

HEALTH AND SANITATION

(ஆரோக்கியம் மற்றும் சுகாதாரம்)



Program 01 - Awareness and Importance of Handwash for children

Program 02 - NilaVembu Kashayam (நிலவேம்பு கசாயம்)

Program 03 - HEALTHY FLOUR (சத்து மாவு)

Program 04 - Bleaching Powder by Trichy City Corporation (TCC)

Program 05 - Awareness about Use of Medicine and prefer to take a Natural Items

Program 06 - Medical Camp

Program 07 - Speech about Sanitation and cleanliness

Program 08 - Awareness About Drugs and Disadvantages

Awareness and Importance of Handwash for children:



Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Whether you are at home, at work, traveling, or out in the community, find out how handwashing with soap and water can protect you and your family.

What are 10 reasons to wash your hands?

Wash your hands:

- After arriving.
- After coughing or blowing your nose.
- Before making or eating food.
- After playing with animals.
- After using the toilet.
- After playing outdoors.
- Before and after changing contact lenses.

Nilavembu Kashayam (நிலவேம்பு கசாயம்):



- Nilavembu Kashayam best treats fever, cold and dengue. Nilavembu is a natural antibiotic that can be used to treat all kinds of fever.
- Nilavembu helps to manage blood sugar levels and is useful for people suffering from diabetes. It also helps fight cancer and detoxifies the liver.
- Its rich source of antimicrobial and antiviral properties helps manage all kinds of fever including dengue, typhoid, influenza, malaria and chikungunya.
- It's distributed to the slum peoples.

Healthy Flour (சத்து மாவு):



The health benefits of nutmeg are inextricably linked with the essential minerals, vitamins and fibers required for body stability. Especially when consumed on an empty stomach, it relieves stomach discomfort and also removes harmful toxins from the body.

Awareness About Drugs and Disadvantages:



Addiction is a disease that affects your brain and behaviour. When you're addicted to drugs, you can't resist the urge to use them, no matter how much harm the drugs may cause. The earlier you get treatment for drug addiction (also called substance use disorder), the more likely you are to avoid some of the more dire consequences of the disease.

Drug addiction isn't about just heroin, cocaine, or other illegal drugs. You can get addicted to alcohol, nicotine, sleep and anti-anxiety medications, and other legal substances.

Disadvantages of using Drugs:

1. Drugs cost money and once you use them and they are gone. So you spend money on something that is gone pretty quickly. This does not help your wallet or bank account.
2. Drugs are addictive and drug addiction create a lot of problems for the individual addicted.

3. Using drugs requires obtaining drugs and drug dealers are notorious for lagging thus you lose alot of time waiting for drugs that could be used on other things.
4. Drug usage can have negative effects on your health and your hygiene especially if you become addicted.
5. Drug usage is not socially acceptable so drug using often creates problems for the user in society, with their families and with their friends.