



Sadakathullah Appa College

(Autonomous)

Tirunelveli-11.



Red Ribbon Club

Health Awareness Program

on

Small Lifestyle Changes for a Healthier Life: Preventive Health Care

Date: 23.12.2025



The Red Ribbon Club of Sadakathullah Appa College (Autonomous), Tirunelveli, organized a Health Awareness Program titled “Small Lifestyle Changes for a Healthier Life: Preventive Health Care” on 23rd December 2025 at 02.00 PM in the College Seminar Hall. The program aimed to create awareness among students about preventive health care and to emphasize the importance of adopting small yet effective lifestyle changes for maintaining overall health and well-being.

The program commenced with a warm welcome and introductory remarks by Dr. J.A.M. Omeray Farook, Program Officer, Red Ribbon Club, who highlighted the objectives of the program and the role of the Red Ribbon Club in promoting health awareness among students.

The inaugural address was delivered by Dr. S.M. Abdul Kader, Principal of the college, who emphasized the need for students to develop healthy habits at a young age to prevent lifestyle-related diseases. This was followed by an address by Dr. R. Janet Rani, Vice-Principal (Unaided

Courses), who motivated students to incorporate balanced nutrition, regular exercise, and stress management into their daily lives.

The technical session was handled by the Resource Person, Mr. S. M. Prasad, Assistant Professor and Head, Department of Nutrition and Dietetics, Sadakathullah Appa College. He delivered an informative and engaging lecture on preventive health care, highlighting practical lifestyle modifications such as healthy eating, physical activity, adequate sleep, and avoidance of harmful habits. The session was interactive and well received by the participants.

The program concluded with a vote of thanks proposed by Mr. K. Ganesh Kumar, Program Officer, Red Ribbon Club, expressing gratitude to the management, dignitaries, resource person, faculty members, and students for their cooperation and active participation. The entire event was efficiently coordinated by Dr. M. Abdul Rahman, Convener, Red Ribbon Club, whose efforts ensured the smooth organization and successful execution of the program.