

# PAAVAI COLLEGE OF ENGINEERING

## Awareness Programme on Health and Hygiene

Held on 10.07.2023

Title of the Event - "Awareness Programme on Health and Hygiene"  
Date of Event - 10.07.2023  
Resource Person Details - Dr.C.ASHOK, Managing Director, Saravana Hospital, Salem.  
Number of Participants - 100

### Event Description :

Our college NSS unit conducted "Awareness program on Health & Hygiene" for the students. Dr. C.ASHOK, Managing Director, Saravana Hospital, Salem invited as chief guest for this programme. The welcome address gave by Mr.B.V.Maheswaran. NSS Programme officer, Paavai college of Engineering, In his welcome address, he insisted the students to utilize the blood donation camps properly. After the welcome address the floor handovers to chief guest.

In chief guest Speech, He encouraged donate them blood periodically and he stated that blood donation is a great gesture to help the needy people or those who are in need of the blood. He advised the students, there are many health issues, which remain silent until it is in a late stage. We do not easily notice the early warning signs of health conditions such as hypertension, cancer, diabetes, kidney problems, and so on. If you want to become a donor, then it is your responsibility to take care of yourself and ensure that you are not spreading any disease.

Additionally, he advised and gave some awareness on AIDS. Finally, he concluded with blood donation will helpful for stimulates blood cell production, weight loss, maintains healthy heart & liver and anti-cancer benefits. The students are interacted and clarified them doubts with the resource person. The session ended with vote of thanks by Principal, Paavai College of Engineering.

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