

Awareness Programme on “Hygiene Today, Health Tomorrow.”

P G Department of Social Work

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To reach the unreachable

Date of Event : 19.02.2026

Faculty-in-charge: Ms. Reni V. Kalayil



Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnya.ac.in, mail@naipunnya.ac.in

No: NIMIT/NSW/AWP/01/2025-2026

Date: 19th February 2026

Circular

Subject: Awareness Programme on “Hygiene Today, Health Tomorrow”

The P.G. Department of Social Work, in association with the Women Cell, is organising an awareness programme titled “Hygiene Today, Health Tomorrow” on 19th February 2026 from 2.15 p.m. to 3.15 p.m. at Room No. 115, First Floor, MSW Block.

The programme aims to promote awareness regarding personal hygiene practices and their significance in ensuring overall health and well-being. The session will focus on preventive healthcare, menstrual hygiene management, cleanliness, sanitation, and healthy lifestyle practices.

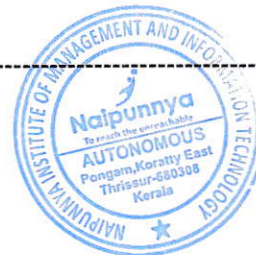
The resource person for the session will be Ms. Princy Babu, Hygiene Trainer, CRP & Resource Person of Kudumbashree Auxiliary Group. The session will be informative and interactive, helping participants gain a better understanding of hygiene practices and responsible health behaviour.

All concerned students are expected to participate in the programme without fail.



Fr. Dr. Paulachan K.J

(Principal)



REPORT

The P.G. Department of Social Work in association with the Women Cell of the College, organized an awareness programme titled **“Hygiene Today, Health Tomorrow”** on 19th February 2026 at Room No. 115, MSW Block.

The programme was conducted with the objective of promoting awareness on personal hygiene practices and their significance in ensuring overall health and well-being. The session aimed to sensitize students about preventive health care, the importance of cleanliness, menstrual hygiene management, and healthy lifestyle habits.

The resource person for the session was Ms. Princy Babu, Hygiene Trainer, CRP & Resource Person of Kudumbashree Auxiliary Group. She delivered an informative and engaging session highlighting:

- The importance of personal and environmental hygiene
- Safe menstrual hygiene practices
- Prevention of communicable diseases through proper sanitation
- Healthy daily habits for physical and mental well-being
- The role of young women as health ambassadors in their families and communities

The session was interactive, allowing participants to clarify their doubts and share their experiences. The resource person emphasized practical and affordable hygiene measures that can be adopted in daily life.

Women Cell coordinators were present for the programme. As instructed, two girl students from each class attended the session, ensuring wider dissemination of the knowledge shared. The participants actively engaged in the discussion and expressed that the programme was informative and beneficial.

The programme concluded with a vote of thanks, expressing gratitude to the resource person for her valuable insights and to the faculty members for their cooperation in ensuring student participation.

The programme was successful in achieving its objective of creating awareness about hygiene and encouraging responsible health practices among students.

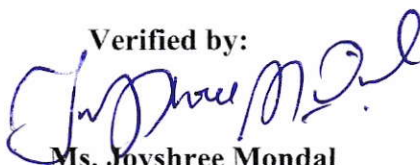
Prepared by:



Ms. Reni V. Kalayil

Asst. Professor

Verified by:



Ms. Joyshree Mondal

HoD, P.G Dept of Social Work

Approved by:



Rev. Fr. Dr. Paulachan K J

Principal & Exe. Director

PROGRAMME SCHEDULE

Date: 19 February 2026

Time: 2.15 p.m. – 3.15 p.m.

Venue: Room No. 115, First Floor, MSW Block

Organized by: Women Cell in association with P.G. Department of Social Work

Registration of Participants

Prayer

Student Representative

Welcome Address

Ms. Aiswarya.S.Nair

Introduction of the Resource Person

Ms.Reni.V.Kalayil

Assistant Professor, Dept.of Social Work

Awareness Session

Ms. Princy Babu

Hygiene Trainer, CRP & Resource Person,

Kudumbashree Auxiliary Group

Interactive Session / Q & A

Resource Person

Vote of Thanks

Student Representative



BROCHURE



WOMEN CELL
In association with PG Department of Social Work
Organizes



WOMEN CELL
In association with PG Department of Social Work
Organizes

HYGIENE TODAY, HEALTH TOMORROW

Date : 19-02-2026
Time : 2.15 p.m. - 3.15 p.m.
Venue: Room No. 115, First Floor, MSW Block

Resource Person:



Ms. Princy Babu
(Hygiene Trainer, CRP &
Resource Person of Kudumbasree
Auxiliary Group)



Women Cell Co-ordinators:
Dr. Jeena Antony
Ms. Rejitha K. Ravi
Ms. Reni V. Kalayil

Student Co-ordinators:
Ms. Anusree K. S.
Ms. Alpha T. George
Ms. Aiswarya S. Nair

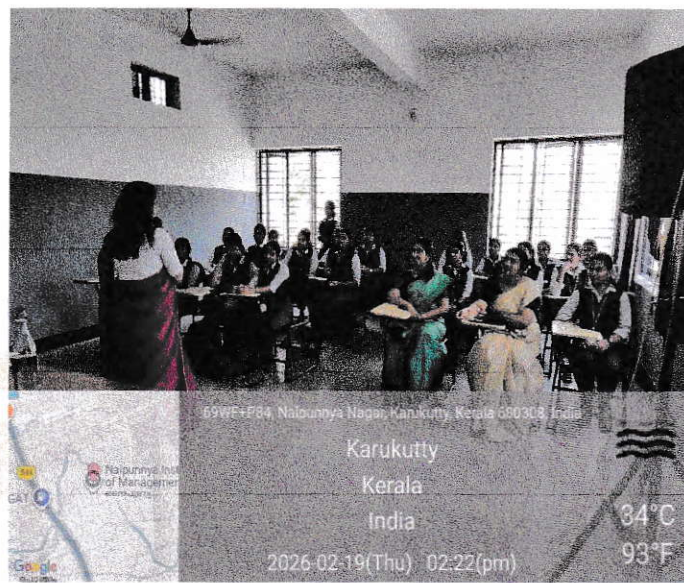


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Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308

PHOTOGRAPHS



PARTICIPANT'S LIST

Name of the Event: *Hygiene Today, Health Tomorrow*

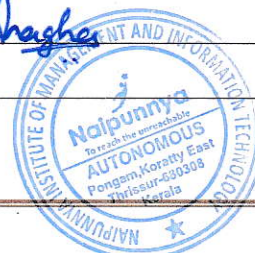
Date: *19.02.2026*

Class:

Sl. No.	Name	Signature
1.	<i>Alpha. T. George</i>	<i>[Signature]</i>
2.	<i>Marie Johnson</i>	<i>[Signature]</i>
3.	<i>Shilpa Balan</i>	<i>[Signature]</i>
4.	<i>Fakhima</i>	<i>[Signature]</i>
5.	<i>Moniranda.</i>	<i>[Signature]</i>
6.	<i>Diswanya. Alex</i>	<i>[Signature]</i>
7.	<i>Rose</i>	<i>[Signature]</i>
8.	<i>Dani James</i>	<i>[Signature]</i>
9.	<i>Helma Thomas</i>	<i>[Signature]</i>
10.	<i>Alexa Pipi</i>	<i>[Signature]</i>
11.	<i>Eponika. K.S</i>	<i>[Signature]</i>
12.	<i>Diya. K</i>	<i>[Signature]</i>
13.	<i>Athulya Johny.</i>	<i>[Signature]</i>
14.	<i>Aleena Jihy</i>	<i>[Signature]</i>
15.	<i>Pooja Joshy</i>	<i>[Signature]</i>
16.	<i>Parithi. T.V</i>	<i>[Signature]</i>
17.	<i>Aleena K.J</i>	<i>[Signature]</i>
18.	<i>Drupama.</i>	<i>[Signature]</i>
19.	<i>Anagha. C.S</i>	<i>[Signature]</i>
20.		

Event Coordinator

[Signature] **Reeni. V. Kalayil**



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