



# T.J.S ENGINEERING COLLEGE

Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai.

Accredited by NAAC / ISO 9001:2015 Certified Institution.

TJS Nagar, Peruvoyal, Near Kavaraipettai, Gummidipoondi Taluk, Thiruvallur District -601206



# General Health Awareness Programme



# T.J.S ENGINEERING COLLEGE

Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai.  
Accredited by NAAC / ISO 9001:2015 Certified Institution.

TJS Nagar, Peruvoyal, Near Kavaraipettai, Gummidipoondi Taluk, Thiruvallur District -601206



## GENERAL HEALTH AWARENESS PROGRAMME

### EVENT REPORT

**Name of the Programme:** General Health Awareness Programme

**Venue:** Kumaranpettai village


**No. of Students Participated:** 30

**Academic Year :** 2021-2022

#### DESCRIPTION:

On Behalf of our T.J.S Engineering College, students actively participated in the General Health Awareness programme at Kumaranpettai village on 04.01.2022. Our student Mr.Devendaran presented a motivational speech upon staying healthy and its impact upon our mental state of well being. When one separates from negative public news, you'll be surprised at how much more optimistic the life becomes. Occasionally, we fall into perceived realities when we are constantly filling our brain with the information we read in newspapers which can, and often times is, extremely toxic. He said that it is very important that you really need to have a great exposure to your life's skills where you can easily make your own health benefiting views. He also adds to his speech that life is too difficult if we do not take care to improve our lifestyle. In his speech he insisted that people should take care of their daily activities which count upon towards their health. Fitness and Health go hand in hand. A daily routine with some yoga practice is always one of the best shields to beat the ill effects from one's life. The need for positivity is essential. To maintain good health at its best all the time, we need to take care of hygiene and reduce the burden of mental health. This instead is going to cut down the stigma attached to psychic disorders. We must eat healthy and complete diet.



  
PRINCIPAL

T.J.S. ENGINEERING COLLEGE  
Peruvoyal, Kavaraipettai,  
Gummidipoondi Taluk,  
Thiruvallur Dist - 601 206.



# T.J.S ENGINEERING COLLEGE

Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai.  
Accredited by NAAC / ISO 9001:2015 Certified Institution.

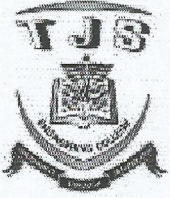
TJS Nagar, Peruvoyal, Near Kavaraipettai, Gummidipoondi Taluk, Thiruvallur District -601206



General Health Awareness Programme, Kumaranpettai Village



PRINCIPAL  
T.J.S. ENGINEERING COLLEGE  
Peruvoyal, Kavaraipettai,  
Gummidipoondi Taluk,  
Thiruvallur Dist - 601 206.



# T.J.S ENGINEERING COLLEGE

Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai.  
Accredited by NAAC / ISO 9001:2015 Certified Institution.

TJS Nagar, Peruvoyal, Near Kavaraipettai, Gummidipoondi Taluk, Thiruvallur District -601206



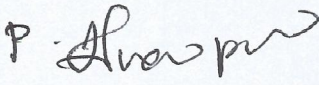
## General Health Awareness Programme at Kumaranpettai on 04/01/2022

### Program outcomes:-

- To improve the health of the individual and community level
- To reduce the incidence of disease.
- To cut down the rate of reduction of disabilities and deaths

### PARTICIPANTS LIST

SL.NO	NAME	DEPATRMENT	YEAR
1.	RAGUL SANJAY A	CSE	II
2.	RANJITH G	CSE	II
3.	SHANJAY J N	CSE	II
4.	SURIYA L	CSE	II
5.	BARATH P	CSE	II
6.	DHANUSH G	ECE	II
7.	HAREESH V	ECE	II
8.	KARTHIKEYAN S	ECE	II
9.	LALITHKANNAH D	ECE	II
10.	PARAMESHWARI N	ECE	II
11.	PRAVEEN RAJ M	ECE	II
12.	RAJKUMAR K	ECE	II
13.	SABIR MOHAMED S	ECE	II
14.	SHAMINI M	ECE	II
15.	SUNDERESWARAN S	ECE	II
16.	MANOSH M	MECH	II
17.	SURENDHAR E	MECH	II
18.	SURYA P	MECH	II
19.	VIJAY M	MECH	II
20.	VISHNUPRIYAN T	MECH	II
21.	YOGESH V	MECH	II
22.	KARTHICK M	CIVIL	II
23.	MANOJ M	CIVIL	II
24.	NARASIMMA S	CIVIL	II
25.	PRASANTH K	CIVIL	II
26.	SANTHOSH L.K	CIVIL	II
27.	SATHIYA MOORTHY S	CIVIL	II
28.	SIVAKUMAR V	CIVIL	II
29.	KUMAR V	CSE	II
30.	VITHUN V S	CSE	II

  
PROGRAMME OFFICER



  
PRINCIPAL  
T.J.S. ENGINEERING COLLEGE  
Peruvoyal, Kavaraipettai,  
Gummidipoondi Taluk,  
Thiruvallur Dist - 601 206.