

HEALTH AWARENESS PROGRAMS - THRIVE WELL

One notable initiative is the **"Thrive Well" health awareness program**, organized by the Crescent Student Council 3. This program aims to provide valuable insights and knowledge on maintaining good health, featuring sessions led by prominent doctors and experts in the healthcare. The program covers important subtopics such as mental health, menstrual health, gender stereotypes, and food and nutrition, addressing key aspects of overall well-being.

The "Thrive Well" program includes a panel discussion format, encouraging active participation from students through questions and interactions with experts. This interactive approach enhances the learning experience and allows students to clarify doubts and gain a deeper understanding of health-related issues. An e-participation certificate is provided to attendees, recognizing their engagement and commitment to health awareness 3.

Thrive well – A Paradigm Shift in Health Discourse



Crescent Student Council
PRESENTS



Crescent
Institute of Science & Technology
Established by the Government of Kerala in 1983



SPEAKER
Dr. P. B. Premalatha
HOD and Professor OBGYN Dept
Tagore Medical College

ThriveWell

Student Health Awareness Programme



SPEAKER
Dr. Navina Suresh
Founder of Theravise/Consultant
Psychiatrist and Mental Health
Professionals

PANEL DISCUSSION ON:
**HEALTH AND WELL-BEING IN
FAST MOVING WORLD.**

- MENTAL HEALTH
- MENSTRUAL HEALTH
- GENDER STEREOTYPES
- FOOD AND NUTRITION



SPEAKER
Ms. Jayashree Jothiswaran
Founder of Uymes,
Nutrition and Health Educationist



SPEAKER
Ms. Divya Merciline
Lecturer in Clinical Psychology Dept
Sri Ramachandra Medical College



SPEAKER
Dr. R. Ravindar
Resident Medical Officer,
Crescent Medical Centre

📅 Thursday . 09th November 2023

🕒 1:20 PM - 4.00 PM

📍 Auditorium, Convention Center,
BSACIST.

Project Coordinator:
Charumathi P (Secretary)
Sindhu C (EXECUTIVE MEMBER)

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REGISTER NOW



Student Council :
Vijayenthira Poopathy D G (PRESIDENT)
Poojha S (VICE-PRESIDENT)
Gokul Raam G (TREASURER)



Crescent Student Council PRESENTS		ThriveWell Student Health Awareness Programme	
PANEL DISCUSSION (Mental health, Menstrual health, Gender Stereotypes, food and Nutrition)			
 <p>SPEAKER</p> <p>Ms. Jayashree Jothiswaran</p> <p>Founder of Uyirmai, Nutrition and Health Educationist</p>	 <p>SPEAKER</p> <p>Dr. Navina Suresh</p> <p>Founder of Theraverse, Psychiatrist and Mental Health Professional.</p>		
 <p>SPEAKER</p> <p>Dr. P. B. Premalatha</p> <p>HOD and Professor OBGYN Dept Tagore Medical College</p>	 <p>SPEAKER</p> <p>Ms. Divya Merciline</p> <p>Lecturer in Clinical Psychology Dept Sri Ramachandra Medical College</p>		
<p>Project Coordinator: Charumathi P (Secretary), Sindhu C (Executive member), Noor Hamna (Joint-Secretary)</p> <p>Student Council: Vijayenthira Poopathy D G (PRESIDENT), Sharan D (VICE-PRESIDENT), Poojha S (VICE-PRESIDENT), Gokul Raam G (TREASURER)</p>			

On the 9th of November 2023, the Crescent Student Council coordinated a groundbreaking event titled “Thrive Well,” an event aimed at shattering taboos and fostering open conversations on crucial topics such as mental health, menstrual health, gender stereotypes, food, and nutrition. The event unfolded seamlessly, marked by insightful sessions and an unprecedented level of student engagement.

The event commenced with a recitation of Quirath and its translation, setting a contemplative tone. The rendition was followed by the “Tamizh Thai Vaazhthu,”

instilling a sense of cultural pride among the attendees. The welcome address, delivered from 1:30 PM to 1:32 PM, paved the way for a series of felicitations, acknowledging the esteemed guests for their contributions to the field of health and well-being.

The heart of the event, the panel discussion, began at 1:45 PM after a brief introductory session by the Dr.R.Karthikeyan , Dean of Student Affairs. Hosts Rasheeqa Sheriff and Poojha led the conversation, interviewing distinguished guests who left an indelible mark on the audience. Dr. P. B. Premalatha, HOD and Professor of the OBGYN Department at Tagore Medical College, fearlessly addressed women's mental health, menstrual health, and debunked myths surrounding menstrual cups.

Following Dr. Premalatha, Dr. Navina Suresh, the founder of Theraverse, provided a professional perspective on mental health, sharing her experiences as a women entrepreneur. Dr. Jayashree Jothiswaran, the founder of Uyirmei, delved into nutrition, women's health, and bravely spoke against sexual harassment and importance of saying NO to a situation where one might feel threatened or forced. Ms. DivyaMerciline, a lecturer in the Clinical Psychology department at Sri Ramachandra Medical College, tackled issues such as unrealistic beauty standards, suicide, and drug addiction which most of the students found relatable and informative. And finally through a comprehensive presentation, Dr. Ravindar, the resident medical officer of Crescent Medical Centre, enlightened students with vital information on mental stress, health, medical support and effective solutions, ensuring active engagement from the entire student body.

A notable feature of the event was its interactive nature. Students actively participated by submitting queries through a QR code displayed on the screen. The engagement elevated the event from a conventional one-way dialogue to a dynamic exchange of ideas. The Crescent Student Council's meticulous coordination was evident throughout the event. The success of "Thrive Well" lies not only in its relevance to students but also in the professionalism of the panelists who tackled controversial and stereotypical topics. The inclusive approach, addressing issues from both male and female perspectives, added another layer of significance to the event. The students' articulate expressions of support and opposition showcased a healthy and constructive discussion. In conclusion, "Thrive Well" emerged as a milestone in health discourse, reshaping societal norms and fostering a community that values open dialogue on vital issues.

Community Impact

The institute is actively engaged in community outreach through initiatives such as:

- **Sanitary Pad Drives:** Distributed over 320 sanitary pads in Coimbatore and Chennai under Project 3232.



- **Maternal Health Education:** Partnered with healthcare professionals, including Dr. Parimala Saveetha, to provide webinars that educate students on maternal health issues.

Advancing Community Health: B.S. Abdur Rahman Crescent Institute of Science and Technology's Commitment to SDG 3 – Good Health and Well-Being

B.S. Abdur Rahman Crescent Institute of Science and Technology has taken significant strides towards promoting Good Health and Well-Being, aligning with Sustainable Development Goal 3 (SDG 3). Through initiatives such as the “Say No to Drugs” awareness program, the institute has actively engaged students and the community in discussions about the dangers of drug abuse, fostering a culture of health consciousness. The involvement of law enforcement officials and university leadership in these programs highlights the collaborative effort required to combat substance abuse and promote a drug-free lifestyle. Additionally, the mandatory pledge-taking and social media engagement further reinforce the commitment to a healthier community.