

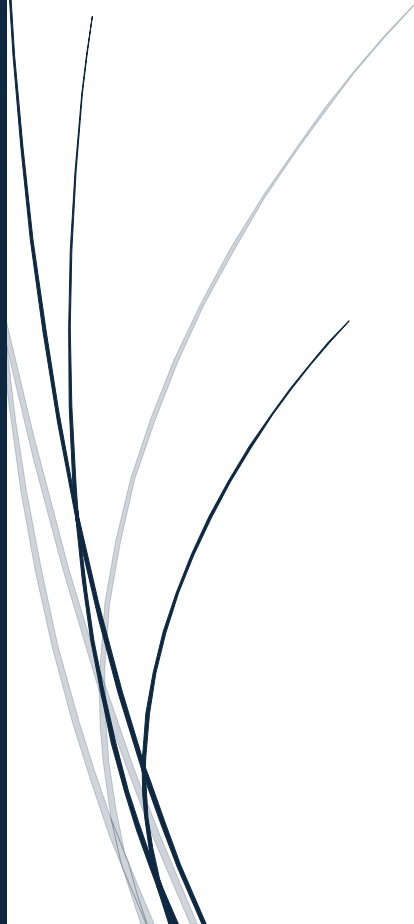
**A.S.D GOVERNMENT DEGREE COLLEGE
FOR WOMEN (A), KAKINADA**



Department of Home Science

**REPORT
ON**

**Health, Hygiene, and Nutrition Awareness for Adolescents
in Government Schools and Social Welfare Hostels**



Health, Hygiene, and Nutrition Awareness for Adolescents in Government Schools and Social Welfare Hostels

The Home Science Department of our college has established a consistent practice of engaging students in raising awareness about health, hygiene, and nutrition among economically disadvantaged adolescents. This initiative involves conducting regular orientation and awareness programs in government schools and social welfare hostels.

objectives for a Health, Hygiene, and Nutrition Awareness program for adolescents in government schools and social welfare hostels:

1. **Improve knowledge and understanding of basic health concepts:** This involves teaching fundamentals of human biology, how different body systems work, and basic principles of disease prevention and health maintenance.
2. **Promote good personal hygiene practices:** Focus on teaching proper handwashing techniques, oral hygiene, bathing habits, and the importance of clean clothes. This also includes education on menstrual hygiene for girls.
3. **Increase awareness of proper nutrition and balanced diets:** Educate students about different food groups, the importance of a balanced diet, and how nutrition affects growth and development during adolescence. This could include practical lessons on reading food labels and making healthy food choices.
4. **Educate about reproductive health and puberty-related changes:** Provide age-appropriate information about physical and emotional changes during puberty, sexual health, and the basics of reproductive biology.
5. **Raise awareness about common health issues affecting adolescents:** This could include information on acne, obesity, eating disorders, substance abuse, and sexually transmitted infections.
6. **Teach stress management and mental health coping skills:** Introduce concepts of mental health, teach stress reduction techniques, and provide resources for dealing with common mental health challenges like anxiety and depression.
7. **Foster healthy habits and lifestyle choices:** This encompasses promoting sufficient sleep, maintaining a balanced lifestyle, avoiding harmful substances, and developing positive social relationships.
8. **Empower students to make informed decisions about their health:** Develop critical thinking skills related to health information, teach how to evaluate health claims, and encourage students to take responsibility for their own health

Health and Hygiene Awareness from 20th to 27th February 2020

Students of Home Science conducted awareness on Health and Hygiene in the nearby Social welfare hostels from 20th to 27th February 2020







Need : Hostels often lack proper guidance on maintaining good health and hygiene practices, which can lead to the spread of illnesses and infections among residents. Awareness and education were necessary to promote a clean and healthy living environment for the hostel students.

Impact: The awareness program emphasized the importance of personal hygiene, sanitation, and healthy habits. Students received practical tips on handwashing, food safety, waste management, and maintaining cleanliness in shared spaces. This initiative instilled valuable knowledge and skills, enabling hostel residents to adopt better hygiene practices, reduce the risk of illnesses, and create a more conducive living environment for their overall well-being.

M. Suvarchala



Signature of the Principal
PRINCIPAL
A.S.D. GOVT. DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA

A.S.D.GOV'T DEGREE COLLEGE FOR WOMEN (A), KAKINADA



BEST PRACTICE

2019-20

DEPARTMENT OF HOME SCIENCE

From
K.Lavanya
Lecturer in Home Science
A.S.D GDC (W)(A)
Kakinada

To
The Principal
A.S.D GDC (W)(A)
Kakinada

Respected Madam,

I submit that we are planning to conduct "Orientation cum Awareness Programme for adolescent girls" in Municipal Girls High School, Jagannaickpur, Kakinada. In this regard, I request you to kindly permit me to send the students of III B.Sc Home Science (23) to Municipal Girls High School daily 3PM to 5PM from 24th February to 29th February 2020. I also submit that their classwork will not be disturbed and adjusted accordingly.

Thanking you madam,

Yours faithfully,

K. Lavanya

(K.Lavanya)

H. Sivarajala
PRINCIPAL
A.S.D.GOV.T.DEGREE COLLEGE
AUTONOMOUS
KAKINADA

Department of Home Science
Activity Proforma 2019-20

Date	24.2.2020 to 29.2.2020
Conducted through	Department of Home Science
Nature of the activity	Best Practice of the department
Title of the activity	Orientation & awareness on Health, Hygiene & Nutrition to Adolescents
Name of the Collaborative Agency	-
Details of Resource Person	-
Brief report of the activity	The students of Home Science who are staying in the hostel regularly conduct sessions on Health, Hygiene and Nutrition for the other girls in the hostel. This not only creates awareness to the adolescents but also increases communication and leadership skills among the Peer teachers.
Name of the lecturer who planned and organized the activity	Department of Home Science
Signature of the Dept incharge/convenor of the committee	K. Laxaraj
Signature of the principal	
Remarks	





PERSONAL HYGIENE

Maintaining personal hygiene is essential for more than one reason; social, health, personal, psychological or just as a way of life. Maintaining a good standard of hygiene helps keep infections, illnesses and bad odors at bay. The importance of hygiene should be taught from an early age to help cultivate good habits. Personal hygiene can be defined as an act of maintaining cleanliness and grooming of the external body. Maintaining good personal hygiene consists of bathing, washing your hands, brushing teeth and sporting clean clothing. Additionally, it is also about making safe and hygienic decisions when you are around others.

One of the most fool proof ways to safeguard yourself and others from illness is through good personal hygiene. This means cleaning your hands, especially, but additionally your body. Good personal hygiene not only enhances your overall appearance, its importance is directly related to prevention of diseases, infections, and unpleasant odors.

Our comprehensive guide to help you stay healthy through good personal hygiene from healthy hand washing to all your need to know about skin we've got healthy personal hygiene covered from top to toe!

Hygiene in your daily life

We are all completely aware of the kind of health risks that we are exposed to on a daily basis, and that has made hygiene the most vital part of our life. Actually, majority of the new-world diseases like bird flu and swine flu have been associated with lack of hygiene. If we work towards maintaining better hygiene today, it will surely help the generation that would follow us.

Hygiene is a habit that should be given importance and be indoctrinated in children from an early age. Hygiene should not be all about our bodies; it should also concentrate on maintaining our surroundings as well.

Let us see how we can maintain hygiene in the best manner:

- Committing yourself to self-hygiene

Keeping in mind the harsh weather conditions in India, it is highly essential to staying hygienic and teach our loved ones the importance of hygiene. As Indians, we have always looked down for our lack of hygiene and it is high time we changed that notion.

Let us look at some tips that will help you stay hygienic:

- Make sure you brush your teeth twice on a daily basis. Dental hygiene is very crucial as your teeth get easily damaged if not cared for properly
- Make sure you bathe daily, and depending on weather conditions, don't shy away from bathing twice if you have to. Bathing is really important, especially in a city where humidity and pollution breeds bacteria faster.
- Wear a clinical mask if you are travelling through highly polluted areas. Exposure to pollutants on a regular basis can increase the toxin levels in your body and lead to respiratory issues.
- Always wear fresh set of clothes. Wearing the same clothes without washing them can lead to variety of skin disorders. You can add an extra layer of protection by using multi-use hygiene liquid while washing your clothes
- Always keep your genitals extremely clean. It is easy for bacteria and infections to spread from there.
- Wash your hands in regular intervals. We end up touching a lot of unclean places almost every few minutes.

Let us understand how we can keep our surrounding hygienic:

- Dispose waste as soon as you can. If waste material is not handled properly, it can lead to the outbreak of deadly diseases like Pneumonia, Jaundice, and Tuberculosis. History has been a proof that most of the epidemics has caused due to improper waste disposal.
- Always keep your home clean. Keep your toilet and kitchen germ free. There are highly effective kitchen gels available in the market that helps in cleaning and disinfecting multiple surfaces. Chose the ones that are dermatologically tested and safe on hands.
- Do not dispose waste nearby residential areas
- Never spit or urinate in public places.

Usage of public transport is unavoidable in this time and age. Unless you are highly affluent and only travel in a private car and jet, you have to depend on the regular metro, bus, or train for your daily commute. Regardless of whether you are a germophobe, you have to agree to the fact that public transportation breeds a lot of uncleanliness, filled with unimaginable grime that you would not want to think about.

People who take the public transport are more likely to suffer from acute respiratory illnesses than those who travel in private vehicles. However, there is a silver lining: if you are a daily commuter, you are

comparatively safe than an occasional commuter, because eventually you are the one who ends up building immunity.

Till we get our head around which approach is the correct one, let us look at some of the methods through which we can keep ourselves safe from becoming ill while travelling in public transport.

- **Keep washing your hands**

If gloves are too silly for you, don't worry, we have another solution. All you need to make sure is that you wash your hands whenever you get to your destination. Make sure you wash your hands before eating your food or making contact with your face. Hand sanitizers can act like a blessing in situations like these. Make sure you always have one whenever you are on the go.

- **Carry Tissues**

This helps in more than on way. It will come handy when you are about to sneeze as well as when someone else around you starts sneezing. If a colleague or a stranger around is sneezing, press the tissue to your nose for 30 seconds and keep your eyes shut. Also, there are highly effective antibacterial multi-use wipes offered by Dettol that can assist in instant clean-up of your face and hands.

- **Stay away from your cell phone**

Today, we are constantly in touch with our gadgets; laptops, computers, and tablets. While we spend time on these, we need to make sure that the surface and screens of all our gizmos are clean, especially the ones that come in close contact with the face. Also, try to avoid bringing your phone out if there is too much pollution. The reason being that you bring the phone close to your face when somebody calls, which gives the germs a lot of time to pounce on to your body.

- **Change clothes as soon as you reach home**

Majority of the people have the habit of lazing on their sofa for hours in our street clothes. However, this increases the risk of you transmitting the germs to your sofa, couch, or even your bed. So, make sure you change into your favourite home clothes as soon as you reach home. To ensure maximum hygiene, add a capful of hygiene liquid while doing your laundry.

- **Timing is the key**

This may sound wishful, but, travelling in public transport when it is less crowded can really add more stars to your hygiene. The simple logic being, lesser the people, fewer the chances of contagious bacteria around you. Moreover, it is always better to find empty space in otherwise overcrowded bus, metro, or trains. Try leaving your home slightly early if you are a daily commuter. Another effective way of reducing human contact while commuting is by using smartcards. This way you wouldn't have to stand in long queues and stand close to people who might be carrying bacteria in their body.

- **Drink safe water**

Always carry adequate water from home before you start commuting. Drinking contaminated water

can lead to water borne diseases such as cholera, typhoid, and hepatitis. If the water facilities on your way are not satisfactory, always go for packaged drinking water.

- **Air Masks**

They say desperate time calls for desperate measures. So if your city is infamous for the rising air pollution levels or if there are news of any communicable disease to break out ensure you get yourself air masks. It is one of the most efficient ways to keep bacteria, pollen, and dust away.

- **Wear gloves**

There are high chances that you would look silly doing this in summers, but this is the season when the humidity levels are high, which together with pollution makes you irresistible for the bacteria. Wearing gloves safeguards you whenever you touch poles, seats and handlebars, which are also touched by everyone else. Simply put, you are avoiding skin contact wherever possible.





Anemia : symptoms, causes , diagnosis and management

Anaemia is a deficiency in the number or quality of red blood cells. The red blood cells carry oxygen around the body, using a particular protein called haemoglobin. Anaemia means that either the level of red blood cells or the level of hemoglobin is lower than normal.

When a person is anemic, their heart has to work harder to pump the quantity of blood needed to get adequate oxygen around their body. During heavy exercise, the cells may not be able to carry enough oxygen to meet the body's needs and the person can become exhausted.

Anaemia isn't a disease in itself, but a result of a malfunction somewhere in the body. This blood condition is common, particularly in females. Some estimates suggest that around one in five menstruating women and half of all pregnant women are anaemic.

Understanding blood

Blood is made up of a fluid called plasma which contains:

- Red blood cells – which take oxygen around the body.
- White blood cells – which are part of the immune system, and defend the body from infection.
- Platelets – which help the blood to clot if we cut ourselves.
- Proteins – and other chemicals that have various functions.

Red blood cells are made in the bone marrow, and millions are released into the bloodstream each day. A constant new supply of red blood cells is needed to replace old cells that break down. Red blood cells contain a chemical called haemoglobin. Haemoglobin binds to oxygen and takes oxygen from the lungs to all parts of the body.

To make red blood cells and haemoglobin constantly, you need a healthy bone marrow and nutrients such as iron and certain vitamins which we get from food.

Anaemia Blood count

Anaemia is the condition of having a lower-than-normal number of red blood cells or quantity of hemoglobin.

Normal results vary, but in general are:

Male: 13.8 to 17.2 gm/dL

Female: 12.1 to 15.1 gm/dL

(Note: gm/dL = grams per deciliter)

Anaemia has three main causes: blood loss, lack of red blood cell production, and high rates of red blood cell destruction.

Conditions that may lead to anaemia include

- Heavy periods
 - Pregnancy
 - Ulcers
 - Colon polyps or colon cancer
 - Inherited disorders
 - A diet that does not have enough iron, folic acid or vitamin B12
 - Blood disorders such as sickle cell anaemia and thalassemia, or cancer
 - Aplastic anaemia, a condition that can be inherited or acquired
- Anaemia can make you feel tired, cold, dizzy, and irritable. You may be short of breath or have a headache.

Symptoms

The most common symptom of anaemia is fatigue or weakness. Other signs and symptoms of anaemia include:

- Shortness of breath
- Dizziness
- Headache
- Coldness in the hands and feet
- Pale skin
- Chest pain

Causes

Three main cause of anaemia are:

1) Blood loss: Blood loss is the most common cause of anaemia, especially in iron-deficiency anaemia. Blood loss can be short term or long term depending upon the conditions. Bleeding in the digestive or urinary tract can cause blood loss. Surgery, trauma, or cancer also can cause blood loss. Heavy blood loss due to menstruation. If a lot of blood is lost, the body may lose enough red blood cells to cause anaemia.

2) Lack of Red Blood cell production:

It can be due to "acquired" or "Inherited". ["Acquired" means that the person is not born with the condition, but may develop it at later stages.

"Inherited" means that the condition has been passed by the parents.]

Acquired conditions and factors that can lead to anaemia include:

Poor diet

Unusual hormonal levels

Chronic diseases

Pregnancy

Aplastic anaemia can also prevent body from making enough red blood cells. This condition can be both acquired or inherited.

3) High rates of RBCs destruction:

Factors that can cause destruction of red blood cells.

One condition can be an enlarged or diseased spleen. This is an acquired condition.

Inherited conditions are the one when body destroy too many red blood cells. It can be in sickle cell anaemia, thalassemias, and lack of certain enzymes. These conditions create defects in the red blood cells that cause them to die faster than healthy red blood cells.

Hemolytic anaemia is another example of a condition in which body destroys its red blood cells. Both inherited or acquired conditions or other factors can cause hemolytic anaemia. Examples include immune disorders, infections, certain medicines, or reactions to blood transfusions.

Diagnosis

Medical History:

Signs and symptoms like weakness, malaise or body aches

Blood tests:

To check for the levels of hemoglobin (it is a protein that transports oxygen)

Red blood cells (cells that contain hemoglobin) is lower than normal.

Physical examination:

Rapid or irregular heartbeat

Rapid or irregular breathing

Enlarged liver or spleen

Complete blood count (CBC): A CBC is generally done to know the number of blood cells in the blood. To check anaemia, physician will see the levels of the red blood cells contained in the blood (hematocrit) and the hemoglobin in blood. Normal adult hematocrit values vary from one medical practice to another but are generally between 38.8 and 50 percent for men and 34.9 and 44.5 percent for women.

A test to determine the size and shape of your red blood cells. Some of red blood cells may also be examined for unusual size, shape and color. This will help in diagnosis. For example, in iron deficiency anaemia, red blood cells are smaller and paler in color than normal. In vitamin deficiency anaemia's, red blood cells are enlarged and fewer in number.

Management

Iron supplements: The most commonly prescribed supplement is ferrous sulphate, taken orally (by mouth) two or three times a day.

Dietary supplements:

Iron-rich foods include:

Dark-green leafy vegetables, such as spinach

Iron-fortified cereals

Whole grains, such as brown rice

Beans

Nuts

Meat

Apricots

Complications

Iron deficiency anaemia rarely causes any serious or long-term complications. However, some of the complications are listed below:

Tiredness

Iron deficiency anaemia can leave a person tired and lethargic (lacking in energy), as a result person may be less productive and active at work.

Immune system

Iron deficiency anaemia can affect immune system (the body's natural defence system), making a person more susceptible to illness and infection.

Heart and lung complications

Adults with severe anaemia may be at risk of developing complications that affect their heart or lungs. For example,

Tachycardia (an abnormally fast heartbeat)

Heart failure, when your heart is not pumping blood around your body very efficiently

Pregnancy

Pregnant women with severe anaemia have an increased risk of developing complications, particularly during and after the birth. They may also develop postnatal depression (a type of depression some women experience after having a baby).



All About Germs

What are germs and how do they spread?

Most of the germs in the world are harmless to humans. Some types of bacteria even do us good, like the ones that help us digest food. But it's worth knowing about germs and how they can be spread in your home – especially because a few simple hygiene steps of germs protection can stop them in their tracks.

What are germs?

Germs (or **pathogens**, as they're sometimes called) are microscopic organisms that can cause illness and infections if they get into our bodies.

The most common types are:

- Bacteria (e.g. Salmonella which can cause food poisoning)
- Viruses (e.g. Rhinovirus which causes the common cold)
- Fungi (e.g. Trichophyton which can cause athlete's foot)
- Parasites (e.g. Giardiasis which can cause diarrhoea)

How are germs spread?

Bacteria and fungi can thrive anywhere warm and moist in your home. But viruses are different. Around one hundredth the size of a bacterium, viruses need to be inside a living host in order to reproduce. It's through this process that they cause disease.

Germs can be spread around the home on people's hands, usually through touching infected people or contaminated surfaces. Germs can also travel through the air on tiny dust particles or in water droplets expelled from our mouths and nose when we cough, sneeze or talk.

Common sources of germs in the home are:

- Contaminated food and water.
- Regularly touched surfaces like doorknobs, taps, TV remotes and telephones.
- Cleaning and waste areas like bins, sinks and toilets.

- Household waste like used or gone-off food, used tissues and soiled nappies.
- Cleaning items like cleaning cloths, sponges and dirty toothbrushes.
- Pets and other animals like rodents and flies.
- Other people.

How do germs get into the body?

There are several ways that germs can get into our bodies.

- They could be eaten in contaminated food.
- Germs in the air could be inhaled through our nose and mouth get into the lungs.
- Germs on our skin can enter via untreated cuts or wounds.
- They can be introduced to our bloodstream through injections, surgery or through animal or insect bites.
- Finally some specific germs in our body fluids can be passed onto others through bodily contact.

Did you know...

In the right conditions, bacteria like *Escherichia coli* (e-coli) can divide every 20 minutes so that in only 8 hours a single bacterium can grow to nearly 17M bacteria.

It's not all bad news though as Dettol offers a range of products that kill germs to protect you and your family from illness.

Tips to prevent infection

Sometimes it is just a daunting task to keep yourself and your family away from infections. It is not enough to keep the obvious runny nose and hacking cough at bay. You need to find useful and practical methods to keep infections at bay. Your skin behaves as a natural force-shield protecting you from harmful bacteria that causes infections. However, a new form of smarter and lethal bugs have found alternate ways to get inside your body and cause infection.

Don't worry, all hope is not lost. By making a few simple behavioural alterations, you can easily master the art of infection prevention.

Keep your hands clean – You will be surprised to know that microbes can survive on inert surface anywhere from a few minutes to as long as several months. It depends on the microbes and the environment it is in. However, these microbes can be taken care of by simply washing your hand effectively. You must wash your hand thoroughly and vigorously for at least 20 seconds with soap and water. If you can't find water around you, then the best alternative solution would be a good hand sanitiser.

Avoid sharing personal items – Razors, toothbrushes, towels, nail clippers, and handkerchiefs breed a lot of infectious bacteria. Ensure you don't share it with anyone.

Be careful when you cough and sneeze – In a similar manner, respectable personal hygiene is not only about grooming yourself, but also about following the golden rule of covering your mouth when you are coughing or sneezing. Now you would question, why should I do it if I am not sick? The reason being that the disease-causing bacteria in most infections start growing and multiplying way before the symptoms actually show up.

Be updated with recent news – A clear understanding of latest events can help you make wise decisions before travelling or indulging in recreational activities. For instance, a bird flu outbreak in Asia can make you reconsider about the trip you were planning. Lead in food products? Don't eat those products. As Simple as that. (Move this point to the end)

Always have safe sex - Infectious diseases that are sexually transmitted are the easiest one to prevent. By using condoms you can prevent transfer of infectious bacteria or viruses from one person to another.

Exercise caution if you are an animal lover – Infections that spread from animal to people are called "zoonotic diseases". These infections are more common than most people realize. So, if you are a pet lover, make sure they get timely check-ups and their vaccinations are up-to-date. Make sure you keep their litter box clean, and keep small kids away from animal feces.

Travel smart – Infectious diseases are easy to catch while traveling, especially if you are travelling to underdeveloped countries. If you travelling to a destination where the quality of drinking water is questionable, make sure you use bottled water for drinking and while brushing your teeth. Be sure to update every immunizations that are recommended or required for your journey and needless to say – pack your basic medications along!





Allergies

An allergen is any substance that causes an abnormally vigorous immune response when it enters our body. The allergen cause the immune system to fights off a perceived threat that would otherwise be harmless to the body. An allergy is a hypersensitivity disorder of the immune system which results in the body's negative reaction towards otherwise innocuous substances like food, common medicines, dust and pollen to name a few.

Allergic responses vary from individual to individual and can range from mildly discomforting to potentially fatal anaphylactic shocks.

Causes

There are thousands of allergens that can trigger allergies, but some of the most common include:

- Airborne allergens: dust and pollen.
- Animal dander: material shed from animal skin such as skin cells. Similar to human dandruff.
- Food allergens: shell-fish, dairy products, nuts and/or seeds and gluten, eggs and fish.
- Medications: aspirin and penicillin.
- Insect stings: wasps and bees.
- Plants: grass and stinging nettles.
- Substances: Latex.

Symptoms

- Skin rashes
- Hives
- Red itchy eyes
- Coughing
- Wheezing

- Sneezing
- Asthma attacks
- Abdominal pain and vomiting
- Anaphylaxis

Prevention Tips

Avoid exposure

- Avoiding exposure to allergens that you react to is the most basic prevention tactic in your arsenal but it is also the most effective. Make sure you read all food and medicine labels and avoid the ones that pose a risk.

Dust proof your home

- Dust and pollen are incredibly hard to avoid as they're airborne and as such the only line of defence is a home that is regularly vacuumed (surfaces such as carpets, upholstered furniture and pillows) and wiped clean with a damp cloth (for hard surfaces like floor tiles and marble countertops)
- For when you want to scrub your home clean with a cloth or broom soaked in water, add a few drops of Dettol Antiseptic liquid to the wash bucket. This will kill 99.9% of germs.

Medication & Antihistamines

- Pharmaceutical drugs such as antihistamines are particularly useful in combating allergic reactions caused by airborne allergens. Decongestants and nasal sprays are similarly effective against allergic reactions that attack the respiratory system
- Certain foods, medicines and insect stings are known to trigger potentially fatal anaphylactic reactions. Administering adrenaline is the medically preferred course of action in such cases.

Myths and Truths

If I am allergic to something, will my children be?

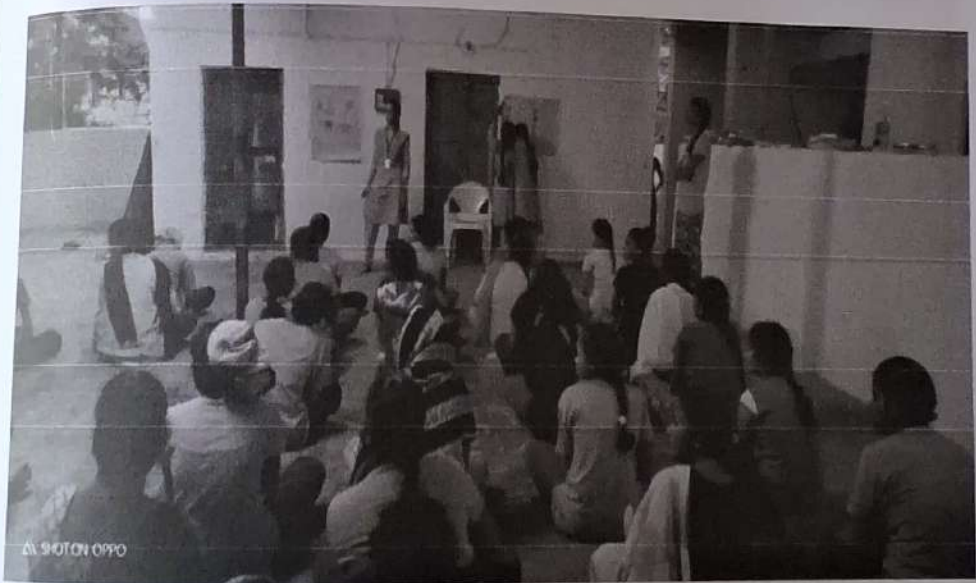
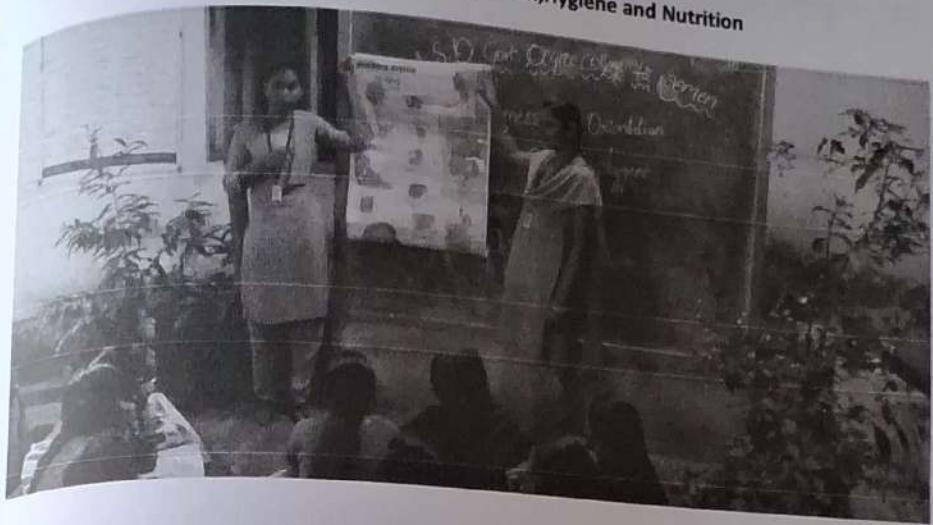
Allergies can potentially be passed down from generation to generation. However, the diagnoses of allergic reactions cannot be solely attributed to genetic factors and as such scientists are currently conducting extensive studies in environmental pollution and keeping a close eye on allergen levels in the air to isolate the root cause of allergic responses.

If I have one allergy, am I more prone to other allergies?

Not necessarily. Allergic responses may be similar but are essentially unique for every individual. Hay fever is a common allergy cause by pollen but while one person may be allergic to pollen in general, another may be allergic to pollen from a specific plant. It is crucial that one understands that not every reaction and intolerance exhibited by our bodies is allergic in nature.



Orientation Programme on Health, Hygiene and Nutrition









How to Prevent Cold & Flu

22 Aug 2017

Many people are struck down by cold and flu viruses every year, but they are unable to tell them apart. What are the differences between the two, what causes them and what can we do to protect our ourselves from them this winter? Let's find out.

Causes

Causes of cold and flu

It is a common misconception that cold and flu are caused by a dip in outside temperature. While the cooler weather may have a bearing, since many more people are struck down by these viruses during the cooler months, the only thing that causes a cold or flu is the cold or flu virus. There are many different strains to these viruses, and all of them are extremely contagious. Hence, it is important to know how to protect yourself and your family from illness.

Some of the most common ways of contracting cold and flu include:

- Touching a surface contaminated by the cold or flu virus, and touching mouth, nose or eyes with the same hand.
- Inhaling the virus after infected person sneezes or coughs in your vicinity.

Tips for cold and flu prevention

You can beat the cold and flu with plenty of rest and fluids, and also take steps to prevent the spread of the viruses in the first place:

- **Keep the house clean.** As mentioned earlier, it is possible to contract the cold and flu viruses by touching surfaces contaminated with them, and then inadvertently touching the nose, eyes or mouth. This can be prevented by regularly cleaning the surfaces and door handles in the house with Dettol Disinfectant Multi-Use Hygiene Liquid. You can't do this at work, so you should clean your computer keyboard, phone and other spots clean with anti-bacterial wipes.
- **Cough or sneeze into a tissue.** Always carry a tissue when you have a cold so that you can cover your mouth and nose when sneezing or coughing. This prevents the cold and flu viruses transferring into the air and impacting others. All used tissues should be thrown away at once. Once you sneeze or blow your nose, wash your hands with Dettol Original Liquid Hand Wash.
- **Do not touch your mouth, nose and eyes.** Cold and flu viruses enter the body through the eyes, nose and mouth. You will remain protected if you don't touch your face before washing your hands.

ntensity. The flu can also lead to more serious health problems such as pneumonia, hence it is mportant to take medication and rest when you suffer from it. The symptoms of flu are:

- Sudden onset of fever
- Muscle aches
- Headache
- Fatigue
- Sore throat
- Chest congestion and cough
- Nausea

FEEDBACK

We participated and conducted the class on the awareness of hygiene, health & nutrition to Adolescents. We delivered them a huge information on how to prevent cold & flu, waterborne diseases, personal hygiene & more. We learned a lot when giving them lectures.

R. Veera Lakshmi

FEEDBACK

We conducted program on personal hygiene, all about germs to give a clear information on hygiene. Students clearly got all points and responded well to all questions. We enjoy a lot with them.

M. Durga

FEEDBACK

We participated and conducted the class on Personal hygiene and about menstruation. They all are involved and interested. They listen to the class and also asked their doubts about menstruation. We all are clearly clarified their doubts. I'm so happy to participate in these programmes.

P. Pamyra.

FEEDBACK

We gave a lecture on different topics to the students. Topics like Anemia their symptoms and causes and gave a knowledge on how to prevent anemia. Students participated actively in getting the knowledge we enjoyed a lot with them together.

Dr. Bhavani

A.S.D.GOV.T.DEGREE COLLEGE FOR WOMEN (AUTONOMOUS), KAKINADA
DEPARTMENT OF HOME SCIENCE
LIST OF STUDENTS PARTICIPATED

S.NO	NAME OF THE STUDENT	CLASS/GROUP	SIGNATURE
1	K.Devika	III B.SC (H.SC)	K. Devika
2	G.Bhavani	III B.SC (H.SC)	G. Bhavani
3	S.M.Swaleheen	III B.SC (H.SC)	S.M. Swaleheen
4	P.Ganga Bhavani	III B.SC (H.SC)	P. Ganga Bhavani
5	B.Nirmala kumari	III B.SC (H.SC)	B. Nirmala kumari
6	P.Ramya	III B.SC (H.SC)	P. Ramya
7	Ch. Sai neeharika	III B.SC (H.SC)	Ch. Sai neeharika
8	M.Durga	III B.SC (H.SC)	M. Durga
9	R.Nooka Ratnam	III B.SC (H.SC)	R. Nooka ratna
10	Y.Meghana	III B.SC (H.SC)	Y. Meghana
11	K. Durga Devi	III B.SC (H.SC)	K. Durgadevi
12	R.veera lakshmi	III B.SC (H.SC)	R. veera lakshmi
13	L.Navanika	III B.SC (H.SC)	L. Navanika
14	P.Durga Bhavani	III B.SC (H.SC)	P. Durga Bhavani
15	M.Prasanna Jyothi	III B.SC (H.SC)	M. Prasanna Jyothi
16	S.Mannasha	III B.SC (H.SC)	S. Mannasha
17	Y.Trinadheswri	III B.SC (H.SC)	Y. Trinadheswri
18	G.Mounika	III B.SC (H.SC)	G. mounika
19	G.Lavanya	III B.SC (H.SC)	G. Lavanya.
20	G.Lavanya	III B.SC (H.SC)	G. Lavanya.
21	K.Rajasri	III B.SC (H.SC)	K. Rajasri
22	D.Durga Maheswari	III B.SC (H.SC)	D. Durga Maheswari

**A.S.D. Govt. Degree College for Women
(Autonomous) KAKINADA.**

Department of Home Science

**Sanitation Awareness To the Children
on 11-02-2021**



Anjali, Student of I BSc Home science explaining Children the importance of sanitation during times like COVID At Driver Colony , Jagannickpur

A.S.D. Govt. Degree College for Women
(Autonomous), Kakinada



Department of Home Science
**TWO WEEK ADOLESCENT HEALTH AND
WELLNESS
PROGRAMME**

AT

*MUNICIPAL GIRL'S HIGH SCHOOL
JAGANNAIKPUR, KAKINADA*

FROM 18-07-23 TO 31-07-23



A.S.D. Govt. Degree College for Women(Autonomous) Kakinada

DEPARTMENT OF HOME SCIENCE

ACTIVITY PROFORMA

DATE	18/07/23 TO 31/07/23
CLASS	IX
NATURE OF THE ACTIVITY	Extension activity
TITLE OF THE ACTIVITY	Two week Adolescent Health and wellness
NAME OF THE DEPARTMENT	Department of Home science
STUDENTS PARTICIPATED	150
BRIEF REPORT OF THE ACTIVITY	The department of Home science conducted Two week adolescent Health and wellness programme at Municipal girls High school Jagannaikpur Kakinada. Total 150 students are participated in this programme.
NAME OF THE LECTURER WHO ACTED AS RESOURCE PERSON	Department of Home Science
SIGNATURE OF THE DEPARTMENT INCHARGE	<i>H. Suvarchale</i>
SIGNATURE OF THE PRINCIPAL	
REMARKS	

Yoga is a holistic practice that originated in ancient India and has been widely embraced around the world. It combines physical postures, breath control, meditation, and ethical principles to promote overall health and well-being. The benefits of yoga for health are numerous, encompassing both physical and mental aspects. Here are some ways in which yoga can be beneficial for our health:

1. **Physical Fitness:** Yoga involves a series of poses or asanas that promote flexibility, strength, and balance. Regular practice can help improve muscle tone, enhance joint flexibility, and increase overall physical fitness.
2. **Stress Reduction:** Yoga often incorporates mindfulness and meditation, which can help reduce stress and anxiety. The focus on breath control and being present in the moment can contribute to a sense of calm and relaxation.
3. **Improved Flexibility and Range of Motion:** Many yoga poses involve stretching and lengthening muscles, which can lead to increased flexibility and a greater range of motion. This is particularly beneficial for individuals with sedentary lifestyles or those with stiffness and joint issues.
4. **Better Posture:** Yoga encourages awareness of body alignment and posture. Regular practice can help improve posture by strengthening the core muscles and promoting spinal alignment.
5. **Enhanced Respiratory Function:** Yoga places a strong emphasis on controlled breathing (pranayama). Practicing breathing exercises can improve lung capacity, increase oxygen intake, and enhance overall respiratory function.
6. **Cardiovascular Health:** Certain forms of yoga, such as vinyasa or power yoga, can provide a cardiovascular workout. While not as intense as traditional cardio exercises, these practices can still contribute to heart health.
7. **Pain Management:** Yoga has been used as a complementary approach to managing chronic pain conditions, such as lower back pain, arthritis, and migraines. The gentle movements and stretches can alleviate tension and promote healing.
8. **Mental Well-being:** Beyond the physical benefits, yoga is known for its positive impact on mental health. It can help reduce symptoms of depression and anxiety, improve mood, and contribute to overall emotional well-being.

9. **Enhanced Concentration and Focus:** The mindfulness and meditation components of yoga can improve concentration and cognitive function. Regular practice has been associated with better attention and mental clarity.

10. **Better Sleep:** Practicing yoga regularly has been linked to improved sleep quality. The relaxation techniques and stress reduction aspects of yoga can contribute to a more restful night's sleep.

It's important to note that individual experiences with yoga can vary, and it's advisable to consult with a healthcare professional before starting any new exercise routine, especially if you have pre-existing health conditions. Additionally, finding the right style of yoga that suits your needs and preferences is key to maximizing the benefits for your health.

The specific yoga asanas (poses) that should be done every day can vary based on individual needs, goals, and physical conditions. However, a well-rounded daily yoga practice often includes a combination of the following fundamental poses:

1. **Tadasana:** This is a foundational standing pose that focuses on grounding and alignment.
2. **Adho Mukha Svanasana:** A full-body stretch that strengthens the arms, shoulders, and legs while also stretching the spine.
3. **Virabhadrasana I, II, and III:** These poses work on strength, balance, and flexibility, targeting the legs, hips, and core.
4. **Vrikshasana:** A balancing pose that enhances concentration and stability while strengthening the legs.
5. **ChBalasana** A restorative pose that helps release tension in the back, neck, and shoulders.
6. **Plank Pose:** Strengthens the core, arms, and wrists, promoting stability and endurance.
7. **Bhujangasana or Urdhva Mukha Svanasana:** Backbends that help strengthen the spine and open the chest.
8. **Paschimottanasana:** Stretches the spine and hamstrings, promoting flexibility.
9. **Setu Bandhasana:** Strengthens the legs, glutes, and lower back while opening the chest.
10. **Savasana:** A final relaxation pose that allows the body and mind to integrate the benefits of the practice.

It's important to note that the effectiveness of a yoga practice lies not just in the individual poses but in the mindful and intentional way they are performed. Additionally, the choice of

poses may depend on factors such as your level of experience, any specific health concerns or goals you have, and your body's individual needs.

Always listen to your body and practice within your limits. If you are new to yoga or have any health concerns, it's advisable to seek guidance from a qualified yoga instructor or healthcare professional before starting a new routine. They can help tailor a practice that suits your individual needs and ensure that you are performing the poses correctly to prevent injury

Guest Lecture

Meditation

Meditation is a practice that involves training the mind to focus and redirect thoughts. It is often used for relaxation and stress reduction, but it can also promote mindfulness and heightened awareness. Meditation has been practiced for thousands of years in various cultures and religious traditions. While there are different forms of meditation, many share common elements such as focused attention, controlled breathing, and a quiet setting.

Here are some key aspects of meditation:

1. Mindful Awareness:

- Meditation often involves cultivating a state of mindful awareness, where individuals observe their thoughts and feelings without judgment. This awareness allows them to be present in the moment.

2. Focused Attention:

- One common meditation technique involves focusing attention on a specific object, thought, sound, or breath. This helps quiet the mind and reduces distractions.

3. Breathing Exercises:

- Controlled breathing is a fundamental aspect of many meditation practices. Deep, slow breaths are often used to promote relaxation and to anchor attention in the present moment.

4. Quiet Environment:

- Meditation is typically done in a quiet and comfortable environment to minimize external distractions. This can be a designated meditation space, a quiet room, or even a peaceful outdoor setting.

5. Posture:

- Maintaining a comfortable and upright posture is important in many meditation practices. This can involve sitting on the floor, on a chair, or using supportive props. The goal is to be alert and relaxed.

6. **Non-Judgmental Awareness:**

- Meditation encourages a non-judgmental attitude toward thoughts and sensations. Instead of reacting to thoughts, individuals aim to observe them objectively and let them pass without attachment.

7. **Types of Meditation:**

- There are various forms of meditation, including mindfulness meditation, loving-kindness meditation, transcendental meditation, and more. Different traditions and teachers may emphasize different techniques.

8. **Benefits:**

- Research suggests that regular meditation practice may have numerous benefits, including stress reduction, improved focus and concentration, better emotional well-being, and even physical health benefits like lower blood pressure.

9. **Cultural and Religious Context:**

- While meditation has roots in various spiritual and religious traditions, it is also practiced in secular contexts. Many people engage in meditation for its secular benefits, such as stress relief and enhanced well-being.

10. **Mindfulness Meditation:**

- Mindfulness meditation, derived from Buddhist traditions, is a widely practiced form that involves paying attention to the present moment without judgment. It has been adapted into secular mindfulness programs for stress reduction and mental health.

Meditation is a versatile practice that can be adapted to suit individual preferences and needs. It is accessible to people of all ages and backgrounds and

can be integrated into daily routines for improved mental and emotional well-being.

Types of meditations

There are numerous types of meditation practices, each with its own focus and techniques. Here are some of the most common types:

1. Mindfulness Meditation:

- Rooted in Buddhist traditions, mindfulness meditation involves bringing attention to the present moment. Practitioners observe thoughts and sensations without judgment, cultivating awareness and acceptance.

2. Loving-Kindness Meditation (Metta):

- This meditation emphasizes the development of feelings of love and compassion, starting with oneself and extending to others. Practitioners repeat phrases or affirmations expressing goodwill.

3. Transcendental Meditation (TM):

- TM involves silently repeating a mantra for 15-20 minutes, twice a day, with the aim of achieving a relaxed state of awareness. It is a widely practiced form of mantra meditation.

4. Body Scan Meditation:

- In this practice, attention is systematically directed to different parts of the body, often starting from the toes and moving up to the head. It helps cultivate awareness of bodily sensations.

5. Guided Meditation:

- A teacher or recorded audio guides participants through a series of images or scenarios, helping them visualize and relax. It is often used for specific purposes, such as stress reduction or personal development.

6. Breath Awareness (Vipassana) Meditation:

- Focused on the breath, this type of meditation involves observing the natural inhalation and exhalation. It is common in various traditions and is a foundational practice in Vipassana meditation.

Zen Meditation (Zazen):

- Rooted in Zen Buddhism, Zazen involves sitting in a specific posture, focusing on the breath, and observing thoughts without attachment. It emphasizes direct experience and is often practiced in a group setting.

Chakra Meditation:

- Derived from yogic traditions, chakra meditation involves focusing on the body's energy centers (chakras) to promote balance and healing. Each chakra is associated with specific qualities.

9. Mantra Meditation:

- This practice involves repeating a word, phrase, or sound (mantra) either silently or aloud. The repetition is meant to help focus the mind and induce a state of deep concentration.

10. Walking Meditation:

- Instead of sitting, practitioners engage in slow, deliberate walking, often in a specific pattern. It combines movement with mindfulness and is common in Zen and other traditions.

11. Body-Mind Centering Meditation:

- This approach integrates movement, breath, and awareness of bodily sensations to promote a deeper understanding of the connection between the body and mind.

12. Yoga Nidra:

- Also known as yogic sleep, Yoga Nidra is a guided relaxation technique that aims to induce a state of conscious relaxation between wakefulness and sleep. It often involves body scanning and breath awareness.

13. Tonglen Meditation:

- From Tibetan Buddhism, Tonglen involves visualizing taking in the suffering of others on the in-breath and sending out compassion and relief on the out-breath.

These are just a few examples, and there are many other meditation practices. The key is to explore different methods and find one that resonates with you and meets your specific goals and preferences.

What is preparation needed for meditation

Preparation for meditation involves creating a conducive environment and adopting a mindset that facilitates a focused and relaxed state. Here are some essential preparations for meditation:

1. Choose a Quiet Space:

- Select a quiet and comfortable space where you won't be easily disturbed. Minimize external distractions to create an environment conducive to meditation.

2. Comfortable Posture:

- Find a comfortable sitting or lying position. It could be on a cushion, chair, or floor, depending on your preference. Ensure that your posture allows you to be alert and relaxed.

3. Eliminate Distractions:

- Turn off electronic devices, such as phones or notifications, to minimize distractions. If possible, inform those around you that you'll be meditating to avoid interruptions.

4. Set a Time Limit:

- Decide on the duration of your meditation session. Whether it's 5 minutes or 30 minutes, having a set time helps you stay focused and committed.

5. Wear Comfortable Clothing:

- Wear loose and comfortable clothing to ensure that you're physically at ease during meditation. This helps avoid any discomfort that might distract you.

6. **Mindful Breathing:**

- Before formally beginning your meditation, take a few moments to practice mindful breathing. Focus on your breath to bring your attention to the present moment and relax your body.

7. **Set an Intention:**

- Clarify your intention for the meditation session. Whether it's relaxation, stress reduction, mindfulness, or any other goal, having a clear purpose helps guide your practice.

8. **Choose a Meditation Technique:**

- Decide on the type of meditation you want to practice. It could be mindfulness meditation, loving-kindness meditation, mantra meditation, or any other technique that aligns with your goals.

9. **Create a Routine:**

- Establish a consistent meditation routine. Whether you meditate in the morning, during lunch, or before bed, having a regular practice enhances its effectiveness.

10. **Use Props if Necessary:**

- If sitting on the floor is uncomfortable, consider using props like cushions or a meditation bench. The goal is to find a position that supports an alert yet relaxed posture.

11. **Dim the Lights:**

- If possible, dim the lights or use soft, natural lighting. This can help create a calming atmosphere and reduce visual distractions.

12. **Begin Gradually:**

- If you're new to meditation, start with shorter sessions and gradually increase the duration as you become more comfortable with the practice.

Open or Close with Rituals:

- Consider incorporating rituals to mark the beginning or end of your meditation session. This could be a brief prayer, setting an intention, or expressing gratitude.

4. Stay Open-Minded:

- Approach meditation with an open mind. Be patient with yourself and understand that the practice may evolve over time. There's no right or wrong way to meditate.

By incorporating these preparations, you create a supportive foundation for your meditation practice, enhancing your ability to focus, relax, and derive the maximum benefits from the experience.



Inauguration of Two weeks adolescents Health & wellness





PRE - TEST



Story telling by using puppets





MENSTRUAL

CYCLE



PERSONAL HYGIENE



AWARENESS ON NUTRITIONAL DISORDERS

ASD Govt.Degree College for Women(A),Kakinada

Department of Home Science-

TWO WEEK ADOLESCENT HEALTH AND WELLNESS PROGRAMME

Municipal

Girls's High School Kakinada

S.L	Name of the student	Pre test - 20 Marks	Post text - 20 Marks	S.L	Name of the student	Pre test - 20 Marks	Post text - 20 Marks
1	L.Amrutha	9	15	47	G.Sony	15	16
2	P.Anitha	13	16	48	K.Indu	13	14
3	V.Bhanu Divya	14	15	49	P.Lakshmi	11	12
4	P.Bindu Priya	13	18	50	V.Devi sri lakshmi	12	13
5	O.Chinnari	10	14	51	S.Kaveri	13	13
6	S.Deeksha	13	14	52	M.Maheswari	10	14
7	O.Devaki	13	18	53	Ch. Chandra Revathi	11	14
8	S.Harika	8	12	54	P.Sneha Latha	12	14
9	S.jyothshna sri	14	12	55	M. Husna Farheen	3	13
10	M.Komala Durga	8	16	56	D.Anitha	10	12
11	Sk.Khadurunisa	15	18	57	S.Keerthana	14	14
12	P.Kumari	9	14	58	R.Surya Sri	14	15
13	P.Lakshmi	11	12	59	M.Lavanya	13	14
14	O.Narayanamma	14	15	60	P.H.Venkata Sri devi	9	11
15	P.Mounika	13	20	61	S.Navya	10	12
16	D.Pavithra Nishi	12	19	62	O.Bhavani	12	13
17	G.Ramya	11	18	63	D.Priya	12	14
18	G.Sailaja	11	15	64	V.Pavani	11	12
19	O.Sailaja	9	18	65	A.Bhargavi	13	14
20	K.Sai sri	13	17	66	P.Pooja	12	13
21	P.Srivarshini	11	14	67	P.Lakshmi Durga	13	13
22	Ch.Satyaveni	11	12	68	S.B.Gowthami	12	15
23	P.Siva Swarupini	13	18	69	N.Sri Mahalakshmi	12	16
24	P.Srivalli	15	17	70	K.Joshitha	13	14
25	D.Suma Madhuri	9	11	71	A.NagaLakshmi	11	14
26	P.Tejaswini	15	16	72	Ch.Manasa	10	14
27	D.SriPriyanka	11	12	73	G.Devi	16	17
28	T.Harshini	10	14	74	L.Vasavi	11	17
29	G.Bhagyasri	13	17	75	M.Rama Tulasi	10	16
30	M.Teja sri	13	14	76	K.Saranya Naga Sri	13	16
31	T.Mahalakshmi	10	20	77	D. Surya Keerthana	8	17
32	A.Roopa Sri Vidya	13	18	78	K.Harshitha	14	17
33	G.Bhuvanewari	10	17	79	P.Mani Varshini	15	18
34	D.Lavanya	12	13	80	P.Papa	10	
35	Ch.Dhana lakshmi	12	15	81	M.Bhavana	11	14
36	S.Lalitha Charishma	11	19	82	P.Kanka lalitha	14	19
37	Y.Padmasri	5	14	83	P.Aruna	11	12
38	P.Srilatha	13	15	84	P.Aruna	11	12
39	S.Ganga Bhavani	15	15	85	P.Mounika	15	15
40	Md.Yasdani	15	15	86	S.Sindhu	14	19
41	A.Venu	13	14	87	S.sai deepika	16	20
42	S.Dedipya	13	14	88	R.Harshika	12	20
43	B.Devi	12	13	89	S.Dhana Kumari	12	13
44	Y.Niharika	15	15	90	B.Lalitha Durga	9	18
45	N.Sravani	15	19	91	P.Manasa	11	15
46	L.Vagdevi	16	16	92	P.Dharani	8	15

S.L	Name of the student	Pre test - 20 Marks	Post text - 20 Marks	S.L	Name of the student	Pre test - 20 Marks	Post text - 20 Marks
93	P.Jacinta	13	18	126	S.Navya	9	13
94	K.Kaveri	11	17	127	P.Ganga veni	15	16
95	G.Pandu	10	13	128	Ch.Revathi	14	17
96	L.Durga Bhavani	9	18	129	Y.Darshini	10	11
97	Ch.Jai Durga Bhavani	11	13	130	M.Alekya	12	14
98	P.Yamuna	12	13	131	K.Lavanya	12	13
99	M.Yamini	10	15	132	K.Bhavani	12	17
100	y.Bhagya Priya	11	18	133	Sk.Zafreen Sadhikha	13	14
101	B.venkata lakshmi	11	13	134	R.Veera lasya	16	15
102	T.Sudha Lakshmi	15	13	135	sk.Ahamadunnisa	13	18
103	D.Bhayeswari	15	15	136	sk.Rasooi	12	17
104	O.veera laxmi	13	16	137	V.Nirmala	16	17
105	Ch.Hasini	13	14	138	k.Sweety	15	17
106	I.Sri Harshini	15	15	139	ch.satya amrutha	14	15
107	L.Lavanya	13	12	140	k.jaya lasshmi	12	15
108	N.Jyothi	13	14	141	K.Venkata gowhami	13	16
109	P.V. Rajya lakshmi	14	15	142	K.Deepika	14	15
110	R.Divya	12	13	143	D .Sruthi devika	15	16
111	M.Dharani	9	13	144	sk.Nazmeen ghousia	14	17
112	K.Ganga Bhavani	13	14	145	K.Rohini	13	15
113	K.venkata Durga	13	15	146	P.Tripura	18	19
114	S.Keerthika Krishnasri	13	15	147	P.Kameswari	12	15
115	S.Mercy	12	15	148	L.Keerthana	11	17
116	E.Venkata lakshmi	16	16	149	B.Dhana keerthana	15	20
117	S.Rama Tulasi	11	12	150	O.Jhansi	16	18
118	T.Bhanu sri	12	13	151	Y.Harshini	11	12
119	S.Srichaitanya	15	17	152	A.Swatha rani	11	16
120	U.Sindhu renuka	11	14	153	M.Katyini	12	14
121	K.Jaswini	14	15	154	K.Ganga parvathi	15	18
122	K.Dhanasri	17	19	155	K Dhana Reksha	10	16
123	O.Navya sri	10	12	156	CH.Tejasridurga	14	20
124	P.Mounika	11	14	157	B.Manasa	12	14
125	A.sireesha	13	15	158	B.Devi	9	11

Sl. No.	Name	Caste	Days												No. of Days		Date of Birth	Remarks	
			1	2	3	4	5	6	7	8	9	10	11	12	Boys	Girls			
5057 1	Bharani. Kurumandali	Bc	a	a	a	a	a	U	a	a	a	a	a	1	a	a	5	10.2.09	14.6.19
5057 2	Bhu. Lakshmi. olele	Bc	a	a	a	a	a	U	a	a	a	a	a	2	a	a	5	10.9.09	19.8.19
5022 3	Ranya. Palupu	Bc	a	a	a	a	a	U	a	a	a	a	a	3	a	a	5	20.3.09	28.6.19
5150 4	Ranya. Angadi	Bc	a	a	a	a	a	U	a	a	a	a	a	4	a	a	5	15.5.09	12.6.19
5327 5	Lakshmi. Kurumandali	Bc	a	a	a	a	a	U	a	a	a	a	a	5	a	a	5	12.8.09	14.6.18
5310 6	Satya Veni. Angadi	Bc	a	a	a	a	a	U	a	a	a	a	a	6	a	a	5	21.11.09	12.6.18
6230 7	Amrutha. Lalam	Bc-D	X	X	X	X	X	X	X	X	X	X	X	7	X	X	5	11.10.09	11.7.20
5746 8	Anitha. Resingi	Bc-A	X	X	X	X	X	X	X	X	X	X	X	8	X	X	5	29.12.09	12.0.20
5742 9	Bala. Remmadi	Bc-A	X	X	X	X	X	X	X	X	X	X	X	9	X	X	5	2.10.10	7.9.20
5872 10	Bhanu Divya. V	Bc-A	X	X	X	X	X	X	X	X	X	X	X	10	X	X	5	20.11.09	11.7.20
5704 11	Bindu Priya. P	Bc	X	X	X	X	X	X	X	X	X	X	X	11	X	X	5	2.11.09	7.11.20
6260 12	Shimari. olele	Bc-A	X	X	X	X	X	X	X	X	X	X	X	12	X	X	5	4.3.10	4.7.22
5314 13	Deeksha. Suria	Bc-D	X	X	X	X	X	X	X	X	X	X	X	13	X	X	5	3.1.10	15.7.20
	Deeksha Madhuri													14					
4581 14	Devaki. olele	Bc-A	X	X	X	X	X	X	X	X	X	X	X	15	X	X	5	14.1.11	3.8.21
5420 15	Dhana Lakshmi.	Bc-A	X	X	X	X	X	X	X	X	X	X	X	16	X	X	5	22.9.09	28.1.21
5922 16	Ganga Parvathi. K	Bc-A	X	X	X	X	X	X	X	X	X	X	X	17	X	X	5	15.12.09	6.10.20
5814 17	Havika. Sangadi	Bc	X	X	X	X	X	X	X	X	X	X	X	18	X	X	5	3.2.09	6.10.20
5841 18	Jashna Sri. Surada	Bc	a	X	X	X	a	a	a	a	a	a	a	19	X	X	5	22.6.09	17.10.20
	Havika. sangadi	a																	
	Jashna Sri. Surada	a																	
5720 19	Kamala Durga. M	Bc-A	a	X	X	X	X	X	X	X	X	X	X	20	X	X	5	29.1.09	11.9.20
5901 20	Katyayani. Mimesa	Bc-A	X	X	X	X	X	X	X	X	X	X	X	21	X	X	5	1.1.09	19.1.24
6303 21	Kaveri. Malladi	Bc-B	X	X	X	X	X	X	X	X	X	X	X	22	X	X	5	7.11.08	16.7.21
6007 22	Khadarunnisa. Shaik	Muslim	X	X	X	X	X	X	X	X	X	X	X	23	X	X	5	10.7.09	16.8.21
5825 23	Kumari. Remmadi	Bc-A	a	a	a	a	a	a	a	a	a	a	a	24	X	X	5	16.11.10	12.10.20
5777 24	Lakshmi. Palupu	Bc-A	a	X	X	X	X	X	X	X	X	X	X	25	X	X	5	10.12.09	29.8.20
5852 25	Lakshmi Narayana	Bc-A	X	X	X	X	X	X	X	X	X	X	X	26	X	X	5	22.7.09	19.10.20
6252 26	Mourika. Kurumandali	X	X	X	X	X	X	X	X	X	X	X	X	27	X	X	5	3.5.09	11.7.20
5831 27	Mourika. Palupu	X	X	X	X	X	X	X	X	X	X	X	X	28	X	X	5	27.8.09	15.10.20

No. of Working Days

Class Teacher

Sl. No.	Name	Grade	1	2	3	4	5	6	7	8	9	10	11	12	Boys	Girls	of Birth	Present Date
6021	33 Nagma Devi - Srinivas	Sc	X	X	X	X	X	X	X	X	X	X	X	X			19.9	14.8
5781	32 Padma Sri - Pandra	Be-B	X	X	X	X	X	X	X	X	X	X	X	X			22.10	4.9
6461	39 Pavitrini Shi - D	Sc	X	X	X	X	X	X	X	X	X	X	X	X			29.8	28.7
5851	34 Ramya Sri - Gudi	Sc	X	X	X	X	X	X	X	X	X	X	X	X			12.11	7.11
6378	32 Sailaja - Gorte	Be-D	X	X	X	X	X	X	X	X	X	X	X	X			17.5	28.7
5786	36 Sailaja Oleta	Be-B	X	X	X	X	X	X	X	X	X	X	X	X			17.3	4.2
5809	37 SS. Janani - Patti	Be-B	X	X	X	X	X	X	X	X	X	X	X	X			6.4	3.0
6041	35 Sai Sri - Icarvi	Be	X	X	X	X	X	X	X	X	X	X	X	X			1.7	7.1
5804	34 Sri Sivi varshini -	Be	X	X	X	X	X	X	X	X	X	X	X	X			22.10	12.11
5827	39 Satya Veni - chiata	Be-B	X	X	X	X	X	X	X	X	X	X	X	X			27.2	21.1
5922	38 Siva Susrupini	Be-A	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
5897	39 Sri Valli - Pemmadi	Be-A	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
5247	40 V.S.S. Manojna - B	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
5236	40 Suma madhuri - D	Sc	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
5789	42 Tejaswini - Pith	Be-B	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6356	48 Paydi Yamini	Be	X	X	X	X	X	X	X	X	X	X	X	X			31.8	3.9
6467	45 Dhana Valli - karry	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6467	45 Aditi Sri Prizanka	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6467	46 Harshini - Tamaram	Be-B	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6467	47 Devi Priyanka - B	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6467	48 Naga Bhagya Sri - k	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6467	49 Teja Sri - mainimela	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6467	50 Jyothi - mainimela	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6603	51 Naha Lakshmi - Theta	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6603	52 Roopa Sri Vidya	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6603	53 Gadi Bhuvaneshwari	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6603	54 Bhagya Sri - Gudi	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6603	55 Srida Maulika Laxmi (A)	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10
6603	56 Srida Lalitha Chaitanya (A)	Be	X	X	X	X	X	X	X	X	X	X	X	X			21.2	7.10

Teacher's Signature: _____ Date: _____
 School Headmaster's Signature: _____ Date: _____
 No. of Working Days: _____
 Class Teacher: _____

I Learn :- Feed back Name :- P. Bindu
class :- 9th Priya *

* Hemoglobin in our body is 12.

* Blood in our body is 5/6 liters

* we have to drink water per day is

5/6 Liters

* In Adolescent age we have to be
carefull.

* In menstruation we have to clean
so much.

* Menstrual cycle come for every 28
days.

* It is there for 5 to 7 days.

* we have to eat Balanced Diet.

* we eat vitamins like A, B, C, D, E, K

* we have to change our sanitary napkin
for every 4 to 6 hours.

* we want to do meditation.

feedback of Adolescent health

- * Adolescent health very important in girls
- * Adolescent ages how to eat food and how to Behaviour can you said
- * I am lot's of lesson learn
- * and we don't know before of class good touch and bad touch when we are learnt the class we understand
- * we understand & change in your body
- * sisters and teachers very friendly with we.
- * we know the how to take food after the lesson.
- * we don't comert with any one
- * thank for coming and tell the lessons.

S. Naga devi^o

ASD GOVERNMENT DEGREE COLLEGE FOR WOMEN(A), KAKINADA

SEM -IV - B.Sc - Home Science - Students List

S.No	H. T No.	Name of the Student	Signature of the Student
1	2140001	KAMIREDDY VIJAYA KUMARI	K. Vijaya Kumari
2	2140002	MD HABIBUNNISA	M.d. Habeebunnisa
3	2140004	SHAIK RESHMA	SK. Reshma
4	2140005	BATTULA SINDHUJA	B. Sindhuja
5	2140007	GUMMADI REMALYA BHAVITHA	G. Remalya Bhavitha
6	2140008	KARRI SAI SWATHI DEVI	K. Sai Swathi devi
7	2140011	PABBINEEDI MAHALAKSHMI	P. Mahalakshmi
8	2140013	POTHURU RAJESWARI	P. Rajeswari
9	2140014	SANGADI AMBIKA	S. Ambika
10	2140016	ALLAM S V LAKSHMI PRASANNA KUMARI	A.S.V.L. Prasanna Kumari
11	2140017	CHILAKASERLA DEVI	Ch. Devi
12	2140018	DASARI MOUNIKA	D. Mounika
13	2140019	GOLLAPALLI LIKHITHA	G. Likhitha
14	2140020	GUDIVADA YAMINI	G. Yamini
15	2140021	JAGADAM HARSHITHA	J. Harshitha
16	2140022	KOLLU SARANYA	K. Saranya
17	2140023	KONDEPUDI SRI LAKSHMI	K. Sri Lakshmi
18	2140024	LAGUDU SIVARAMA DURGA	L. Siva Rama Durga
19	2140026	MERAPUREDDI SATYAVENI	M. Satya veni
20	2140027	PALEPU SRI DURGA	P. Sridurga
21	2140028	POSAPALLI GOWRI ANUSHA	P. Gowri Anusha
22	2140029	POTHURI SUGUNA	P. Suguna
23	2140030	VASAMSETTI SIRISHA	V. Sirisha

PARTICIPATION LIST

TWO WEEK ADOLESCENT HEALTH AND WELLNESS PROGRAMME

Questionnaire on Knowledge levels of Health and Wellness

I like myself because _____
Name of the student: P. Mounika

Class & Section: 9th "A"

Roll. No: 28

School Name: B.R.mc girls High school

Day & Date: 31/7/23
Monday

Age: 15

Weight: 38

Height: 147

Mother's Profession: House wife

Father's Profession: Farmer

Choose the appropriate answer:

- My nutritional status is assessed by _____ methods.
 a) Height and weight b) Colour of the hair c) Blood Haemoglobin level d) All the above (d) ✓
- Example of life style disorder _____.
 a) Malaria b) Diabetes mellitus c) Typhoid d) Corona (b) ✓
- My blood haemoglobin level is _____ gm/dl
 a) < 6.0 b) 6.0-8.0 c) 10.0 d) 12.0 (c) ✓
- Quantity of blood in my body _____ litres.
 a) 4.0 b) 6.0 c) 8.0 d) 12.0 (c) ✓
- My normal blood pressure _____ beats/minutes.
 a) 120/80 b) 160/100 c) 80/60 d) 80/150 (a) ✓
- Excessive consumption of _____ is unhealthy.
 a) Rice b) Dal c) Salt d) Vegetables (b) ✓
- For good eye sight I should have _____ nutrient.
 a) Calcium b) Vitamin B c) Vitamin D d) Vitamin A (d) ✓
- I should take _____ nutrient for strong bones.
 a) Calcium & phosphorous b) Protein c) Fat d) Carbohydrate (a) ✓
- _____ food is rich in fibre.
 a) Egg b) Meat c) Green leafy vegetables d) Rice (c) ✓
- Minimum water intake per person per day _____ liters.
 a) 10.0 b) 5.0 c) 3.0 d) 1.0 (b) ✓
- Menstrual cycle is for every _____ days
 a) 10.0 b) 20.0 c) 28.0 d) 5.0 (c) ✓

12. Duration of menstrual cycle is _____ days
 a) 5 days b) 1 day c) 7 days d) 10 days (a) ✓
13. I change my sanitary napkin for every _____ hours
 a) 10 b) 12 c) 6 d) 24 hrs (b) ✓
14. Do you read labels on food?
 a) Yes, always b) No, Never c) Sometimes d) Rarely (a) ✓
15. Which is a wrong cooking practice
 a) cut the vegetables before washing b) Cut the vegetables after washing c) Not draining kanji while cooking rice d) None of the above (a) ✓
16. I feel stresses because of
 a) Academics b) Family relations c) financial problems d) Friends (c) ✓
17. Academic stress is due to
 a) Syllabus b) Examination c) Homework d) School timings (a) ✓
18. Stress in family is due to
 a) Parents expectations b) Family Conflict c) Financial problems d) Lack of Freedom of expression (d) ✓
19. There is lot of love and affection among our family members
 a) Agree b) Strongly agree c) Disagree d) Strongly disagree (a) ✓
20. I get upset when
 a) I am lonely b) someone scolds me c) Conflict with friends d) Facing failure in something (c) ✓

I like myself because

D. Mounika
 Signature of the Student

Health, Hygiene, and Nutrition Awareness program for adolescents in government schools and social welfare hostels Created A potential impact :

Community-wide impact:

- Spread of awareness: Adolescents can become health ambassadors, spreading awareness to their families and communities.
- Potential healthcare cost reduction: Improved health outcomes and preventive practices can lead to reduced healthcare costs for families and the broader healthcare system.

Social impact:

- Reduced health disparities: The program can help bridge the health knowledge gap among disadvantaged groups, promoting health equity.
- Empowerment: By taking charge of their health, adolescents can feel more empowered in other areas of their lives as well.

It also encouraged civic engagement and created a long-term positive impact on public health. By bridging academic knowledge with real-world application, the program not only benefited the target audience but also contributed to the holistic development of our college students involved in its implementation.



V. N. D.
PRINCIPAL
A.S.D. GOVT. DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA

Signature of the Principal