

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

Health club

From

The Program Organizer

Health club

Nanjil Catholic College of Arts and Science,

Kaliyakkavilai.

To

The Secretary

Nanjil Catholic College of Arts and Science,

Kaliyakkavilai.

Through

The Principal

Nanjil Catholic College of Arts and Science, Kaliyakkavilai

Respected Rev. Father

We, the Health Club of Nanjil Catholic College of Arts and Science, Kaliyakkavilai is planned to organize the awareness programme of women's Health and Hygiene on 11-10-2023. So I Kindly request you to give the permission for conduct the same.

Thank You

Kaliyakkavilai

3.10.2023.

Yours faithfully

  
Dr. A. Ajitha Mol

  
3/10/23

  
b.m.  
4/10/23



**NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE,  
Kaliyakkavilai - 629153, Kanyakumari District, Tamilnadu.**

[Approved by Government of Tamilnadu

Affiliated to Manonmaniam Sundaranar University, Tirunelveli

Accredited by NAAC with 'A'Grade CGPA 324, Approved by UGC under 2(F) and 12(8)]

## **HEALTH CLUB**

**Organizes**

### **AWARENESS PROGRAMME ON WOMEN'S PERSONAL HEALTH AND HYGIENE**

**Resource Person: Sr. F. Arockia Mari**

**OCTOBER**

**WEDNESDAY**

**1 1**

**AT 12:45 PM**

**2023**

**Venue: Auditorium**

Rev. Fr. Dr. Eckermens Michael  
Secretary

Dr. M. Amalanathan  
Principal

Sr. F. Arockia Mari  
Convener



**NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE,  
KALIYAKKAVILAI**

**Health Club**

**Awareness programme on Women's personal Health and Hygiene**

**On 11 – 10 - 2023**

**PROGRAMME SCHEDULE**

<b>Prayer Song</b>	<b>:</b>	<b>III B.Sc.Zoology Students</b>
<b>Welcome Address</b>	<b>:</b>	<b>W.A.Adlin Sweety</b> <b>I B.Sc Computer Science</b>
<b>Presidential Address</b>	<b>:</b>	<b>Rev. Fr. Dr.M. Eckermens Michael</b> <b>Secretary and Correspondent</b> <b>NACCAS, Kaliyakkavilai</b>
<b>Felcitation</b>	<b>:</b>	<b>Dr.M.Amalanathan</b> <b>Principal</b> <b>NACCAS, Kaliyakkavilai</b>
<b>Chief Guest Address</b>	<b>:</b>	<b>Sr.F. Arockia Mari</b> <b>Nurse</b> <b>NACCAS, Kaliyakkavilai</b>
<b>Vote of Thanks</b>	<b>:</b>	<b>S.J.Reshma</b> <b>I M.Sc Computer Science</b>

**NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE**

**KALIYAKKAVILAI**

**HEALTH CLUB**



**Awareness Programme on  
Women's Personal Health and Hygiene**

# NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

## KALIYAKKAVILAI

### HEALTH CLUB

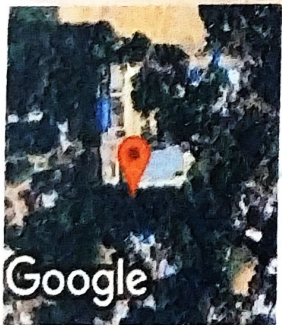
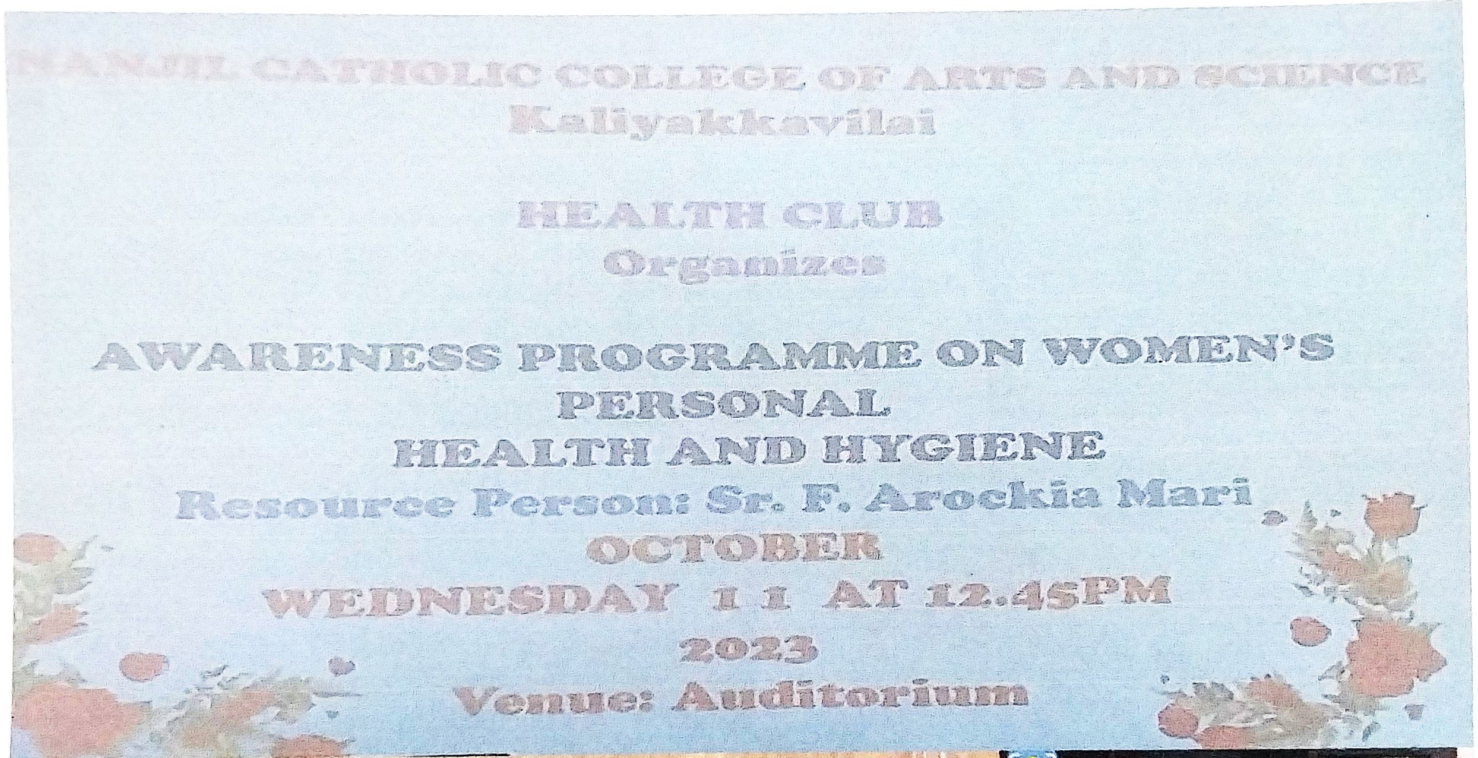
The Health club members organize the Awareness Programme on Women's personal Health and Hygiene on 11-10-2023 at 12.45 pm in college auditorium. The programme begun with prayer song by III B,Sc Zoology students. The welcome address was gathered by Adlin Sweety I B.Sc Computer Science . The presedential address was delivered by Rev. Fr. Dr.M. Eckermens Michael, secretary, NACCAS and the felicitation by Dr.M.Amalanathan, Principal, NACCAS. The resource person of this event was sister F. Arockia Mari, Nurse, NACCAS delivered the talk of the Women's personal Health and Hygiene.


The section highlights girls health and well-being to focuses personal and menstrual health, prevention and preparedness for antimicrobial resistance. The necessesity of hand hygiene, body areas where infection easily occurs whereas prevention is needed. Benefits of the fittable dress wearing ensure the students behavioural changes.

The value of physical, mental, and emotional health make the individuals to possess higher self-esteem and greater life satisfaction to enhance the quality of life. Self care minimizes the spread of disease and contribute the overall health and well-being in society.

The students realize the importance of menstrual hygiene for the well-being and the safe disposal of menstrual products. The students acquire the knowledge of how to maintain a healthy life in take a proper well-balanced diet with plenty of water, live in a clean environment and must follow good personal hygiene, should be proper disposal of wastes, clean surroundings prevent the spread of diseases.

The Faculties and the students are grateful for the programme with their kind support and participation to make as success. Finally the event was ended by the vote of thanks gave by S.J.Reshma, I M.Sc Computer Science.



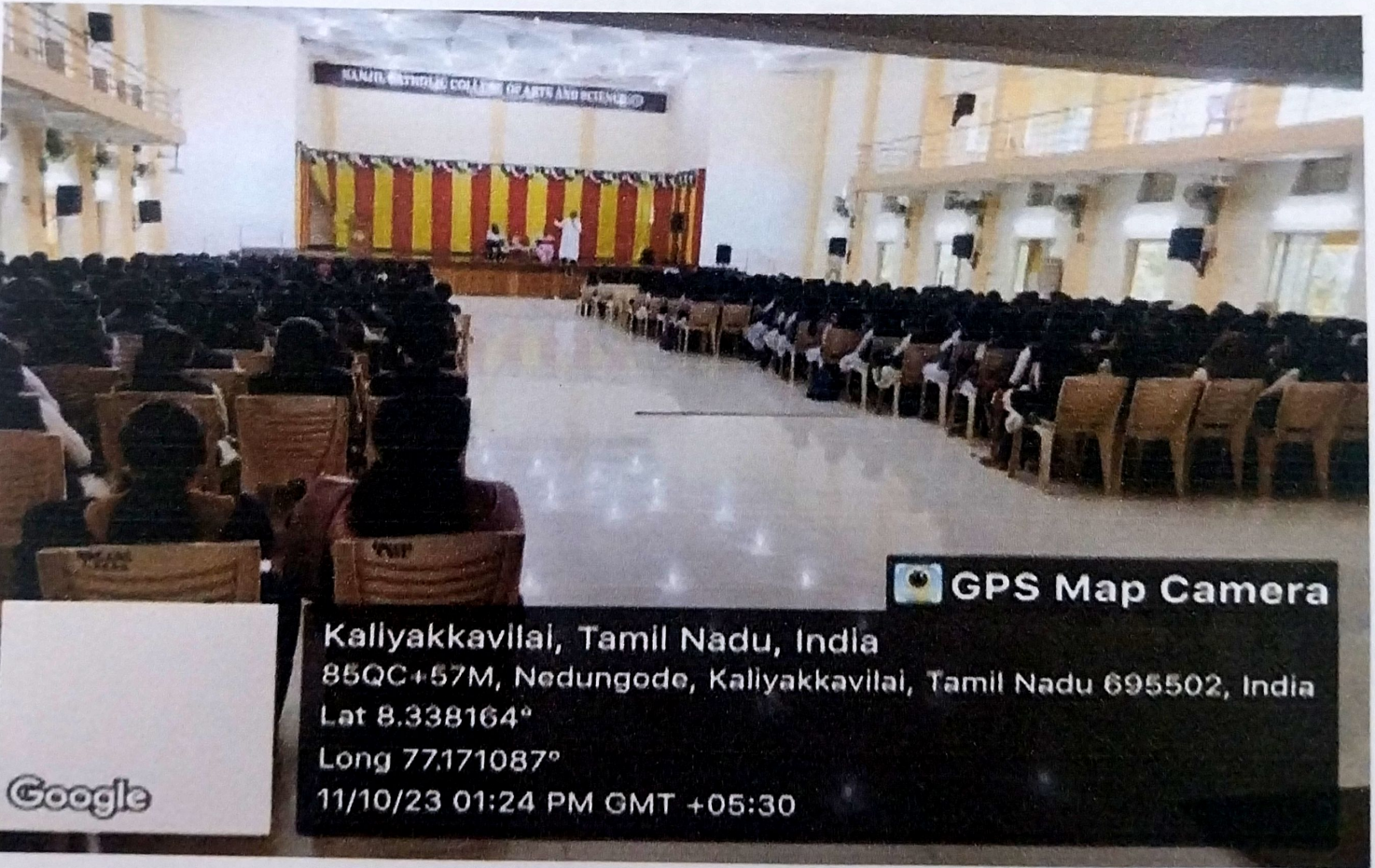
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Long 77.170811°  
11/10/23 01:15 PM GMT +05:30



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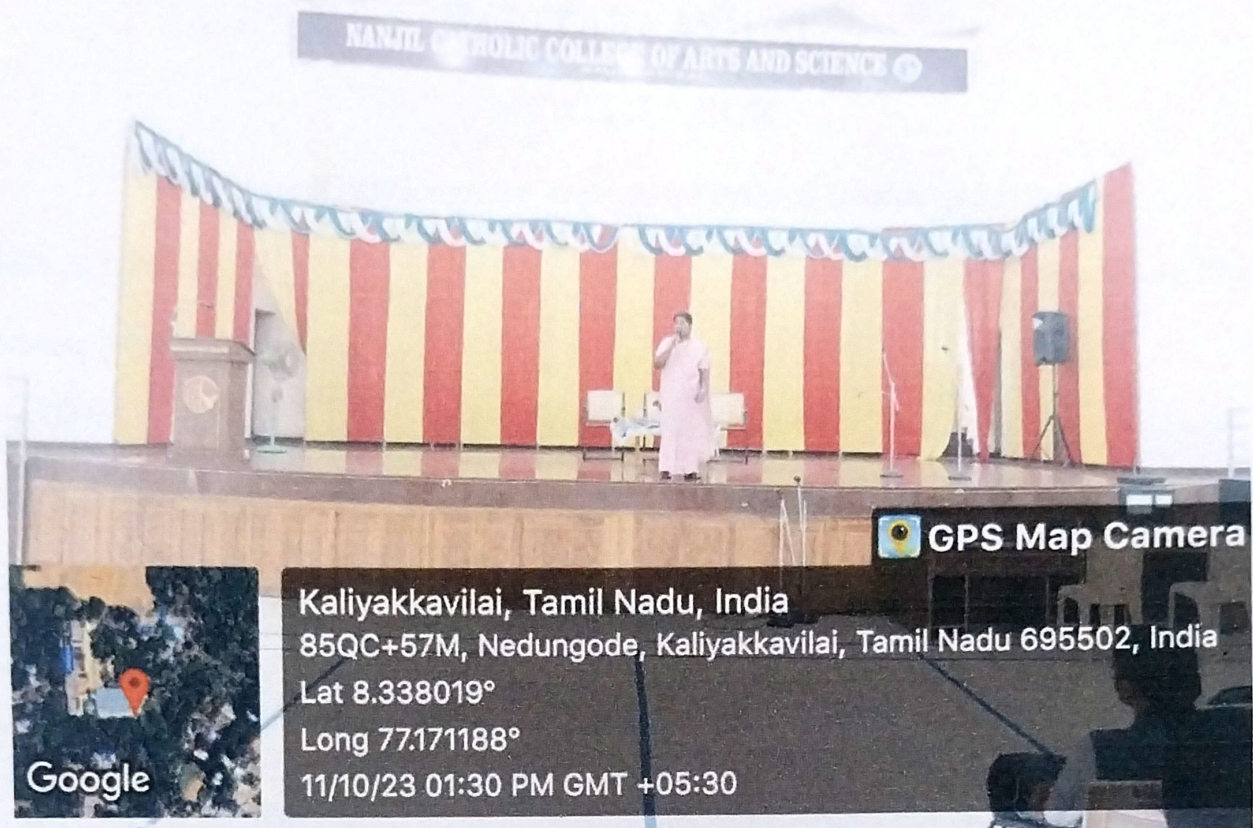
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*S. Anurag Nani*  
 Convener.



*Anurag*  
 PRINCIPAL  
 Nanjil Catholic College of Arts & Science  
 Kaliyakkavilai - 629 153