

## Activity Report

S. No.	Content	Details
1	Name of the Programme	<b>Student Induction Programme Health and Hygiene</b>
2	Date & Time	<b>22.08.2023 &amp; 11.00 AM – 04.30 PM</b>
3	Conducted by	<b>Dept. Of zoology, red ribbon club and college health center.</b>
4	No. of Students attended	<b>50</b>
5	Chairperson	<b>Dr. K. Srinivasa Rao, Principal</b>
6	Chief Guest	<b>Principal and Staff</b>
7	Program Convener	<b>Sri. Ram Kishore Behara  Lect. in Zoology &amp; RRC coordinator</b>

## HEALTH AND HYGIENE

Deeksharambh is a comprehensive orientation program aimed at welcoming and guiding new students as they embark on their educational journey. As part of this program, a session on "Health and Hygiene" was conducted on Day 11, 22nd August 2023, at SGK Government Degree College in Vinukonda. The session was led by Mr. B R K Kishore, who serves as the RRC Coordinator and is also a Lecturer in Zoology at the college.

### **Objective:**

The objective of the Health and Hygiene session was to raise awareness among students about the importance of maintaining good health practices and proper hygiene.

The session was designed to be interactive and informative, engaging the students in discussions and activities related to health and hygiene. Mr. B R K Kishore began the session by emphasizing the importance of taking care of one's physical and mental well-being, especially during the crucial years of their college life. He highlighted the fact that a healthy body and mind are essential for academic success and overall growth.

The students were educated about the significance of maintaining personal hygiene practices, such as regular hand washing, proper dental care, and grooming routines. Mr. Kishore explained how these practices prevent the spread of germs and contribute to an individual's overall appearance and confidence.

The importance of a balanced diet and proper nutrition was discussed. Mr. Kishore explained how consuming a variety of foods rich in nutrients can boost immunity, energy levels, and cognitive function. He also touched upon the harmful effects of excessive junk food consumption.

The benefits of regular physical exercise for both physical and mental well-being were emphasized. Students were encouraged to engage in physical activities like sports, yoga, or regular walks to maintain a healthy lifestyle.

The importance of maintaining a clean and healthy environment was discussed. Students were educated about waste disposal, cleanliness of surroundings, and their role in preventing pollution.

## **Conclusion:**

The Health and Hygiene session conducted as part of Deeksharambh at SGK Government Degree College, Vinukonda, was both informative and engaging. Mr. B R K Kishore's expertise in the field of Zoology and his role as the RRC Coordinator added credibility to the session. The students left with a deeper understanding of the importance of health and hygiene practices in their college life and beyond. The session served as a valuable addition to the comprehensive orientation program, preparing students not only for academic success but also for maintaining a healthy and fulfilling lifestyle.

## **PHOTOS**

