

# PAAVAI COLLEGE OF ENGINEERING

## Awareness Program on Hygiene and Health

Held on 22.11.2023

Title of the Event	-Awareness Program on Hygiene and Health
Date of Event	-22.11.2023
Resource Person Details	-Dr.R.SENTHILKUMAR, Medical Officer, Government Hospital Rasipuram.
Number of Participants	-80

### Event Description:

Our college NSS unit conducted "Awareness Program on Hygiene and Health" for the students. Dr.R.SENTHILKUMAR, Medical Officer, Government Hospital Rasipuram. invited as chief guest for this programme. The welcome address gave by B.V.Maheswaran. NSS Programme officer, Paavai college of Engineering. 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.

He gave some awareness on COVID-19 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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**Awareness Health And Hygiene-22.11.2023**