# Health, hygiene, Fitness, Recreation



#### Awareness programme on health and Hygiene

Dr Kisha T (MBBS, MS(OG), DMAS, FMAS, F-ARTConsultant Obstetrician and Gynaecologist Ruckmoni Memorial Devi Hospital Vellarada) lead the session

#### Free Medical Camp for Allergy and Menstrual irregularities







Students waiting for consultation

Students consulting with the doctor



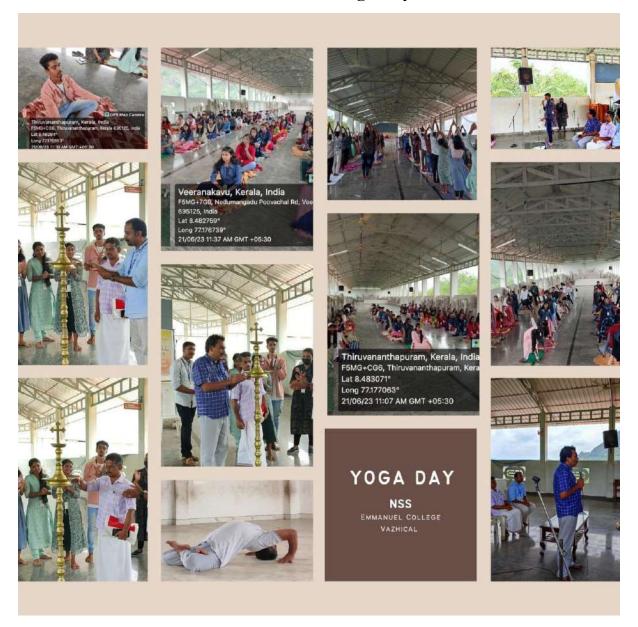


Napkin Vending Machines and Incinerators are placed in the ladies rest room used for dispensing Sanitary Pads



Incinerator installed in college campus to destroy wastes

### **International Yoga Day**



Students practised Yoga on International Yoga Day

## Awareness programme on Health & Hygiene



The awareness programme of Health & Hygiene lead by Mrs Vidya BS

### **Yoga** Practise of Students





Students practise different Asanas of Yoga