

REPORT ON

HEALTH AND WELLNESS AWARENESS

The Department of Computer Applications, Mercy College, Palakkad, in association with Avitis Hospital, Palakkad, organized a Women's Health & Wellness programme titled "Nourish Your Future: Eat Smart Today for a Healthier Tomorrow" on 02 February 2026 (Monday) from 1.00 PM to 2.30 PM at the Seminar Hall, Mercy College, Palakkad.

The programme aimed to create awareness among students about the importance of proper nutrition, healthy lifestyle practices, and preventive healthcare for women. The session focused on empowering young women to make informed choices about their diet and overall well-being. The resource persons for the programme were Ms. Sasikala, Chief Dietitian, ASSH, Nemmara, and Dr. Anjali Prakash, Consultant – Obstetrics & Gynaecology, ASSH, Nemmara. Ms. Sasikala delivered an insightful talk on balanced nutrition, dietary requirements for young women, and the role of healthy eating habits in preventing lifestyle diseases. She emphasized practical tips for maintaining a nutritious diet amidst busy academic schedules.

Dr. Anjali Prakash addressed key aspects of women's health, including reproductive health, hormonal balance, and the importance of regular medical check-ups. She also highlighted preventive healthcare measures and encouraged students to prioritize their physical and mental well-being. The interactive session provided students with an opportunity to clarify their doubts and seek expert guidance. The programme was well-received and appreciated by the participants for its informative and practical approach. The event was conducted under the guidance of Sr. Jaisy Jacob M, Head of the Department, and coordinated by Durga J, Staff Coordinator. The programme concluded successfully with positive feedback from students and faculty members.