

GOVERNMENT SIDDHA MEDICAL COLLEGE CHENNAI 106

UG – DEPARTMENT OF POTHU MARUTHUVAM, GSMC, CHENNAI-106

SCHOOL AWARENESS CAMP – NOV 2024

Date :05/12/24

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 student who conducted the program: Dr.M.Akila,BSMS.,CRRI

Name the school: Panchayat union school, Vellaiparaiyur . Address: Panchayat union school, Vellaiparaiyur, Katagaram, Krishnagiri. Type of the school : Government school . Principal name: Maruthuraj

Objective:

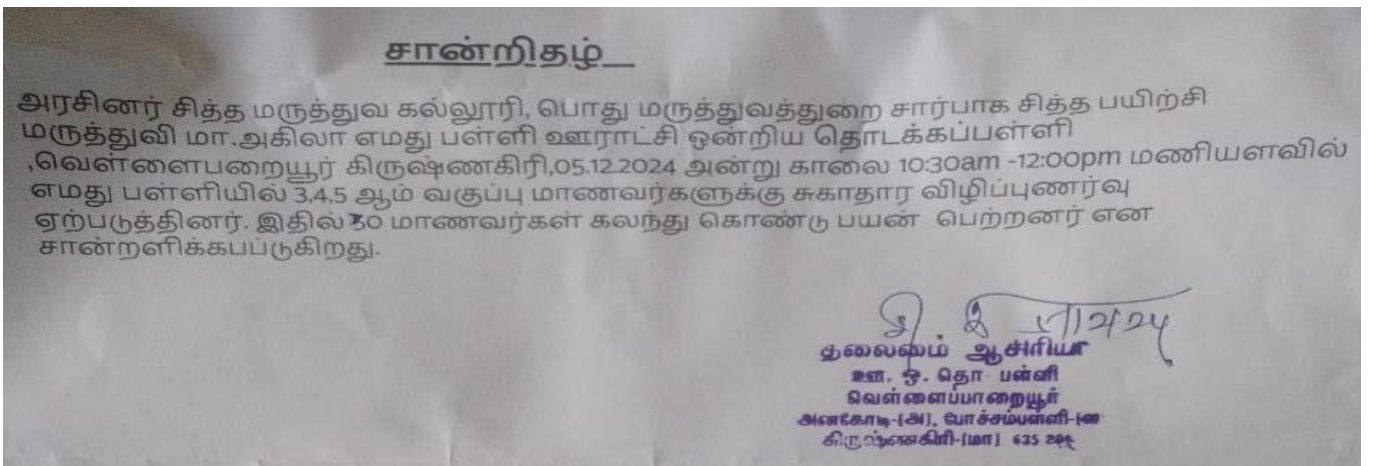
- 1.To educate students on the importance of hygiene and nutrition for overall health
- 2.To promote healthy habits and practices among students
- 3.To promote adopting healthy lifestyle choices (physical activity, sleep and screen time)
- 4.About stress management

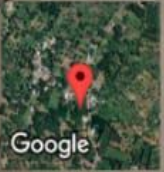
CAMP DETAILS: Camp begins 10:30 a.m. Awareness on Personal hygiene, Importance of nutrition, breathing exercises to maintain healthy body, and conducted whereas games to improve the concentration & memory power.

Participants: - Number of Students – 30; Teaching staffs – 2; non-teaching staff -1

Demographics: - Students

Conclusion: - This camp marked a significant step towards promoting holistic well-being and health education in our community. Educated 30 students on hygiene and nutrition and fostered collaboration between schools, healthcare providers and communities. We look forward to continued collaboration and progress.





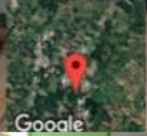
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