

HEALTH CLUB

Event :I

Name of the Activity

: Awareness Program on First Aid

Venue: Seminar Hall

Academic Year

: 2025-2026

Date: 13.09.2025(Saturday)

Time: 11.00 AM

Report:

Health Club organized an “**AWARENESS PROGRAM ON FIRST AID**” for all the Students. The Resource person, Dr.C.DHANDAPANI, Principal, K.M.G College of arts and Science Gudiyattam, Tamilnadu inaugurated the Health Club on 13.09.2025 at Seminar Hall, K.M.G College of arts and Science (Autonomous), Gudiyattam, Vellore District. About 65 students are benefited in this Health Club.





Event :II

Name of the Activity: "SURVEY ON MULTI-CENTRE STUDY FOCUSSING ON EATING BEHAVIOUR"

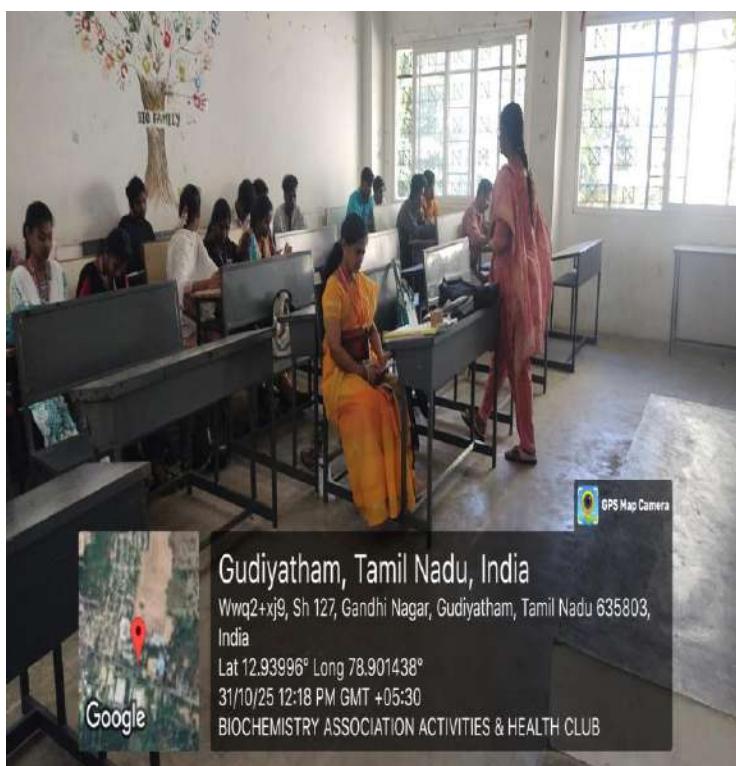
Venue : Seminar Hall

Academic Year : 2025-2026

Date: 31.10.2025(Friday) Time: 11.00 AM

Report:

Health Club organized a “Survey on Multi-Centre Study Focussing on Eating Behaviour” for all the Students. The Resource person, Dr.C.DHANDAPANI, Principal, K.M.G College of arts and Science Gudiyattam, Tamilnadu inaugurated the Health Club on 31.10.2025 at Seminar Hall, K.M.G College of arts and Science (Autonomous), Gudiyattam, Vellore District. About 65 students are benefited in this Health Club.





Gudiyatham, Tamil Nadu, India

Wwq2+xj9, Sh 127, Gandhi Nagar, Gudiyatham, Tamil Nadu 635803, India

Lat 12.939965° Long 78.901434°

31/10/25 12:16 PM GMT +05:30

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BIOCHEMISTRY ASSOCIATION ACTIVITIES & HEALTH CLUB

Event :III

**Health Club &
Social Entrepreneurship Swachhta and
Rural Engagement Cell (SES-REC)**
Jointly Organize
“HEALTH AND PERSONAL HYGIENE”

Date:09.12.2025, Tuesday

Time:02.00 PM

Venue: K.M.G. Seminar Hall

PROGRAMME REPORT

The Health Club and Social Entrepreneurship Swachhta and Rural Engagement Cell (SES-REC) jointly organized the programme titled “*Health and Personal Hygiene*” at the Institution. The event focused on creating awareness on personal wellness, hygiene practices, and the importance of maintaining a healthy lifestyle. The programme was attended by students, faculty members, administrative staff, and Institutional leadership.

Objectives

- To promote awareness on essential personal hygiene practices.
- To educate students on preventive health measures.
- To encourage responsible habits contributing to overall well-being.
- To highlight the role of hygiene in improving quality of life.
- To motivate the campus community to adopt sustainable, healthy routines.

Programme Summary

1. Inaugural Session

- The session began with **Tamizhthai Vazhthu**.
- The dignitaries present included the Managing Trustee, Chairman, Secretary, and Treasurer of the Institution.
- A welcome address was delivered by **Dr. J. Thirumagal, M.Sc., M.Phil., Ph.D., Head & Assistant Professor, PG and Research Department of Biochemistry**.
- **Dr. C. Dhandapani, M.A., M.Phil., Ph.D., Principal, K.M.G. College of Arts and Science (Autonomous)** – Delivered the Honoring Chief Guest & Presidential Address.
- **Prof. R. Gajalakshmi, M.Sc., M.Phil., Assistant Professor, PG and Research Department of Biochemistry** – Introduced the Chief Guest.

2. Key Speaker

- **Dr. A. Rajalakshmi, MD (Psychiatry), Assistant Professor, Department of Psychiatry, Government Vellore Medical College, Adukkamparai** – Served as the Chief Guest and addressed the gathering.

3. Topics Discussed

- Importance of daily hygiene routines for disease prevention.
- Mental well-being and its connection to personal cleanliness.
- Healthy lifestyle practices suitable for youth and academic environments.
- Awareness on preventive health behaviors.

4. Interactive or Practical Segments

- The Chief Guest engaged students with practical advice on maintaining hygiene.
- Students were encouraged to ask questions and clarify common health-related doubts.

5. Student/Staff Involvement

- Faculty members from various departments participated actively.
- Administrative and support staff assisted in event coordination.
- Students contributed through discussions and interactive participation.

Common Dignitaries Present

- **Mr. K.M.G. Balasubramanian**, Managing Trustee
- **Mr. K.M.G. Sundaravadanam**, Chairman
- **Mr. K.M.G. Rajendran**, Secretary
- **Mr. K.M.G. Muthukumar**, Treasurer

Participants

- Nearly **150** participants attended the programme.
- Students from various disciplines participated.
- Faculty members from multiple departments were actively involved.
- Administrative staff and support team contributed to the coordination.
- The Principal and Institutional Heads were present throughout the event.

Outcomes

- Increased awareness among students about personal hygiene practices.
- Enhanced understanding of preventive health behaviors.
- Improved student engagement in wellness-focused discussions.
- Strengthened commitment towards maintaining a hygienic campus.
- Encouraged adoption of healthier lifestyle habits among participants.

Conclusion

The programme on *Health and Personal Hygiene* served as an impactful awareness initiative for the Institution. The insights shared by the Chief Guest and faculty members helped the participants understand the significance of maintaining consistent hygiene practices. The organizing team acknowledges the support of the Institutional leadership, faculty colleagues, and all participants who contributed to the success of the event.



