



## **ECO CLUB**

### **ACADEMIC YEAR 2019-20**

On behalf of Dhanalakshmi Srinivasan engineering college, department of biomedical engineering organized **ONE DAY HEALTH AND HYGIENE AWARENESS PROGRAM** . On 11.01.2020 organized by the Eco club, for the academic year of (2019-20) Which hosted by Principal, vice principal, dean and Eco club Coordinator. The session was conducted by Dr.S.Maniprabu.,PG MD Community Medicine and Dr.R.Soundarajan.,PG MD Community Medicine, Dhanalakshmi Srinivasan medical college and hospital, Siruvachur.

A short awareness session on the health and hygiene was conducted. This session aims to demonstrate the importance of maintaining good personal hygiene and illustrate the importance of comprehensive cleaning to maintain a good health and a better personality in a certain society. Personal hygiene is important for many reasons, for instance, to have a better personality, a good health, for social reasons and for psychological issues. Good hygiene perpetuates a nice image of an individual in a society. Emphasizing on good personal hygiene can reduce a risk of many social, metal, and health problems.

The good personal hygiene is as simple as hand washing which can reduce the plethora of illnesses, infections, and disorders. In a social situation a clean and tidy appearance can boost one's confidence and reflects a positive image of that individual to others. It is more frequently noticed that a clean and tidy person usually gets more attention in a public platform and people usually treads to trust him/her more. Unhygienic people are mostly avoided by others and most of the times the stress level of unhygienic people is high as compare to hygienic people. So to keep ourselves socially, mentally, and physically healthy it is important to be dirt free and should maintain a hygienic life style.

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