Sacred Heart College, Chalakudy

Department of English & Women Cell

Women's Hygiene and General Health Awareness

Report

Date: 1 December 2023

Venue: Clare Hall

Department of English in association with IQAC and Women Cell organized talk on "Women's Hygiene and General Health Awareness" for teaching and non-teaching staff at 12.45 PM and for UG students at 2.45 PM on 1st December 2023, Friday. All faculty members and non-teaching staff attended the program. The session began with a welcome address by Ms. Parvathy Varma, Assistant Professor (on contract), Department of English, followed by Presidential address from Principal, Rev. Dr. Sr. Irene. The interactive session and talk by Mr. Gopakumar G, RCM South India Leader was enlightening. He spoke about improving health by making minute changes in our everyday routine. A full body scan, including BMI and other vitals, for all the teaching and non-teaching staff was conducted. The session concluded by a vote of thanks from Dr. V. Neetha, IQAC Coordinator, Assistant Professor and Head, Department of Zoology. Later there was a short session conducted for students in the college auditorium regarding focusing on female hygiene. The program received positive feedbacks as everybody got an analysis of their current health and tips to improve it in future.



Women's Hygiene and General *Health* orientation for teaching and non-teaching staff by Mr. Gopakumar. G, RCM South India Leader.



Orientation for Degree students on Women's Hygiene