

HEALTH AWARENESS CAMP – JANUARY+2025

Date 4/2/2025

Time:2 P.M to 3 P.M

Organised by:

UG – DEPARTMENT OF KUZHANTHAI MARUTHUVAM, GSMC, CHENNAI-106.

With the

permission of our Principal Professor Dr. K.Kanagavalli.MD (S)

Under the guidance of Dr.N.MANJU HEMAMALINI MD(S) HOD and
Dr.F.R.SHAMEEM MD(S) Lecturer Gr II

Name of the student who conducted the program:

R.Renukadevi,CRRI

RITU ,CRRI

S.SANDANAPRIYA ,CRRI

M.SARANYA ,CRRI.

A.M.Shireen Nusha,CRRI

V.Nivetha ,CRRI

Radhika,CRRI

Name the School :

Dr. B M Sundaravadanan Matriculation Higher Secondary School

Address:

No 40, 1st Main Road, Shenoy Nagar, Chennai – 600030 (Near Thiru Vi Ka Higher Secondary School)

Type of the School :

Private School

Principal :

Mrs.Jayanthi Christopher

Objective:

1. Assess the vitals of the school students .
2. To educate the students about the adolescence and changes occurring during adolescence.
3. To promote healthy habits and practices among students.
4. To promote adopting healthy lifestyle choices (physical activity, sleep and screen time)
5. About stress management.

CAMP DETAILS:

Camp started at 2 p.m. Awareness on Personal hygiene, Menstrual hygiene, Importance of nutrition, breathing exercises to maintain healthy body, and vitals were . Games were conducted to make the students understand the ways of improving memory power.

Participants:-

Number of students -56

Male student -32

Female student -24

Number of Teachers - 5

Conclusion :-

In this camp children were happy and more enthusiastic about the mind games and got ideas about social responsibility.



Chennai, Tamil Nadu, India
Dr.bms Mat. School, 16/40, 1st Main Rd W, Bharathi Puram, Sheno Nagar, Chennai, Tamil Nadu 600030, India
Lat 13.080288° Long 80.223041°
04/02/25 01:32 PM GMT +05:30



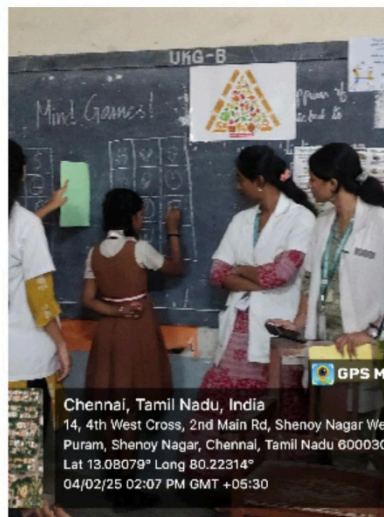
Chennai, Tamil Nadu, India
Dr.bms Mat. School, 16/40, 1st Main Rd W, Bharathi Puram, Sheno Nagar, Chennai, Tamil Nadu 600030, India
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Chennai, Tamil Nadu, India
10, Brewery Rd, Bharathi Puram, Sheno Nagar, Chennai, Tamil Nadu 600030, India
Lat 13.080535° Long 80.223078°
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Dr.bms Mat. School, 16/40, 1st Main Rd W, Bharathi Puram, Sheno Nagar, Chennai, Tamil Nadu 600030, India
Lat 13.080106° Long 80.223141°
04/02/25 02:27 PM GMT +05:30



Chennai, Tamil Nadu, India
14, 4th West Cross, 2nd Main Rd, Sheno Nagar West Puram, Sheno Nagar, Chennai, Tamil Nadu 600030, India
Lat 13.08079° Long 80.22314°
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Dr.bms Mat. School, 16/40, 1st Main Rd W, Bharathi Puram, Sheno Nagar, Chennai, Tamil Nadu 600030, India
Lat 13.08026° Long 80.223023°
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