



All Saints College
TRIVANDRUM

HEALTH AND HYGIENE

ZOO.C.23.1



CERTIFICATE COURSE ON HEALTH AND HYGIENE

START DATE : APRIL 15, 2024

COURSE CO-ORDINATOR : DIVYA GRACE DILIP
ASSISTANT PROFESSOR
DEPARTMENT OF ZOOLOGY
ALL SAINTS' COLLEGE



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Thiruvananthapuram

Report on Certificate Course in Health and Hygiene

Ms. Divya Grace Dilip, Asst. Profesor, Dept. of Zoology (Course Co-ordinator)

Number of Participants: 43 students

Duration: 20 hours of theory, 10 hours of practicals/activities

A Certificate Course on "*Health and Hygiene*" was successfully conducted under the guidance of Ms. Divya Grace Dilip, from the Department of Zoology, who also served as the course coordinator. The course attracted 43 students of Sem 4 Zoology, all of whom actively engaged with the program and demonstrated a keen interest in enhancing their understanding of health and hygiene practices.

Course Structure:

The course was meticulously designed, comprising **20 hours of theoretical instruction** and **10 hours of practical sessions and activities**.

- **Theory Hours (20 hours):** These sessions covered various aspects of health and hygiene, including:
 - Personal hygiene and its importance
 - Public health challenges and solutions
 - Nutritional hygiene and balanced diet
 - Disease prevention through hygienic practices
 - Environmental hygiene and sanitation
 - Understanding common illnesses and first aid
 - Mental health and well-being
- **Practical/Activity Hours (10 hours):** To reinforce the theory, the practical sessions included hands-on activities, such as:
 - Demonstrations on proper hand-washing techniques and sanitation measures
 - Nutritional planning exercises
 - Simulated first aid scenarios
 - Food Fest and Exhibition on Healthy Food Choices

These interactive sessions helped students apply the theoretical knowledge in real-life contexts, making the learning process more impactful.

Student Feedback and Reviews:

The feedback from the students was overwhelmingly positive. Participants praised the structured approach of the course, with particular emphasis on how well the theoretical knowledge was complemented by practical, real-world applications.



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- **Engagement:** Students found the course highly engaging, appreciating the balance between lectures and interactive sessions. Many commented on how the practical sessions were invaluable in reinforcing their understanding of hygiene practices.
- **Content:** The course content was well-received, with students highlighting the relevance of the topics to their everyday lives. Concepts such as environmental hygiene and mental health, which are often overlooked, were regarded as particularly insightful.

Conclusion:

The Certificate Course on Health and Hygiene was a resounding success. The combination of comprehensive theoretical sessions and practical exercises equipped the students with valuable knowledge and skills that are essential for promoting health and well-being in their communities.

Based on the positive feedback and high levels of engagement, it is clear that the course made a lasting impact on the participants. Future iterations of this course are highly anticipated, with many students expressing an interest in further expanding their knowledge in related areas of public health.



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CERTIFICATE COURSE ON HEALTH & HYGIENE

Theory Modules: 20 HOURS

Module 1: Foundations of Health and Hygiene (4 hours)

- Introduction to the course objectives and the importance of health and hygiene.
- Basic concepts of nutrition, physical, mental, and reproductive health.
- Understanding the interplay between personal hygiene, nutrition, and overall well-being.
- Common health problems associated with poor hygiene and nutrition.

Module 2: Nutrition and Physical Health (4 hours)

- Overview of macronutrients and micronutrients and their roles in the body.
- Importance of a balanced diet for physical health and mental well-being.
- Effects of unhealthy eating habits and sedentary lifestyle on health.
- Strategies for planning balanced meals and incorporating physical activity into daily routines.

Module 3: Mental Health and Well-being (4 hours)

- Understanding mental health disorders, including stress, anxiety, and depression.
- Importance of self-care practices and stress management techniques.
- Promoting positive body image and self-esteem.
- Sleep hygiene practices and their impact on mental well-being.

Module 4: Reproductive Health and Wellness (4 hours)

- Overview of reproductive anatomy and physiology.
- Menstrual health education and management of menstrual disorders.
- Family planning methods and contraception options.
- Sexual health promotion and prevention of sexually transmitted infections.

Module 5: Disease Prevention and Management (4 hours)

- Introduction to infectious diseases and their prevention strategies.
- Importance of vaccination and regular health check-ups.
- Understanding chronic diseases and their management.
- Promoting health through community engagement and advocacy.

Practical Sessions: 10 HOURS

1. Personal Hygiene Practices (2 hours)
 - Demonstration and practice of proper handwashing techniques.
 - Dental hygiene practices.
 - Showering and grooming routines.



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2. Balanced Meal Preparation (2 hours)
 - o Planning and preparing a balanced meal incorporating various food groups.
 - o Portion control and mindful eating practices.
3. Physical Activity Session (2 hours)
 - o Warm-up exercises, aerobic activities, and cool-down stretches.
 - o Guidance on incorporating physical activity into daily routines.
4. Stress Management Techniques (2 hours)
 - o Guided relaxation exercises, deep breathing techniques, and mindfulness meditation.
 - o Strategies for coping with stress and promoting mental well-being.
5. Reproductive Health Education (2 hours)
 - o Menstrual health education and menstrual hygiene product demonstration.
 - o Contraception methods demonstration and discussion of their use.
6. First Aid and Emergency Response (2 hours)
 - o Basic first aid training, including wound care, CPR, and choking rescue.
 - o Emergency response simulations and scenarios.



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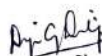
DEPARTMENT OF ZOOLOGY
ALL SAINTS' COLLEGE, THIRUVANANTHAPURAM

CERTIFICATE OF COMPLETION

This to certify that

FATHIMA SULAIMAN

successfully completed the certificate course on Health and Hygiene conducted by
the Department of Zoology



DIVYA GRACE DILIP
Course Co-ordinator



Principal
All Saints' College
Thiruvananthapuram

Dr. RESHMI R PRASAD
Principal

19.03.2024

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ALL SAINTS' COLLEGE, THIRUVANANTHAPURAM

CERTIFICATE OF COMPLETION

This to certify that

..... SWAPNA SABU

successfully completed the certificate course on Health and Hygiene conducted by
the Department of Zoology



DIVYA GRACE DILIP
Course Co-ordinator



Principal
All Saints' College
Thiruvananthapuram.

Dr. RESHMI R PRASAD
Principal

19.03.2024

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CERTIFICATE OF COMPLETION


This to certify that

..... NIDHI NAIR

successfully completed the certificate course on Health and Hygiene conducted by
the Department of Zoology


DIVYA GRACE DILIP
Course Co-ordinator




Principal
All Saints' College
Thiruvananthapuram
Dr. RESHMI R PRASAD
Principal

19.03.2024

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CERTIFICATE OF COMPLETION

This to certify that

KELY MICHAEL

successfully completed the certificate course on Health and Hygiene conducted by
the Department of Zoology



DIVYA GRACE DILIP

Course Co-ordinator


Principal
All Saints' College
Thiruvananthapuram

Dr. RESHMI R PRASAD

Principal

19.03.2024

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CERTIFICATE OF COMPLETION

This to certify that

..... MIYA THOMAS

successfully completed the certificate course on Health and Hygiene conducted by
the Department of Zoology



DIVYA GRACE DILIP
Course Co-ordinator



Principal
All Saints' College
Thiruvananthapuram.

Dr. RESHMI R PRASAD
Principal

19.03.2024

HEALTH AND HYGIENE

NOVEMBER 2023 - MAY 20

Register of Attendance for the month of

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