

Criterion 5

Student Support & Progression

5.1.2: Capacity and Skill Enhancement- Life Skills



**Government Arts and Science College
Kozhinjampara**

METRIC 5.1.2

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Health Awareness Program 2019

Women cell and Ahalia hospital jointly organized a Health Awareness Program about 'Ayurvedic Remedies for Gynecological Problems' On 08/03/2019, 10.30 am at College Auditorium. Dr Amrita MR ASST Professor Department of Women Health, Santhigiri Ayurveda Medical College Olassery Palakkad led the class. Smt. Uma Maheswari k Women cell coordinator gave Welcome address. Dr k Mani gave Presidential address. Inaugural address was given by Remya Raveendran, Vanitha Committee Convenor AMAI. Felicitation was given by Rajesh C Hod Department of physical education, Hemaltha C Department of Commerce, Aruna K College Union vice Chairperson. Dr Bishnu S Prasad Chittoor Area Secretary, AMAI gave vote of thanks.

Horticulture

The Horticulture unit has 23 students. They have completed 20 hours in various skills associated with this unit. The unit has converted around 1 acres of waste land surrounding the academic block in to cultivating land. For ensuring proper irrigation drip irrigation and sprinkler irrigation system has started. The unit has planted around 200 flowering plants and set up a medicinal and Cactus Garden. Along with this the preliminary work relating to setting up a vegetable garden is going on.



Soap Making

The unit titled Soap Making Unit initiated under EWYL Programme has been intended to be engaged in producing bathing soap, washing soap, and washing products from the respective kits purchased from the leading Soap manufacturing Company. The department of commerce hereby given a platform for the commerce students to learn about manufacturing, weighing, packing, sales and other commercial activities.

Objective and Scope

The project aims to train the selected students for manufacturing of bathing soap, washing soap & washing powder and packing and supply to the market. It also aims to generate revenue for the institute.

Mrs. Arsath, Managing Director of the Happy Soap Manufacturing Unit had given hands-on training on the manufacturing of bathing soap, washing soap, and washing powder. on 19th Feb 2022 immediately after the inauguration of the EWYL Programme at College auditorium. The kit of 26 numbers of bathing soap, washing soap and washing powder was purchased from Happy Soap Manufacturing Unit, a leading soap and allied manufacturing and exporting company in Palakkad. Other required materials have been purchased from the local market and Palakkad where it is available. One kit of each item has been used for the hands-on training. The 23 students produced the bathing soap, washing soap and washing powder from the remaining 25 kits and packed them on every Saturday and also from 3.30pm to 4.30pm after regular class hours at the library room and available B. Com classrooms.



Stiching Unit

One out of the seven units selected by the Department of Commerce under EWYL Scheme was Stiching unit. It started its activities on 19/02/2022 itself. Two machines were purchased at first along with required stitching materials and 14 students from both first year and second year B.Com. were selected and given hands-on training to all in the presence of trainer Smt.Radhika for two days. It took much time to run the

machine for some students and some other caught it easily. After two full days training, they started stitching bags, four students made ten bags and others two each. Since the no. of machines available for practice is only two, it takes time to complete the work on time. Inexperience of the students in this field brings frequent repair of the machines which lead to additional cost. The unit is still performing its activities on all working days at free hours.



Paper bag and Pen

The Department of Commerce of GASCK have undertaken 7 units under EWYL Scheme, one of them is paper pen and paper bag unit. The students from I and II B.Com. (15 Nos.) participated in the program. The unit started its activities on 12/03/2022 Saturday. The training was given on both items by Kum. Kavya on the first day and the students made 5 pens and 5 bags each on the same day. Then on free hours and on Sundays they made 35 pens and 10 bags each. It was very interesting for the students and they enjoyed working on it.



Disaster management training program

NSS unit of Govt. arts and science college kzhinjampara and Red cross chittur area jointly conducted one day disaster management training programme at college auditorium. The programme inaugurated by Kumari. REMYA HARIDAS honorable M.P. Alathur. Presidential address delivered by Smt. Amala. A. K. college principal. NSS programme officer Hemalatha c welcomed the programme. Vrindaunni, Chairperson IRCS, chittur branch, Sri. Arjunanmaster, Sursh, A, Chendhamarakshan, Chribuna viswas Vice principal and Rajesh. C physical education have delivered the felicitation. After the formal inauguration Under the guidance of ArunBasker, District Fire officer Palakkad, Fire and rescue Mock drill and practical training given to our students. 20 fire and Rescue officers from Palakkad and chittur station jointly gave us practical training on various rescue operations on fire, flood, hanging in building, gas leakage and disaster management. All students and teachers were participated in this training programme. Our students other than NSS students concerned it was a new experience as they can gain practical knowledge on these fire and rescue operations. The programme ended at 5. pm. by vote of thanks by U. Smrithy.



Beautician Course

The Beautician course was conducted by Hindi department. The Co-Ordinator of this Program was Dr. Nisha Lekshmi P. Total 16 students of various departments were participating in this program. Smt. Smisha Beautician Star Beauty Parlour, Kozhinjampara leads the classes. Total no. of hours was 20 including theory & practical. The course includes facial, threading, pedicure manicure and mehandi designing. The first class was started on 19/02/22 at 10am. In this Class Smt. Smisha taught about basic steps of threading and facial. Mainly concentrated theory part and also different steps of facial were introduced. The class ended by clearing numerous doubts of students regarding the topic.

The second class was on 26th February 2022. In this class students learned more steps about facial including face massage. Students use rest of the time for practical she gave demonstration by using two of our students for better understanding. It gave more clarity about

the way of implementing facial and massage. Last class was held on 5th March 2022. The class was about pedicure and manicure. Trainer introduced different tools for these activities.

According to this, she did practical activities. After this, students did mehndi designs, which was beneficial to them. Totally students got 18 hours of classes, once in week with 6 hours per day. In two working days each one-hour students practice different hair style also.



Ornamental Fish Farming

The Dept. of biochemistry had submitted “Ornamental Fish Farming and Sales of Fishes & Aquatic Plants” as the program for Earn While You Learn (EWYL) which was got approved by the college. We have 3 students from Ist BSc and 2 students from IInd B. Sc. in the program team. Their names are as follows

1. Aadil: Ist B. Sc
2. Sreenath : Ist B. Sc
3. Niyas : Ist B. Sc
4. Anjitha Prabha : IInd B. Sc
5. Fidha : IInd B. Sc

We started the preliminary works for establishing the infrastructure needed for the program from 02.03.2022, Friday by contacting firms which grow and market ornamental fishes near Kozhijampara and Palakkad town. The shops which offered lowest rates and best quality were selected. The preparation works of the space provided for establishing aquariums were done on the following days and preliminary materials were also purchased. From 4.3.2022 onwards the aquariums were installed by the students and the process completed within three days. Following acclimatization of the tanks fishes were released into the tanks and observed their activity and survival rates on the following days. It was an encouraging result we got. On 10.03.2022 we got the first set of eggs hatched with nearly 30 livefishlings which were safely shifted to one of the exclusive tanks meant for the purpose. The work is going on and we plan to increase the number of high breeding fishes in the tanks on the coming days.



Art and Craft

As a part of EWYL scheme sponsored by the Government of Kerala, Department of Tamil in Govt Arts and Science College has selected Tamil DTP and Arts and Craft as working activity. Tamil department has provided an opportunity for the students to acquire work experience in the above mentioned activities. For this purpose department has appointed an experienced external instructor to train the students. Ms Ajitha provided the art and craft classes for the students. The classes were held on 19-02-2022 and 05-03-2022. Twelve students selected from first and second year were actively participated in the classes. Students got trained for making ornaments, flowers, glass paints and embroideries etc. The students practiced these activities in every evening after regular classes from 3.30pm to 4.30pm.

Activities included in the Session are;

- Glass painting.
- Necklace making.
- Double layered necklace making.
- Bangle making.
- Paper craft including flowers making.
- Earring making with paper, fabric, thread etc.
- Embroidery



Azolla Cultivation

Azolla, also known as mosquito fern, duckweed fern, fairy moss and water fern, is a genus of freshwater ferns that grows floating on water surfaces in temperate and subtropical regions throughout the world. Azolla is the only known plant where a nitrogen fixing cyanobacterium lives in cavities inside the plants photosynthesizing leaves. Under ideal conditions it grows exponentially, doubling its biomass every two days. The cyanobacterium fixes nitrogen, an essential plant nutrient, from the air and makes it available to the fern. In turn the fern provides the cyanobacterium with carbon fixed through photosynthesis and a favourable environment to grow. Besides the nitrogen fixing cyanobacterium a number of other bacteria are found in the leaf cavities of Azolla. This has led scientists to suggest that Azolla should be considered a “superorganism”; an organism made up of many organisms.

The most common uses of Azolla are as organic fertilizer and as an animal fodder rich in nutrients and protein. Azolla can be used as fertilizer and soil improver for many plants. Azolla is a best alternative for chemical fertilizer, it substantially increases the amount of nitrogen fertilizer available to growing rice and it has been used for thousands of years as a ‘green’ nitrogen fertilizer to increase rice production. Another use of Azolla is wastewater treatment, as a water quality indicator, for controlling algal blooms and mosquitoes and for production of biofuels such as biogas and bioethanol. Azolla can take nitrates and phosphates out of fresh water bodies and reduce algal growth in areas where there have been algal blooms. Azolla is much more explored as an animal fodder. In India, it is common to cultivate Azolla as a supplemental fodder for cows and poultry, other animals that have been shown to eat Azolla are earth worms, snails, shrimp, fish, geese, rabbits, goats, sheep, pigs and horses. Trials on dairy animals have shown that animals whose diets have been supplemented with Azolla have an increase in milk yield that is higher than that expected based on the nutritional content of Azolla alone. Feeding Azolla to poultry has also been shown to improve the weight of broiler chickens and increases the egg production of layers.

PARTICIPATION SUMMARY

- The EWYL scheme sponsored Azolla cultivation was carried out by Dept of Microbiology, gave awareness on the usage of Azolla as biofertilizer (nitrogen fixer) and animal feed.
- Ten selected UG students actively participated in Azolla cultivation and they got training on bed making, nutrients addition, azolla inoculation, harvesting, maintenances and packing.
- It also aims in generation of revenue for the institute.

LIST OF UG STUDENTS GOT BENEFITED BY THIS SCHEME

- | | |
|------------------|----------------------------------|
| 1. Ujjual S | 1 st BSC Microbiology |
| 2. Ayush K P | 1 st BSC Microbiology |
| 3. Benny Akash J | 1 st BSC Microbiology |
| 4. Febin A | 1 st BSC Microbiology |

5. Kousika.M	1 st BSC Microbiology
6. Archana R	2 nd BSC Microbiology
7. Arya S	2 nd BSC Microbiology
8. Nikitha J	2 nd BSC Microbiology
9. Sneha Mohan	2 nd BSC Microbiology
10. Sneha S Kumar	2 nd BSC Microbiology

Production Process and Finished Product

- An artificial pond is created with a size of 6x4 ft.
- A silpauline sheet of required dimensions is spread over the land and secured properly.
- Sieved fertile soil at 10-15 kg is spreaded over the sheet.
- 1 kg of cow dung is spreaded over the soil.
- Superphosphate at 10-20 kg is added along with cow dung.
- The pond should be filled with water to height of 10cm.
- 1kg Azolla mother culture added to pond and 20 g of micronutrient are added.
- 1.5 kg of Azolla can be harvested each day after 10-12 days of inoculation.

TRAINING PROGRAMME (1/2 DAY) (24/2/2022)

Training programme on Azolla cultivation was given by Mr. Pragatheesh S., Agronomist in Horticulture, Department in Agriculture resources and Environment Ahalia campus, Palakkad.





DAY 1-LAND PREPARATION (3 HOUR) (03/03/2022)



DAY 2 AND 3- TANK SETTING USING HOLLOW BLOCKS (5 HOUR)



DAY 4- COWDUNG AND FERTILE GARDEN SOIL COLLECTION AND PROCESSING (3 HOUR) (05/03/2022)



DAY 5- BED PREPARATION (3 HOUR) (07/03/2022)



DAY 6- AZOLLA CULTURE INOCULATION (Procured from TNAU-Paddy research department Coimbatore) (1 HOUR) (08/03/2022)





DAY 7-SHADE NET SETTING ABOVE AZOLLA TANK TO GET PARTIAL SUNSHADE (2 HOUR) (09/03/2022)



- Regular watering, addition of nutrient supplements and gentle mixing of bed till 7 days.

HARVESTING OF WELL GROWN AZOLLA (17/03/2022)





HARVESTED AZOLLA



- Half kilogram Azolla culture was inoculated in the bed, during harvesting (after 9 days) it weighted 2.5 Kg.

OUTCOME OF THE SCHEME

1. Students got earning while learning.
2. Students got awareness about the uses of Azolla and its importance.
3. Hands on training provide better knowledge about the program and one student involved in this program started Azolla cultivation in his house and using it as poultry feed.



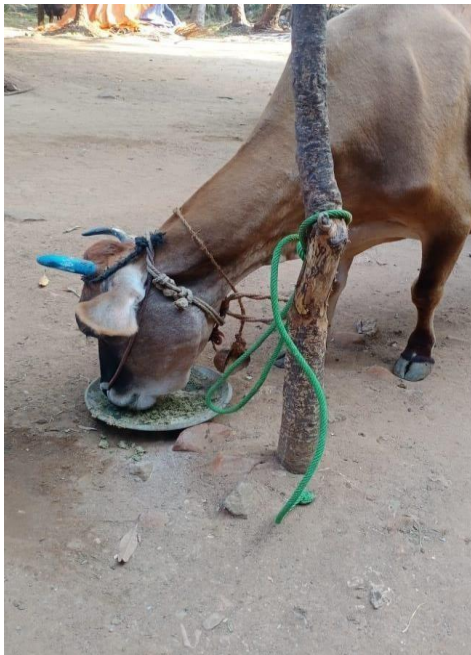
Azolla growth (Benny Akash's house)



Poultry feed

USED AZOLLA AS CATTLE FEED

Cow feed



Goat feed



Used as Biofertilizer (Nitrogen fixer)



Paddy field- inoculated with Azolla



Rose

Mushroom Cultivation

Mushrooms are one of best diet components, as they are good source of protein and rich in vitamins and nutrients. Besides, they are having very less amount of cholesterol and carbohydrates making them an ideal diet for cardiac and diabetic patients. Mushroom cultivation is one of the most profitable business which require a low investment and less space. Cultivation of mushrooms is an indoor activity as it does not require sunlight, agricultural land and can be carried out throughout the year under controlled environmental conditions. Mushrooms are cultivated using agricultural residues like straw as substrates and thereby improving the sustainability through recycling of organic waste.

Objective and Scope

The project aims to train the selected students for mushroom cultivation, harvesting, packing and supply to the market. It also aims in generation of revenue in the institute.

List of students

Ten students from microbiology department(first and second year BSc. Microbiology) were selected based upon their interest in the programme. The details are:

Sl. No.	Name of the student	Class
1	Abishek T.	I BSc. Microbiology
2	Aswin M.	I BSc. Microbiology
3	Athira S Nair	I BSc. Microbiology
4	Jyothish S.	I BSc. Microbiology
5	Shahana Sherin P.T.	I BSc. Microbiology
6	Siraj Ahammed V.	I BSc. Microbiology
7	Radhika B.	II BSc. Microbiology
8	Gayathri S.	II BSc. Microbiology
9	Sneha M.	II BSc. Microbiology
10	Jereena P.	II BSc. Microbiology

The programme was co-ordinated by Mrs. Nimi Narayanan, Assistant Professor, Department of microbiology, Government Arts and Science College Kozhinjampara. The materials needed for mushroom cultivation- paddy straw, sterilization agents, sterilization vessels, packing cover, mushroom spawn and other accessories were purchased from local market.

Cleaning and sterilization of cultivation room

The metals racks and wooden supports meant to hang mushroom beds were cleaned thoroughly with water and dettol to remove the microbes. They were placed inside the cultivation room which was cleaned using dettol and bleaching powder. The air inside the room was sterilized by fumigation.



Preparation of substrate

Dried, golden yellow colored paddy straw, collected from local vendor was used as the substrate. It was sterilized by immersing it water with sterilization agents in plastic drums. After overnight incubation, the sterile paddy straw was dried under sunlight. The



surface of the silpaulin sheet was sterilized by dettol. The sterile, wet straw was spread over it and kept under sunlight. It was dried till the straw attained fifty percent moisture.







Hands-on training on mushroom cultivation

Before starting the cultivation process, a session was conducted to create awareness on theoretical and practical aspects of mushroom cultivation among the students. It was handled by Mr. Pragatheesh, Agronomist, Ahaliya Institute, Kozhippara and he provided hands-on training on mushroom cultivation.



Packing of mushroom beds

Packing covers (HM cover) was tied at one end using rubber band and put a small amount of mushroom spawn in it. It was overlaid with an air tight layer of sterile paddy straw of about 2 inch height. Towards the periphery of this layer, mushroom spawn was spread in such a way that it was on direct contact with packing cover. The next layer of paddy straw (about 2 inch) was packed over it with a peripheral layer of spawn. The process was repeated to fill the entire packing cover to get the mushroom bed. Holes were made on packing cover with sterile needle.



Arrangement of mushroom beds

The mushrooms beds were placed on rope tied to sterile metal racks and wooden supports. The floor was covered with wet jute bag to provide sufficient humidity. The room temperature was checked using thermometer. Two windows protected with mosquito net was kept open to provide sufficient aeration.



Growth of mushroom



The growth of mushroom was confirmed by development of mycelial growth as white layer spreading over the entire bed. The atmospheric temperature and low humidity during summer can affect time taken for mushroom bud formation. So we are expecting to harvest the mushroom in coming day.



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EWYL – HINDI DEPARTMENT

BEAUTICIAN COURSE – ACTIVITY REPORT 2021-22

Earn While You Learn (EWYL) program was started on 19/02/2022 at Govt. Arts and Science College Kozhinjampara. Honourable principal Amala. AK inaugurated the program. The BEAUTICIAN COURSE was conducted by HINDI DEPARTMENT. The Co-ordinator of this Program was Dr.Nisha Lekshmi P. Total 16 students of various departments were participating in this program. Smt. Smisha Beautician Star Beauty Parlour, Kozhinjampara leads the classes. Total no. of hours was 20 including theory & practical. The course includes facial, threading, pedicure manicure and mehandi designing.

The first class was started on 19/02/22 at 10am. In this Class Smt. Smisha taught about basic steps of threading and facial. Mainly concentrated theory part and also different steps of facial were introduced. The class ended by clearing numerous doubts of students regarding the topic.

The second class was on 26th February 2022. In this class students learned more steps about facial including face massage. Students use rest of the time for practical she gave demonstration by using two of our students for better understanding. It gave more clarity about the way of implementing facial and massage.

Last class was held on 5th March 2022 there we learned about pedicure and mamanicure our trainer introduced different tools for their activities. According to this, she did practical activities. After this, students did mehandi designs, which was really beneficial to them. Totally students got 18 hours of classes, once in week with 6 hours per day. In two working days each one hour students practice different hair style also. After all, the classes were really interested and beneficial because that place major roles in our daily life about protecting and maintaining healthy skin. Nowadays that is really essential too.

Now also Students are practicing the learned things from their home like threading, facial, massage, pedicure, manicure, mehandi designing etc. Every student has to write and submit student's diary, what they have learned at the end of every class.

CLASS ON LIFESTYLE DISEASES AT COLLEGE AUDITORIUM

04 /10/2019.

NSS unit of govt college kozhinjampara conducted a Class on Lifestyle Diseases at college auditorium. The class was presented by Dr. Deepthi, HOD Santhigiri Ayurveda Medical College, Palakkad. She is having specialization in Preventive medicine. NSS programme officer Hemalatha.c addressed the welcome speech. The class was very informative and useful to the students as it includes dos and don'ts of various habits among the new generation.



Govt Arts and Science College Kozhinjampara Activity Report

1	Title	Women Empowerment program
2	Date	13/7/2022
3	Location of the event	Auditorium, Government arts and Science College Kozhinjampara
4	Organized by	Women Cell, Government Arts and Science College Kozhinjampara and Jana Maitri police station Kozhinjampara
5	Funding agency (if any)	NIL
6	Objective	<ol style="list-style-type: none"> 1. To educate girls students about the different types of Violence against them 2. To provide Knowledge about the different tips of self protection to keep in mind in different situations. 3. To showcase and give demos on different self defence techniques
7	Name and Designation of the key speaker/s	<p>Mr Chribuna Biswas (Vice principal)</p> <p>Mr Anurag (Sub inspector of police, Kozhinjampara)</p> <p>Jameela S (WSDT Vanitha police station)</p>
8	Topic	An awareness class against atrocities and Violence against women
9	Program Summary	<p>The program started at 10 a.m. A welcome speech was given by Women Cell Coordinator, Dr Nisha Lekshmi P. Mr. Chribuna Viswas, Vice Principal, Govt Arts and Science College Kozhinjampara delivered the presidential address Mr. Anurag Sub inspector of police Kozhinjampara inaugurated the function. Dr. Srividya S NAAC co-Ordinator was given felicitation. Mrs. Jameela S. Head trainer of self-defense from Janamaithri Police Station, takes an awareness class against atrocities and violence against women, being on the rise. After the first session at 1.30 pm, demonstrations of self-defense techniques were held by three members of the women's team of Jana Maitri police. Jameela S, Sajitha B (WSDT Vanitha PS), and Bindu K, Beat Officer, provided</p>

		<p>practice sessions on self-defense and how to defend themselves when physically attacked. They also provided the students with many self defense tricks and techniques to develop self-confidence.</p> <p>The program ended at 3 p.m. A few of our students gave feedback on the program, and Athira, M.Sc. a student gave a vote of thanks.</p>
10	No of Active Participants	
	Teachers	8
	Students	88
	Others	6
11	Response of the Participants	Good.
12	Outcome of the programme	<ol style="list-style-type: none"> 1. The students learned about the different kinds of violence that may be faced Girls/ women in any place, including at home. 2. The students have the chance to see a live demo of The self-defence techniques as demonstrated by the trainer and the companion cadets
13	Any other information	Nil
14	Report prepared by	Dr Nisha Lekshmi P, Women cell Coordinator



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Government Arts and Science College, Kozhinjampara Activity

Report

SKILL DEVELOPMENT WORKSHOP

1	Title	Personality Development, Grooming self-confidence workshop
2	Date	28/09/2022(1.30pm)
3	Location of the event	Auditorium, Government arts and Science College Kozhinjampara
4	Organized by	Women cell and Hindustan Unilever limited – Rexona Confidence Academy Chennai
5	Funding agency (if any)	NIL
6	Objective	To improve self-confidence and Personality Development
7	Name and Designation of the key speaker/s	Anjuman Bhanu K A (Zonal Branch Manager South from Hindustan Unilever limited)
8	Topic	Personality Development and Grooming self confidence
9	Program Summary	The Women Empowerment Cell of Govt Arts and Science College Kozhinjampara, in collaboration with Hindustan Unilever Limited, successfully conducted the 'Rexona Confidence Academy' workshop on September 28, 2022. The workshop, attended by 1- 3 year female Degree students, featured a motivational address by Mrs. Anjuman Bhanu from Hindustan Unilever Limited, focusing on personality development, effective communication, personal hygiene, attire selection, and confident demeanour for interviews. The event provided valuable insights and equipped participants with interview skills and self-confidence, culminating with the distribution of Rexona deodorant kits to all attendees. This initiative underscores the commitment of the college and Hindustan Unilever Limited to empowering young women for success in various spheres.
10	No of Active Participants Teachers Students Others	72
11	Response of the Participants	Good.

12	Outcome of the programme	The students learned to enhance their Personality and developed self confidence
13	Any other information	Nil
14	Report prepared by	Dr Nisha Lekshmi P, Women cell Coordinator



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Govt Arts and Science College Kozhinjampara

Activity Report

1	Title	Physical fitness program
2	Date	06/03/2023
3	Location of the event	Auditorium, Government arts and Science College Kozhinjampara
4	Organized by	Women cell Government Arts and Science College Kozhinjampara
5	Funding agency (if any)	NIL
6	Objective	To help each students to feel better regarding their physical , social and Mental health
7	Name and Designation of the key speaker/s	Amala AK Principal GACK Satheesh Aerobic and Zumba trainer Top Winner Dance and fitness Studio Palakkad
8	Topic	Aerobic and Zumba work out
9	Program Summary	<p>The physical fitness program was organised by women cell Govt Arts and Science College Kozhinjampara on 06/03/2023 11.30 am at college auditorium. It was conducted as a part of celebrating International Women’s Day. The program started with a prayer. Dr. Nisha Lekshmi P, women cell coordinator gave Welcome speech and Smt. Amala AK gave an inaugural speech. Pooja Second year BA English student brief about the importance of Women’s day celebration and the felicitation was given by. Dr.Seethalekshmi MP HOD of Commerce Department.</p> <p>The physical fitness program started at 11.45 am. Mr.Satheesh,a certified Aerobic and Zumba trainer led the workout program.He was assist by Mis.Savitha. Mr.Satheesh introduced the students about the importance of Aerobic- Zumba dance work out . After the dance work out begun.All the students participated with enthusiasm.It was highly energetic and useful forthe students.It helped them to reduce mental stress. The program ended at 1 o’clock with the Vote of thanks doneby Nandanavinod, student secretary of the women cell .</p>
10	No of Active Participants	
	Teachers	113
	Students	5
	Others	113

11	Response of the Participants	All the students participated with enthusiasm
12	Outcome of the programme	Aerobic Zumba work out as physical activity management is effective to improve female students health related fitness
13	Any other information	Nil
14	Report prepared by	Dr Nisha Lekshmi P



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Government Arts and Science College Kozhinjampara Activity

Report

1	Title	Health Awareness
2	Date	28/09/2022
3	Location of the event	Auditorium, Government arts and Science College Kozhinjampara
4	Organized by	Women cell Government Arts and Science College Kozhinjampara and Jana Maitri police station Kozhinjampara
5	Funding agency (if any)	NIL
6	Objective	To increase awareness among girls students on Menstrual hygiene
7	Name and Designation of the key speaker/s	Hajira M (Junior Nurse Naleppilli Primary Health Centre & Kala (junior Health Inspector)
8	Topic	Menstrual Health and Hygiene
9	Program Summary	<p>Women cell Govt Arts and Science College Kozhinjampara in association with Naleppilli Primary Health Centre organized a Health awareness program on 28/09/2022 at 10.30 pm. The topic of the program was “Menstrual Health and Hygiene “ The program started with a welcome speech given by Dr Nisha Lekshmi P Women cell coordinator. Dr Sreevidya S Gender sensitisation convener gave the Presidential address. Hajira M Junior Health Nurse Naleppilli PHC and Kala junior Health Inspector Naleppilli PHC were the guest speakers. More than 154 students participated in the program.</p> <p>In this program the Guest speakers spoke about all associated topics related to Menstruation and Personal Hygiene like what is Menstruation, calculation of the period, Physical problem faced by the girls during their periods and ways to deal with it, Maintaining personal hygiene during this period . Traditional myths and misconceptions in rural areas related to menstruation and the usage of Menstrual cup and its benefits were also discussed. After that a doubt- clear section was held. Overall, this program was very useful and informative. The program was wound up by the vote of thanks given by Miss Nandana Vinod B.Com 1st year student.</p>

10	No of Active Participants Teachers Students Others	158
11	Response of the Participants	Good.
12	Outcome of the programme	Students got an awareness about menstrual hygiene, good health and sanitation practices
13	Any other information	Nil
14	Report prepared by	Dr Nisha Lekshmi P, Women cell Coordinator



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