

NANDHA ENGINEERING COLLEGE, AUTONOMOUS- ERODE-52

CENTRE FOR LEARNING AND DEVELOPMENT & IQAC

PROGRAMME: HEALTH AWARENESS PROGRAMME- HAP

DATE: 02.08.2025- SATURDAY

EVENT REPORT



SESSION DETAILS:

SESSION	TIME	TOPIC	RESOURCE PERSON
I	02.00 PM- 04.00 PM	Anemia & General Immunity	Dr. P. Thillaikarasi, BSMS Nandha Siddha Medical College & Hospital

Sustainable Development Goals (SDG) Alignment

This Health Awareness Programme directly contributes to several United Nations Sustainable Development Goals:

Primary SDG Alignment:

SDG 3: Good Health and Well-being

- Target 1: Reduce premature mortality from non-communicable diseases through prevention and treatment
- Target 2: Achieve universal health coverage and access to quality healthcare services
- Target 3 : Strengthen capacity for health risk reduction and management

PARTICIPANT DETAILS:

TOTAL NUMBER OF PARTICIPANTS (From all the Departments- Teaching & Non- Teaching)	144
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Session Objectives:

The Health Awareness Programme was designed to:

1. **Educate faculty members** about anemia, its causes, symptoms, and prevention strategies
2. **Enhance understanding** of general immunity and factors affecting immune system health
3. **Promote preventive healthcare practices** among academic staff
4. **Address health concerns** specific to the academic community's lifestyle and work patterns

Key Topics Covered

Anemia Awareness

Definition and Types: Comprehensive overview of different types of anemia

- Risk Factors: Dietary deficiencies, chronic diseases, and lifestyle factors
- Symptoms Recognition: Early warning signs and when to seek medical attention
- Prevention Strategies: Nutritional recommendations and lifestyle modifications
- Treatment Options: Medical interventions and dietary supplements

General Immunity

- Immune System Function: Basic understanding of how immunity works
- Factors Affecting Immunity: Stress, sleep, nutrition, and physical activity
- Immunity Boosting Strategies: Natural methods and lifestyle changes
- Seasonal Health Considerations: Managing health during different seasons
- Work-Life Balance: Impact on immune system and overall health

Event Photos



Dr. Dr. P. Thillaikarasi BSMS, explained the importance of prevention of diseases and the need of healthy diet

Event Highlights

- Interactive Session: Engaging presentation with Q&A opportunities
- Practical Guidelines: Actionable health tips for daily implementation
- Professional Expertise: Insights from experienced medical professional
- Relevant Content: Health information tailored for academic professionals
- Comprehensive Coverage: Both preventive and corrective health measures

Acknowledgments

- Dr. P. Thillaikarasi BSMS for her valuable expertise and time
- CLD NANDHA team for organizing the programme
- NANDHA Engineering College Management for supporting faculty wellness initiatives
- Participating faculty members for their active engagement and enthusiasm

Conclusion

The Health Awareness Programme on Anemia & General Immunity successfully achieved its objectives of educating faculty members about important health topics relevant to their professional and personal lives. The programme reinforced the institution's commitment to faculty welfare and highlighted the importance of preventive healthcare in maintaining optimal health and productivity.

The positive response and engagement from participants indicate the value of such initiatives and the need for regular health awareness programmes within the academic community.

The poster features the NANDHA Engineering College logo at the top left, with accreditation logos for NAAC A+ and NBA. Below it is the CLD NANDHA logo. The main title is 'Health Awareness Programme on ANEMIA & GENERAL IMMUNITY'. The resource person is Dr. P. Thillaikarasi BSMS, Resident Medical Officer at Nandha Siddha Medical College and Hospital. The event is on August 02, 02:00 PM, Saturday, at NEC - Conference Hall. The website www.nandhaengg.org is at the bottom.



Event Post in
Instagram

Prepared by: Centre for Learning Development (CLD NANDHA)

Date of Report: August 2025

Enclosure: Attendance Sheet