



Mercy College
Palakkad, Kerala, India 678006
Govt. Aided Arts & Science College
Affiliated to the University of Calicut
Accredited by NAAC with A Grade IV Cycle

DEPARTMENT OF LANGUAGES
ONE DAY SEMINAR ON HEALTH AND HYGIENE



MERCY COLLEGE PALAKKAD

DEPARTMENT OF LANGUAGES



Dr. Sindhu Jacob, BHMS
Ashams Homeo clinic, Palakkad

**HEALTH AND
HYGIENE**

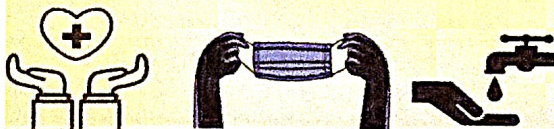


DATE : 25 NOVEMBER 2025

TIME : 1: 30 PM TO 3 : 30 PM

VENUE: AUDITORIUM

**HYGIENE
IS TWO
THIRDS
OF
HEALTH**



FACULTY COORDINATORS
SR. JULIE P. J , DR. SR. SIGI M V
DEPARTMENT OF LANGUAGE

STUDENT COORDINATOR
BHADRA B
CHAIRPERSON

GEMS
AN IQAC INITIATIVE



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The Department of Languages, Mercy College Palakkad, organized a Health and Hygiene Awareness Program on 25 November 2025 as part of the GEMS initiative under IQAC. The session was conducted in the college auditorium from 1:30 PM to 3:30 PM and aimed to make students aware of the essential role of hygiene in maintaining good health. The resource person for the session was Dr. Sindhu Jacob, BHMS, from AshamsHomeo Clinic, Palakkad. She delivered an engaging and informative talk on the importance of personal cleanliness, proper hand-washing practices, safe handling of food and water, and maintaining clean surroundings. She highlighted how hygiene helps prevent diseases and contributes significantly to overall well-being. Emphasizing the idea that "Hygiene is two thirds of health," she encouraged students to adopt simple but consistent hygienic practices in their daily lives. The program witnessed enthusiastic participation from students, who gained valuable insights into maintaining a healthy lifestyle through cleanliness and preventive care. The session contributed to creating greater awareness about the importance of hygiene and supported the broader educational goals of the institution.

Objectives of the Program

To create awareness among students about the importance of maintaining personal and environmental hygiene, To educate students on basic hygiene practices such as proper hand-washing, mask use, and cleanliness, To promote healthy habits that help in preventing common infections and Diseases, To encourage students to adopt hygiene as an essential part of their daily routine, To help students understand the relationship between hygiene, health, and overall well-being, To develop a sense of responsibility towards maintaining clean surroundings, To motivate students to spread awareness about hygiene within their homes and community



PRINCIPAL

PRINCIPAL
Mercy College, Palakkad-06

H.Q.D

STAFF COORDINATORS

STUDENT COORDINATOR