

Event : Health Awareness Session by Medical Expert
Date : 29/07/2026
Organised by : The Health and Fine Arts Club
Academic Year : 2026 – 2027
Theme : "Your Health, Our Priority"

Report :

The Health and Fine Arts Club organized a Health Awareness Session by a Medical Expert under the theme "Your Health, Our Priority". The session was conducted by Dr. Sai Preethi R., MBBS, Medical Officer, Government Upgraded PHC, Lalapet, Ranipet District.

The chief guest shared valuable information on personal hygiene, the importance of a balanced diet, first aid for snake bites, and the different degrees of skin burns with their immediate care. She also emphasized the importance of maintaining a healthy lifestyle through proper nutrition and cleanliness to prevent diseases.

The chief guest encouraged students to exercise regularly to improve both physical and mental health and motivated everyone to adopt healthy daily habits.

The session concluded with a simple active exercise, in which all the participants took part enthusiastically. The programme was highly informative and inspired students to lead a healthy and disciplined life.