

Sacred Heart Collage (Autonomous), Tirupattur - 635 601

Report on Girls Awareness Programme on Nutrition, Health & Hygiene

Department Name	: Department of Microbiology and Biochemistry
Title	: Girls Awareness Programme on Nutrition, Health & Hygiene
Date	: 10/02/2020
Day	: Wednesday
Venue	: Mother Teresa Hall
Conducted by	: Department of Microbiology and Biochemistry
Objective	: Awareness on Health.
Resource person	: Ms. R. Mahalakshmi , M.Sc., M.A., PGDHMN, Head and Assistant Professor, Department of Nutrition, FSM and Dietetics Marudhar Kesari Jain College for Women, Vaniyambadi.
Participants	: 150 students
Summary	:

Ms. R. Mahalakshmi, Head and Assistant Professor, Department of Nutrition, FSM and Dietetics, Marudhar Kesari Jain College for Women, Vaniyambadi was invited as the chief guest for this awareness programme. The Staff members from Department of Microbiology (Dr. K. Amala and Ms. Neethu Asokan) and Biochemistry (Dr. A. Poongothai and Dr. V. Durga Devi) coordinated the programme along with students from Microbiology Department. All the III years Girl students from Arts Stream participated in the programme and they gained the knowledge about Nutrition, Health and Hygiene for Women in the Adolescent Age. The programme started around 2.30 p.m. with a prayer song. Dr. S.R. Xavier Raja Rathinam, Vice Principal (Academics Shift-I) presided the programme and he was being honoured by Dr. D. Joy Christina, Assistant Professor, Department of English. In the beginning of the programme, the welcome address was given by G. Roshini from III B.Sc., Microbiology. The chief guest was introduced by Dr. A. Poongothai, Assistant Professor, Department of Biochemistry. The resource person stressed on few aspects such as balance diet for adolescent age group girls, to keep their bodies healthy on a daily base, she also talked about hygiene and the importance of it as a girl child, more especially during their menstruation time, as Hygiene will improve their self-esteem and makes them feel comfortable around people, students were taught about two types of several eating disorders namely AN (Anorexia novosa) and BN (Bulimia novosa). Microbiology Students prepared and displayed various charts related to health and nutrient requirements for girls at different ages.








At the end of the programme, there was a small interaction session where the students participated actively and answered the questions raised by the resource person and clarified their doubts. Prizes were distributed to students who had a chance to answer some questions so well during the programme. Finally the programme concluded with the vote of thanks by T.M.Sudiqua Jabeen from II B.Sc., Microbiology.

PHOTOS





HYGIENE RULES

 <p>WASH YOUR HANDS BEFORE AND AFTER YOU START COOKING</p>	 <p>WASH YOUR HANDS AFTER YOU HAVE BLOWN YOUR NOSE</p>
 <p>WASH YOUR HANDS AFTER YOU HAVE BEEN TO THE TOILET</p>	 <p>THROW YOUR TISSUES IN DUSTBIN</p>
 <p>MAKE SURE THE WORKING SURFACE IS KEPT CLEAN</p>	 <p>THROW AWAY ANY FOOD THAT HAS FALLEN ON THE FLOOR.</p>
 <p>WASH ANY EQUIPMENT THAT HAS FALLEN ON THE FLOOR</p>	

(iv) Civil Service Exam

<h3 style="text-align: center;">HYGIENE</h3> 	<h3 style="text-align: center;">HYPER HYGIENE</h3> 	<h3 style="text-align: center;">HYGIENE</h3> 	<h3 style="text-align: center;">HYGIENE</h3> 
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POST OFFICE (i) Clerk (ii) Group
 CBI (Central Bureau of Investigation) (i) Group (ii) Group
 Degree



