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From the Desk of the Editor

Dear Readers,

It is with great enthusiasm that we present to you the second issue of Prasanna School of Public Health (PSPH) biannual newsletter. This issue encapsulates our school's vibrant activities, achievements, and aspirations over the past months.

The launch of our inaugural newsletter received an overwhelmingly positive response, encouraging us to bring even more engaging and insightful content this year.

In this issue, we spotlight the extraordinary strides made by our departments, delve into groundbreaking research, and celebrate the collaborative spirit that defines PSPH. From departmental updates to inspiring stories from our students and faculty, this edition is a testament to our commitment to excellence in public health education and impact.

This issue would not have been possible without the unwavering dedication of our faculty, students, and staff. A heartfelt thanks to all contributors who shared their stories, insights, and achievements with us.

We invite you, dear readers, to share your thoughts and ideas with us as we continue to make this newsletter a reflection of the vibrant PSPH community.

As we navigate the evolving landscape of public health, we remain committed to excellence and innovation. We hope this newsletter inspires and informs you, just as our work at PSPH inspires us every day. Happy reading!

Dr Asha Albuquerque Pai

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Director speaks Looking back, moving forward

I am excited to let you know that the Prasanna School of Public Health ends the year as one of the 11 APHEA-accredited institutions globally. This landmark achievement also sets the stage for the Strategic Vision 2030 building upon the pillars of the MAHE Institution of Eminence. Our focus remains on excellence in education through the development of integrated and interdisciplinary courses, while also broadening our presence beyond Manipal. We are committed to fostering exemplary research and innovation, particularly through collaborations in key emerging areas such as climate change, collective flourishing, and non-communicable diseases. Internationalization is at the heart of our vision, as we seek to strengthen ties with leading global universities.

A highlight of this effort will be the Manipal Global Health Symposium, which promises to be a landmark event in the first half of 2025. In addition, we are prioritizing effective engagement and alumni relations by building stronger connections through initiatives like “AlmaShines”, which will enable us to foster a dynamic and supportive alumni network.

The last quarter of the year not only created the end-semester examination buzzes and blues, but the excitement of the Convocation was in the air. We had an intellectually stimulating International Conference themed on Adolescent Mental Health (AMHCON 2024) and the student-led Conference *SVASTH* 2024, which brought together stalwarts and like-minded individuals who will inspire our students to make a difference. We have also launched the Second Edition of the Lecture Series on Climate Change and Public Health, which will bring in the much-needed international deliberations leading to outcomes with societal impact.

As we enter a new year filled with promise and opportunity, I extend my heartfelt thanks to each of you for your dedication and contributions to making PSPH a beacon of excellence.

Wishing you all season's greetings and a happy, healthy, and prosperous New Year!

Dr Cherian Varghese, M.D., Ph.D.

Professor and Director
Prasanna School of Public Health

DEPARTMENT EVENTS

PSPH is proud to be the only public health institution from India to have received the International Agency for Public Health Education Accreditation (APHEA) till 2030 facilitated by the Dept of Global Public Health Policy and Governance (GPH). We are on the path to preparing our graduates for SDGs! APHEA certificate presentation by MAHE Top management to Director, PSPH on 27 Nov 2024.



On World Mental Health Day, celebrated between 10-19 Oct 2024, Dr Varalakshmi Chandrasekharan from the Dept of GPH put up the "Wall of Positivity" along with students and faculty of PSPH. This enhanced the positive mental outlook of students pursuing higher education on campus. The wall of positivity was accessible to all the students across the institutions on campus.



Dr Navya Vyas from Dept of GPH completed her D A Prasanna Endowment Seed funding project titled, Development of training modules on emerging infectious diseases for the capacity building of Karnataka government officials. She was instrumental in launching Training Modules on the Prevention and Control of Zoonotic Diseases for Field Level Staff in all three taluks of the Udupi district in November 2024.

Climate & Health Solutions- India Conclave Sept 25,26, 2024

Dr Cherian Varghese (Director, PSPH, MAHE, Manipal) was one of the resource persons for the event. He delivered a talk during the Roundtable Discussion 5 - From Climate Crisis to Health Action: Addressing Non-Communicable Diseases, Mental Health, and Nutrition. He spoke regarding Climate Change and Non-Communicable Diseases. He discussed the Kerala floods and how climate change is impacting the social determinants of Non-Communicable Diseases (NCDs), particularly livelihoods, access to healthcare, and the disproportionate impact on the most vulnerable. Those contributing the least to climate change are the worst impacted

AMHCON - 2024 - Asia - Pacific Conference on Adolescent Mental Health

The Social Work programme of Prasanna School of Public Health (PSPH), Manipal Academy of Higher Education (MAHE), Manipal, as part of the SPARC (Scheme for Promotion of Academic and Research Collaboration) Project in collaboration with the University of South Australia and James Cook University, Australia, organised the AMHCON - 2024 - Asia - Pacific Conference on Adolescent Mental Health (Thriving Minds: Fostering Adolescent Wellbeing) from 27-29 November 2024 in MAHE, Manipal. The conference saw participation from 200 plus stakeholders (adolescents, students, scholars, academics, and field professions) from across Asia Pacific. Highlights included the photovoice exhibition, cultural evening with dinner and a sunrise walk. The Conference consisted of a Pre-Conference Workshop, Oral and Poster Presentation, Keynote and Plenary Talk, Panel Discussion and Photovoice Exhibition.



SVASTH-24- Sustainable Viable Alternative Solutions in Technology and Healthcare

The student-led conference SVASTH-24 was held on 25 November 2024 at Dr TMA Pai Halls, MAHE, Manipal. The event was organized by Master of Hospital Administration students from the Prasanna School of Public Health (PSPH), MAHE. Industry experts and leaders facilitated discussions on digital healthcare, leadership, and sustainable solutions. Dr Dilip Jose delivered a keynote address, while workshops, expert talks, and panel discussions were conducted

throughout the day. Competitions such as quizzes and poster presentations showcased student innovation. The importance of collaboration, technology, and sustainability in healthcare was emphasized, leaving participants inspired to contribute to the future of healthcare. More than 250 students from various courses, colleges, and working professionals registered for the event. The conference provided an excellent opportunity to interact with industry leaders and network with healthcare professionals.



Guest lecture on 'Practical Operations in Hospital'

On 9 November 2024, the Department of Healthcare and Hospital Management (DHHM) organized a guest lecture on 'Practical Operations in Hospital' delivered by Dr Jibu Thomas (Associate Director- Operations, Kasturba Hospital, MAHE, Manipal). The session provided valuable insights into the day-to-day functioning of hospitals, focusing on efficient workflow management, resource allocation, and problem-solving strategies. Dr Thomas highlighted common operational challenges in hospital settings, such as patient flow, staff coordination, and equipment availability. Practical solutions, including effective communication, data-driven decision-making, and contingency planning, were discussed to address these challenges.



Guest lecture on "Healthcare Financing"

The Department of Healthcare and Hospital Management (DHHM) organized a guest lecture on 'Healthcare Financing' on 23 November 2024, by Mr Sudhakar Prabhu (Associate Director-Finance, Kasturba Hospital, MAHE, Manipal). He shared his insights into the critical aspects of healthcare finance, from key financial indicators like revenue cycles and cost optimization to strategies for ensuring financial sustainability; the discussion covered a range of essential topics that hospital administrators must focus on.



Guest lecture on "Ayushman Bharat Unveiled: Redefining Healthcare and the Role of Hospital Administrators"

The Department of Healthcare and Hospital Management (DHHM) organized a guest lecture on 'Ayushman Bharat Unveiled: Redefining Healthcare and the Role of Hospital Administrators' on 30 November 2024, with Dr Prajna G. Kini (Deputy Manager, Operations, Kasturba Hospital, MAHE, Manipal). She provided her valuable insights into the transformative potential of these public health initiatives, their benefits for diverse stakeholders, and the real-life challenges faced by hospital administrators in their implementation.



Guest lecture on "Empowering Patients: Online Pharmacy Innovations and the Road Ahead"

The Department of Healthcare and Hospital Management (DHHM) organized a guest lecture on 'Empowering Patients: Online Pharmacy Innovations and the Road Ahead' on 07 December 2024, by Mr Jose A J (Chief Pharmacist, Kasturba Hospital, MAHE, Manipal). He shared his valuable insights into the concept of online pharmacies and their pivotal role in revolutionizing patient care.



Five-day workshop on "Statistical Analysis with R: A Hands-On Approach"

The Department of Applied Statistics and Data Science organized a five-day workshop on 'Statistical Analysis with R: A Hands-On Approach' from December 02 to 06, 2024, at R A Fisher Hall, Health Sciences Library Building. The workshop, coordinated by Dr Varun Kumar S G and Dr Satyanarayana, provided hands-on training to 27 participants, including master's students, PhD scholars, and faculty from MAHE. Faculty and PhD scholars of the department served as resource persons, covering a wide range of topics such as R



programming basics (Mr Sachin Acharya), data tabulation (Mr Nagarjuna C M), data visualization (Ms Vinitha Serrao), descriptive statistics and normality tests (Dr Satyanarayana), Use of Rcmdr and parametric tests (Ms Ashma Dorothy Monteiro), ANOVA and non-parametric tests (Dr Vasudeva Guddattu), and correlation analysis with chi-square tests (Dr Varun Kumar S G). The workshop supported SDG 4 - Quality Education by equipping participants with essential statistical analysis and programming skills.

Transdisciplinary Centre for Qualitative Methods (TCQM)

Events (September-December 2024)

1. Alumni Meet Program for Qualitative Research Methods Certificate Course Organized by TCQM, Prasanna School of Public Health on 21 October 2024
2. Stakeholder meeting on 'Digital Health Ecosystem for Older Adults' in collaboration with Utrecht University and Hanze University of Applied Sciences on 22 October 2024.
3. EQUIMOB International Conference on 'Mobility, Ageing, and Health' organized in collaboration with Utrecht University on 23-24 October 2024.

Centre for Evidence-Informed Decision-Making (formerly known as Public Health Evidence South Asia) [CEIDeM]

Events (September-December 2024)

1. A webinar on 'Introduction to Health Technology Assessment' was organised on 24 September 2024. Resource person: Dr Bhavani Shankara Bagepally, Scientist E, ICMR-NIE
2. As part of World Evidence-Based Healthcare (EBHC) Day, a webinar on 'Evidence-based Approach for Health & Beyond' was organised on 18 October 2024. Resource person: Dr Ravindra Prabhu Attur, Department of Nephrology, KMC, Manipal.
3. The researchers at the Centre were recognized as 'Evidence Ambassadors for the World EBHC Day 2024'
4. Pre-conference workshop on 'Evidence synthesis and its application in adolescent mental health research' at AMHCON 2024 on 27 November 2024
5. Organised a Scoping review workshop on 25 & 26 November 2024
6. Certificate Course in Health Technology Assessment is offered from 7 December 2024. The course is offered online over three months.





Cyber Security Event

The Centre for Regional Development, Prasanna School of Public Health, conducted a cybersecurity awareness program on October 7, 2024, for students at Dr. G Shankar Women's First Grade College and the Post Graduate Study Center Women's College in Udupi. Student volunteers, including Mr. Thejas, Ms. Megha Samanth, and Ms. Deepthi U Hegde, Mr. Nestly educated the audience about online safety, covering topics such as recognizing phishing scams, protecting personal data, and using strong passwords. Students learned the importance of online vigilance and proactive measures for safeguarding their digital information. The program was guided by Dr. Varun Kumar S G, Coordinator of the Centre for Regional Development, and Dr. Cherian Varghese, Director of PSPH, MAHE, Manipal.



Centre for Regional Development

Event: Basic Life Support

The Centre for Regional Development, Prasanna School of Public Health, organized a Basic Life Support (BLS) training program on October 7th, 2024, for students at Dr. G Shankar Women's First Grade College and Post Graduate Study Center Women's College Udupi, and on November 7th, 2024, for students at Government PU College Tenkanidiyoor. Ms. Varsha Tudhiyadka and Mr. Mehir S Prabhu, sensitized the audience about the importance of basic life support and demonstrated how to give CPR when needed. The event was guided by Dr. Varun Kumar S G, Coordinator of the Centre for Regional Development, and Dr. Cherian Varghese, Director of PSPH, MAHE, Manipal. The mannequin for the training was provided by the simulation center, KMC, MAHE, Manipal. Students at all participating institutions enthusiastically participated and learned the importance of CPR in critical situations.



RESEARCH

Areas of Research

CEIDeM - Digital Health, Qualitative Evidence Synthesis, Children and Adolescent Health.

The Centre is open for collaboration to mentor researchers, faculties, and students in evidence synthesis in their respective subject areas. Internships are open throughout the year for students within and outside MAHE.

TCQM -

Ageing and Disabilities, Climate change and health, Urban mobility. The Centre offers mentoring to students, researchers, and faculties in qualitative research method studies.

Department of Social & Health Innovation

Ageing, Wellbeing, Work-life balance, Leadership, Capacity Building, Child Rights, Qualitative Methods, CSR,

Department of Global Public Health Policy and Governance:

Communicable and non-communicable diseases, Road traffic accidents and risk reduction, Mental Health, Adolescent and Women's Health, One Health and Climate change, Community activities:

COMMUNITY ENGAGEMENT

The Social Work Programme organized a one-day study tour to Zuarinagar Slum. During the visit, the team interacted with the head & staff of Kiran Niketan Social Service Center, the former Chairperson of the Goa State Commission for Protection of Child Rights (GSCPCR), and the local slum dwellers. A comprehensive need assessment was conducted to understand the challenges faced by the community. This insightful experience has led to the identification of Zuarinagar as a potential site for the upcoming rural camp exposure, enabling students to engage in hands-on learning while contributing meaningfully to community development

Campaign for 'Every Friday - Dry Day'

GPH collaborated with the DHFW office in Udupi to conduct the campaign for 'Every Friday - Dry Day'. The campaign was conducted in the Industrial area of Manipal, and the event was chaired by the District Commissioner, Udupi, DHO, Udupi and DVBDPC Officer, Udupi. Following the campaign, the DHO and DVBDPC Officer visited PSPH to meet with the Director and faculty to explore future collaborations for community activities.



School Sessions - On-Campus event between 29th November and 10 December 2024

On request from the Department of Health and Family Welfare, Udupi district MPH (Master of Public Health) and MHA (Master of Hospital Administration) students from the Prasanna School of Public Health (PSPH), Manipal Academy of Higher Education (MAHE), Manipal, jointly conducted IEC (Information Education Communication) sessions regarding KFD (Kyasanur Forest Disease) in schools across districts of Brahmavar, Udupi, Karkala, Kundapura, and Byndoor from 29th November to 10th December 2024.



STUDENT CORNER

Department of Health Care & Hospital Management

1. Half-Day Hands-On Workshop on Resume Development

On 10 September 2024, the Department of Healthcare and Hospital Management (DHHM), PSPH, MAHE, organized a 'Half-Day Hands-On Workshop on Resume Development' from 14:00 to 17:00 hours IST in Lecture Hall 3, PSPH. The session was conducted by Ms Linsy Mathew (Assistant Professor Senior Scale, Department of Commerce; Assistant Director, Corporate Relations, MAHE).

Ms Mathew guided participants in crafting effective CVs and resumes, discussing key differences between them, essential components, formats, and templates. She also provided tips on job interview preparation, including communication, dress code, and etiquette. Students had the opportunity to create their CVs and resumes during the session with personalized resource feedback.



3. Cybersecurity Awareness Program by VSO Student Volunteers

On 7 October 2024, VSO student volunteers from the MHA program, PSPH, and MAHE conducted a Cybersecurity Awareness Program at Dr G Shankar Women's College & PG Study Center, Udupi. This initiative, held as part of Daan Utsav at MAHE, aimed to promote digital safety and awareness among students. The program focused on educating participants about online security, common cyber threats, and protective measures. The initiative empowered students with essential skills to safeguard their digital presence, fostering a culture of responsible and secure online behaviour.



2. Workshop on 'Effective Way to Prepare Power Point'

The MHA Programme, Department of Healthcare and Hospital Management (DHHM), PSPH, MAHE, organized a workshop on 'Effective Way to Prepare PowerPoint' on 12 September 2024. Mr Annamalai Rama, Dr TMA Pai Research Scholar, served as the resource person, sharing key insights on creating impactful presentations, including design elements, audience engagement, and presenter etiquette. The interactive session allowed students to develop presentations in teams. Ms Dnyata Dhanajirao Pandit introduced the speaker, and Dr Usha Rani delivered the vote of thanks.



Awards bagged by PSPH students at the AMHCON 2024:

Poster Presentation:

First Prize: Ms Shilpa K S (PhD Research Scholar, MAHE).

Second Prize: Dr Etti Kamlesh Agarwal (Student, MPH Programme, PSPH, MAHE, Manipal).

Dr Sharon Mary Cheriyan (Student, MPH Programme, PSPH, MAHE, Manipal).

Oral Presentation:

First Prize: Ms Dezma Savina Fernandez (PhD Research Scholar, PSPH, MAHE, Manipal).

Second Prize: Mr Ajith K Remesan (PhD Research Scholar, PSPH, MAHE, Manipal).

Awards received by MHA students at the SVASTH-24:

Quiz Competition:

First Prize - Ms S S Neha (Second Year, MHA Programme, PSPH, MAHE, Manipal).

Second Prize - Ms Pawar Vaishnavi Rajaram (Second Year, MHA Programme, PSPH, MAHE, Manipal).

Third Prize - Ms Jyothika N (First Year, MHA Programme, PSPH, MAHE, Manipal).

Poster Competition:

First Prize - Ms Aleena Toufiq (Amity University, New Delhi).

Second Prize - Mr. Jay Bharti (First Year, MHA Programme, PSPH, MAHE, Manipal).

Second Prize - Ms. Dipti Ghimire (First Year, MHA Programme, PSPH, MAHE, Manipal).

Third Prize - Ms. Gwendolen Rodrigues (Second Year, MHA Programme, PSPH, MAHE, Manipal).

1. A team of 5 students of 2nd year MHA has participated and won the 3rd runner-up prize in the Qualtech Prize Education competition conducted by QIMPRO Foundation and CAHO held in the SAKCON conference on 30th and 31st of August 2024 at NMIMS, Mumbai.

The team members were:

- a) Dr. Midhuna Vijayan (Roll no: 232803035)
 - b) Dr. Rishabh Sharma (Roll no: 232803028)
 - c) Sathwik Nayak (Roll no: 232803030)
 - d) Manisha Riya Gauncar (Roll no: 232803048)
 - e) Pawar Vaishnavi Rajaram (Roll no: 232803047)
2. MHA Students Dr. Midhuna Vijayan and Dr Prerana Tripathy participated and presented posters in the MAHE-inter health sciences post-graduate conference Manipal Quest 1.0 held on June 9, 2024.

3. MHA students participated and presented posters at the 5th National Conference on Youth in Social Change organized by the Volunteer Service Organization of Manipal Academy of Higher Education, Manipal on September 17, 2024.
4. II-year MHA student Dr Midhuna Vijayan has won first prize in the digital poster competition at the Interinstitutional Hackathon, organised by Innovation cell, PSPH, MAHE, Manipal & won first prize in the digital poster competition was held as apart of "World Disability Day" organised by Innovation cell, PSPH, MAHE, Manipal.
5. Ms Krishna Vaishakhi won 1st Prize in the Digital Poster Competition held on the observation of World Disability Day and won 1st Prize in the photography competition held during the Inter-institutional hackathon - Social and Technological Innovation.
6. Mr Sathwik from II-year MHA won Second Place - Dr TMA Pai Memorial Quiz - 2023.
7. II-year MHA students Dr Revanth Jai Saran S & Mr Brijith Baby won Third Prize in Quiz Competition on the 125th Birth Anniversary Celebrations of Dr TMA Pai conducted in August 2023.
8. II-year student Mr Abhinav Phophaliaha won First Prize in Digital Poster competition held in Inter-Institutional Hackathon October 2023 and won First Prize in Antakshari Competition held during UTSAV in April 2024 and has earned a Certificate of Distinction, Green Olympiad for Youth (GO4 Youth)
9. II-year MHA student Dr Ankita Sengupta won First Prize in Digital Poster in Inter-Institutional Hackathon themed "Nutrition for the Aged" and won First Prize in the Antakshari competition held during UTSAV in April 2024.
10. Dr Rashpreet Kaur Kalsi (PT) of II-year MHA has earned a Certificate of Distinction, Green Olympiad for Youth (GO4 Youth).
11. Aakash K J of II-year MHA won 2nd prize in the E-poster competition conducted by Students Affairs, MAHE, on the theme, 'Breaking the Stereotype' in October 2024.

12. II-year MHA students organized SVASTH 2024 (Sustainable Viable Alternative Solutions in Technology and Healthcare- 2024) conference on November 25, 2024.

13. II-year MHA student Ms. Gwendolen Rodrigues won third prize in the Poster Competition held at the SVASTH-24 conference.

14. Ms Meera MPH 1st year student won the second place in Women's singles Inter PSPH table tennis tournament



Department of Applied Statistics & Data Science

1. Ms Vaishnavi Deore, I Year M Sc student (Biostatistics), has participated in and presented a research article at the 42nd Annual Conference of the Indian Society for Medical Statistics (ISMS) on Recent Advances and Trends of Statistics Practices in Medical Science organized by the Department of Statistics Institute of Science Banaras Hindu University Varanasi during 21-23 November 2024.
2. Ms Vinitha Serrao, Research Scholar, ASDS, participated and presented a research article at the Tenth International Conference on Statistics for Twenty-First Century - 2024 (ICSTC-2024), organized by the Department of Statistics and School of Physical and Mathematical Sciences, University of Kerala, Trivandrum, during 13-16 December 2024.
3. Mr Sachin Acharya, Research Scholar, ASDS, participated and presented a research article at the Tenth International Conference on Statistics for Twenty-First Century - 2024 (ICSTC-2024), organized by the Department of Statistics and School of Physical and Mathematical Sciences, University of Kerala, Trivandrum, during 13-16 December 2024.

STUDENT EXPERIENCES OF THE COURSE/FIELDWORK

Field work and Course Experiences

From Sociology to Social Work: A Journey of Growth

"After completing my bachelor's degree in Sociology, I took a leap into the unknown by joining the Master's in Social Work (MSW) program at PSPH, MAHE, following a year-long break. Drawn by the opportunity to apply knowledge at the ground level, I was excited but unprepared for the challenges ahead.

Adapting to a new academic environment was daunting, especially as someone with a social sciences background navigating courses rooted in medical and psychiatric fields. The initial struggle affected my confidence, but the fieldwork experiences were transformative. Working with children with intellectual disabilities in Mangaluru was challenging yet fulfilling, teaching me the profound satisfaction that comes from selflessness and service.

As I progressed, the specialization in Community Development became a turning point. It reignited my academic passion and helped me recognize the intangible impacts of my work, both in the classroom and the field.

Education is more than academics; it's about growth, learning, and experiences. This course has profoundly steered me in my journey from a boy to a man. It has brought opportunities, achievements, friendships, and a sense of purpose. As I near the end of this chapter, I wish my peers and myself success in finding our paths and making meaningful contributions to the world."

- *Simon Thomas, MSW 2nd Year.*

Breaking Barriers: Understanding Men's Mental Health Through My Thesis Journey

Delving into men's mental health for my thesis wasn't just an academic exercise-it was a transformative journey that deepened my understanding of connection, empathy, and the power of breaking stigmas. This qualitative study highlighted the intricate interplay of societal pressures, personal struggles, and coping strategies, deepening my understanding of how stress uniquely manifests in

men and shapes their attitudes, behaviours, and decisions in both personal and professional contexts. By interviewing both working and retired men, I gained insights into challenges like empty nest syndrome and the search for purpose post-retirement. These findings underscored the societal expectations men face-to appear strong, independent, and resilient-even when battling internal struggles. Spirituality emerged as a significant coping mechanism, playing a crucial role in mental well-being.

The study also illuminated how societal conditioning discourages emotional openness in men, leading to the internalization of mental health challenges. It has helped me empathize with the silence that may reflect not strength but a lack of safe spaces to express emotions. This awareness has enhanced my ability to listen actively, engage compassionately, and provide meaningful support free of judgment. Recognizing that vulnerability is not a weakness but a pathway to healing and growth has been one of the study's most profound lessons for me.

I want to take this opportunity to express my gratitude for how much the Social Work course has contributed to my personal growth and enhanced my decision-making abilities. I have strived to blend in with the crowd for most of my life. However, this course has given me the confidence and exposure to embrace my individuality, teaching me that standing out requires being true to oneself. As the saying goes, "Only dead fish go with the flow"; to truly live is to explore new paths, even if it means that I must go against the current.

- Shreya Ramakrishnan, MSW 2nd Year.

Field Trip experiences

The Department of Health and Family Welfare Services had requested PSPH (Prasanna School of Public Health) for support related to investigation and control of Dengue cases in Udupi district due to the alarming rise in the cases of the same. A larval survey was initiated under the guidance of the District Health and Family Welfare Officer and the District Vector Borne Disease Control Officer. First year MPH students from (PSPH) had the privilege of partaking in the Larval Survey activities under the supervision of the faculty members. Every week from August to September, Fridays and Saturdays were dedicated for larval survey activities along with dissemination of IEC (Information, Education and Communication) materials. Several

government officers under the NVBDCP were engaged in educating us about the data collection and analysis of the collected data using certain indices. They also acquainted us with the importance of entomological surveillance and how IEC activities can help mobilize communities for the prevention and control of diseases like dengue and malaria. Rigorous field visits were conducted in the designated areas of Udupi district which were Industrial area, Hanumantha Nagar, Kodankoor, Shivalli, Indrali, Kadiyali, Doddanagudde, Kelarkalabettu, Gopalpura, Ajjarkad, Karamballi, Kinnimulki, Beedangudde, Indiranagar, Kadubetta, Kukkikatte and Malpe. Groups of students accompanied by ASHA (Accredited Social Health Activists) workers and CHOs (Community Health Officers) went door to door in the above-mentioned areas and meticulously collected data to assess the various breeding sites of mosquito larvae. Community members were also introduced to the concept of "Dry Day Friday" where they were asked to check and discard containers of stagnant water every Friday. Kannada and English leaflets regarding dengue and its preventive measures were also distributed in the community. We compiled the collected data and on assessment it was found that the Industrial area, Gopalpura, Karamballi and Malpe were the high-risk regions with the greatest number of breeding sites. Under the guidance of our professors, we were able to prepare a detailed report along with proposals of tailored interventions for the high-risk areas. The experience of the larval survey proved to be very insightful. It immersed us in a real-world experience of entomological surveys and gave us a glimpse of the practical implications of Public Health. We were also able to engage with the community, raise awareness and foster collaboration by performing IEC activities. This hands-on exposure was a truly novel experience broadening our horizons beyond the constraints of textbooks.

- Dr. Srijana Santra, MPH 1st Yr

As an MPH student, participating in the KFD IEC activity in schools has been an incredible experience. It provided a unique opportunity to engage with young students, raise their awareness about a critical public health issue, and apply theoretical knowledge in a real-world setting.

Interacting with schoolchildren was particularly rewarding. Their curiosity fostered meaningful discussions, and I learned to simplify complex

epidemiological concepts into engaging, age-appropriate content that they could easily understand. One significant challenge was the language barrier. However, through the use of visual aids, demonstrations, and collaboration with the teachers for translation, we were able to overcome this hurdle effectively.

The activities served as a practical extension of my academic learning, allowing me to witness firsthand how community-based interventions operate. From planning sessions to delivering health messages, I saw the impact of public health education in action. I am deeply grateful to PSPH and the Udupi district authorities for giving us this opportunity to contribute to such an important public health cause.

- Divya Narayanan, MPH 2nd Yr

My Journey at Prasanna School of Public Health

When I first entered the Prasanna School of Public Health, I was very excited to learn new things. I was not sure what to expect. The world of Public Health seemed very vast to me at the beginning, and I was in doubt whether I could be able to manage everything here. But the environment and the teachers here are very supportive, and I did not feel out of place with my amazing classmates around. Through the many fieldwork experiences I got more clarity of thoughts, and it has been a very wonderful transformative journey. During the many field visits to Healthcare Centres, I got to know how the PHC's/ CHC's work and how the people across communities especially the rural community gets access to healthcare facilities. We students learnt many things in these field visits by conducting surveys, workshops and speaking to many locals about basic hygiene and healthcare. The experiences which I got until now are eye-opening. I got to know how the Public Health Professionals can make differences in people's lives. I learnt how to work as a team, improve my listening skills and patience which plays a vital role in our job and in our lives. Through the journey of my studies and in my life, I will always continue to carry these lessons with me. Prasanna School of Public Health has given me the right foundation and now I am confident that I am in a right path to become a better 'Public Health Professional' and a good human being.

- Dr. Visruth.P, MPH 1st Yr

A Path of Growth, Learning, and Meaningful Experiences

My first semester has come to an end, and I must say it has been an enjoyable and insightful journey. After joining MPH course, I learned some valuable things about healthcare from a public health perspective. I learned that "prevention is cheaper than cure". I knew prevention is better than cure, but I learned the financial dynamics and how much people spend starting from preventive stage up to curative stage. In a country like India, where majority people have financial constraints and resources are less, prevention of diseases become a very vital part of public health. This taught me the importance of preventive measures in healthcare ecosystem. I also learned that "equity is more important than equality". I learned more about the concept of equality and equity and their roles in curating public health policies and public health programs. I also understood the complex intersectionality that exists in the society and its significant role in public health. I understood how equity plays an important role while navigating intersectionality for health policies and healthcare programs. I really enjoyed field work as well. During larval survey, one feeling that stayed with me was - when I threw water with dengue larva, I prevented someone's loved one from falling sick; and that made me happy. The most important thing I learned is that a lot of measures are put in place every day in public health area to lower the patient burden in the clinical sector and most people are unaware about how much difference these measures make to people's life every day. Learning more about research field felt like learning how to be cool, because I always looked at researchers as 'cool kids' of medical community. Hence, learning how researchers conduct research felt like learning how cool kids do the cool stuff.

- Dr. Ritu Yadav, MPH 1st yr

ALUMNI CORNER



MAHE Alumni Association is a registered body. Leading the association is Dr. Sharath Kumar Rao, Pro Vice Chancellor of Health Sciences at MAHE, as the President and Dr. P. Giridhar Kini, Registrar of MAHE, Manipal, serving as the Vice President.

MAHE is excited to introduce a unified platform for each institute, offering seamless access to the vibrant alumni network of PSPH. This dynamic platform bridges the gap between alumni and students, unlocking opportunities for jobs, internships, and lifelong learning. It fosters collaboration, empowering alumni to connect with each other and stay engaged with their alma mater. Additionally, it serves as a space to celebrate alumni achievements and maintain lasting connections, ensuring the MAHE spirit thrives beyond graduation!

Experience the platform firsthand by visiting: <https://www.pshmplalumni.manipal.edu/about>.

Discover all the ways you can connect, collaborate, and celebrate with the MAHE alumni community!

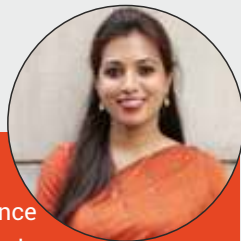
To join the community, simply download the "Manipal Alum Almashines" app! It's available on both platforms:

Google Play Store

"Apple App Store: Search for "Manipal Alum Almashines" on your iPhone or iPad to get started.

Stay connected with your alumni network anytime, anywhere!

Alumni Testimonial



Dr. Sandra Ernest Joseph

Assistant Manager - Pharmacovigilance
Lambda Therapeutic Research Limited,
Ahmedabad, Gujarat

MPH Programme (2015 – 2017)

My journey at Manipal has been marked by profound growth and impactful achievements. The atmosphere at Manipal exuded a rich multicultural vibrancy, fostering interactive learning experiences. Its continued commitment to students by fostering personal and professional growth is evident in its diverse curriculum. Within the University walls, I've encountered colleagues and professors whose knowledge, innovative ideas, skills and perspective are nothing short of inspiring. In essence my time here has been transformative, equipping me with knowledge and skills.



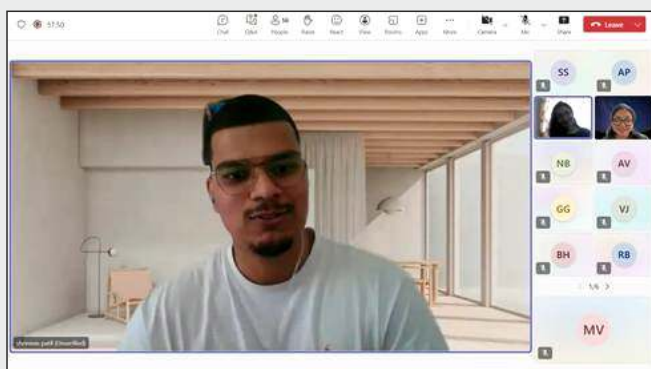
Dr. Aswin Sugunan

Assistant Professor
School of Management,
The Apollo University, Chittoor, AP.

Testimonial: "Pursuing my Masters in Hospital Administration (2017-2019) at Manipal Academy of Higher Education was an enriching experience. The world class library resources and access to multi-specialty tertiary care teaching hospital provided unparalleled opportunities for learning and practical exposure. These facilities combined with excellent faculty support, prepared me to excel in the healthcare management domain"

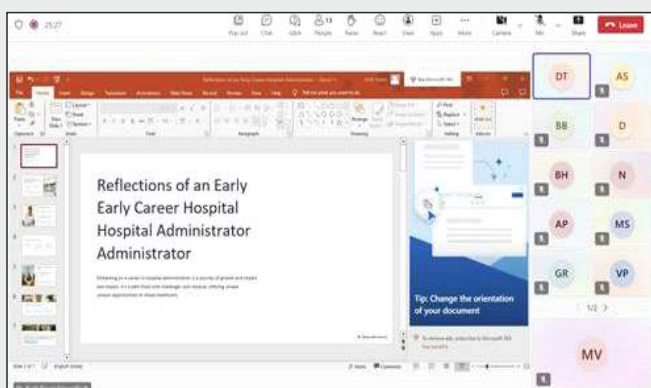
Alumni Interaction Session:

The MHA Programme and DHHM at PSPH, MAHE, hosted an engaging Alumni Interaction Session on "Orientation to Internship Opportunities in KareXpert" on 14 September 2024, via Microsoft Teams. The session featured Ms. Moxa Painter and Mr. Shrinivas T. Patil, project delivery managers at KareXpert and proud alumni of the 2020-2022 batch. They provided valuable insights into healthcare IT, HIMS, and exciting career opportunities in the field. Key highlights included an overview of organizational roles, recommended certifications, and essential courses to excel in healthcare careers. An interactive Q&A session, offering participants a chance to clarify doubts and gain actionable advice was had. Such initiatives underscore the strong alumni network and its role in shaping future healthcare professionals!



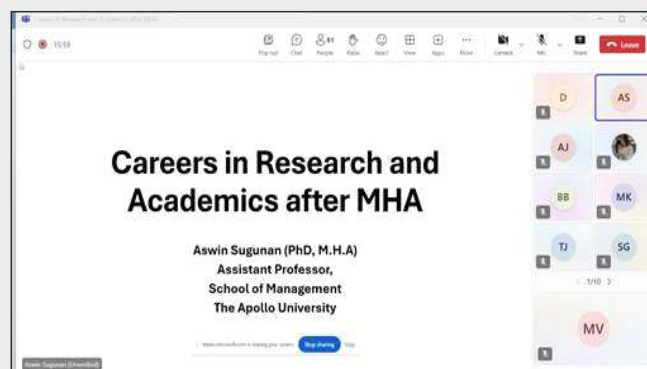
Reflections of an Early Career Hospital Administrator

An alumni interaction session was organized on the topic of 'Reflections of an Early Career Hospital Administrator' on 2 November 2024, with Dr Krati Tiwari (Assistant Medical Superintendent at Sterling Hospitals and alumnus of the MHA Program [2021-2023 batch]) as the resource person. She shared her journey and experiences as a young hospital administrator and provided valuable takeaways for our future healthcare leaders.



Careers in Research and Academics after MHA

An alumni interaction session was organized on the topic of 'Careers in Research and Academics after MHA' on 23 November 2024, with Dr Aswin Sugunan (Assistant Professor, School of Management, The Apollo University, Chittoor, Andhra Pradesh; Alumnus, MHA Programme [2017-2019 batch], PSPH, MAHE, Manipal) as the resource person. He spoke regarding his school life campus life during his time in PSPH, MAHE, and Manipal; his career journey in academics, in the hospital, as an academician and researcher; he spoke regarding the area of public health research, research policy, healthcare operations research, quality improvement specialist, clinical research and trials, academic research and teaching, health insurance and actuarial research, health technology research, and healthcare market research.



UPCOMING EVENTS

Certificate courses

1. Certificate course in Scoping review methodology. (To be conducted in February 2025 tentatively). Visit our website for updates. <https://ceidem.manipal.edu/>
2. Certificate Course in Evidence Synthesis: Systematic Review and Meta-analysis. (To be conducted in May/June 2025 tentatively). Visit our website for updates. <https://ceidem.manipal.edu/>
3. Certificate course in Qualitative Research Methods (To be conducted in March 2025 Tentatively). <https://www.manipal.edu/psph/research/research-centres/tcqm.html>
4. Certificate Course in Biostatistics, Epidemiology and Research Methodology" 10 day program, which accounts for a total of 6 credit hours. (To be conducted in January 2025 Tentatively). <https://sis.manipal.edu/CertificateCourses.aspx>

Workshops

1. Workshop on Data Analytics in Health Sciences (WDAHS-2025)" during January 06-10, 2025, via Offline mode. The theme of the workshop is Machine Learning and AI applications in Health Sciences. Website: <https://tinyurl.com/6r8cvvvr>.

ADMISSIONS & PROGRAMMES

Link to apply for a programme:

<https://apply.manipal.edu/>

Social Work Programme: This programme is designed to prepare young potential graduates to address the emerging challenges in the health, development, and service sectors. The core agenda of the programme is to develop socially committed and ethically competent social work professionals through closely supervised and structured hands-on experiences.

For more details about the programme MSW (Master of Social Work): Course, Admission 2025 | PSPH and apply at <https://apply.manipal.edu/>

M.Sc. (Health Technology Assessment)

Redefine the future of healthcare with our MSc in Health Technology Assessment-where innovation meets evidence to drive cost-effective, patient-centred, and equitable health solutions.

Equip yourself with cutting-edge skills, global insights, and the tools to transform policy and practice in a rapidly evolving healthcare landscape!

MSc Programme in Digital Epidemiology offered at the Dept of Applied Statistics and Data Science is designed to equip students with the skills and knowledge to analyze dynamic and large-scale epidemiological and non-epidemiological data. This program aims to achieve data-driven, evidence-informed policy impacts for the global community.

MSc Programme in Data Science at the Dept of Applied Statistics and Data Science offers a unique blend of Machine Learning, Big Data Analytics, Statistics, and Biological Sciences. This program aims to equip students with interdisciplinary expertise to tackle complex data challenges across various domains.

MSc Programme in Biostatistics at the Dept of Applied Statistics and Data Science is a unique and specialized course designed to prepare students for careers in health and biological sciences by integrating statistics as a key decision-making tool. This program nurtures interdisciplinary expertise through a robust curriculum and practical training.

Master of Public Health (MPH) program is a comprehensive postgraduate course designed to equip students with the essential knowledge and skills needed to address public health challenges. The program focuses on promoting health, preventing diseases, and improving the quality of life for communities through education, research, and service.

Master of Hospital Administration (MHA) is a full-time, two-year postgraduate program featuring a semester-based curriculum and a full semester dedicated to project/ thesis work and internship.

Contact us

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 0820 2923157

 publichealth.mu@manipal.edu

 <https://www.manipal.edu/psph.html>



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