

# Women Empowerment Cell

Social Welfare Residential Govt. Degree College for Girls

Kanchikacherla ,NTR District. A.P



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## Women Empowerment Cell & IQAC

### Health & Hygiene Guest Lecture by Dr. Suma Bindhu Manvi Hospitals

**Name of the Department: Women Empowerment cell, NSS & IQAC**

**Date** : 14.02-2024

**Resource Person** : Dr. Suma Bindhu Manvi Hospitals, Vijayawada.

**President** : Dr V Neeraja, Principal

**Coordinator** : Dr.P. Dhana Lakshmi

**Organizers** : Smt K.Sudha Rani ,Smt P.S Satya Vani

**Participants** : I,II III Bcom students

**Objective:** The primary objective of the guest lecture was to raise awareness about health and hygiene among students and faculty members of SWRGDC(G) Kanchikacherla College. The session aimed to educate attendees on the importance of maintaining personal hygiene, understanding common health issues, and adopting healthy lifestyle practices. Additionally, the event sought to foster a culture of health consciousness within the college community.

**Description:** The guest lecture commenced with an introduction of Dr. Suma Bindhu by Smt P.Satya Vani of the Department of Commerce. Dr. Bindhu, a seasoned healthcare professional at Manvi Hospital. The session covered key topics including Importance of Personal Hygiene, Common Health Issues, The lecture highlighted prevalent health issues among young adults, such as stress, obesity, and lifestyle-related diseases. Dr. Bindhu discussed their causes and preventive measures, encouraging students to adopt healthier habits and Nutritional

Awareness, Mental Health Dr. Bindhu addressed the importance of mental well-being and shared strategies for managing stress and anxiety.

**Outcome :** In conclusion, the Health & Hygiene Guest Lecture by Dr. Suma Bindhu was a significant step towards promoting health awareness among the students and faculty of SWRGDC(G) Kanchikacherla College. The insights gained from the session are expected to lead to a healthier and more informed community.



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