

Date	Organizing	Programme	No of beneficiaries (Students)	No of beneficiaries (Faculties)
10.08.2023	UBA Sakthi College of Arts and Science for Women, Oddanchatram	Door to Door Visit- One day Awareness Programme	46	02

REPORT ON ONE DAY AWARENESS PROGRAMME

On behalf of the Unnat Bharat Abhiyan, Sakthi College of Arts and Science for Women, Oddanchatram has organized a one-day event entitled —Door to Door Campaign: Awareness Programme on Rainy Season Diseases Like Malaria, Dengue, Typhoid, etc." on August 10th 2023, in the adopted village Ellaipatty street peoples of UBA of our College by Dr. R. Thenmozhi, Principal, and Dr. S. Samundeewari (Assistant Professor and Head) and the I B.Com CA students of have explained the various rainy season diseases such as dengue, malaria, typhoid, hepatitis to the people of villages. Also, they addressed the villagers of these places and shared their views related to the prevention of diseases in the situation of climate change.

Some Prevention tips gave for peoples by our college students. Drink Clean and Safe Water, Waterborne diseases like cholera, typhoid, and gastroenteritis are common during the rainy season. Ensure that you drink only purified or boiled water. Eat Fresh and Home-Cooked Food, during the rainy season, food can spoil due to high humidity levels. To prevent food borne diseases such as food poisoning, eat fresh, well-cooked meals. Avoid street food and wash fruits and vegetables thoroughly before eating them. Use Mosquito Repellents, Diseases like dengue, malaria, and chikungunya are transmitted by mosquitoes, which breeds in stagnant water. Use mosquito repellents, nets, and wear long-sleeved clothing to minimize mosquito bites. Containers which can collect such as water flower pots and buckets, needs to be kept clean to reduce mosquito breeding sites. Keep Your Surroundings Clean, Maintaining a clean environment is important in the prevention of monsoon diseases. Ensure that your surroundings are free of stagnant water, as it can become a breeding ground for mosquitoes. Dispose of garbage properly and ensure that

drains and gutters are not clogged to prevent water accumulation. Protect yourself from the Rain, Getting drenched in rain can cause infections and illnesses such as the common cold, flu, and fungal infections. Carry an umbrella or wear a raincoat to protect yourself. If you get wet, change out of wet clothes immediately and dry yourself thoroughly to prevent fungal infections. Boost Your Immunity, A strong immune system is vital for fighting off rainy season diseases. Include immune-boosting foods in your diet, such as fruits rich in vitamin C, vegetables. Staying hydrated and getting an adequate amount of sleep can also contribute to a healthy immune system.

Dr. R. Idew

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