MARUDHAR KESARI JAIN COLLEGE FOR WOMEN,VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f) & 12(B) of UGC Act 1956 PermanentlyAffiliated to Thiruvalluvar University

Accredited with "A" Grade by NAAC (3rd Cycle) An ISO 21001:2018 Certified Institution

INTERNAL QUALITY ASSURANCE CELL (IQAC)

&

DEPARTMENT OF FOODS & NUTRITION AND BIOCHEMISTRY

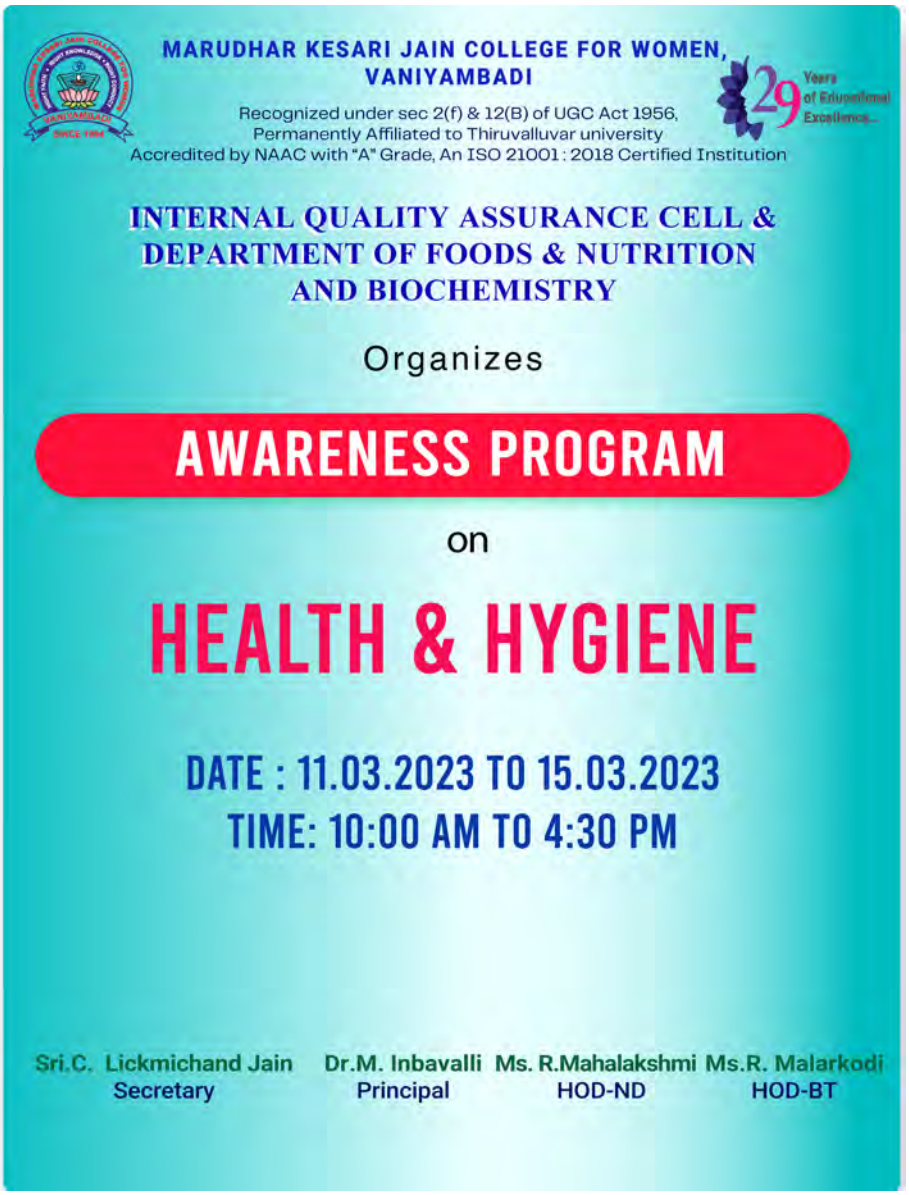
ORGANIZED

AWARENESS PROGRAM

on

HEALTH AND HYGIENE

INVITATION



PRINCIPAL
Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751

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29 Years of Educational Excellence...

INTERNAL QUALITY ASSURANCE CELL (IQAC)
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Agenda

Prayer Song

Session 1: **11.03.2023 FN**	**Ms. M. Ayesha Sabeen** **Assistant Professor** **Department of Biochemistry**
Session 2: **12.03.2023 AN**	**Ms. M. Renuka** **Assistant Professor** **Department of Biochemistry**
Session 3: **13.03.2023 FN**	**Ms. R. Malarkodi** **Head & Assistant Professor** **Department of Biochemistry**
Session 4: **13.03.2023 AN**	**Ms. R. Mahalakshmi** **Head & Assistant Professor,** **Department of Foods & Nutrition**
Session 5: **14.03.2023 AN**	**Ms. R.Padmini** **Assistant Professor** **Department of Biochemistry**
Session 6: **15.03.2023 FN**	**Ms. G. Pooja Jain** **Assistant Professor &** **Department of Foods and Nutrition**

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REPORT

ON

HEALTH AND HYGIENE

The Internal Quality Assurance Cell (IQAC) in association with PG and Research Department of Foods and Nutrition and Biochemistry of Marudhar Kesari Jain College for Women, Vaniyambadi, organized five days Awareness Program on Health And Hygiene for the III UG students (799) of all the Departments from 11.03.2023 – 15.03.2023 at seminar hall.

The program was presided over by the Principal, Dr. M. Inbavalli and Heads of Foods & Nutrition and Biochemistry, Ms. R.Mahalakshmi and Ms. R.Malarkodi.

The program begun with a prayer song and the session I on 11.03.2023 (FN) was led by Ms. Ayesha Sabeen M, Assistant Professor, Department of Biochemistry, Marudhar Kesari Jain College for Women for the III UG students of Commerce, Commerce CA and [illegible] explained the students what is health? and why it is so important for all of us to stay healthy? and also insisted the students to have a balanced diet regularly for a healthy life style.

The session II was held on 12.03.2023 (AN) and was led by Ms. M.Renuka, Assistant Professor, Department of Biochemistry, Marudhar Kesari Jain College for Women for the III UG students of Mathematics and Computer Science. She gave a detailed explanation of the causes of blood pressure and diabetes at a very early age for girl children due to unhealthy lifestyle and asked the students to keep themselves from unwanted negativities and stress for a better lifestyle.

The session III was held on 13.03.2023 (FN) and was led by Ms. R.Malarkodi, Head, Department of Biochemistry, Marudhar Kesari Jain College for Women for the III UG students of Physics and Chemistry. She explained the various aspects of hygiene like personal hygiene (brushing teeth daily, bathing twice a day, washing hands often) and public hygiene (proper disposal of domestic wastes, garbages) , and the ways and measures to maintain hygiene for a healthy life.

The session IV was held on 13.03.2023 (AN) and was led by Ms. R.Mahalakshmi, Head, Department of Foods and Nutrition, Marudhar Kesari Jain College for Women for the III UG students of Computer Applications, Tamil and English. She highlighted the need for the maintenance of hygiene at private as well as public level and the various diseases associated with the improper hygiene methods for women like PCOD, bacterial and viral infections.

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The session V was held on 14.03.2023 (AN) and was led by Ms. R.Padmini, Assistant Professor, Department of Biochemistry, Marudhar Kesari Jain College for Women for the III UG students of Foods and Nutrition, Interior Design and Decor and Statistics. Her focus was on the friendly ways of teaching the girl students on how to dispose their sanitary napkins in a proper and correct manner so as to prevent unwanted environmental issues.

The session VI was held on 15.03.2023 (FN) and was led by Ms. G.Pooja Jain, Assistant Professor, Department of Foods and Nutrition, Marudhar Kesari Jain College for Women for the III UG students of Biochemistry and Biotechnology. She concluded the awareness program by highlighting the various women related health problems during reproductive age (20 – 44 years) as well as during post reproductive age (45 years and above), and the various ways and means to overcome them for a healthy and prosperous life of every girl child.

The student participants interacted with the session in charges and got their queries cleared with respect to women health and hygiene. 774 Students were Participated.

The program came to an end by singing the National Anthem.

R. Mahalma

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PHOTOS





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