



**Y.A. Government College for Women
Chirala - 523155, A.P.**

Re-accredited with 'B' grade by NAAC(Cyc-2)

<https://yagcwchirala.ac.in>

chirala.jkc@gmail.com

gdcwchirala@gmail.com



Dr. Ch. Ramanamma
Principal
M.Sc., M.Phil., Ph.D

Health Awareness Program

Date: 03-01-2020

Objectives:

To create awareness among the students about the physical and mental pressure children and adolescents experience. Enlighten the students about the ways to overcome various psychological and emotional problems.

Description:

The WEC and MHC of the college, in collaboration with CREETS voluntary service organization, conducted a Health Awareness program in the college premises. Dr. KVS Sai Prasad, Pediatrician and Adolescent Health Counsellor, Managalagiri, participated as the chief guest. He spoke about the hurdles young women face in society and various physical and mental pressures that the students face in their adolescent years. Maintaining good health is important for all, Though we stress that health is wealth, not everyone pays much attention to it. A slight delay in treatment or simple carelessness could cost your life, and this is why people should have proper health awareness. And also intake of nutritious food is gives good Health.

He explained that they could overcome the pressures by developing healthy habits'. NGO convener Sri Ajahar participated in the meeting as a guest.

Outcomes:

The students were motivated by the speeches in the meeting. They came forward to share their personal experiences and explained and explained how many of their doubts were cleared.

No. of Participants: 55



Ch. R. Ramanamma
31/1/2020

Principal
Y.A. Govt. Degree College for Women
CHIRALA, Praksam Dist., (A.P.)

Health Awareness Program



NAME OF THE ACTIVITY : Health Awareness Programme

VENUE : YAGCW

DATE : 03-01-2020

Resource Person: Dr.K.V.S.PRASAD, Pediertition , Mangalagiri



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