

Activity : 1

Name of Activity:

Pre Survey Meetings with concerned Government Officials,
Villagers & Placing UBA Boards.


Need of the Activity:

To establish rapport with the local government officials and to seek their cooperation for village survey (s) and implementation of UBA activities subsequently.

Description:

To sensitize the residents of the identified villages about UBA and also to learn critical issues and local constraints/problems as faced by them.




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Distribution of Coconut Sapling to build rapport between Village People & Members
UBA AIMAN TEAM
with village counsellor Mr.PalRaj- Periyamayakichatram


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Activity:2

Name of Activity:

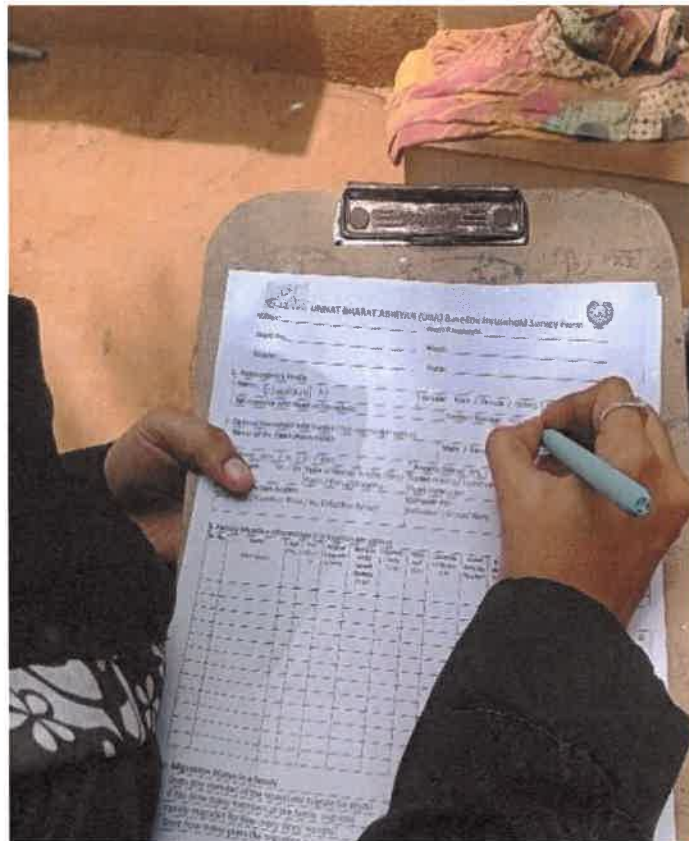
Household Survey (initiative in Periyannayakichtram)


Need for the Activity:

To get an idea about the problems faced by the villagers in order to find respective solutions.

Description:

Household Survey of adopted villages to determine General Household Information, Family Member Information, Migration Status in a family, Information of Government Schemes, Source of Water, Source of Energy and Power, Landholding Information, Agricultural Inputs & Production, Any other major problems etc.




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Students while taking survey with the native village people

Activity: 3

Name of Activity:

Awareness given on the topic “DRUG AWARENESS”

Need for the Activity:

To spread awareness about risk factors for drug abuse to the students and villagers.

Description:

Drugs have different effects depending on the drug itself, the person taking it and their surroundings. Students of AIMAN College gave awareness for Periyanyakichtram school students to avoid drugs and to make them to aware others. They explained Common risk factors for drug abuse for school students like

- A family history of substance abuse
- A mental or behavioral health condition, such as depression, anxiety or attention-deficit/hyperactivity disorder (ADHD)
- Impulsive or risk-taking behavior
- A history of traumatic events, such as experiencing a car accident or being a victim of abuse
- Low self-esteem or feelings of social rejection

Also they explained some types of drugs and and their impacts.



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 Tiruchirappalli, Tamil Nadu 620009, India
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Drug Awareness program at Government High School with
 Principal Mr.Anbarasan, Periyayakichtram


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Activity: 4

Name of Activity:

SANITATION AWARENESS

Need for the Activity:

The primary purpose of sanitation is to protect public health. To create a sanitation awareness to the government school students of Periyanyakichatram.

Description:

In order to promote health and hygiene and raise awareness about good hygiene habits such as washing hands five times a day, using a toilet for defecation and adopting safe drinking water practices, Students of AIMAN College gave awareness for Periyanyakichatram school students. Students explained some Benefits of improving sanitation

These include:

- reducing the spread of intestinal worms, schistosomiasis and trachoma, which are neglected tropical diseases that cause suffering for millions;
 - reducing the severity and impact of malnutrition;
 - promoting dignity and boosting safety, particularly among women and girls;
 - promoting school attendance: girls' school attendance is particularly boosted by the provision of separate sanitary facilities;
 - reducing the spread of antimicrobial resistance;
 - potential recovery of water, renewable energy and nutrients from faecal waste;
- and

- potential to mitigate water scarcity through safe use of wastewater for irrigation especially in areas most affected by climate change.



Students while creating awareness about sanitation Government High School at Periyanyagi Chatrma

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Activity: 5

Name of Activity:

Importance of Healthy Foods

Need for the Activity:

To raise awareness about the Healthy eating to prevent childhood obesity.

Description:


With the aim of promoting healthy eating, portion size awareness, eating fewer calorie dense, nutrient-poor foods and to raise awareness of weight as a health issue, Students of AIMAN College gave awareness for Periyanaayakichtram school students.

Diseases are reduced when food intake is healthy and balanced.

- The green leafy vegetable is good for increasing body strength.
- Healthy food prevents obesity and can even promote fat loss.
- Junk food is the opposite of healthy eating and contains too much sugar, salt, and fat.
- Healthy food is cheaper and affordable.
- Students will no longer want to spend a lot of money on junk food.
- Consumption of junk food leads to a lack of concentration.
- Junk food consumption can cause digestive problems and stomach ulcers.
- Healthy food has a lot of nutrients and promotes building headspace.
- Healthy food can cause a definite increase in the brain's functionality.



UBA Team while explaining students with diagrammatic representation
About healthy foods


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