Awareness Programme on "Hygiene Today, Health Tomorrow."

Date of Event: 19.02.2026

Faculty in charge :

Ms.Reni.V.Kalayil

Ms.Rejitha K Ravi

Dr. Jeena Antony

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REPORT

The Women Cell of the College, in association with the P.G. Department of Social Work, 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:	Verified by:	Approved by:
Ms.Reni.V.Kalayil	Dr.Joy Joseph Puthusserry	Principal

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NAIPUNNYA WOMEN CELL

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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
(Hygine 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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PROGRAM 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

2.00 p.m. – 2.15 p.m.	Registration of Participants	Women Cell Members
2.15 p.m. – 2.18 p.m.	Prayer	Student Representative
2.18 p.m. – 2.25 p.m.	Welcome Address	Women Cell Coordinator
2.25 p.m. – 2.30 p.m.	Introduction of the Resource Person	Faculty Member, Dept. of Social Work
2.30 p.m. – 3.05 p.m.	Awareness Session on "Hygiene Today, Health Tomorrow."	Ms. Princy Babu, Hygiene Trainer, CRP & Resource Person, Kudumbashree Auxiliary Group
3.05 p.m. – 3.12 p.m.	Interactive Session / Q & A	Resource Person
3.12 p.m. – 3.15 p.m.	Vote of Thanks	Student Representative

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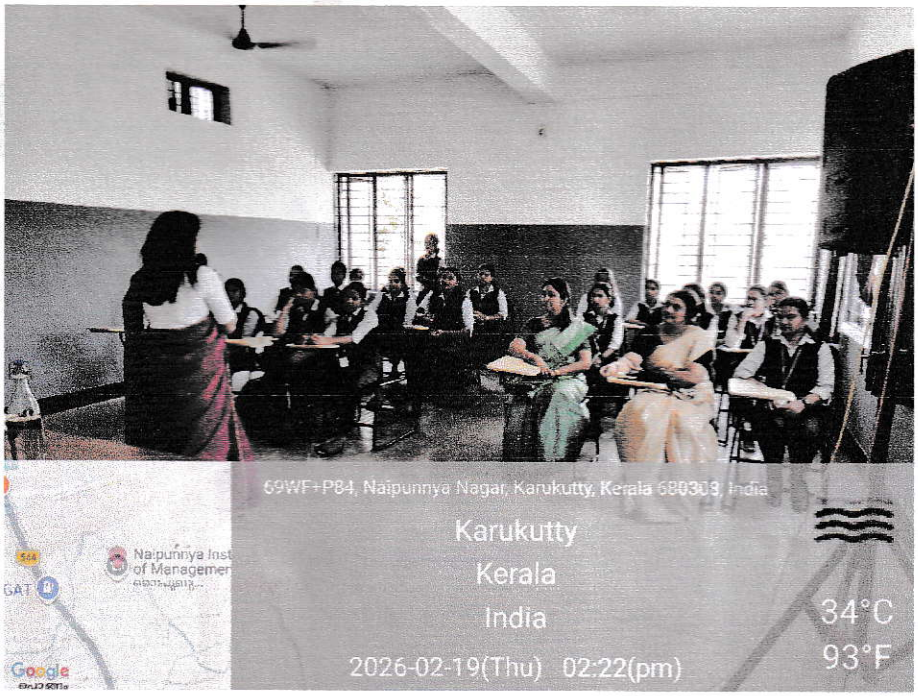
PHOTOGRAPHY





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