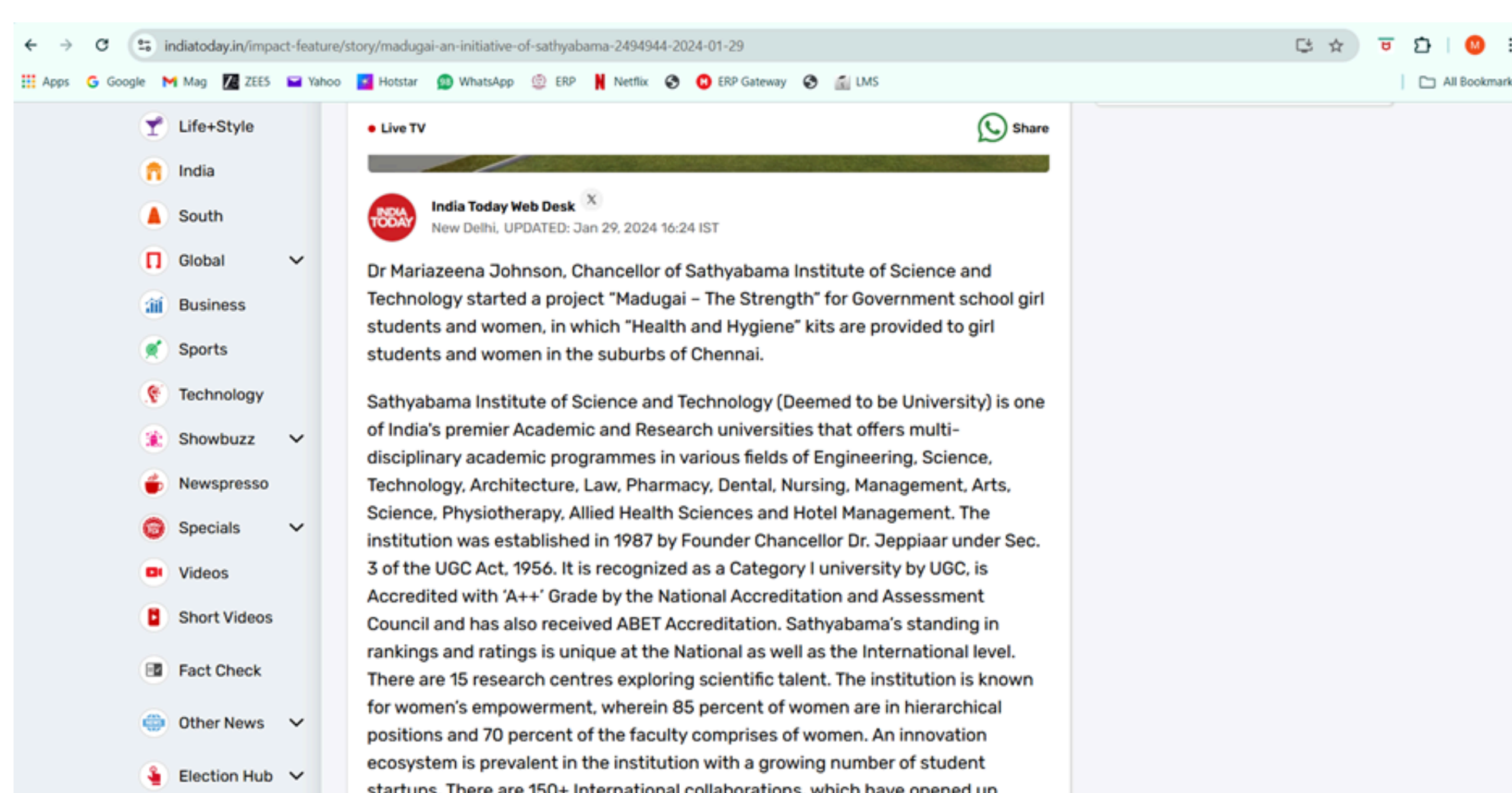
A one-day ice breaking workshop, “FUN with FOOD” was conducted for the students of I year Clinical Nutrition & Dietetics on 30th September, 2023, to explore variety of food groups and to understand the art of science behind each ingredient used in cooking. Numerous games and quiz were conducted to apply the chemistry of using the foods to formulate healthy meal for an individual.



Sexual and reproductive health care services for students

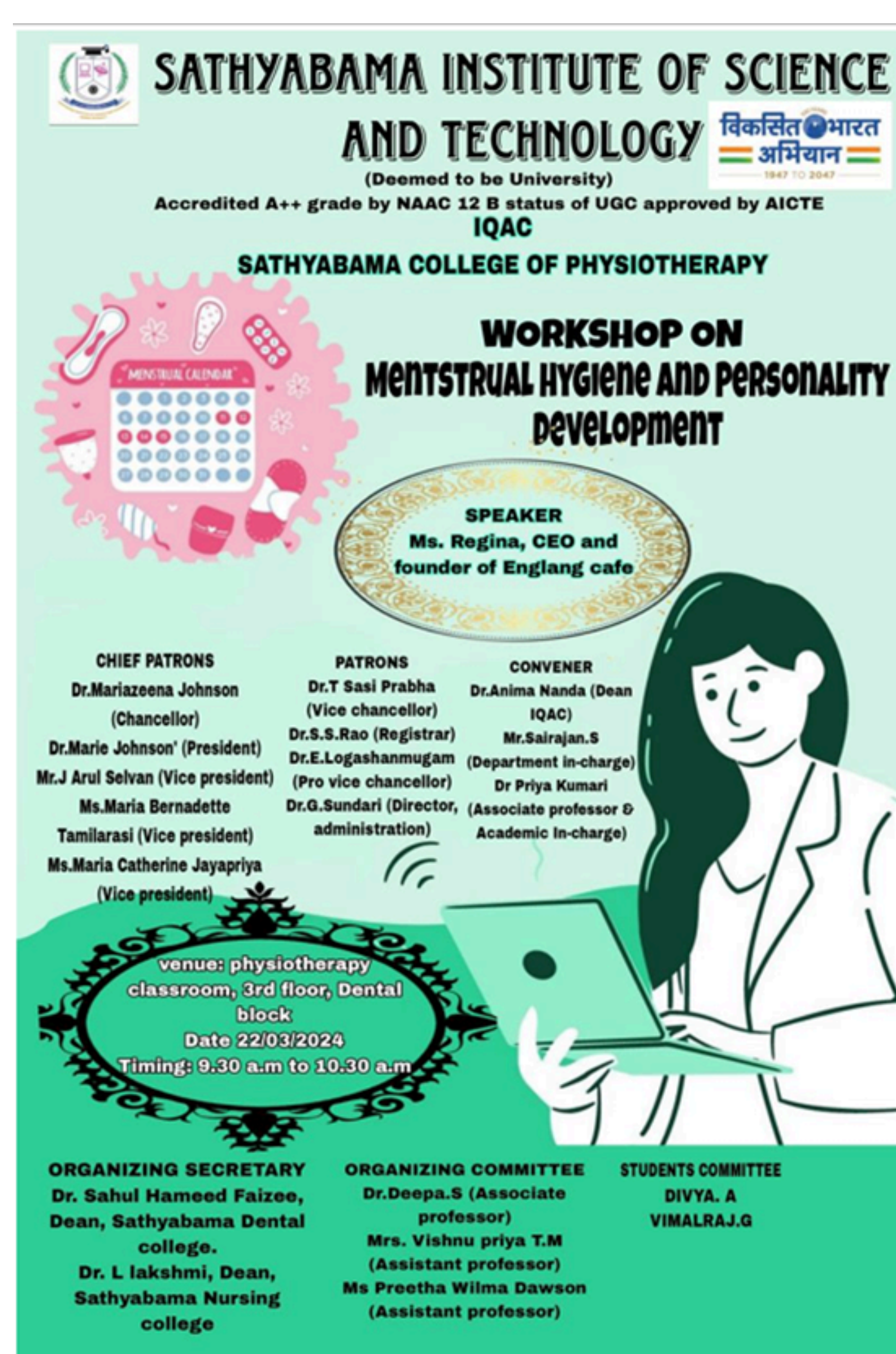
Sathyabama Institute of Science and Technology provide students access to sexual and reproductive health care services for students. Sathyabama has a General Hospital on campus with medical staff, paramedical staff who serves our staff, students and general public by providing sexual and reproductive health-care services. There are separate medical rooms for male and female students.

Madugai – an initiative of Sathyabama – aims at nourishing pre-adolescent girls and women while promoting healthy and hygienic practices among high school–going girls. The initiative contributes to improved well-being and is it is mentioned in India Today news on 29th January,2024.



<https://www.indiatoday.in/impact-feature/story/madugai-an-initiative-of-sathyabama-2494944-2024-01-29>

Sathyabama College of Nursing organised a seminar on “Personality Development & Menstrual Hygiene” to raise awareness about personality development and the consequences of poor menstrual hygiene.





The international women’s day was commemorated on 4th March, 2024 by the department of Psychology. The event fostered a supportive environment for mentorship and personal development, strengthening the bond between students and faculty.

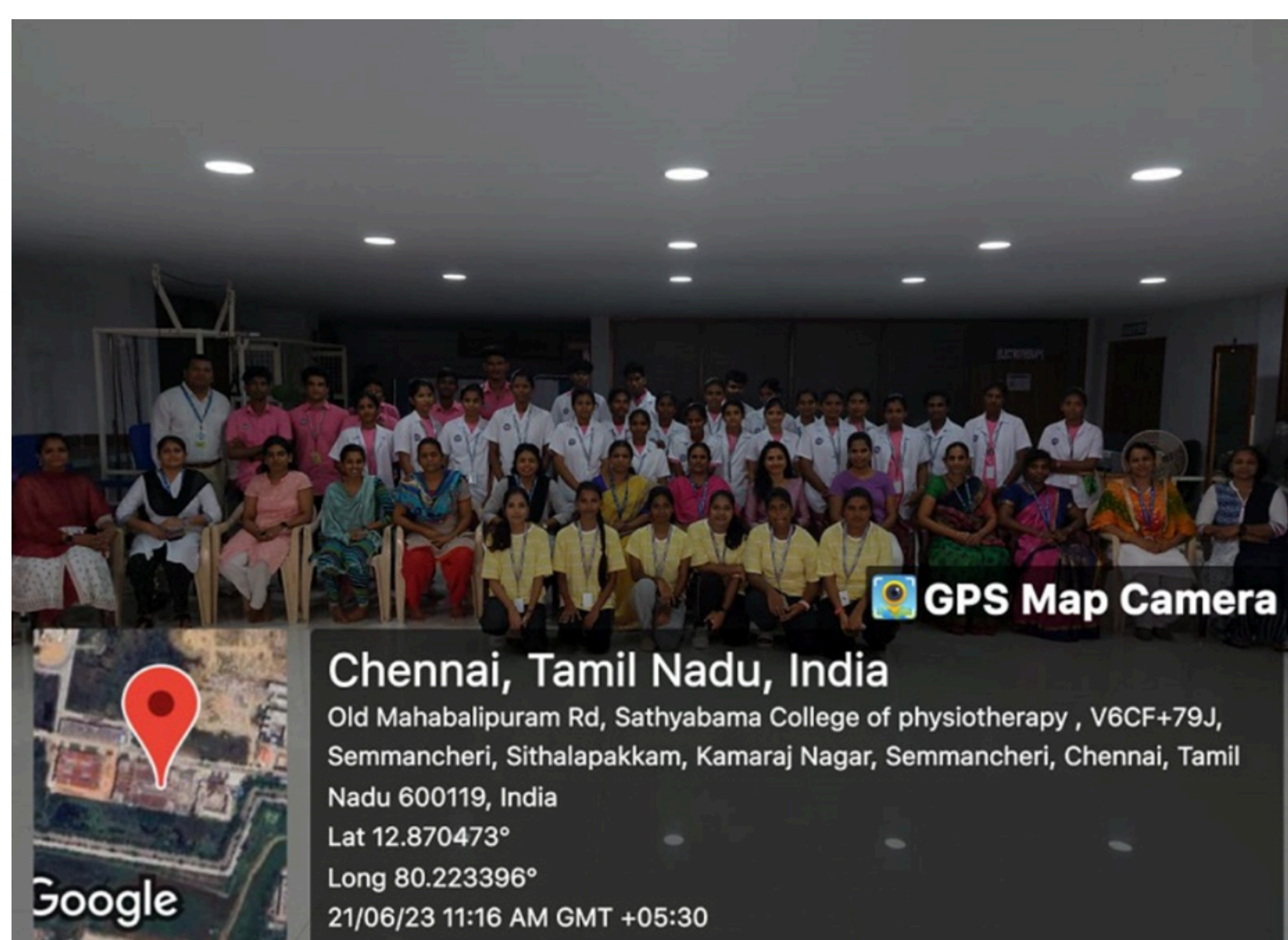


Mental health support for students

Our institute has a student Counselling & Psychological Support Centre comprising both male and female counsellors offering confidential mental health support and organises yoga programs to promote mental well-being. Highly trained therapists are available to provide advice and support to students with learning disabilities and help them to deal with their problems, Students are provided with Directive counselling, Non-Directive counselling and Eclectic Counselling based on their needs. Counsellors are appointed to support and mentor students with learning disabilities. Special care is taken to support students with learning disabilities like dyslexia, dysgraphia and autism. Various initiatives being taken to support student mental health.

World Yoga Day 2023

The World Yoga Day was observed on 21st June 2023, organized by the Faculty of Physiotherapy, Sathyabama College of Physiotherapy. The session was conducted at the Physiotherapy Department OPD, led by the resource person Mrs. Shanmugapriya Madeshwaran, MA Yoga, PGDIP Yoga. Around 50 participants, including students and faculty members, actively took part in the yoga session. The programme emphasized the role of yoga in promoting physical and mental well-being, and the speaker provided demonstrations and insights on adopting a healthy lifestyle.



The Department of Psychology organized an interactive seminar titled "Life Unscripted" to raise mental health awareness among students. The session covered crucial topics such as suicide prevention, psychological disorders, and mental well-being. The guest speaker, Ms. Aishwarya Ejoumale, a media psychologist, delivered an insightful talk exploring various psychological disorders, film references related to mental health, and strategies for coping with suicidal thoughts. The seminar fostered active student participation, encouraging discussions that enhanced their understanding of mental health.



On 10.10.2023, the Calm Room—an initiative to provide a safe space for emotional expression and support—was inaugurated by Vice President Ms. Maria Bernedette Tamilarasi. Psychology students conducted an interactive demonstration highlighting the importance of mental health awareness. This initiative reflects the institution's commitment to SDG 3: Good Health and Well-Being, by promoting emotional well-being, reducing stress, and creating a supportive environment for students and staff. The Calm Room serves as a dedicated space that fosters mental wellness within the campus community.



Smoke free Policy

As an educational institution, Sathyabama has taken major responsibility towards smoke-free campus and implemented policy such as “Policy on Prevention of Tobacco, Alcohol and Drugs” thereby promoting a healthy, safe, and supportive environment in alignment with SDG 3 and it is documented in the university website.

<https://sist.sathyabama.ac.in/download/SmokeFreePolicy.pdf>

Mental health support for Staff

Our institute provide staff with access to mental health support. The campus have General Hospital with separate medical room for staff in order to have fairly accessible medical care. The Department of Psychology provides continual health mental support to teaching and non-teaching staff and conducted a faculty development programme addressing the mental health support on 7th May 2024.

