

ACTIVITY REPORT

HEALTH EDUCATION CLUB 2018-2019

Health Education Club, KSMDB College, Sasthamcotta

The Health Education Club of the college aims to educate the student and staff community, other stakeholders and the public about leading a healthy life by organizing activities like seminars, exhibitions, expert lectures and various competitions.

The club consists of a convener, and two members from the teaching community and students from various departments

Health Education Club 2018-19

Convener- Dr. Manju M, Asst.Prof, Dept of Zoology
Members- Dr. Mini Chandran, (HOD, Dept of Zoology),
Dr. Shelma S, Asst Professor, Dept of Chemistry
Dr. Shameena Basheer, Asst Prof, Dept of Physics
Around 90 students from various departments

World Diabetes Day Observance

1. Organized a one-day seminar "Influence of yoga on diabetes and stress" in connection with World Diabetes Day on 16th November 2018. Prof. Rajasree R. (Retd. HOD, Dept. of English, K.S.M.D.B. College, Sasthamcotta) was the Resource Person and Mr. Sreejith, Assistant Professor in Sanskrit, KSMDBC, Sasthamcotta demonstrated the various yoga postures to the participants. The meeting started at 10.30am in the Digital Seminar Hall. Dr. Manju M, Convener, Health Education Club, welcomed the gathering. The function was presided over by Dr. Beena K., Principal of the college. Prof. Rajasree R inaugurated the function and delivered the keynote address. She pointed out the role of yoga in relieving stress and diabetes condition in the present day lifestyle. The Felicitations were offered by Dr. Mini Chandran C. (Asso. Prof. Dept. of Zoology), Dr. S. Girijakumary (Asso. Prof. Dept. of Zoology), Dr. Harikumar R.S, PTA secretary and Dr. Geethakrishnan P (Coordinator, Clubs and Forums). Miss Saritha R, Students Representative, proposed the vote of thanks. The meeting was ended at 1.30pm.

2. Health Education club in association with Red Ribbon Club and NSS of the college conducted an awareness programme on **AIDS –Know your Status** on 7th December 2018 which was extended to the Kudumbasree workers of Sasthamcotta Grama Panchayath .(56 participants). The function began at 2pm in the Digital Seminar Hall. Dr. Manju M., convener, Health Education Club welcomed the guests and participants. The meeting was presided over by Dr. Beena K, Principal., inaugurated the seminar and Dr. Rakhi S. Anand; (Junior Consultant in Gynaecology ,Taluk Hospital, Sasthamcotta) delivered the Keynote address on the topic. : “AIDS-Know your status”. She explained the causes of AIDS, the ways of transmission of the syndrome, various treatments available and the precautions to be taken to prevent AIDS etc. The Felicitations were offered by Dr. Madhu T., Council Secretary, Dr. Harikumar R.S, PTA secretary and Dr. Geethakrishnan P (Coordinator, Clubs and Forums). Miss Jinsy George, Student Convener, proposed the vote of thanks. The meeting was ended at 4.30pm.

3. **World Soil Day Observance:** Health Education Club in association with Dept of Zoology organized a seminar on **Visharahitha Pachakkary nammude veetumuttathu** on 7th December 2018 in order to observe World Soil Day 2018. The function began at 11am in the Digital Seminar Hall. Dr. Manju M., convener, Health Education Club welcomed the guests and participants. The meeting was presided over by Dr. Beena K, Principal. Mr. Sumesh S.G. , Agricultural Officer, District Agricultural Farm, Anchal, Kollam, inaugurated the seminar and delivered the Keynote address on the topic. He discussed about the practice of growing various vegetables in our home premises, various pests affecting the plantation, and their control measures. He also distributed vegetable seeds to the participants. The Felicitations were offered by Dr. Mini Chandran C. (Asso. Prof. Dept. of Zoology), Dr. S. Girijakumary (Asso. Prof. Dept. of Zoology), Dr. Harikumar R.S, PTA secretary and Dr. Geethakrishnan P (Coordinator, Clubs and Forums). Miss Jinsy George, Student Convener, proposed the vote of thanks. The meeting was ended at 2pm.

4. **Antinarcotics Seminar** The Health Education Club and Centre for women’s studies organized “**Lahari upayogavum Arogyaprashnangalum**” -antinarcotics seminar in association with the Excise Department, Kollam on 4th February 2019. Dr. Jayanti S. Convener, Centre for Women’s Studies, welcomed the gathering. The function was presided over by Dr. Beena K, principal, and inaugurated by Sri I. Noushad (Panchayath President. Sasthamcotta) and the key note address was delivered by Sri G Muraleedharan Nair, Deputy Commissioner, Excise Dept, Kollam.