



Tamil Nadu Agricultural University  
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To  
The Editor,

Date: 8-2-2016

Sir,

I request that the following matter may kindly be published in your esteemed daily:

**Personal Hygiene and Alternative Medicine Awareness Programme for  
Girls in TNAU**

National Service Scheme of Tamil Nadu Agricultural University (TNAU) organized a personal hygiene and alternative medicine awareness programme for girl volunteers on 6-2-2016 at TNAU, Coimbatore.

Dr. P. Maheswari, Ayurveda, Yoga and Acupuncture specialist gave an awareness lecture. Personal hygiene is very important for body and mental health. Food, Sleep and toxin removal are very important. Girls have to be doubly cautious since they are going to be the protectors of future generation. Body derives energy from food, water and breathing. Food should be taken with gratitude to nature and farmers who produce them. Morning breakfast should be never skipped. Any food taken without free mind in a stress condition will never be converted to energy. Fast foods and junk foods should be avoided. Everyone should sleep between 9 P.M. and 4 A.M to give rest to organs. Girls should maintain their reproductive fertility.

Nowadays 70 percent of women need assisted reproductive techniques and undergo caesarian delivery. Five elements of nature form the basis for our body. Hair fall, Dandruff, Pimples all occur because of our food habits and toxin accumulation in the body. Volunteers with ailments like Head ache, constipation, stomach ache and other problems were personally assessed and counseled by the doctor. More than 300 NSS Girl volunteers participated in the programme.

The programme was organized by NSS Programme Officers Dr. M.R. Latha, Dr.S. Kavitha, Dr.K. Suganya and Dr. Vinoth Kumar.

Earlier, Dr. M.R. Latha welcomed the gathering. Finally, Dr. S. Kavitha proposed a formal vote of thanks.

Asst. Public Relations Officer