

7.1.8: Describe the Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities

- **Nutritional counselling:**

An awareness was created by Dr. C. Padmavati regarding Nutrition. Students are now-a-days regularly eating junk food. They also have a tendency of eating only what they like but do not bother about whether complete nutrition is fulfilled. They have to realize that they should eat all color fruits and vegetables. They should eat whole grains rather than processed food. This is leading to obesity.



- **Awareness in Health & Hygiene**

Dr. Chandrakala created an awareness on Health and hygiene which are interrelated to each other and anyone should learn to take a lot of care.. Hygiene is of paramount importance especially to women, since it is directly related to health issues. Any negligence on hygiene is resulting in a number of diseases. Typhoid, cholera, dysentery amoebiasis are a result of nonhygienic conditions. It is important to know that totally we have a number of other diseases too. Urinary tract infection, Pneumonia, skin diseases can also result. Continuous exposure to water can result in these diseases. In men they develop a habit of



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smoking, liquor, taking drugs and become addicts. As a result of all these they also begin to neglect their hygiene which is extremely detrimental.



- **Woman's sense of self worth**

A woman should develop confidence and believe in herself. She should not feel inferior to anyone. Now a days when they are getting educated and going out for Jobs automatically they are beginning to compete with others. As a result it is leading to a healthy competition and proving their mettle. Look at any of the fields, it has been observed that whether in sports, army, finance, management, sciences, engineering, entrepreneurs they are present everywhere.



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