

ARASAN GANESAN POLYTECHNIC COLLEGE, SIVAKASI

NATIONAL SERVICE SCHEME

Programme Report

16.06.2014

A Guest Lecture programme on the topic, "Health and Hygiene", is arranged on 10.06.2014 Tuesday. Dr. P.K.S.P.Ponmoorthy Raja, M.B.B.S., Sivakasi is the Chief Guest.

During the speech, Guest speaker pointed that, For good health avoid- smoking, drinking alcohol, junk foods like pizza, burger etc., which make us lethargic and dull. He insists about- Practicing healthy living styles with proper food habits and exercise. Consume a healthy diet, such as vegetables, fruits, fish, nuts, lean meat etc.

He also stress to avoid plastic and make the environment clean and green.



**NSS Officer,
Arasan Ganesan Polytechnic College
Sivakasi**