

AWARENESS CELL OF HEALTH AND HYGIENE

For every individual, it is important to lead a healthy life. A person cannot be termed as healthy merely by being in a disease-free state. Physical and mental health is important and requires a hygienic condition. As convener of Awareness Cell of Health and Hygiene, K.C.Das Commerce College the following activities were conducted in relation to health and hygiene of the students and the faculty community.

1. On 26.4.2017 Health Awareness lectures on the topic, “Drug Abuse and Herbal tips for positive health” was organized by Awareness Cell of Health and Hygiene in association with Lions Club of Guwahati. A total of 20 (teachers and guests) and 72 students participated in the programme



2. On 21.6.2017 International Yoga Day was celebrated which was organized by Awareness Cell of Health and Hygiene in association with Vivekananda Kendra, Guwahati. A total of 15 students and 15 teachers participated in the programme .

Yoga Activities in 2017

On 21 June ,2017,

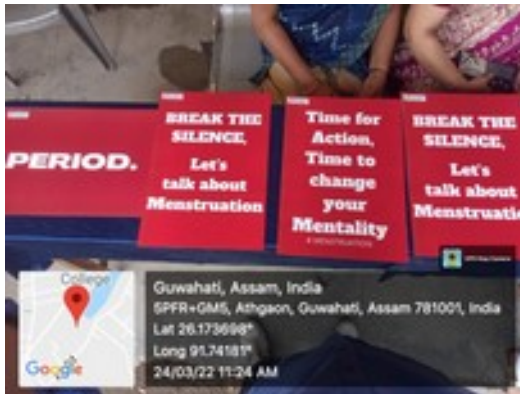
Awareness cell of Health and Hygiene of K.C. DAS COMMERCE COLLEGE observed International Day of yoga in association with Vivekananda Kendra Institute of Culture , Guwahati . Dr. Ghanashyam Nath, Principal of the college, in his welcome address, delivered an informative speech on the history and development of yoga practice in India . Four team members of the Vivekananda Kendra namely Sukanya Devi, Dibakar Kalita, Priya Tiwari and Mahima Chaturvedi demonstrated various asanas to the students and teachers of the college.



- On 19.03.2020 an Awareness Campaign was organized on Corona Virus by Awareness Cell of Health and Hygiene, NSS, Scouts and Guides. 12 Teaching and Non-Teaching staff participated in the Campaign.



- On 24.03.2022 an awareness camp on Enhancing the Health, Hygiene and Empowerment of Women in Guwahati City was initiated by Awareness Cell of Health and Hygiene, K.C.Das Commerce College. Total 18 teachers and students participated in the programme..



- On 31.05.2022, Awareness Cell of Health and Hygiene in collaboration with Marwari Yuwa Manch Guwahati Greater and Agarwal Dental Care and Tobacco Cessation Centre organized a street play on Tobacco Awareness on the occasion of World No Tobacco Day. 20 students participated in the programme.



6. On 18.03.2023, Awareness Cell of Health and Hygiene and Women's Cell, K.C.Das Commerce College in collaboration with Lions Club of Guwahati City, and i-Care Vision and Oral Health organised a free eye and dental care check-up camp. Ms. Jayashree Pathak, convener of Awareness Cell of Health and Hygiene gave the welcome address and spoke about the importance of dental and vision health which can lead a person to enjoy a healthy lifestyle. Mr. Binod Lohia, Past President, Lions Club of Guwahati city expressed his heartfelt thanks to the Principal, teaching, non-teaching staff and the students of the college for their active participation in the camp. Dr. Sangita Das, Eye Specialist from Bosco Reach Out, Rehabari, Dr Madushree Rao and Dr Nomi Bora from Satribari Christian Hospital were the invited doctors. In the camp, the Lions Club of Gauhati Greater distributed sanitary napkins to the girl students. A total of 102 students including teaching and non-teaching staff availed the check-up and treatment. The camp was a grand success due to support from the Principal, all the members of the Women's Cell and the students of the college.



Guwahati, Assam, India

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