

HEALTH AND HYGIENE CLUB

REPORT FOR THE YEAR 2015-2016

The activities of the club commenced for the year 2015-2016 with the election of Selvi. F. Noor Fathima. III B.com(Aided). “National Nutrition Week Celebration” was celebrated in our campus with reference to ICDS project (Government India owned) plan, competitions such as Essay, Elocution and Kavithai was conducted on the topic “Better Nutrition to development” to create awareness to the students. The prizes were distributed to the students by Mr. S. Chakrabani, Chartered President, Tejas Rotary club, Udumalpet and Mrs.P.Krishanaveni, child development officer, Udumalpet.

An awareness programme on health and hygiene was conducted on 19.10.2015 in the conference hall. Dr. Mekala Balasundaram, Gynaecologist, Udumalpet addressed the students and cleared their doubts. An extraordinary meeting was held on 19.10.2015 in the Conference Hall in association with Viswa Vidhya Hospital, Udumalpet. Dr.T.T.Chandrabalan, Director of the Hospital created awareness among the students and explained about the prevention and protection of Dengue fever through videos.

Health and hygiene club along with the Department of Mathematics and English (SF) of our college organized an Outreach programme on health awareness for the slum people residing at Kamaraj Nagar-Udumalpet Municipality. Mrs.B.Kalaiselvi, Associate Professor in Mathematics, Convenor, Health and Hygiene club highlighted the significance of personal hygiene and the role of balanced healthy diet in Health care. Mrs.P.Rajeswari, Head and Department of English(SF) focused on the role of Yoga in relieving stress and its vital importance in maintaining one’s physical and mental strength. Her demonstration on

breathing exercise benefited the people. Ms.V.Lavanya, Assistant Professor in BBA(CA) spoke explicitly on the reason and prevention of contagious diseases. The reason for consuming a balanced diet and for different types of contagious diseases were explained through Video clippings by MS.M.Surya Prabha, Assistant Professor in Computer Science and MS.K.Sowmiya, Assistant Professor in e.commerce. The program was successfully organized with the cooperation of people living in Kamaraj Nagar, Udumalpet and the assistance extended by the students of our college. Eventually at the end, everyone was served “Nilavembu Kashayam” with palm candy. People’s interest and involvement in the program was quiet appreciable.