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JSS Mahavidyapeetha, Mysore - 04

## JSS INSTITUTE OF EDUCATION

(Recognized by the NCTE and Affiliated to University of Mysore, Mysore)

Sakleshpur – 573 134, PB No 26, Hassan Dist.

Email: [jssioebedskp@gmail.com](mailto:jssioebedskp@gmail.com) website: <https://jssioebedskp.org.in> Phone No: 97405 91647

### REPORT ON HEALTH AWARENESS PROGRAMME

In Association with IQAC, we organised *Health Awareness Programme* on 15<sup>th</sup> of March 2024 Friday, in our JSS Institute of Education, Sakleshpur Taluk, Hassan District, under Science Club at 2:15 PM in main hall. The master of ceremony was done by Smt. Vijayalakshmi Barker, second year teacher trainee. The invocation of programme was done by Gauthami and team, second year teacher trainees.



The programme was followed by welcoming the guests on to the stage and gathering of the programme by Meghana U.P, second year student teacher.

The programme was inaugurated by Principal, Dr. Nanjundappa S, Dr. Dinesh M K, Assistant Professor, Dr.Prabhuswamy M, Assistant Professor, Sri Nanjundaswamy K S, Assistant Professor, Sri Manjunatha R, Assistant Professor and Science Club coordinator Dr. C B Vikram, JSS Institute of Education, Sakleshpur along with the resource persons lighted the lamp.

Followed by the introductory speech about health awareness by Dr. C B Vikram, Co-ordinator of Science Club, JSS Institute of Education, Sakleshpur. Dr. C B

Vikram also stresses the importance of health and hygiene in our daily life. He revealed the prominence of health in order to lead happy and peaceful life. Brief introduction about menstrual cycle and awareness about cancer was delivered in his speech.



On this occasion focus of the programme was to create health awareness among all the teacher trainees, this was followed by guest lecture on “*Insight into Menstrual Cycle*” by the resource person Smt. V.T Agnes, Senior Primary Healthcare Officer, Taluk health office, Sakleshpur. She explained about the process of menstrual cycle, how it takes place in girls, precautions to be taken at this time and how we should maintain hygiene in these days. She explained about the usage of silicon cups at the menstruation period, new innovation the field health world. After the presentation Smt. V.T Agnes was honoured by Dr. Nanjundappa S, Principal, JSS Institute of Education, Sakleshpur.



The programme was followed by the special lecture on “*Awareness about Cancer*”, by the resource person Smt. *Rani. R*, Block Health Education Officer, Taluk health office, Sakleshpur. She narrated about symptoms, causes, types of cancers and preventive measures to be taken to avoid the cancer disease. She highlighted the treatment pattern for the cancer disease. She explained about Cervical Cancer and Breast Cancer which are very common in women and having high mortality rate in our country. She mainly concentrated on sources and cancer causing agents which are responsible for the disease. She also throws a light on different types of facilities available in Government hospital Sakleshpur and also about doctors working with various specializations. After the presentation Smt. Rani R was honoured by Dr. Nanjundappa S, Principal, JSS Institute of Education, Sakleshpur.



The student teachers were actively participated in the session and had a healthy discussion with recourse persons and cleared their doubts. The presidential speech was given by our Principal, Dr. Nanjundappa S, JSS Institute of Education, Sakleshpur. The programme was concluded by vote of thanks, was done by Pooja B.M second year student teacher. At last the programme was ended with sweets and snacks distribution.

Date: 18/03/2024

Place: Sakleshpur.

Co-ordinator  
Science Club



  
Principal

**PRINCIPAL**  
**J.S.S. Institute of Education**  
**P.B. 26, SAKALESHPUR-573 13**  
**Hassan Dist**