

CHRISTIAN COLLEGE

HEALTH CLUB REPORT

2015-2016

World Aids day

- UNAIDS observes World AIDS Day on December 1 and the theme for this year is; “Hands up for Prevention”. It is an opportunity for every community to unite in the fight against HIV, show support for people living with HIV and remember those who have died. With the view of this health club, Christian College, Kattakada observed World Aids day on 1.12.2016 by conducting an awareness rally from the campus to the bus station, Kattakada. The rally was flag off by our Manager and about 100 participants including the teaching, nonteaching and students from various departments actively participated in the rally. The rally thus made awareness to the public about the AIDS and HIV.

World No Tobacco day

- The theme for World No Tobacco Day 2016 (WNTD) was ‘Get Ready for Plain Packaging’. The Union joined international calls for countries to introduce plain tobacco packaging to encourage users to quit and discourage non-users from trying addictive nicotine products. Further, The Union called for a ‘plain packaging’ approach to e-cigarettes – this burgeoning industry is increasingly owned by tobacco companies renowned for targeting children with powerful marketing campaigns. With the view of this Health club, Christian College, Kattakada organised one day awareness programme on World No Tobacco day on 13th June 2016. The talk was followed by a documentary show covering all ill effects of tobacco. After the seminar the students were taken pledge against the use of tobacco.

Special talk on yoga

- In association with the health club, Christian College, Kattakada, a special talk on yoga was organized by the Department of Physical Education on 08.06.2015. Prof. John Valsalam, Professor, St. Thomas B Ed Training College, was the resource person. By quoting the words of our Prime minister Narendra modi that “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being”, the resource person made an elaborate talk on the importance of Yoga. He encouraged students to practice regular yoga to remain fit and improve concentration. Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.

Awareness class on 'Drugs, alcohols and cyber crimes'

- Existing studies have found a high correlation between adolescent abuse and becoming a problem drug user in adulthood; therefore, it can be inferred that many problem drug users start abusing drugs at an early age. Additionally, accidental and intentional fatalities that are associated with drug and alcohol use represent one of the leading preventable causes of death for the 15 to 24-year-old population. So health club, Christian College, Kattakada made an Awareness class on 'Drugs, alcohols and cyber crimes' was conducted in collaboration with Kerala youth commission on 30.10.2015 at seminar hall of the college. Adv. R.V. Rajesh and Sri. V.G. Hari were the resource persons. About 150 students participated in the class . Sri V G in his talk made an elaborate speech on the ill effects of drug abuse and alcohol consumption. Adv Rajesh spoke about the cyber crimes and students got awareness about many cyber crime as he presented his talk using power point.