

## **Extension activity (MoU)**

### **Awareness program on Building a Healthy Lifestyle**

Date & time	: 24.04.2023, 11.00 AM to 01.00 PM
Audience	: 275 - 10 <sup>th</sup> and 12 <sup>th</sup> standard students
Topic	: Building a Healthy Lifestyle.
Venue	: Sitalakshmi girls higher secondary school, Thirunagar, Madurai.
Conducted by	: Faculty, department of Physiology, VMCH&RI Dr.R.Durai Arasan, Senior resident, Department of Physiology. Dr.S.P.Kausikan, Postgraduate, Department of Physiology.
Along with	: Staff of Sitalakshmi higher secondary school and Rotary club, Madurai metro heritage

The session started at 11.00 AM following a welcome speech by Mrs.Vasanthi, Principal. It was attended by students and teachers.

The session was conducted by Dr.S.P.Kausikan. He talked about the definition of health and the parameters by which health is measured. The topics covered were

1. Health and its parameters
2. Mental health
3. Physical health
4. Emotional health
5. Maintenance of mental health
6. Factors that affect mental health and how to prevent them
7. Addiction and its ill effects
8. How to control addictive behaviour
9. Food hygiene
10. Balanced diet.

After the speech students asked their queries regarding food habits and personal behaviour.

At the end of the sessions thank you speech was given by Mrs.Vasanthi, Principal of the school.

