## **Society on Social Implication of Technology**

KPR Institute of Engineering and Technology



### **REPORT**

### TIDY TREATS AND TRENDY TWEETS

**Date of Event** : 19.09.2024

**Event : Government School** 

Title of Event : Tidy Treats and Trendy Tweets

**Beneficiaries**: Uthupalayam Government Students

No. of participation : 50

Coordinator(s) : Dr Karthikeyan S Assistant Professor(SI.G)/ Department of Maths

Conveyor : Dr Saravanan R Assistant Professor/Department of Chemistry

### **Student Coordinators:**

- Vishal L (2nd Year, EEE)
- Arunadharini S (2nd Year, CSE)

**Organizer**: IEEE-SSIT

### **Enclosure:**

- 1. Poster
- 2. Report
- 3. Photograph

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### **Pre-Poster:**



# KPRIET SSIT

ORGANISES

## TIDY TREATS & TRENDY TWEETS

THEME: CLEANLINESS, SOCIALMEDIA AWARENESS AND HEALTHY FOOD HABITS



### Report

The event titled "Swachhata Hi Seva, Social Media Awareness, and Healthy Food Habits" was successfully conducted at Uthupalayam Government School with the aim of promoting cleanliness, responsible social media usage, and healthy food habits among students and the local community. The event attracted a vibrant participation from students, teachers, and community members, fostering a positive atmosphere for learning and change.

### Swachhata Hi Seva

A session was conducted to educate students and attendees about the importance of maintaining cleanliness in their surroundings, homes, and school. Emphasizing the role of each individual in creating a cleaner, healthier environment, the session featured:

- Cleanliness Drive: A community effort to clean the school premises.
- **Awareness Talks:** Highlighting the importance of hygiene, both personal and environmental, through interactive discussions.
- **Practical Demonstrations:** Proper methods of waste disposal, including segregating wet and dry waste.

#### **Social Media Awareness**

The importance of responsible social media usage was addressed, focusing on:

- Safe Social Media Practices: Educating students on privacy settings, identifying misinformation, and avoiding cyberbullying.
- **Time Management Tips:** Emphasizing how to balance social media time with studies and other productive activities.
- **Positive Use of Social Media:** Demonstrating how to use platforms to learn new skills, engage in meaningful discussions, and spread positive messages.

### **Healthy Food Habits**

This session focused on educating participants about the benefits of a nutritious diet. Key points discussed were:

- Balanced Diet: The role of fruits, vegetables, and proteins in ensuring proper nutrition.
- **Avoiding Junk Food:** Encouraging students to limit their intake of unhealthy foods and develop better eating habits.
- **Interactive Cooking Demonstration:** A simple cooking session was held to demonstrate how healthy meals can be easy to prepare.

### **Outcome**

The event was successful in raising awareness about cleanliness, responsible social media usage, and the importance of a healthy diet. Students actively participated in discussions, and several initiatives were planned to sustain the momentum created by this event:

- Follow-up Cleanliness Drives organized by the school.
- Healthy Meal Challenge: Encouraging students to bring healthy meals once a week.
- Social Media Responsibility Club formed by the students to monitor and share positive content.

**Conclusion** The *Swachhata Hi Seva*, *Social Media Awareness*, *and Healthy Food Habits* event served as a great platform to educate and inspire positive changes in the community. With continued efforts, these initiatives are expected to contribute to healthier, more responsible lifestyles in the long term.









SSIT Advisor

SSIT Chair