

3D WORKSHOP REPORT

(CENTRAL UNIVERSITY OF KERALA,
KASARGOD)

A workshop to spread awareness about Reproductive Health for students of Central University of Kerala, Kasargod was conducted by Team-3D Manipal.

Date: 22-09-19.

Report made by: Niyati Jain

A REPORT ON THE WORKSHOP HELD AT

Central University of Kerala Kasargod, Seminar hall Department of biochemistry

CONDUCTED ON the 22nd of July, 2019

Organizers: Team 3D in collaboration with Department of OBG, KMC.

Our Aim: To create a sexually, psychologically and emotionally healthy generation of Indian adults, by spreading awareness and diverting energy to positivity and creativity.

Resource Person: Dr. Chandni Gupta, Associate Professor of Anatomy at Kasturba Medical College, Manipal.

Guidance given by: Dr. Priyanka Pathak, Intern at Kasturba Medical College

The list of volunteers for the workshop is mentioned below:

NAME OF THE VOLUNTEER	INSTITUTION
Ms. Niyati Jain	Kasturba Medical College, Manipal
Ms. Avanti Rachel Singh	Kasturba Medical College, Manipal
Ms. Ulka	Kasturba Medical College, Manipal

It was a 3 hour workshop held as follows:

Workshop on VAGINAL DISCHARGE, ECTOPIC PREGANCY and HPV

Wednesday, 22nd July 2019 (11:00 a.m. – 03:00 p.m.)

Following is the list of delegates who attended the workshop:

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CONDUCT OF THE WORKSHOP:

The inaugural program started with beautiful Ganesh vandana sung by the students of the university, followed by a welcome address by Dr. Thejaswini V, assistant professor, department of BCMB, CUK. Dr. G. Gopa Kumar, vice chancellor gave an inaugural speech, followed by an address from Dr. Chandni Gupta, associate professor of anatomy, KMC Manipal and Dr. Arathy R Nair, medical officer, CUK. The inaugural program ended with felicitations by Dr. D Govinda Rao, Dean, School of biological Sciences, CUK and a vote of thanks by Dr. Sameer Kumar V.B, assistant professor, department of BCMB, CUK. Workshop started with registrations and distribution of pre workshop forms among 70 students.

Dr. Chandni then gave a presentation about the inception of Team 3D and its vision of spreading awareness about sexual health and cervical cancer which is the most common cause of cancer and cancer-related deaths in women in India.

Following this, the workshop commenced.

Through a random process of picking chits, the delegates were divided into 3 groups following which everyone introduced themselves. Each group was allotted a topic that was related to reproductive health and volunteers played the role of mentors in explaining the respective topics to the students, solving their doubts at the same time.

The topics were:

- * Vaginal Discharge
- * HPV
- * Ectopic Pregnancy

Subsequently, each group put together a short skit/ role-play to depict the topic which they had been taught by their mentors. The enthusiasm and originality of each team was definitely the highlight of the workshop. This process served to give a brief overview of their topic to the other two groups, who had been taught different topics. After each skit, Dr. Chandni discussed the topic in depth for the whole group, making sure that everyone had a clear idea of the topics and no misconceptions. She also shared common clinical situations with anonymous cases and anecdotes on the importance of awareness, prevention, early detection and cure.

Best actors/actresses from each group were selected based on public poll and rewarded. The crowd was enthusiastic in their participation and inquisitive to know more about these conditions. Students were very happy with the workshop and came up to the stage to give their feedback.

The delegates were requested to fill in a post workshop forms to assess what knowledge they had gathered after the workshop along with a feedback. This was followed by Team 3D felicitating Dr. Thejaswini for her help in conducting the workshop. Dr. Thejaswini then gave a thanked Dr. Chandni and the volunteers by giving a small token of appreciation.

The session ended with a group photograph followed by lunch organized by the university.







Few of the comments from the workshop are listed as follows:

- 1. It's a wonderful and very incentive to this age group. Please continue and would love to be a part of this. (Student)**
- 2. This is one of the most interesting workshop I ever attended. It was informative, being a M.Sc. zoology student I didn't know so many things that I learnt today. (Student)**
- 3. Good presentation and it was a nice experience, got to learn a lot about the reproductive health. (Student)**
- 4. Tem 3D has done a great work in spreading information. (Student)**
- 5. It was a wonderful awareness program, thanks for the knowledge. (Student)**