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DESALITES WOMEN EMPOWERMENT CELL

ORGANISES

HEALTH AND HYGIENE FOR MINISTERIAL STAFF



DATE: 28-02-2024

TIME: 12:30 - 1:00 PM

VENUE: CLOSED AUDITORIUM



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Report on Women Cell Activity- 'Health and Hygiene' Session for Ministerial Staff

Title	Health and Hygiene
Date of Event(s)	28/02/2024
Department/Association/Cell/Committee	Desalites Women Empowerment Cell
Venue (Mention the platform if it is online)	Seminar Hall
Number of Participants	21
Target Audience	Ministerial Staff

Resource Person(s) with qualification(if applicable):	Prof. Sandhya Kumari
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Place of visit/ details of Industrial Visit place(if applicable):	
Event Coordinator	Prof. Vanitha T, Dr. Regimol G George

The objective of the Program: The Health Awareness program was organized with the main objective to promote health sensitive issues and also promote a sense of well-being among the participants extensively.

Report:

On 28th February 2024, the 'Health and Hygiene' session was conducted by the Desalites women empowerment cell for ministerial staff.

The resource person was Prof. Sandhya Kumari, Assistant Professor, Department of Commerce. The Programme was organized with the objective of creating awareness among ministerial staff about hygiene and sanitation.

In her speech he insisted that people should take care of their daily activities which count upon towards their health. Fitness and Health go hand in hand. A daily routine with some yoga practice is always one of the best shields to beat the ill effects from one's life. The need for positivity is essential. To maintain good health at its best all the time, we need to take care of hygiene and reduce the burden of mental health. This instead is going to cut down the stigma attached to psychic disorders. We must eat healthy and complete diet.

Health awareness campaigns consisting of interactive sessions, man-to-man discussion and imparting of information can increase the awareness of people in the many parts rural parts of the care. But, to improve the attitude of the community about delivery of palliative care services, more sustained efforts are required to make them believe that palliative care can be provided by community volunteers also and not necessarily only by professionals.

The outcome of the program:

For all these, participants at the programme were encouraged to incorporate healthy habits and also take various preventive measures so that in the upcoming times they can stay safe and sound. They are also given information on how to integrate and maintain hygiene in their lifestyle. This programme is focused towards addressing issues of personal health care, hygiene, and illness prevention. The key challenges in the health care domain are poor accountability, low-quality care, lack of health awareness and limited access to health facilities.

Report Prepared by:
(Event Coordinator) Vanitha T

Geotagged Photos





St. Francis de Sales College

Health and Hygiene

HOUSE KEEPING STAFF

MR. SIBI SEBASTIN	Sebastin
MR. ROSHAN CRASTA	ROSHAN CRASTA
MRS LAVANYA	Lavanya
MRS. YASHODA	Yashoda
MRS. YASHODA M	YASHODA
MRS. FATHIMA MARY	FATHIMA
MRS. HANNY	Hanny
MRS. G LALITHAMMA	Lalithamma
MRS. MUNIRATHNA R	Munirathna
MRS. LAKSHMI	Lakshmi
MRS. KOMALA	KOMALA
MRS. MARIAMMA	MARIAMMA
MRS. SHIVARATNAMMA	Shivaratnamma
MRS. CHANDRAMMA	Chandamma
MRS. ANUSUYA K M	Anusuya K M
MR . THOMAS	Thomas
MR. VITTAL	Vittal
MRS. S C JYOTHI	S C Jyothi
MRS. MUBINA SYEDRISWAN	MUBINA
MRS. DEEPA H	H. Deepa
MRS. MUNNI KUMARI	MUNNI K
MRS ELIJABETH RANI	Elijahbeth Rani
MRS. SHYLAJA	Shylaja
MRS. GEETHABAI	Geethabai
MRS. SUNANDA	SUNANDA