

Women cell

Report on Outreach Program“Health and Digital Awareness” Visit to ZPHS,Pratapsingaram

The Women Cell, in association with the Industry Institution Interaction Cell (IIC) and Institution's Innovation Council (IIC), organized an Outreach Program on Health & Digital Awareness at Z.P.H.S. Pratapsingaram on Wednesday, March 5, 2025, during the forenoon session. Health awareness on Mental hygiene & PCOD and Cervical cancer conducted for Girl students of 8th,9th &10th class & Digital awareness for girls and boys of 8th,9th &10th class. Program conducted with Offline mode for one hour duration each.

Dr. Rashmi Trivedi, Convenor of the Women's Cell, introduced all the Women's Cell members to the Principal of ZPHS, Pratapsingaram, faculty members, and students, while emphasizing the importance and objectives of the outreach program.

As part of the health awareness program, Dr. Madhuri Lata, Professor at School of Pharmacy, delivered a session on Menstrual Hygiene and PCOD. Additionally, Dr. Madhavi Lata, Professor at School of Pharmacy, conducted a session on Cervical Cancer Awareness.

In the digital awareness session, Ms. P. Haripriya, Assistant Professor at DS, and Ms. G. Manasa, Assistant Professor at AIML, shared insights on digital awareness and cybercrime prevention, respectively.

On behalf of NNRG, Ms. Madhavi, Assistant Professor in ECE, delivered the vote of thanks, expressing gratitude to the ZPHS management and faculty members for allowing us to conduct the awareness program for their students.

The Health and Digital Awareness Program aimed to educate students on two critical aspects of women's health: Polycystic Ovary Syndrome (PCOD/PCOS) and Cervical Cancer, while also promoting digital literacy and online safety. The program was designed to raise awareness about these health issues and address the increasing importance of digital literacy, empowering individuals to make informed decisions about both their health and digital lives.

Key Topics Covered Health Awareness: PCOD and Cervical Cancer

- **What is PCOD?:** PCOD is a hormonal disorder where women experience irregular menstrual cycles, excessive androgen levels, and the presence of cysts in the ovaries.
- **Causes:** Genetic factors, hormonal imbalances, and insulin resistance.
- **Symptoms:** Irregular periods, acne, weight gain, and hair loss.

- **Management:** Lifestyle changes (diet, exercise), medication (birth control pills, metformin), and in some cases, fertility treatment.

Cervical Cancer

- **What is Cervical Cancer?:** Cervical cancer begins in the cervix, often due to persistent infection with high-risk strains of HPV.
- **Risk Factors:** HPV infection, smoking, weakened immune system, and unprotected sex.
- **Prevention:** HPV vaccination, regular Pap smears, and HPV testing.
- **Symptoms:** Abnormal bleeding, unusual discharge, and pelvic pain.
- **Treatment:** Surgery, radiation therapy, chemotherapy, and immunotherapy.

Digital Awareness

- **Digital Literacy:** The ability to use digital tools and platforms effectively. The session covered basics like browsing the internet, using email, and accessing essential online services.
- **Online Safety:** Key practices to protect personal information and avoid cyber threats like phishing, scams, and identity theft.
- **Cybersecurity Tips:** Using strong passwords, enabling two-factor authentication, and avoiding suspicious links and emails.
- **Digital Footprint:** Understanding the impact of your online behavior and protecting your personal data.
- **Social Media Responsibility:** Encouraging respectful and responsible online behavior.
- **Digital Wellness:** Promoting a balanced use of technology for better mental and physical health.
- **Activities Conducted** The program involved a mix of informative sessions, interactive discussions, and practical activities:
- **Interactive Quizzes and Polls:** Participants engaged in quizzes on health topics (PCOD, cervical cancer) and digital safety to test their knowledge.
- **Demonstrations:** Live demonstrations for PCOD given.
- **Q&A Sessions:** Attendees had the opportunity to ask questions regarding PCOD/PCOS, cervical cancer, and digital safety, which were answered by experts in each field.

The Health and Digital Awareness Program successfully provided crucial information about PCOD/PCOS and cervical cancer, empowering participants to take control of their health. At the same time, the program highlighted the importance of digital literacy and online safety, ensuring that participants were well-equipped to navigate the digital world securely. This program has set the foundation for further awareness campaigns and educational initiatives on health and digital responsibility.

I am extremely grateful to our Honourable Chairman, Shree Nalla Narsimha Reddy Sir, Respected Director, Dr. C.V. Krishna Reddy sir, Deans SOE, SOP, SOMS, and Heads of Departments of H&S, ECE, CSE, MECH, EEE, CIVIL for providing the opportunity to successfully conduct Outreach program **“Health and Digital Awareness”**



Rashmi

Dr. Rashmi Trivedi

Convener, Women cell

