



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA
Report on Empowering Health and Hygiene-A Skill Development Programme

Programme Details in a nutshell	
Name of the Event	Empowering Health and Hygiene-A Skill Development Programme
Nature of the Event	Skill Development Programme
Objectives	<ul style="list-style-type: none"> ● Aims to aware students for a good hygiene Practice ● Make them aware about the role of hygiene in maintaining better health.
Resource person	Mr. Sreekumaran Nair M J, Department of Zoology
Date and Time	02-11-2022
Beneficiaries	First year students of 2022
Venue or Platform	Adwaitha hall
Organising dept/ Cell	IQAC and PTA
Coordinator	DR. RESMI R
Outcome/ Benefit of the programme	There was a significant increase in awareness among the students about the importance of hygiene in daily life and its impact on overall health. Many students expressed their commitment to adopting healthier lifestyles, indicating a positive change in attitudes towards health and hygiene.

Detailed Report of the Programme

On 2nd November 2022, a significant event titled "Empowering Health and Hygiene - A Skill Development Programme" was conducted at the Adwaitha hall, specifically targeted towards the first-year students of 2022. This insightful two-hour seminar was organized by the IQAC and PTA of the college, under the able coordination of Dr. Resmi R.



Objectives and Scope: The primary goal was to educate students on the importance of good hygiene practices and the crucial role these practices play in maintaining optimal health. In a world where public health concerns are increasingly prominent, such knowledge is not only beneficial but necessary for individual and community well-being.

Resource Person and Content Delivery:

Mr. Sreekumaran Nair MJ from the Department of Zoology led the session, bringing his expertise to the fore in discussing various aspects of health and hygiene. The seminar delved into topics including personal cleanliness, the importance of regular exercise, balanced nutrition, adequate sleep, handwashing, dental care, and food safety. The approach was interactive, engaging students in discussions about practical and everyday habits that contribute to better health.

Activities and Engagement:

The seminar included interactive discussions and demonstrations on effective hygiene practices. Participants were encouraged to share their views and current practices, creating a platform for open discussion and learning.

Outcome and Benefits:

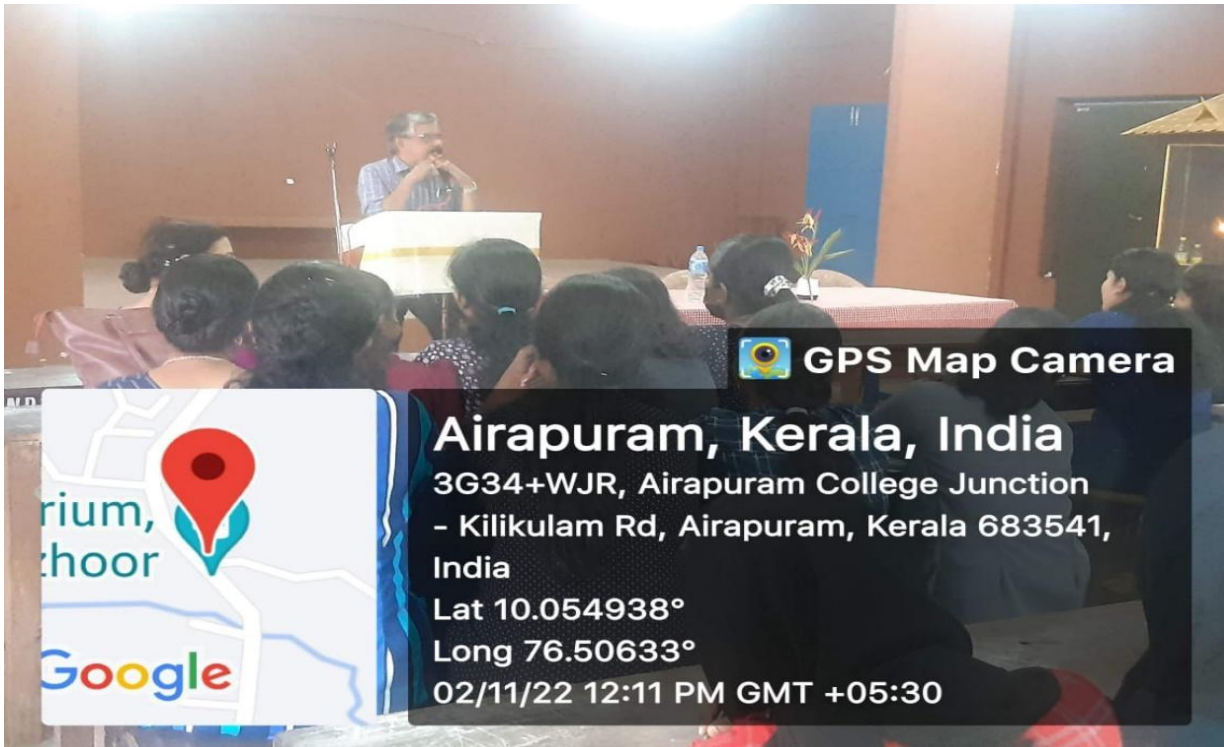
The outcomes of this programme were notably positive: There was a significant increase in awareness among the students about the importance of hygiene in daily life and its impact on overall health. Many students expressed their commitment to adopting healthier lifestyles, indicating a positive change in attitudes towards health and hygiene. Participants gained practical knowledge about hygiene practices. This included understanding the importance of hand hygiene, dental care, and safe food handling techniques. Students learned about the role of hygiene in preventing illnesses and infections, an essential aspect in today's health-conscious world.

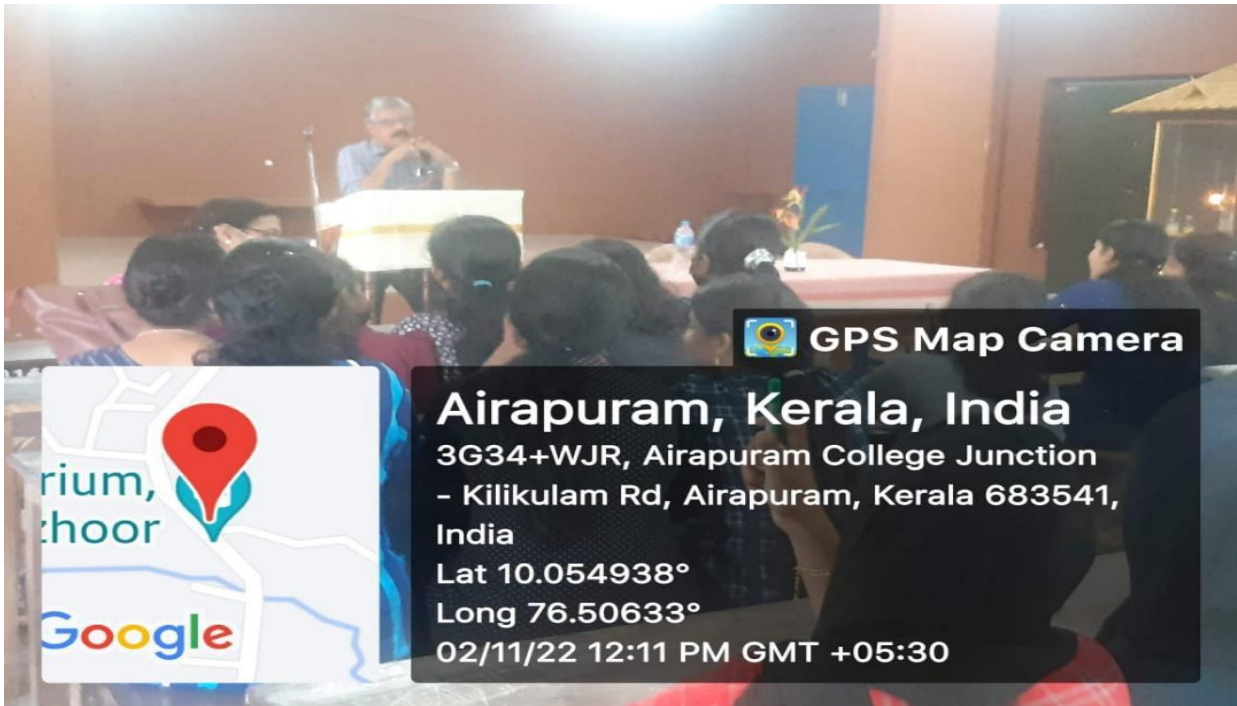
Conclusion: The "Empowering Health and Hygiene - A Skill Development Programme" was a resounding success, achieving its objective of enlightening young minds about the importance of health and hygiene. The seminar went beyond mere



knowledge dissemination; it inspired actionable change among students, equipping them with the necessary tools to lead healthier lives. Such initiatives are vital in fostering a health-conscious and well-informed generation, capable of making informed decisions about their health and well-being.

Photo Gallery





Participant List



SREE SANKARA VIDYAPEEDOM COLLEGE
VALAYACHIRANGARA

ATTENDANCE SHEET

NAME OF THE PROGRAMME: Seminar on health and hygiene

Date:02-11-2023

Sl.No	DEPARTMENT	NAME	signature
1	B.Sc Physics Model I	Adarsh C T	<i>Adarsh</i>
2	B.Sc Physics Model I	Minel Shiraz	<i>Minel Shiraz</i>
3	B.Sc Physics Model I	Nandana Sadanandan	<i>Nandana</i>
4	B.Sc Physics Model I	Praveen Raj K R	<i>Praveen</i>
5	B.Sc Physics Model I	Anfil Mahroof	<i>Anfil</i>
6	B.Sc Physics Model I	Lakshmi Suresh	<i>Lakshmi</i>
7	B.Sc Physics Model I	Saya V. Saif	<i>Saya V. Saif</i>
8	B.Sc Physics Model I	Subhadra Devi V	<i>Subhadra</i>
9	B.Sc mathematics	Aiswarya Sumesh	<i>Aiswarya</i>
10	B.Sc mathematics	Anagha Prince	<i>Anagha</i>
11	B.Sc mathematics	Aswani C S	<i>Aswani</i>
12	B.Sc mathematics	Sreenayana Lejju	<i>Sreenayana</i>
13	B.Sc Chemistry Model I	Arjun K.G	<i>Arjun</i>
14	B.Sc Chemistry Model I	Joshua Presannan	<i>Joshua</i>
15	B.Sc Chemistry Model I	Parvathy P M	<i>Parvathy</i>
16	B.Sc Chemistry Model I	Adithya Shaji	<i>Adithya</i>
17	B.Sc Chemistry Model I	Asif Shemeer	<i>Asif</i>
18	B.Sc Computer Science Model III	Kashyapa T.A	<i>Kashyapa</i>
19	B.Sc Computer Science Model III	Krishna T.A.	<i>Krishna</i>
20	B.Sc Computer Science Model III	Manisha K A	<i>Manisha</i>
21	B.Sc Computer Science Model III	Malavika Rajesh	<i>Malavika</i>



22	B.Sc Computer Science Model III	Sivakeerthy Jayakumar	Sivakeerthy
23	B.Sc Computer Science Model III	Abin K Vijayan	Abin
24	B.Sc Computer Science Model III	Amrutha T A	Amrutha
25	B.Sc Computer Science Model III	Atheena Joseph	Atheena
26	B.Sc Computer Science Model III	Athusree M Nair	Athusree
27	B.Sc Computer Science Model III	Gopika M V	Gopika
28	B.Sc Computer Science Model III	Noyal Joshi	Noyal
29	B.Sc Computer Science Model III	Abhilash Roy	Abhilash
30	B.Sc Computer Science Model III	Anand Raj	Anand
31	B.Sc Computer Science Model III	Freddy Joy	Freddy
32	B.Sc Computer Science Model III	Ganga C Chandran	Ganga
33	B.Sc Computer Science Model III	R Sivasubrahmanian	R Sivasubrahmanian
34	B.Sc Computer Science Model III	Sreesanth V S	Sreesanth
35	B.Sc Computer Science Model III	P M Sudeep	Sudeep
36	B.Sc Computer Science Model III	Sidharth V Krishnan	Sidharth
37	B.Sc Computer Science Model III	Akshay Prathapan	Akshay
38	B.A Economics Model I	Anagha Das	Anagha
39	B.A Economics Model I	Arathy Shaji	Arathy
40	B.A Economics Model I	Sakhishnan P S	Sakshi
41	B.A Economics Model I	Sarin Sabu	Sarin
42	B.A Economics Model I	Shika K Sasi	Shika
43	B.A Economics Model I	Ayana P P	Ayana
44	B.A Economics Model I	Ebeena Baby	Ebeena
45	B.A Economics Model I	Sona Gabriel	Sona
46	B.A Economics Model I	Sreelakshmi Rajan	Sreelakshmi
47	B.A Economics Model I	Swaliha P M	Swaliha
48	B.A Economics Model I	Varsha Sudhi	Varsha
49	B.A Economics Model I	Arsha Sasi	Arsha
50	B.A Economics Model I	Vikas Krishna	Vikas



51	B.A Economics Model I	Abhinav P S	<u>Abhinav P S</u>
52	B.A Economics Model I	Kiran N M	<u>Kiran</u>
53	B.A Economics Model I	Muhammed Bilal N M	<u>Muhammed</u>
54	B.A Economics Model I	Akash Michael	<u>Akash</u>
55	B.A Economics Model I	Akshay Ranjan	<u>Akshay</u>
56	B.A Economics Model I	Amal Santhosh	<u>Amal</u>
57	B.A Economics Model I	Arya T.N	<u>Arya</u>
58	B.A Economics Model I	Ramanand C U	<u>Ram</u>
59	B.A English Language and Literature Model II	Midhun Pattery	<u>Midhun</u>
60	B.A English Language and Literature Model II	Adithyan Dileep	<u>Adithyan</u>
61	B.A English Language and Literature Model II	Preashitha Kai Raju	<u>Preashitha Kai Raju</u>
62	B.A English Language and Literature Model II	Sabira P Sidhique	<u>Sabira</u>
63	B.A English Language and Literature Model II	Sahdiya Salim	<u>Sahdiya</u>
64	B.A English Language and Literature Model II	Sree Varna Babu	<u>Sree</u>
65	B.A English Language and Literature Model II	Sreena C	<u>Sreena</u>
66	B.A English Language and Literature Model II	Vishnu. S	<u>Vishnu</u>
67	B.A English Language and Literature Model II	Vishnu T.J	<u>Vishnu</u>
68	B.A English Language and Literature Model II	Arjun Mohanan	<u>Arjun</u>
69	B.A English Language and Literature Model II	Rahsitha. P. P	<u>Rahsitha</u>
70	B.A English Language and Literature Model II	Jithin Rajan	<u>Jithin</u>
71	B.A English Language and Literature Model II	Sivaja Muraleedharan	<u>Sivaja</u>
72	B.A English Language and Literature Model II	Vishnu Narayanan V V	<u>Vishnu Narayanan</u>
73	B.A English Language and Literature Model II	Athul Dev N S	<u>Athul</u>
74	B.A English Language and Literature Model II	Safhan C R	<u>Safhan</u>
75	B.A Hindi Language and Literature Model I	Abhijith Anil	<u>Abhijith</u>
76	B.A Hindi Language and Literature Model I	Deepa L	<u>Deepa</u>
77	B.A Hindi Language and Literature Model I	Sugandhy Murukan	<u>Sugandhy</u>
78	B.A Hindi Language and Literature Model I	Ananthkrishnan K A	<u>Anantha</u>
79	B.A Hindi Language and Literature Model I	Nikhil S	<u>Nikhil</u>



80	B.A Hindi Language and Literature Model I	Sooraj Rajman	Sooraj Rajman
81	B.A Hindi Language and Literature Model I	Vismaya M	Vismaya
82	B.A Hindi Language and Literature Model I	Jesvin Vincen	Jesvin
83	B.A History Model I	Abhinav Subran	Abhinav
84	B.A History Model I	Akshay C K	Akshay
85	B.A History Model I	Nandhana C S	Nandhana
86	B.A History Model I	Sreehari K A	Sreehari
87	B.A History Model I	Aswathi A M	Aswathi
88	B.A History Model I	Anoop K Mani	Anoop
89	B.A History Model I	Rizvana Shahul	Rizvana
90	B.A History Model I	Sanju Poulose	Sanju
91	B.A History Model I	Akash P Mohan	Akash
92	B.A History Model I	Anupama Rajan	Anupama
93	B.A History Model I	Atheela Siddique	Atheela
94	B.A History Model I	Avani Vijayan	Avani
95	B.A History Model I	Fasna K A	Fasna
96	B.A History Model I	Fathima Sulthana M A	Fathima
97	B.A History Model I	Mahinsha K I	Mahinsha
98	B.A History Model I	Ragi A B	Ragi
99	B.A History Model I	Saliha Aliyar	Saliha
100	B.A History Model I	Yadukrishna Manoj	Yadukrishna
101	B.A History Model I	Merin Eldho	Merin
102	B.A History Model I	Adithyan N S	Adithyan
103	B.A History Model I	Akhila P.N	Akhila
104	B.A History Model I	Albin Joy	Albin
105	B.A History Model I	Arathy E S	Arathy
106	B.A History Model I	Arjun Gopan	Arjun
107	B.A History Model I	Aslam Pareeth.M	Aslam
108	B.A History Model I	Keerthana P S	Keerthana
109	B.A History Model I	Muhammed Iqbal V J	Iqbal
110	B.A History Model I	T S Suraj	Suraj

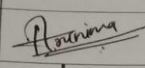
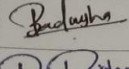
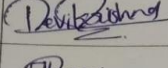
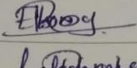
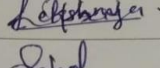
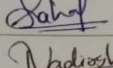
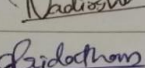
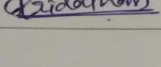


111	B.Com Model I Finance & Taxation	Amitha Raj V R	<i>Amitha</i>
112	B.Com Model I Finance & Taxation	Anandu Krishnan	<i>Anandu</i>
113	B.Com Model I Finance & Taxation	Anupama Revi	<i>Anupama</i>
114	B.Com Model I Finance & Taxation	Ardra Chandran	<i>Ardra</i>
115	B.Com Model I Finance & Taxation	Aswany Sivan	<i>Aswany</i>
116	B.Com Model I Finance & Taxation	Keerthana K K	<i>Keerthana</i>
117	B.Com Model I Finance & Taxation	Akhil V M	<i>Akhil</i>
118	B.Com Model I Finance & Taxation	Amal Fathima P A	<i>Amal</i>
119	B.Com Model I Finance & Taxation	Amaldev V Anil	<i>Amaldev</i>
120	B.Com Model I Finance & Taxation	Anjaly Bijoy	<i>Anjaly</i>
121	B.Com Model I Finance & Taxation	Anjana Preman	<i>Anjana</i>
122	B.Com Model I Finance & Taxation	Arjun K Shaiju	<i>Arjun</i>
123	B.Com Model I Finance & Taxation	Parvathy Biju	<i>Parvathy</i>
124	B.Com Model I Finance & Taxation	Safreena M.S	<i>Safreena</i>
125	B.Com Model I Finance & Taxation	Abhay M R	<i>Abhay</i>
126	B.Com Model I Finance & Taxation	Ayana Mohanan	<i>Ayana</i>
127	B.Com Model I Finance & Taxation	P G Sidharth	<i>P Sidharth</i>
128	B.Com Model I Finance & Taxation	Parvathy Sunil	<i>Parvathy</i>
129	B.Com Model I Finance & Taxation	Jobin Saju	<i>Jobin</i>
130	B.Com Model I Finance & Taxation	Athulya N S	<i>Athulya</i>
131	B.Com Model I Finance & Taxation	Blessy Baby	<i>Blessy</i>
132	B.Com Model I Finance & Taxation	Chandra Bhasi	<i>Chandra</i>
133	B.Com Model I Finance & Taxation	Ebrahim Badusha	<i>Ebrahim</i>
134	B.Com Model I Finance & Taxation	Harinath K M	<i>Harinath</i>
135	B.Com Model I Finance & Taxation	Sarath K Syam	<i>Sarath</i>
136	B.Com Model I Finance & Taxation	Sidharth S	<i>Sidharth</i>
137	B.Com Model I Finance & Taxation	Suryadev P S	<i>Suryadev</i>
138	B.Com Model I Finance & Taxation	Arunima G	<i>Arunima</i>



139	B.Com Model I Finance & Taxation	Athira V R	<u>Athira</u>
140	B.Com Model I Finance & Taxation	Govind Vishnu	<u>Govind</u>
141	B.Com Model I Finance & Taxation	Sreenanda O N	<u>Sreenanda</u>
142	B Com Computer Application	Abhiram M.M	<u>Abhiram</u>
143	B Com Computer Application	Adith K D	<u>Adith</u>
144	B Com Computer Application	Adithyan E S	<u>Adithyan</u>
145	B Com Computer Application	Akshay M S	<u>Akshay</u>
146	B Com Computer Application	Akshay Vijayakumar	<u>Akshay</u>
147	B Com Computer Application	Albert Laiju	<u>Albert</u>
148	B Com Computer Application	Anjana Gopal	<u>Anjana</u>
149	B Com Computer Application	Anusree Ajith	<u>Anusree</u>
150	B Com Computer Application	Ashik Johnson	<u>Ashik</u>
151	B Com Computer Application	Athira C Prakash	<u>Athira</u>
152	B Com Computer Application	Beslin Mathew Alias	<u>Beslin</u>
153	B Com Computer Application	Devadathan S	<u>Devadathan S</u>
154	B Com Computer Application	Lakshmi M	<u>Lakshmi</u>
155	B Com Computer Application	Abhinand M.S	<u>Abhinand</u>
156	B Com Computer Application	Midhun Biju	<u>Midhun</u>
157	B Com Computer Application	Parthipan S	<u>Parthipan</u>
158	B Com Computer Application	Vismaya V V	<u>Vismaya</u>
159	B Com Computer Application	Vysakh Shaiju	<u>Vysakh</u>
160	B Com Computer Application	Akhil N. A	<u>Akhil</u>
161	B Com Computer Application	Arjun A	<u>Arjun</u>
162	B Com Computer Application	K.S. Muhammed Razal	<u>Razal</u>
163	B. Voc Tourism and Hospitality Management	Aalekh Sajeev	<u>Aalekh</u>
164	B.Voc Tourism and Hospitality Management	Ananathakrishna Saju	<u>Ananath</u>
165	B.Voc Tourism and Hospitality	Ananya K S	<u>Ananya</u>



	Management		
166	B.Voc Tourism and Hospitality Management	Arunima Mani	
167	B.Voc Tourism and Hospitality Management	Badusha P S	
168	B.Voc Tourism and Hospitality Management	Devikrishna P	
169	B.Voc Tourism and Hospitality Management	Elson K Roy	
170	B.Voc Tourism and Hospitality Management	Lekshmi Priya P S	
171	B.Voc Tourism and Hospitality Management	Muhammed Sahal K P	
172	B.Voc Tourism and Hospitality Management	Nadirsha S	
173	B.Voc Tourism and Hospitality Management	Sridathan I S	

Brochure:



SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA

(Affiliated to MG University, NAAC Re-Accredited with A Grade)

Empowering Health & Hygiene- A Skill
 Development Programme

Resource Person: Mr.Sreekumaran Nair M J

Assistant Professor in Zoology

SSV College, Valayanchirangara



VENUE: ADWAITHA HALL

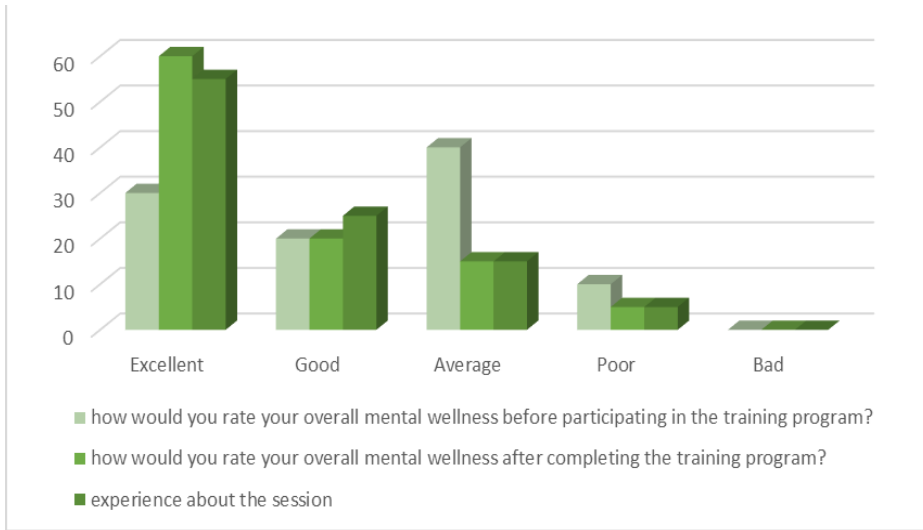
DATE: 02/11/2022


Coordinators: Dr. Resmi R

Sumi K S



FEEDBACK ANALYSIS




PRINCIPAL
SREE SANKARA VIDYAPEETOM
VALAYANCHIRANGARA P.O
(VIA) PERUMBAVOOR

