

SCHOOL AWARENESS CAMP – NOV 2024

Date :25/11/24 **Time:**10:30 AM – 11:40AM

Organised by: UG – DEPARTMENT OF POTHU MARUTHUVAM, GSMC, CHENNAI-106, with the permission of our Principal Professor Dr. K.Kanagavalli.MD (S), Department HOD Professor Dr.G.Ujjevanam, MD(S) and Department faculties Dr.R. Sasi Rekha ,MD(S) and Dr.V.Isabell Rafeeda MD(S).

Name of the students who conducted the program:

Dr.M.Abinaya,BSMS.,CRRI;

Dr.M.Abitha,BSMS.,CRRI

Dr.K.Agila,BSMS.,CRRI

Dr.M.Akila,BSMS.,CRRI

Dr.A.Ayisha fathima,BSMS.,CRRI

Name the school:Good Hope New Gen Hr Sec School , Arumbakkam,Chennai.

Address:Good Hope New Gen higher secondary school ,5,Jagannatha nagar 1st main Rd,arumbakkam ,Chennai,Tamil Nadu -600106

Type of the school : private school

Vice Principal name: Mr . manikandan

Objective:

- 1.To educate students on the importance of hygiene and nutrition for overall health
- 2.To promote healthy habits and practices among students
- 3.To promote adopting healthy lifestyle choices (physical activity,sleep and screen time)
- 4.About stress management

CAMP DETAILS: Camp begins 10:30 a.m. Awareness on Personal hygiene, Importance of nutrition, some yogas and exercises to maintain healthy body, and conducted whereas games to improve the concentration.

Participants: - Number of Students - 150 ; Teaching staffs – 4.

Demographics:- Students

Conclusion :- This camp marked a significant step towards promoting holistic well-being and health education in our community. Educated 150 students on hygiene and nutrition and



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