



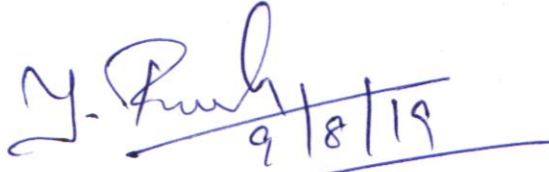
**ST. ANNE'S**  
**COLLEGE OF ENGINEERING AND TECHNOLOGY**  
(AN ISO 9001:2015 CERTIFIED INSTITUTION)  
ANGUCHETTPALAYAM, PANRUTI - 607 106.

**CIRCULAR**  
**(2019-2020)**

**CIR.No.: SACET/NSS/CIR/C01**

**Date: 09.08.2019**

It is to inform that NSS team organizing a programme on the theme "Good Health & Hygiene" on 14-08-2019 in our college. The concerned departments NSS volunteers and faculty members are requested to attend without fail.

  
9/8/19

**NSS PROGRAM OFFICIER**  
(J RAMESH)

  
9.8.2019  
**PRINCIPAL**

**Dr. R. AROKIASAMY, M.E., Ph.D.,**  
**Principal,**  
**St. Anne's College of Engineering & Technology,**  
**ANGUCHETTPALAYAM,**  
**Siruvathur-(Post), Panruti-(T.k),**  
**Cuddalore-(Dist), Pin: 607 110.**



# ST. ANNE'S

## COLLEGE OF ENGINEERING AND TECHNOLOGY

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ANGUCHETTYPALAYAM, PANRUTI – 607 106.

### ONE DAY AWARENESS PROGRAMME ON “GOOD HEALTH & HYGIENE” REPORT

**Date:** 14-08-2019

**Place:** St. Anne's CET, A.C.Palayam

One day Awareness Programme on “Good Health & Hygiene” was organized on 14<sup>th</sup> August 2019 by NSS Unit of our college jointly with SHESA (Science & Humanities Engineering Students Association).



The program commenced with prayer song. Then, Prof. Dr. A. John Peter, HOD (S&H) welcomed the gatherings. Dr. R. Arokiadass, Principal honoured the chief guest and presented a memento. Followed by this, the chief guest, Dr. I. Vijayakumar, M.D(s), Assistant Medical Officer (Siddha), Government Hospital, Panruti has given awareness speech among the students. He emphasized the students to concentrate on healthy habits for healthy body and mind strength. He also discussed various diets food items to keep our body health and hygiene.

The chief guest given his speech about Good Health and Hygiene, Siddha Medicine for a balanced life, Indian Medicine and Homeopathy field, Aathichudi for good health, Simple trauma to live without disease, Nutritional food for adolescent girls, Bone strengthening foods, Benefits of oil bath, medicine for skin disease, benefits of daily Yoga. Finally, the program ended with vote of thanks by the NSS Program Officer Mr J.Ramesh Asst./Prof.

*R. Arokiadass*  
14.8.19

**Dr. R. AROKIADASS, M.E., Ph.D.**  
Principal