

# ST. JOSEPH'S DEGREE COLLEGE, KURNOOL

## DEPARTMENT OF BOTANY

**Activity programme :** AWARENESS PROGRAM ON HEALTH AND HYGIENE

**Classes involved :** II B.Sc

**Time :** 10 to 1 P.M

**Date :** 28-2-2022

**Co ordinators:** K.Vanitha Kumari  
Rabiya Tanzila

Health is recognized as a fundamental issue in community development and as a factor that promotes equity . Health means a state of complete physical ,mental and social well -being and not merely the absence of disease .

Awareness Program on health and hygiene certainly throws lots of light on degrading living conditions of elementary school children.

In order to promote health and hygiene and raise awareness about good hygiene habits in school children, an awareness programme was conducted by Botany department in Government primary school ,Sitaram Nagar .

As part of this Programme II BZC A2 STUDENTS Varalakshmi ,Hyndhavi, Asha Jyothi ,Meghamala visited the primary school along with some Colourful posters explaining healthy habits and healthy nutrition .They motivated children on how to adopt simple healthy habits that can prevent illness.

In 2012 UNICEF identified India with the highest number of child deaths from diarrhoea and pneumonia before their fifth birthday .

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*"Children are the agents of behaviour change. So school is a miniature society*

*where change can be brought.*

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Even though technology and standard of living of people has improved ,a number of health hazards are created in environment .So to identify any misconceptions regarding personal hygiene among primary school children our BZC girls visited the school for educating little ones.

**Objective**

1. To find the extent of awareness on health and hygiene among elementary school children of 1 to 5classes.

2. To motivate children to change their ill habits ,way of living,change in health practices which are detrimental to health.

3. To assess the current level of knowledge and practicing behaviour in regard to daily habits.

### Outcomes

1.School children were sensitized on how to protect themselves from getting gastro and infectious diseases like covid ,flu etc

2.Students got to know how to take care of themselves.





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