



BAFAKHY YATHEEM KHANA ARTS & SCIENCE COLLEGE FOR WOMEN KALPAKANCHERY

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HEALTH AND HYGIENE CLUB REPORT

Health and hygiene club is promote physical, mental, and emotional well-being among students and staff through health education, awareness campaigns, fitness activities, and wellness programs, fostering a healthy campus environment.

- Health club committee:**

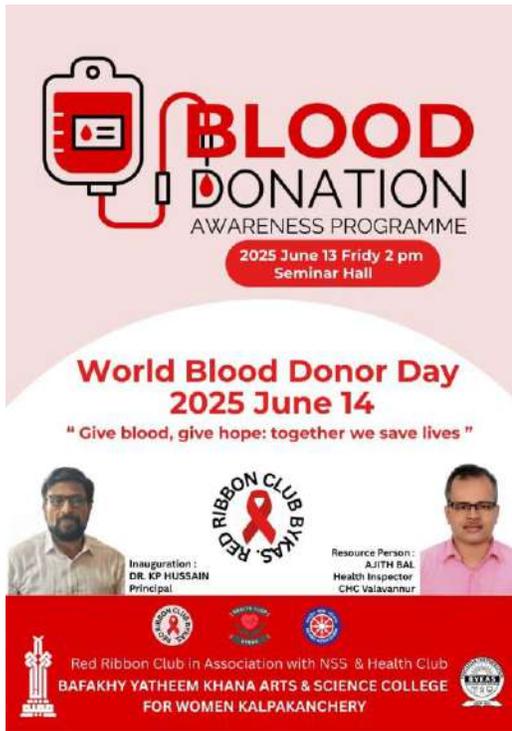
Dr. KP Hussain (Principal)	: Chairman
Ms. Muhsina Sherin C C (Assistant Professor)	: Convenor
Ms.Naseeba (Assistant Professor)	: Member
MS.Varsha (Assistant Professor)	: Member
Ms. Amina Nazi (Assistant Professor)	: Member
Ms. Hannath (Women Development Cell)	: Member

Reporting period: June 2025 to November 2025

Here is the report of programmes and events that health and hygiene club conducted during the period of June 2025 to November 2025

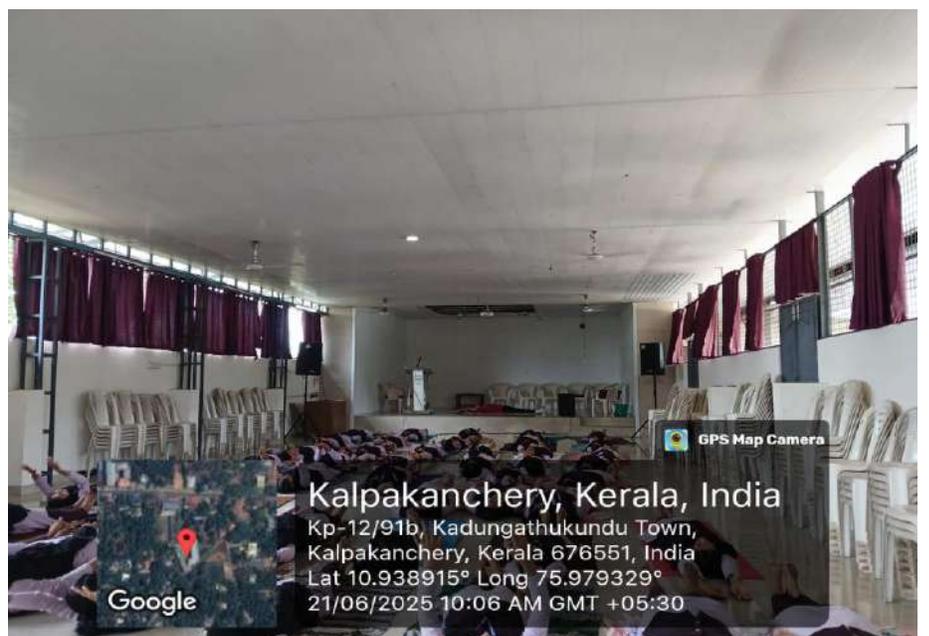
1- Blood Donation Awareness Programme:

On **13/06/2025** Health and Hygiene club in association with NSS and Red ribbon club organized an awareness session on Blood Donation by the Resource Person, **Mr. Ajit Bal, Health Inspector, CHC Valavannur** at **2pm** aimed to educate students on the importance of voluntary blood donation, debunk myths, and encourage youth participation in life-saving. This initiative aligns with our commitment to fostering health awareness and social responsibility among students. 56 students participated in the programme. “ give blood, give hope” this was the motto of t blood donation awareness programme. The Programme was inaugurated by Dr. K.P. Hussain, Principal, who highlighted the importance of blood donation.



2-International yoga day celebration:

On **21/06/2025**, In observance of International Yoga Day, the Health Club in association with NSS, organized a Programme under the global theme “Yoga for One Earth, One Health” at 9:00 AM in the College Seminar Hall. The Yoga club and fitness club was officially inaugurated and the session led by Dr.KP Hussain, Principal of the college and a live Yoga demonstration was conducted. Over 45 students participated in the programme.



3- International antidrug and illicit trafficking day:

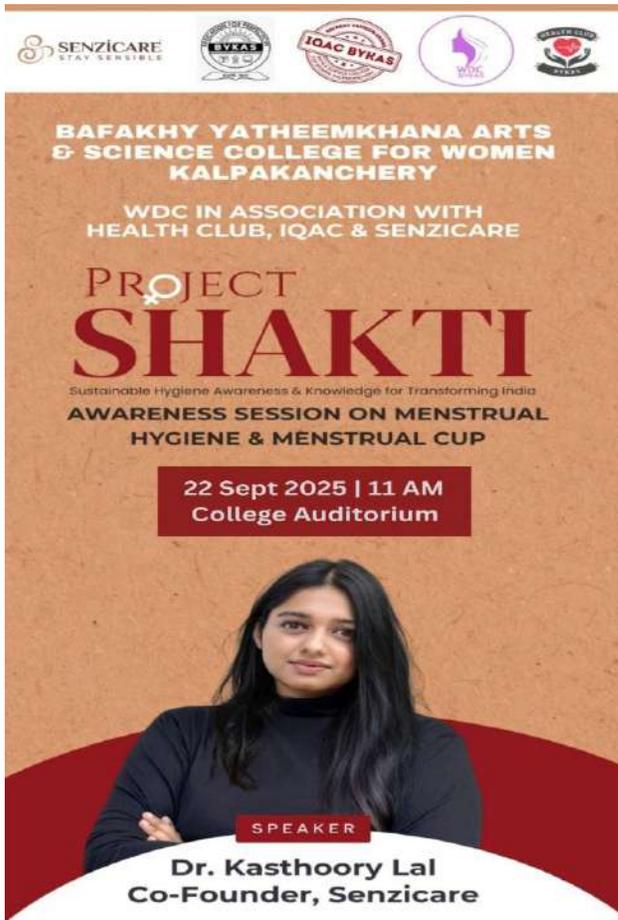
On **25,26 and 27 of June 2025** an event themed “Stand Up Against Drug Abuse Together” was organized by Health club in association with NSS, Vimukthi club, Anti Narcotic Cell and department of Psychology. Principal, Dr Hussain who officially inaugurated the two-day programme and motivated students to be ambassadors of change. Chief guest **Mr. Yoosufali, Retired Assistant Excise Officer**, who spoke about his real-life experiences in the excise department and how drug addiction destroys families and futures. Students and faculty members took a mass pledge to stay away from drugs and contribute to a drug-free society. Muhsina sherin CC., Health Club Convenor, who expressed gratitude to all dignitaries, organizers, students, and volunteers for making the event successful.



4- Awareness Session on menstrual hygiene I:

On **22nd August 2025** The Health Club in association with the IQAC and WDC, organized an Awareness Session on Menstrual Hygiene on in the college auditorium at 11:30 AM to 1:30 PM. The objective of the program was to educate students on the importance of menstrual health, dispel myths, and foster an environment of open discussion. All students and teachers participated in the programme. The session was led by the distinguished resource person, Dr. Kasthoory Lal, Co-founder of Senzicare. Dr. Lal delivered an insightful and interactive talk on the importance of menstrual health, proper

hygiene practices. As a part of the program, prizes were distributed to the winners of a quiz competition on Menstrual Health and Hygiene. This was followed by the arrangement of a stall by Senzicare, offering students an opportunity to explore sustainable and safe menstrual hygiene products.



SENZICARE STAY SENSIBLE

WDC IN ASSOCIATION WITH HEALTH CLUB, IQAC & SENZICARE

PROJECT SHAKTI

Sustainable Hygiene Awareness & Knowledge for Transforming India

AWARENESS SESSION ON MENSTRUAL HYGIENE & MENSTRUAL CUP

22 Sept 2025 | 11 AM
College Auditorium

SPEAKER

Dr. Kasthoory Lal
Co-Founder, Senzicare



5- Basic life support Training Programme:

On 15/09/2025 Health Club in association with NSS organized a programme called **Alert- Basic life support training programme** at 2.00 to 4.00 PM in college seminar hall. .The session was inaugurated by Dr. K.P. Hussain, Principal, who highlighted the importance of equipping students with essential life-saving techniques. The central technical session was conducted by Mr. Ashraf, EMS Coordinator at Aster MIMS Kottakkal, along with his team. The session included interactive demonstrations on Basic Life Support procedures such as cardiopulmonary resuscitation (CPR), management of choking, and first response techniques in medical emergencies. Participants were provided with opportunities for hands-on practice, enhancing their understanding and skill application.



