

WORLD HEALTH DAY – PHD

Venue - navajeevan old age home, perungalathur

Educational Aids- speech on- healthy diet, importance of exercise and meditation.

Awareness program

The program was organized with the theme “Depression – Lets Talk”. We have chosen the old population as our target, as we considered they are the ones suffering from severe depression after parting away the family.

A visit to Navajeevan old age home at perungalathur proved good to attain our target. Our interns gave a speech on healthy diet, importance of exercise and meditation. Also certain entertaining events like games, singing were organized. A contribution from the college (Biscuits and coconut oil) was given to the home in charge. Finally a cake cutting was organized by our interns to express the love towards the elders.

We thank the institution and our Principal Dr Chitraa R Chandran for the motivation and rendering us such an opportunity to create awareness about obesity and its risk factor among the general public.