



**Criterion : III – Research, Innovations and Extension**

**Metric : 3.6.3 & 3.6.4 Extension Activities**

**Year : 2019 – 2020**



### **ROTARACT Club of Fatima College**

#### **Health and Hygiene**

**Date: 30-01-2020**

**Time: 10 AM – 12 PM**

**Venue: Jubilee Hall**

**Chief Guest: Dr.B.Kayal, Obstetrician And Gynecologist, Government Hospital**

**No of Participants: 50**

On 30<sup>th</sup> January 2020, an Awareness program on “Health and Hygiene” was organized. Dr. B. Kayal, Obstetrician and Gynecologist, Government Hospital, Cumbum, addressed the gathering.

The following are the few points from her speech. Health is the most precious wealth one can possess. Hygiene refers to good practices that prevent disease and lead to good health. Teenage girls should take care of their health by taking healthy food. In case of abnormality in their health, they have to consult a doctor. Age group between 16 to 20, should be aware about their menstrual cycle and if any abnormality is found they have to consult a doctor. Age group between (21 to 40) will face many health issues, proper diet and exercise will avoid these health issues. Age group between 40 to 60 needs regular checkup, especially, breast self-exam. Students asked several questions related to health issues.

**OUTCOME:** Students understood various health issues and the root cause of these health issues. They also understood the need for hygiene to live a healthy life.



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**Photo**



**Dr. B. Kayal, Obstetrician And Gynecologist addressed the gathering**







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**Student asked question related to health issues**



MADURAI



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### **PARTICIPANTS' LIST**

1.	2019BB01	AARTHI P
2.	2019BB02	ABINAYA T
3.	2019BB03	ACSHAYA M
4.	2019BB04	ANCY ARUL MALAR S
5.	2019BB05	ANU PADMINI M
6.	2019BB06	ANUSHREE I
7.	2018BB08	BAVANISANTHIYA S
8.	2018BB09	BHAVANI T
9.	2018BB10	BHUVANESHWARI S
10.	2018BB11	DEEPA N
11.	2018BB12	DEEPIKA M
12.	2018BB13	DENINKA M
13.	2018BB14	DHANALAKSHMI M
14.	2018BB15	DHARANI N
15.	2018BB16	DHARANI S
16.	2018BB17	GAYATHRI S
17.	2018BB18	GOWRI S
18.	2018BB19	GOWSALYA G
19.	2018BB20	HARINI R
20.	2018BB21	HEERA M
21.	2018BB22	HEMALATHA P
22.	2019BB24	JEEVETHA LAKSHMI G
23.	2019BB25	JEEVITHA C
24.	2019BB26	JERIN HASINA S
25.	2019BB27	JOTHIKA A
26.	2019BB28	KALAISELVI G



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27.	2019BB29	KARTHIGA S
28.	2019BB30	KAYALVIZHI V
29.	2019BB31	KEERTHANA P
30.	2019BB32	KOTHAI VAISHNAVI C T
31.	2019BB34	MUTHU SARANYA M
32.	2019BB35	NAGA JOTHI M
33.	2019BB36	PADMA PREETHA S
34.	2019BB37	POORANI K
35.	2019BB38	RAHINI M
36.	2019BB39	RAJALAKSHMI K
37.	2019BB40	RAJARAJESHWARI S
38.	2019BB41	RAM PRIYANKA M
39.	2019BB42	RITA P
40.	2019BB43	SANGAVI T
41.	2019BB44	SANJANA G
42.	2019BB45	SARANYA C
43.	2019BB46	SARULATHA K
44.	2019BB47	SEELA VARSHINI G
45.	2019BB48	SHAMINA PARVEEN P
46.	2019BB49	SHAQEEQA MUFFREEN K
47.	2019BB50	SITHICK SYED MEERA P
48.	2019BB52	SIVASANKARI D
49.	2019BB53	SNEHA R
50.	2019BB54	SNEKA PRIYA T G