



SAFELIFE CLUB, 12-MARCH-2023

OUTREACH ACTIVITY IN KAVULURU ON BASIC HEALTH AND HYGIENE, FOOD HABITS ASPECTS IN SCHOOL CHILDREN

HEALTH AND WELL BEING (HWB) |
OUTREACH

Session Details



Session Details

Date of Organizing the Event	12 TH -MARCH-2024		
Slot Timings	9:00AM-3:00PM		
Place	Kavuluru		
Student Coordinators	Golla Chiri Sampath Sneha Sameera Kamini	2200032396 2200010152	
Category	Health And Well Being (HWB)		
Session Tutor	J V Kalyan	2100080201	
Faculty Mentor			

Technicalities

Concepts Discussed in the Session.

1. **Basic Health and Hygiene Practices:** Importance of handwashing, oral hygiene, and bathing regularly to prevent illness and maintain cleanliness.
2. **Balanced Diet:** Understanding the components of a balanced diet, including fruits, vegetables, proteins, and grains, and the benefits of each.
3. **Healthy Eating Habits:** Encouraging regular mealtimes, avoiding junk food, and the importance of drinking plenty of water.
4. **Physical Activity:** Promoting daily exercise and outdoor play for physical and mental well-being.
5. **Preventing Illness:** Educating on the importance of vaccinations, regular health check-ups, and recognizing early symptoms of common diseases.

Session Outcomes:

1. **Improved Hygiene Awareness:** Children understand the importance of regular handwashing, oral care, and personal cleanliness.
2. **Knowledge of Balanced Diet:** Students can identify the components of a balanced diet and understand the nutritional benefits of each food group.
3. **Healthy Eating Practices:** Adoption of healthier eating habits, including regular meals and reduced consumption of junk food.
4. **Increased Physical Activity:** More children engage in daily physical activities and outdoor play, recognizing its benefits for health.
5. **Illness Prevention:** Enhanced awareness of vaccination importance, regular health check-ups, and early symptom recognition for common diseases.

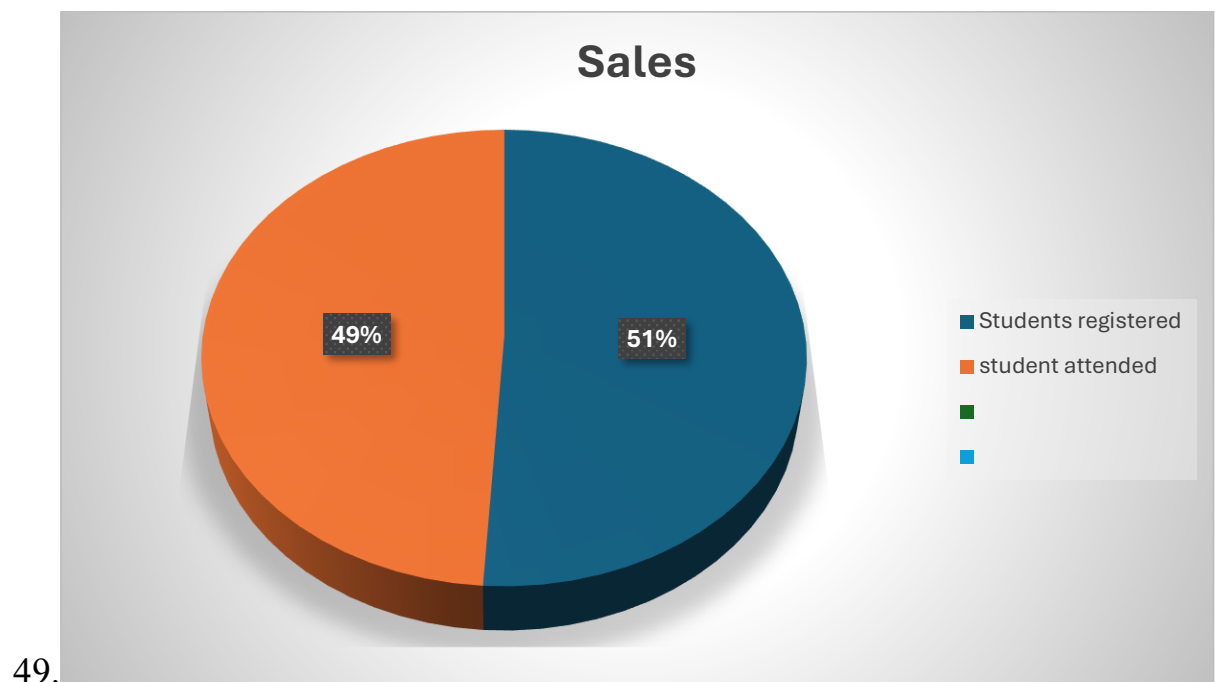
Analysis of Students Participation

Total Number of Students Registered	50
Total Number of Students Present	48

➤ LIST OF STUDENTS:

1. Aakash Sharma - 2200023456
2. Aditi Rao - 2200009876
3. Aditya Verma - 2200012345
4. Ananya Singh - 2200034567
5. Ankit Mehta - 2200043210
6. Arjun Patel - 2200011122
7. Aryan Gupta - 2200022223
8. Deepika Kapoor - 2200033334
9. Divya Nair - 2200044445
10. Gaurav Joshi - 2200006789
11. Isha Malhotra - 2200011223
12. Ishaan Desai - 2200022334
13. Karan Jain - 2200033445
14. Kavya Menon - 2200044556
15. Kritika Chawla - 2200005566
16. Meera Khanna - 2200016677
17. Neha Sharma - 2200027788
18. Nikhil Agarwal - 2200038899
19. Pooja Deshmukh - 2200049900
20. Priya Kumar - 2200009870
21. Rahul Bhatt - 2200012340
22. Rajesh Reddy - 2200023450
23. Ritu Sharma - 2200034560
24. Rohit Joshi - 2200045670
25. Sakshi Mehta - 2200006780
26. Sanya Singh - 2200017890
27. Sarthak Gupta - 2200028901
28. Shreya Patel - 2200039012
29. Siddharth Jain - 2200040123
30. Sneha Kapoor - 2200001234

- 31.Soumya Verma - 2200012341
- 32.Sunita Rao - 2200023451
- 33.Tanvi Desai - 2200034561
- 34.Tarun Malhotra - 2200045671
- 35.Vaibhav Khanna - 2200006781
- 36.Varun Menon - 2200017891
- 37.Veena Agarwal - 2200028902
- 38.Vikram Bhatt - 2200039013
- 39.Vikas Reddy - 2200040124
- 40.Vinay Sharma – 2200001235
- 41.Vishal Mehta - 2200011123
- 42.Rhea Kapoor - 2200022234
- 43.Manish Verma - 2200033345
- 44.Tanya Gupta - 2200044456
- 45.Anjali Desai - 2200005567
- 46.Kunal Reddy - 2200016678
- 47.Pavan Sharma - 2200027789
- 48.Lakshmi Rao – 2200038890



Pictures from the Session:





