



Office-Principal

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Towards Excellence...

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Report



Title of the Programme: 15 Days Certificate Course on “Health and Hygiene”

Department of Sociology in collaboration with Internal Quality Assurance Cell organized the 15 days Value-Added Course on the title “Health and Hygiene” sensing the demand of the time which focuses the need to be ‘Healthy and Hygienic’ in day-to-day life.

The course started with the welcome speech of the coordinator of the course Dr. Aradhna Dubey (Coordinator, Internal Quality Assurance Cell). The trainer of the course was Dr. Anju Singh (Faculty Member, Sociology) in which she explained the following points to the students:

- Introduction to Health and Hygiene.
- Basic concepts of maintaining Hygiene.
- Personal Environmental Food and Oral Hygiene.
- Common illness related to poor Hygiene.
- Daily routine to maintain personal hygiene.
- Healthy Hygiene Habits.
- Proper care while bathing handwashing and dental cleaning process.
- Proper use of personal care products like soap shampoo toothpaste etc.
- Importance of clean clothes and grooming.
- Discussion on puberty related hygiene for adolescents.
- Keeping Living hey species clean and organised.




**Govt. J.M.C. Mahila Mahavidyalaya,
Mandla, M.P.**



Department of Sociology
organizes

**15 Days Skill Based Certificate Course on
“Health and Hygiene”**
Under the Guidance of Internal Quality
Assurance Cell

Date: 13/01/2022-02/02/2022 Time: 12.00 Hrs-14.00 Hrs Venue: Seminar Hall (Room No. 10)



Trainer: Dr. Anju Singh (Faculty Member (Sociology))
Coordinator: Dr. Aradhna Dubey (IQAC Coordinator)
Principal: Dr. S.N. Khare



L. Waste management and recycling.

M. Safe food handling practices like storage preparation cooking.

N. Importance of clean water and sanitation.

O. Awareness of environmental pollution and its impact on health.

She addressed issues of personal healthcare, hygiene and prevention of illness, menstrual problems and overcoming the anaemia and menstrual hygiene etc., she also stressed that the urgent need for both adolescent girls and boys are programmes, which help deal with their own wellbeing, their health bodies and their sexual lives.

The trainer also discussed with the students during the course that:

Stress doesn't only make us feel awful emotionally, it can also exacerbate just about any health condition you can think of. Studies have found many health problems related to stress. Stress seems to worsen or increase the risk of conditions like obesity, heart disease, Alzheimer's disease, diabetes, depression, gastrointestinal problems, and asthma. Experiencing anxiety or depression can make it difficult to eat well, but good nutrition is necessary for your mental wellbeing.

A healthy lifestyle can be beneficial for one's mental health. Thus, identifying healthy lifestyle choices that promote psychological well-being and reduce mental problems is useful to prevent mental disorders. The aim of this longitudinal study was to evaluate the predictive values of a broad range of lifestyle choices for Positive Mental Health (PMH) and Mental Health Problems (MHP) mostly in Indian Students and especially the youth generation of our country. Besides imparting motivational speeches, the

college authority arranged a health check-up programme for the students and staff respectively.

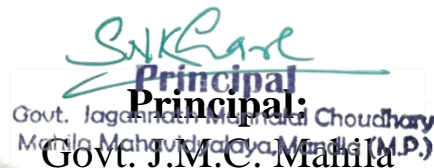
The number of benefitted students was 62. The certificate courses ended with the distribution of the certificates among the students.


Trainer:

Dr. Anju Singh
Faculty Member
(Department of
Sociology)


Organizer:

Dr. Aradhna Dubey
Coordinator, Internal
Quality Assurance Cell


Principal:
Govt. J.M.C. Mahila
Mahavidyalaya,
Mandla, M.P.

