



**Sri Chamundeshwari Medical College,  
Hospital and Research Institute**  
Channapatna Taluk, Ramnagar District



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## **Department of Community Medicine**

### **Programme on Personality Development and deworming day**

**February 21st , 2024**

Personality development refers to the process of enhancing and improving one's traits, behavior, attitude and characteristics to become a complete individual.

As a part of Community Medicine Health awareness Activity, Department of Community medicine organized an awareness programme on 21<sup>th</sup> February 2024, 11:00am at Morarji Desai Residential school, K. Honnalagere panchayat, Thoппanahalli village which was attended by around 200 children of 8th, 9th 10th standard.

Dr. Manuja L.M, Associate Professor, Department of Community Medicine spoke about the importance of personality development. She also spoke about importance of practicing meditation, making vision broad, how to be positive in life?, developing habit of reading good books, and also on practicing gratitude in life and importance of exercise. She added a note on harmfulness of smoking and alcohol and problems related to the same. Children were engaged throughout the programme with conduction of small activities in between on their current mental status and future goal. The children were interactive and actively participated in the programme.

Dr.Suhas.S.R Assistant Professor, Department of Community Medicine took the second session and spoke about the importance of hookworm infestation and prevention. Programme ended with vote of thanks by Mrs Savitha ,Headmistress of Morarji Desai Residential school. Mr Ranjith, MSW and Foreign Medical graduates interns were also present in the programme.