

Awareness Program on 'Healthy Body, Healthy Mind'

On September 1, 2023, an impactful awareness program was conducted by Women Cell in collaboration with Political Science Department. The resource person was Rev. Sr. Rency, Vice Principal and Convener of the Women's Cell.

The Resource Person emphasized the significance of maintaining proper hygiene in a girl's life. She discussed the following points:

1. Menstrual Hygiene: Proper menstrual hygiene practices and the use of sanitary products.

2. Sanitation Awareness: The seminar also shed light on the importance of sanitation and cleanliness. Key points included:

- The role of a clean environment in maintaining overall health.
- Proper methods of waste disposal to prevent environmental pollution.
- Keeping one's personal space tidy and organized.

3. Dressing Sense and Decency: The speaker discussed the significance of appropriate dressing for girls

Dressing Decently: The importance of dressing modestly and appropriately for different occasions. The speaker stretches on how clothing choices can reflect one's personality while maintaining modesty adhering to the institutional dress codes respecting institutional norms.

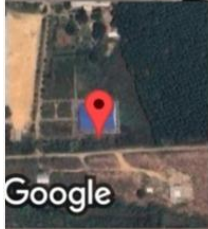
4. Building a Healthy Friend Circle: The seminar emphasized the need for a supportive and healthy friend circle:

Positive Influence: Surrounding oneself with friends who promote positive behaviours and attitudes

The Health Seminar on "Healthy Mind and Healthy Body" provided valuable insights into the holistic well-being of girls. Vice Principal Rev. Sr. Rency Sebastian highlighted the importance of personal hygiene, sanitation, dressing sense, and maintaining a positive and healthy friend circle. These key takeaways will empower the attendees to lead healthier lives physically, mentally, and socially.



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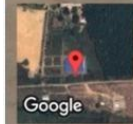


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