

GENDER CLUB

The Gender Club of our College conducted a meeting on 25th July 2019. Dr.S.Kamaraj, District Siddha Medical Officer, Dr. B. Thamizhkkani, Assistant Medical Officer (Siddha), MGMGH, Trichy and Dr. K. Isai Amuthu, Naturopathy Medical Officer, MGMGH, Trichy, spoke on the occasion. In his speech Dr.S.Kamaraj insisted, "Traditional food items are foods that were consumed by our ancestors before the modernization and industrialization of the food supply. These foods are not only free from additives, chemicals and many of the things we find in food today, but they were exceptionally nourishing." He also insisted on the importance of the medicinal plants. To quote his words, "Medicinal plants are considered as rich resources of ingredients which can be used in drug development either pharmacopoeia, non-pharmacopoeia or synthetic drugs. Some of these plants include ginger, green tea, walnuts, aloe, pepper and turmeric etc. Some plants and their derivatives are considered as important source for active ingredients"

Dr. K. IsaiAmuthu in his speech observed: "Though people are aware of the proverb, 'Health is Wealth,' no one is ready to follow the proverb in its true sense in their life. We should lead a life of discipline and follow the rules of Nature to lead a normal life. Earlier people were strong and healthy because they were involved in physical activities in one form or other. But the growth of science and technology has made humans lazy in every walk of life. In order to keep ourselves physically, mentally, emotionally, socially and intellectually healthy. We need to be active on a daily basis, including well maintained diet, exercises, positive thinking and follow good habits."

Dr. B. Thamizhkkani observed: "Nowadays, teenagers are very commonly addicted to drugs and alcohol which has resulted in serious consequences. Repeated and regular recreational use of drugs can lead to other problems like anxiety and depression or a lack of positive social skills. This has resulted in rise in drop out rate in schools and delinquent behavior and deterioration in family relationships." The meeting turned out to be a very useful session for the participants as it created a sense of awareness in them.