

THE TWO-DAY PROGRAMME WAS PRESIDED BY DR. B. KUMARAN,
PRINCIPAL, RAJIV GANDHI ARTS AND SCIENCE COLLEGE.

The Internal Quality Assurance Cell and the Department of Computer Science, Rajiv Gandhi Arts and Science College conducted a two-day programme for women students on “Health and Hygiene for Women” funded by RUSA in association with Internal Quality Assurance Cell (IQAC) of the College on 27.07.17 & 28.07.17. Dr.B.Kumaran inaugurated the programme. Around 160 students benefited from this programme. The objective is to give awareness about women’s health. This includes a health camp, a guest lecture and cookery competition.

The health camp was held on the first day, conducted by a team of 15 members from Sri Venkateshwara Medical and Dental college, Ariyur. Blood samples were collected from the students, identified their blood group and haemoglobin levels. Dental check-up was also done. General counselling was given to the students regarding the ill effects of skipping meal, eating unhealthy snacks and poor diet. After the session, students got their doubts clarified with the doctors.

On the second day, **Mrs. Rosalind Prabha**, Assistant Professor of Psychology, Tagore Arts College gave a lecture on the topic “**Psychological Needs of Adolescence**”. She explained how girls should manage their psychological issues followed by a questionnaire session. After this session, cookery competition took place for women students. The two-day programme was presided by Dr. B. Kumaran, Principal, Rajiv Gandhi Arts and Science College.