

HEALTH AWARENESS PROGRAMME

Title : "PROMOTING HEALTHY LIFESTYLES AND WELLNESS AMONG YOUTH".

Date: 10 June, 2026

Time: 10:00 a.m.

Venue: Computer Hall, School of Pedagogical Sciences,
Mahatma Gandhi University, Kottayam



The School of Pedagogical Sciences, Mahatma Gandhi University, Kottayam, organized a health awareness programme on “**Promoting Healthy Lifestyles and Wellness Among Youth**” on **10 June 2026 at the Computer Hall**. The programme was conducted to create awareness among students about the importance of maintaining a healthy lifestyle and promoting physical, mental, and social well-being.

The programme began at 10:00 a.m. with a prayer by Hena. The session was anchored by Somiya. Prof. (Dr.) Sajna Jaleel, Head of the Department, School of Pedagogical Sciences, Mahatma Gandhi University, delivered the welcome address and warmly welcomed the resource person, faculty members, research scholars, and M.Ed. students. In her address, she highlighted the growing importance of health awareness among youth and emphasized the need to adopt healthy lifestyle practices for overall well-being.



The resource person for the seminar was Dr. Jessiah George Koottala, Medical Officer in Charge, Family Health Centre (FHC), Kuruppanthara. The session was informative and interactive, covering various aspects of health and wellness that are relevant to young people.

Dr. Jessiah began the session by explaining the importance of maintaining a healthy lifestyle. She pointed out that many health problems can be prevented through proper food habits, regular exercise, adequate sleep, and effective stress management. She also emphasized that good health is essential for personal, academic, and professional success.



During the session, the resource person explained the concept of blood pressure and discussed its normal range. She spoke about the causes of hypertension and stressed the importance of regular health check-ups. She explained that unhealthy eating habits, lack of physical activity, stress, and irregular lifestyles can increase the risk of high blood pressure and other lifestyle diseases.

The resource person also discussed common lifestyle diseases such as diabetes, obesity, hypertension, and cardiovascular diseases. She explained how sedentary lifestyles and increased dependence on technology have contributed to the rise of these health problems among young people. She encouraged the participants to engage in regular physical activity, maintain a balanced diet, and take responsibility for their health.

An important point highlighted during the seminar was the role of vaccination in disease prevention. Dr. Jessiah specifically spoke about Hepatitis B and stressed the importance of taking the Hepatitis B vaccine. She explained that vaccination is one of the most effective ways to prevent the disease and encouraged participants to ensure that they are properly immunized.



The resource person also focused on mental health and emotional well-being. She stated that mental health is equally important as physical health and discussed common issues such as stress, anxiety, and depression among youth. She encouraged students to seek support whenever needed, maintain positive relationships, and adopt healthy coping strategies to manage stress.

Another topic discussed during the seminar was the importance of healthy relationships. Dr. Jessiah explained the value of trust, respect, communication, and understanding in maintaining healthy friendships, family relationships, and marital relationships. She pointed out that healthy relationships contribute greatly to emotional well-being and overall quality of life.

The session also highlighted the importance of self-discipline and time management. The resource person encouraged students to develop disciplined habits, set realistic goals, and make responsible decisions in their personal and professional lives. She noted that discipline plays a key role in achieving success and maintaining overall well-being.

The growing problem of drug abuse among youth was another important area of discussion. Dr. Jessiah explained the harmful effects of substance abuse on physical health, mental health, family life, and society. She emphasized the need for awareness, family support, counselling, and positive peer influence in preventing drug abuse and building a healthy society.

An interactive session was held at the end of the seminar. Participants actively interacted with the resource person and raised questions regarding lifestyle diseases, stress management, healthy food habits, vaccination, and disease prevention. The resource person clarified their doubts and shared practical suggestions that could be followed in everyday life.



The programme concluded with a vote of thanks by Sreelakshmi M. S., who expressed gratitude to the resource person for sharing valuable information and insights. She also thanked the faculty members, organizers, and participants for their support and active participation.



The seminar was highly beneficial and provided participants with valuable knowledge about healthy living, disease prevention, mental health, healthy relationships, vaccination, and substance abuse awareness. The programme successfully achieved its objective of promoting healthy lifestyle practices and wellness among youth.
