

## 2021-2022

### 7.1.1

## 7. Gender Sensitization

### 1). Health Awareness

<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
1	17-08-2021	COVID -19 Free Vaccination Drive-1	80
2	20-9-2021 to 25-9-2021	World Mental Health Day	150
3	31-10-2021	Breast Cancer Awareness	120
4	12-11-2021	Haemoglobin estimation camp	43
5	01-12-2021	Quiz Competition on AIDS	02
6	17-08-2021	FREE COVID -19 VACCINATION DRIVE-2	22
7	01-12-2021	AIDS/HIV Awareness program	125
8	14-12-2021	COVID -19 Free Vaccination Drive-3	75
9	15-12-2021	Distribution of Sanitary Pads and Masks	50
10	03-01-2022	Surya Namaskaras	60
11	08-02-2022	Incinerator installation	45
12	27-02-2022	Pulse Polio Program	46
13	23-03-2022	MEGA HEALTH CAMP	200
14	31-05-2022	Anti Tobacco Day	50

<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
<b>1</b>	<b>17-08-2021</b>	<b>COVID -19 Free Vaccination Drive-1</b>	<b>80</b>

**Free Covid -19, Vaccination Drive -1 for NSS Volunteers, Students and Staff was conducted on 17th August 2021 at 10:00AM**

**This program created awareness on importance of taking vaccine.**

**Chief Guest:Prof.G.Mallesham, (DEAN, UGC Affairs, OU).**

**Guest of honour:Dr.Saveen Souda(NSS Programme Coordinator, OU).**

**Guest of honour:Dr.B.Rajashree (Deputy DMHO, LAlapet Hyd.)**

**President of the Programme: Dr. K. Padmavati (Principal and NSS chairman).**

**Motivator and Guide :Dr.M.Vasudha (Vice Principal).**





<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
<b>2</b>	<b>20-9-2021 to 25-9-2021</b>	<b>World Mental Health Day</b>	<b>150</b>

**Objectives of the Program:**

- 1 Tries to get rid of general stress in our daily life and happy life.**
- 2 2.We also can postpone the stress to reduce its intensity.**
- 3. Wellbeing Techniques helpful for removal of stress and feel free.**

**GOVERNMENT DEGREE COLLEGE FOR WOMEN(A), Begumpet organized an International Webinar in collaboration with Manojagrithi Foundation (NGO) ON Dt.20<sup>th</sup> Sept, 2021.This was 6 days program from dt.20th to25th, September,2021 in various districts.**

**The founder of Manojagrithi Foundation, Dr. Geetha Challa has taken an initiative to sponsor the program along with Government Degree College for Women, Begumpet.**

**The students from the GDC(w),Begumpet participated enthusiastically in this program and involved in various activities and challenges given in this program. as a token of appreciation our received the certificate from INTERNATIONAL WONDER BOOK OF RECORDS.**

**This program held from 11.30am-2.30 pm in Hyderabad District. Excellent speakers and psychologists Dr. Geetha Challa, Dr. Geetha from Hyderabad and Dr. Sangeetha-all were eminent psychologists explained various Wellbeing Techniques to burst our stress, feel free and happiness.**

**The techniques are highly useful for the students especially during this Pandemic situation. The speakers demonstrated 33 Wellbeing techniques to break stress and allowed participants to practice during the session.**

**Dr. Swathi, HOD of Psychology department at Osmania Hospital. She explained about how to face the challenges in life and quoted as “Mind Is the Master and Body Is the Follower”.**

### **33 Wellbeing techniques:**

**1. My Name and My Identity**

**2. Brain Gym**

**3. Let go Ballon**

**4. Let me Focus**

**5. Focussed Listening**

**6. Body Scan**

**7. Smilies in a page**

**8. Gratitude Box**

**9. Window Watching**

**10. What is Happening to me Right Now**

**11. Dump in Activity**

**12. 54321 Mindful Techniques**

**13. Nature's Music**

**14. Visual Relaxation**

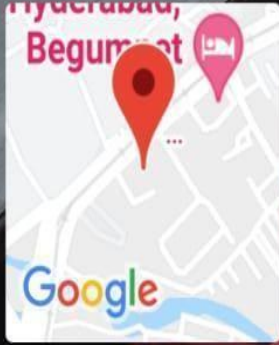
- 15. Conscious Breathing**
- 16. Candle Blowing Technique**
- 17. Energy Breathing**
- 18. Throw the Fire Ball**
- 19. Circle of Control and Influence**
- 20. Put the Glass Down**
- 21. Z to A/100 to 1**
- 22. Nature's Pictures**
- 23. Positive Self Talk**
- 24. Worry Box - Worry Period**
- 25. More with the Music**
- 26. Six Principles of Healthy Life**
- 27. Find your Emotions**
- 28. Scribbling**
- 29. Egg, Potato and Coffee Powder in a boiling water**
- 30. Mindful Eating**
- 32. Chocolate Method**
- 32. Body Waving Method**
- 33. Movement of Thighs**

### **Outcomes:**

- 1. Wellbeing Techniques (33) are highly useful in the current social life.**
- 2. Practicing these wellbeing Techniques in our daily life leads to happiness and joy.**
- 3. These tips or techniques will help in removing stress or reduce its intensity and help in building a better career for students.**



GPS Map Camera



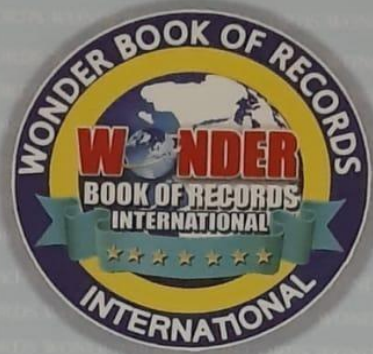
### Hyderabad, Telangana, India

Begumpet HPS, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Lat 17.442412°

Long 78.45947°

06/01/22 11:12 AM



# Certificate

## MENTAL HEALTH AWARENESS

Govt Degree college For Women, Begumpet  
WAS PARTICIPATED IN THIS EVENT

This is to certify that  
MANOJAGRITHI. Foundation Dr. Geetha Challa  
(founder & director). She has set a tremendous  
record by creating Well-being techniques for  
wonderful life on World Mental Health day and  
Manojagrithi foundation day Objective: To create  
awareness on the mental health and prevention of  
mental health issues for healthy nation. They have  
conducted 33 workshops within the duration of 1  
hour in online mode for 33 districts of Telangana  
on 33 Well-being techniques for wonderful life by  
66 counsellors under the guidance of Dr. Geetha  
Challa, keeping minimum of 33 participants in  
each workshop in 6 days (i.e, 20th to 25th  
September 2021). This event has been entered  
into International Wonder Book of Records.

Verificati  
WBR/OCT/1409/2021



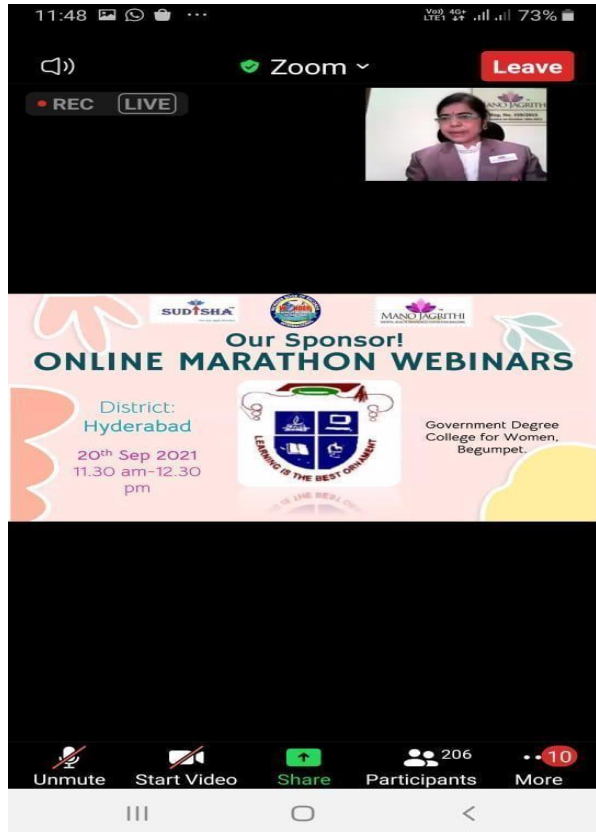
*Neelam*  
Neelam  
PRESIDENT  
WONDER BOOK OF RECORDS

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<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
<b>3</b>	<b>31-10-2021</b>	<b>Breast Cancer Awareness</b>	<b>120</b>

An awareness program was organized by an NGO 'We for Women' on 31st October 2021 in view of Breast cancer awareness week. In this program, students from our college have participated. Our students prepared placards showing the importance of breast cancer awareness and participated in Rally. In this program they said that for every 8 women, 1 being affected by breast cancer now a days. If we can diagnose the problem in early stages, it can be cured. They said there should change in our life style to overcome the chances of getting breast cancer. Exercise, good food, avoiding stress is important parameters that have to be taken care. With these awareness programs many people can understand the spread of the disease and they can understand how to recognize the problem in early stages. NGO founder Dr. Pratibha Lakshmi. Dr. Sravanthi, Dr. Kirthi, Dr. Sandeep, Dr. Madan Mohan, Dr. Annapurna, Dr. Vijaya Lakshmi, Dr. Sunitha Joshi, Vamshi etc have addressed the audience.

## We for Women creating awareness on breast cancer RISE- Rally in supporting, serving and screening Everyone -by We for Women



INDIAN CHRONICLE BUREAU  
HYDERABAD, NOV 1

October month is Breast cancer awareness month, and early detection is the key to save lives, said Dr. Pratibha Lakshmi founder of We for Women society for women empowerment during the breast cancer awareness 2k walk on necklace road on Sunday.

Breast cancer being the second most common cancer in women, One in every 8 women get breast cancer in their life, but, 96% lives can be saved with early detection, 1,78,361 new breast cancer cases were reported in 2020 which amount to 13.5% of total cancers. 90,408 deaths from breast cancer were detected in 2020 which amounts to 10.6% of total cancer deaths she added.



We, on behalf of we for women are ready to create awareness and training for self breast examination in colleges for early detection of breast cancer. Majority of cases diagnosed with cancer breast in females, showed local and nodal (57.0%) spread, followed by 29.0% and 10.3% of cases with localized disease (confined to breast) and distant metastasis (cancer going to other organs of body) respectively said Dr. Sravanthi, a specialist in Gynecological Malignancies.

Dr. Madanmohan, Dr. Vijaya lakshmi, Dr. Annapurna, Dr. Sunitha Joshi, Ashwini, Dr. Neeraja, Dr. Vamshi, Srikanth Chintala, Palnati Rajendra, around 50 students from Government degree college Begumpet, and many more counting a total of around 200 attended this awareness program.

## రోమ్ము క్యాన్సర్ నివారణపై 2కే వాక్

వి ఫర్ ఉమెన్ సంస్థ ఆధ్వర్యంలో నిర్వహణ



**హైదరాబాద్ (ఆదాట్ హైదరాబాద్):** రోమ్ము క్యాన్సర్ ప్రాణాలు తీస్తుంది.. చాపకిందనీరులా వ్యాపిస్తోంది. నిర్లక్ష్యం వద్దు.. ముందుగా మేల్కొనండి, ప్రాణాలను కాపాడుకొండి అంటూ నినాదాలతో విఫర్ ఉమెన్ సంస్థ సభ్యులు నెకైన్ రోడ్డులో అదివారం ఉదయం 2కే వాక్ నిర్వహించారు. విఫర్ ఉమెన్ సంస్థ పౌండర్ ప్రతిభాలక్ష్మి ఆధ్వర్యంలో జరిగిన ఈ కార్యక్రమానికి డా. స్రవంతి, డా. కీర్తి, డా. సందీప్ తుల ముఖ్య అతిథిగా హాజరై 2కేవాక్ ప్రారంభించారు. అనంతరం వారు మాట్లాడుతూ ప్రతి ఎనిమిది స్త్రీలలో ఒకరికి, తమ జీవిత కాలంలో, రోమ్ము క్యాన్సర్ వచ్చే అవకాశం ఉందని, దానిని తొందరగా గుర్తించడం వల్ల 96% ప్రాణాలను కాపాడవచ్చునని వారు అన్నారు. వీ ఫర్ విమెన్ తరఫున, కాలేజ్ విద్యార్థులకు అవగాహన కార్యక్రమాలు చేయడానికి తాము సిద్ధంగా ఉన్నామని అన్నారు. ప్రతి మనిషి జీవన శైలిలో, ఆరోగ్యకరమైన ఆహారం, ప్రతి రోజు వ్యాయామం, మాసనిక ఒత్తిడి తగ్గించుకోవడం కూడా క్యాన్సర్ నివారణకు దోహదపడుతుంది దన్నారు. రోమ్ము క్యాన్సర్ తొలి దశలో నిర్ధారణకు ఇలాంటి అవగాహన కార్యక్రమాలు చాలా అవసరం అన్నారు. ఈ కార్యక్రమంలో, డా. మదన్ మోహన్, డా. అన్నపూర్ణ, డా. విజయ లక్ష్మి, డా. సుసీతా జోషి, అశ్వినీ, చింతల శ్రీకాంత్, డా. నీరజ, డా. పంశీ తో పాటు అనేక మంది విద్యార్థినులు బేగంపేట ప్రభుత్వ డిగ్రీ కళాశాల నుండి హాజరు అయ్యారు.



**BREAST CANCER**

- Every woman is at risk
- One in eight will get it in their lifetime
- Many mistakes a woman does from Breast Cancer
- It is the leading cause of death ages 20 to 54
- 96 percent survive with early detection
- It is 100 times more common among women than men

**AWARENESS**

**WE WOMEN**

**Early Signs of Breast Cancer**

- lump or swelling in the breast
- change in the size, shape or color of the breast
- change in the way the breast feels
- change in the way the breast looks
- change in the way the breast feels
- change in the way the breast looks
- change in the way the breast feels
- change in the way the breast looks

**How to prevent breast cancer**

- Eat a healthy diet
- Exercise regularly
- Limit alcohol consumption
- Avoid smoking
- Get regular mammograms
- Know your family history
- Talk to your doctor about your risk

**What you can do to reduce your risk of breast cancer**

- Eat a healthy diet
- Exercise regularly
- Limit alcohol consumption
- Avoid smoking
- Get regular mammograms
- Know your family history
- Talk to your doctor about your risk

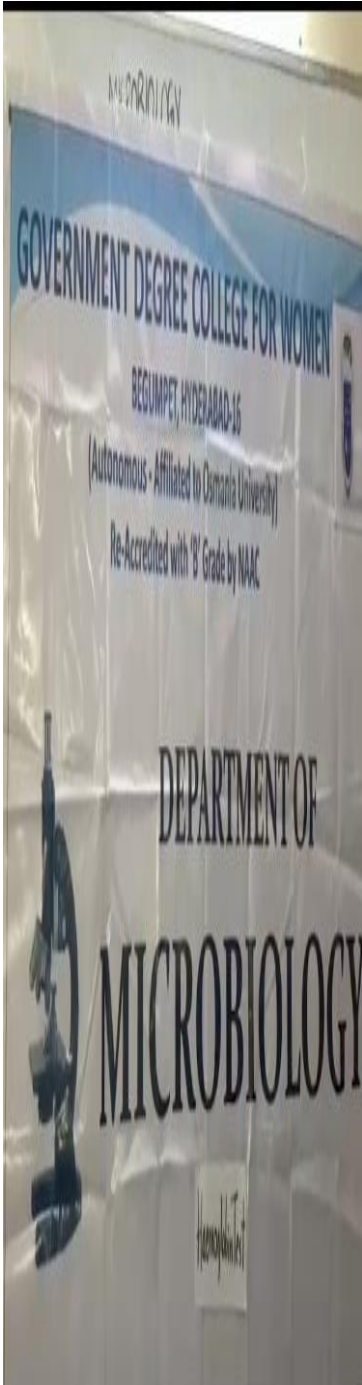
**Signs and symptoms of breast cancer**

- lump or swelling in the breast
- change in the size, shape or color of the breast
- change in the way the breast feels
- change in the way the breast looks
- change in the way the breast feels
- change in the way the breast looks
- change in the way the breast feels
- change in the way the breast looks

<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
<b>4</b>	<b>12-11-2021</b>	<b>Haemoglobin estimation camp</b>	<b>43</b>

Department of Microbiology in collaboration with Microbiologists Society India and Red Ribbon club has organized Haemoglobin estimation camp on 12<sup>th</sup> November 2021. Students of B.Sc. III Year, MBC and MZC have conducted haemoglobin estimation for students of B.Com II year. Around 43 members have got tested their haemoglobin. It is found that haemoglobin for these students was in the range of 6 to 13. We have created awareness about importance of haemoglobin level in our blood. And explained the problems associated with low haemoglobin. We have also suggested measures to increase the haemoglobin i.e. to have more leafy vegetables, carrot, beet root, jaggery, pea nut etc. Students have received our suggestions and were happy with the outcome.





<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
5	01-12-2021	Quiz Competition on AIDS	02

Students of B.Sc. Final Year (Microbiology, Botany, Chemistry) A.ANISHA , M.POOJITHA of have participated and won first prize in district level Quiz competition conducted by District AIDS Control Unit, Telangana. The competition was held at Gandhi Medical College, Secunderabad. In this competition about ten colleges have participated. There were 2 rounds held where one with the written test and the other with oral Quiz. The main purpose of this competition was to create awareness campaign on HIV, TB, and promotion of voluntary Blood Donation. The prizes were distributed at Osmania Medical College, Koti by Additional DM & HO and District Medical and Health Officer, Hyderabad. The students were presented with a certificate of appreciation, a Memento and a cash prize worth RS 5000/- .





<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
<b>6</b>	<b>17-08-2021</b>	<b>FREE COVID -19 VACCINATION DRIVE-2</b>	<b>22</b>

**Free Covid-19 Vaccination drive -2 for NSS Volunteers, Students, Faculty, Non teaching Staff was conducted on 17<sup>th</sup> August 2021 at 10:00am by National ServiceScheme and IQAC of GDCW(A) Begumpet., OU, Hyderabad.**

**Two types of vaccines  
were available**



**COVAXIN (ONLY 2<sup>ND</sup>  
DOSE) COVISHIELD  
(1<sup>ST</sup> AND 2<sup>ND</sup> DOSE).**

**President of programme: Dr.k.Padmavathi (Principal and NSS Chairperson , GDCW, Begumpet).**

**Venue:GDCW (A),Begumpet.**

## మహిళా కాలేజీలో ఉచిత వ్యాక్సినేషన్ డ్రైవ్

సనత్సగర్: బేగంపేటలోని ప్రభుత్వ మహిళా కళాశాలలో మంగళవారం ఉచిత వ్యాక్సినేషన్ డ్రైవ్ నిర్వహించారు. కళాశాల ఎన్ఎస్ఎస్, ఐక్యూఎస్ ఆధ్వర్యంలో నిర్వహించిన ఈ కార్యక్రమంలో 250 మంది విద్యార్థినులకు కోవిషీల్డ్ వ్యాక్సినేషన్ ఇచ్చారు. ఉస్మానియా వర్సిటీ యూజీసీ అప్డెర్స్ డీన్ ఆచార్య జి.మల్లేశం, బేగంపేట కార్పొరేటర్ టి.మహేశ్వరిశ్రీ హరిలు అతిథులుగా హాజరై వ్యాక్సినేషన్ డ్రైవ్ను ప్రారంభించారు. ఈ సందర్భంగా వారు మాట్లాడుతూ కోవిడ్-19ను పారదోలేందుకు ప్రతిఘటనగా వ్యాక్సినేషన్ తీసుకోవాల్సిన అవసరం ఉందన్నారు. ఈ సందర్భంగా వ్యాక్సినేషన్ ప్రక్రియలో పాలుపంచుకున్న వైద్య సిబ్బంది, ఎన్ఎస్ఎస్ సిబ్బందికి కూడా



కార్యక్రమంలో కార్పొరేటర్ మహేశ్వరి, ఓయూ డీన్ ఆచార్య జి.మల్లేశం

శాల ప్రిన్సిపాల్ కే పద్మావతి జ్ఞాపికలు అందజేసి వారిని అభినందించారు. డా.రాజేశ్వరి, వెంకటేశ్వర్లు, లక్ష్మి, ఎన్ఎస్ఎస్ ప్రోగ్రాం ఆఫీసర్లు వెంకటేశ్వర్లు, మాధురి, ఉమామహేశ్వరి పాల్గొన్నారు.



Hyderabad, Telangana, India  
ACADEMY BLOCK, GOVERNMENT DEGREE COLLEGE FOR  
WOMEN, Mayur Marg, Begumpet, Hyderabad, Telangana  
500016, India  
Lat 17.441831°  
Long 78.459785°  
22/11/21 11:28 AM

<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
<b>7</b>	<b>01-12-2021</b>	<b>AIDS/HIV Awareness program</b>	<b>125</b>

The program was initiated by conducting a rally from GDCW college Campus to Begumpet Railway station, by exhibiting different types of placards and charts to create awareness in the society.

Digitally Surveyed about the present AIDS cases in India and known it's number by Volunteers.

Chief guest: Dr. K. Padmavati garu (principal of GDCW, Begumpet).





S.No.	Date	Name of the Activity	No. of students participated
8	14-12-2021	COVID -19 Free Vaccination Drive-3	75

**Objective:** The main objective to make college fully vaccinated place to live in and then a district to state and a country.

**FREE COVID -19 VACCINATION DRIVE** was held at GDCW, Begumpet which was conducted by National Service Scheme and IQAC GDCW, Begumpet, for all the students, teaching staff, volunteers of GDCW (A) Begumpet.

**Vaccines which were available:**

COViSHIELD (1<sup>st</sup> and 2<sup>nd</sup> dose)

COVAXIN( only 2<sup>nd</sup> dose).

**Chief Guest :Dr. K. Padmavati garu( Principal and Chairperson of NSS, GDCW begumpet.**





<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
<b>9</b>	<b>15-12-2021</b>	<b>Distribution of Sanitary Pads and Masks</b>	<b>50</b>

**Government Degree College for Women -Women Empowerment Cell in Collaboration with Health club and Department of Zoology distributed about 2000 Sanitary Pads and Masks to the students.**

**Keeping in view of the overhead pandemic situation the college management in collaboration with Kameshwari Trust, Coimbatore has taken up an initiation to distribute the Sanitary Pads and Masks to the students.**

**The program was organised under the supervision of Dr.G.S.Jyothirmai,Asst.Prof of Zoology, Women Empowerment Cell Chairperson Dr. K.Padmavathi,Principal, Convener Dr.P.S.Rajani,Dr. G.S.Jyothirmai,Asst.Prof of Zoology, and the members Mrs.Rohini,Asst.Prof of Biotechnology, Dr. A.Madhuri,Asst.Prof of Microbiology and Swapna,Lecturer in Biotechnology.**







<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
<b>10</b>	<b>03-01-2022</b>	<b>Surya Namaskaras</b>	<b>60</b>

**On the occasion of 75 anniversary of independence, the Govt. of India announced to celebrate 75 crore Surya Namaskar Project historically under the banner of Azadi ka Amrit Mahotsav. The organisers including Patanjali Yogpeeth, Geeta Pariwar, Heartfulness, Kreedha Bharathi and National Yogasana Sports Federation. This program will be a landmark in generating awareness about the efficacy of Surya Namaskaras and yoga.**

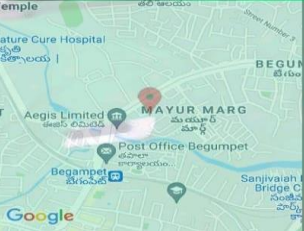
### **Objective of the Program:**

- 1. To bring awareness of Suryanaskas and their role in maintaining sound health.**
- 2. To bring discipline among the students.**
- 3. To understand the role of Govt. of India towards the health of youth and others. Women empowerment cell in collaboration with NSS units**

**this program was started on 03-01-2022. This program was held for 21 days continuously and the students learnt about 13 Yogasanas. The students were guided by the eminent persons from various organizations like G. Nagarjuna (Bharath Swabhimani Trust), P. Devender (Patanjali Yog Samithi), Deepak Josh (Bharath Swabhimani Trust), Neelam Thripathi (Mahila Patanjali Yog Samithi), Shatrughan Singh (Zilla Prahari Yuva Bharath), Sunil Agarwal (Zilla Prahari Kisan Panchayath), Ch. Suresh (Bharath Swabhimani Trust).**

**Outcome of the program :**

- 1. Students will come to know about the importance of Surya Namaskars and their importance.**
- 2. Students become more conscious about health.**
- 3. They also play a major role in spreading awareness regarding Surya Namaskars and Yogasana.**



ACADEMY BLOCK, GOVERNMENT DEGREE COLLEGE FOR WOMEN, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Hyderabad  
Telangana  
India

2022-01-07(Fri) 10:04(am)

19°C  
66°F



<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
11	08-02-2022	Incinerator installation	45



<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
<b>12</b>	<b>27-02-2022</b>	<b>Pulse Polio Program</b>	<b>46</b>

### **Objective of the Program:**

The Pulse Polio Initiative was started with an objective of achieving hundred per cent coverage under Oral Polio Vaccine. It aimed to immunize children through improved social mobilization, plan mop-up operations in areas where poliovirus has almost disappeared and maintain a high level of morale among the public.

Government Degree College students got a great opportunity to render their services in participating social services. Pulse Polio Program motto is "POLIO FREE WORLD".

Pulse Polio is an immunization campaign established by the Government of India to eliminate poliomyelitis (polio) in India by vaccinating all children under the age of five years against the Polio Virus. The project fights polio through a large-scale, Pulse Vaccination programme and monitoring for poliomyelitis cases.

Women Empowerment Cell and NSS units in collaboration with the Primary Health Care Center, Begumpet our students participated in Pulse Polio Program at Govt. High School, Begumpet. Students from NSS and NCC Cadets participated enthusiastically in the program on dt. 27.02.2022 from 7.00 am to 5.00 pm. Before attending the program online training was given by the Dr. Prasanna, Primary Health Care Center, Begumpet. Madam has given instruction regarding timings, taking care of vaccine vials, how many drops are given to the children, registration, and also to motivate the society by giving awareness on Polio Diseases and its effect on children.

### **Outcomes of the Program:**

- Students get aware of the effects of viruses and its causes.

- Polio affected people and their health problems.
- Understand about the affords taken against polio virus by the Central Government.
- Understand about the children protected by taking these measures.
- Understand how to participate in social work.





<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
<b>13</b>	<b>23-03-2022</b>	<b>MEGA HEALTH CAMP</b>	<b>200</b>

A mega health camp was conducted by the Bhagya-health committee with NCC and NSS committees, on 23 March 2022, with Osmania Hospitals senior consultant physician Dr.L.Jayasree and team.

About 600 students and their parents, teaching and non-teaching staff attended the camp and underwent checkup at the health camp. The panel of doctors included General Physician, Gynecologists, Nutritionists and Pharmacists.

Free medical camps are set up with a sacred aim to bring awareness and provide completely free medical checkup including all medical services. Medical camps provide free medical advice, medicine to the unfortunate people and refer for specialized treatment or surgery whenever it is required. These camps make sure people are getting healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious.

Nearly 600 teaching, non-teaching staff, students and their parents utilized this camp, got medical consultation and medicines for health issues diagnosed during checkup.

The Program was inaugurated by Principal Dr.K.Padmavathi , and Dr.L.Jayanagasree



# MEGA MEDICAL CAMP

ORGANIZED UNDER NATIONAL SERVICE SCHEME  
OSMANIA MEDICAL COLLEGE & GENERAL HOSPITAL  
KOTI, HYDERABAD



## SERVICES OFFERED

- ☒ GENERAL HEALTH CHECKUP
- ☒ BP & BLOOD GLUCOSE MEASUREMENTS
- ☒ BMI CALCULATIONS
- ☒ APPROPRIATE MEDICAL ADVICE
- ☒ RELEVANT HEALTH, NUTRITION & LIFE STYLE ADVICE



- ✓ Experienced specialist doctors will be available
- ✓ Basic medications will be handed over
- ✓ Referral services

•DATE: 23<sup>rd</sup> March 2022

•VENUE: Government degree college  
Begumpet

•TIME: 10.30 AM – 3 PM

•CONTACT: Dr. L. Vijayasree  
9866651970  
reddy.vijji7@gmail.com

## TEAM OF DOCTORS

Dr. Vijayasree  
Dr. Misha  
Dr. Pavani  
Dr. Rabiha  
Dr. Anusha  
Dr. Shadan  
Dr. Jayasuriya  
Dr. Karthikeyan

The Program was inaugurated by Principal Dr.K.Padmavathi and Dr.L.Jayanagasree



## The Medical camp was started with Registration





**Blood Pressure and Sugar Test**



**Gynecologist consultations by staff and parents of students**



**Orthopedics and Nutritionist consultations**



**pharmacy**



# Prescriptions

**MEGA MEDICAL CAMP**  
BY OSMANIA MEDICAL COLLEGE  
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,  
HYDERABAD

Name: Anitha. Age: 34 Gender: F Date: 22/3/22  
General medicine

Chief complaints -  
24 yrs P24/12 dose.  
No dysmenorrhea  
No dyspareunia  
Advice - c/o Rhinitis, nose difficulty in breathing  
Nasal asthma? Legn.

BP- 100/90 mmHg  
TEMP- 97.5°F  
PR-  
RR-  
HT- 163 cm  
WT- 70 kg  
BMI- 26.3 kg/m<sup>2</sup>  
RBS- 14 mg/dl

all over  
H for further evaluation

⊕ T-CPM unny xHS x3 days  
T-IRON+BC xOD 15 days

Doctor's signature

**ORGANIZERS:**  
1. NATIONAL SERVICE SCHEME-NSS UNIT OSMANIA  
2. DEPARTMENT OF COMMUNITY MEDICINE, OSMANIA MEDICAL COLLEGE, KOTI, HYDERABAD  
3. OSMANIA GENERAL HOSPITAL, AFZALGUNJ, HYDERABAD

**MEGA MEDICAL CAMP**  
BY OSMANIA MEDICAL COLLEGE  
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,  
HYDERABAD

Name: Kanisabegum Age: 38 Gender: F Date: 05/04/2022  
General medicine & ophthalmology

Chief complaints -

Advice -

BP- 100/90 mmHg  
TEMP- 97.5°F  
PR-  
RR-  
HT-  
WT-  
BMI-  
RBS- 102 mg/dl

- Tab. Randac. B.D. x 1 month  
- Symp. Mucaingel. 10ml  
- Tab. IFA x 1 month  
- Tab. Calcium OD x 1 month

Doctor's signature

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**MEGA MEDICAL CAMP**  
BY OSMANIA MEDICAL COLLEGE  
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,  
HYDERABAD

Name: Swapna. Age: 40y Gender: F Date: 23/04/2022  
General medicine

Chief complaints -  
c/o generalized weakness  
Body pains.  
Regular cycles.

Advice -  
o/E.  
Pallor ⊕.

Adv  
Shon Rich diet.

BP- 110/90 mmHg  
TEMP- 97.5°F  
PR-  
RR-  
HT- 162 cm  
WT- 60 kg  
BMI- 22.9 kg/m<sup>2</sup>  
RBS- 79 mg/dl

- T. Vit B-Complex (A)  
- T. Calcium + Vit D3 (A)  
- T. Fe + FA (A)

Doctor's signature

- T. Paracetamol 500mg

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**MEGA MEDICAL CAMP**  
BY OSMANIA MEDICAL COLLEGE  
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,  
HYDERABAD

Name: S. Pravana Age: 30y Gender: F Date: 23/04/2022  
General medicine

Chief complaints -  
c/o - Generalized weakness  
2 months.  
Keto-hypothyroidism 2 years  
on Regular R (Thyroxin 50mg)

Advice -

BP- 100/60 mmHg  
TEMP- 97.5°F  
PR-  
RR-  
HT- 165 cm  
WT- 65 kg  
BMI- 23.9 kg/m<sup>2</sup>  
RBS- 101 mg/dl

Adv  
1 T. Biotin (A)

Doctor's signature

**ORGANIZERS:**  
1. NATIONAL SERVICE SCHEME-NSS UNIT OSMANIA  
2. DEPARTMENT OF COMMUNITY MEDICINE, OSMANIA MEDICAL COLLEGE, KOTI, HYDERABAD  
3. OSMANIA GENERAL HOSPITAL, AFZALGUNJ, HYDERABAD

## Medicines given to the non-teaching staff







<b>S.No.</b>	<b>Date</b>	<b>Name of the Activity</b>	<b>No. of students participated</b>
<b>14</b>	<b>31-05-2022</b>	<b>Anti Tobacco Day</b>	<b>50</b>

**Objectives of the program:**

- 1.To bring awareness about tobacco causing health issues in people.**
- 2.To draw attention to the tobacco epidemic and the preventable deathand diseases it causes.**
- 3. Function of WHO against Tobacco causing diseases.**
- 4.To save the youth from addiction of narcotics.**

**This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.**

**In view of anti-tobacco day, the Government degree college for women,Begumpet Health club in collaboration with Dept.of Zoology, NCC and NSS has organized rally with placards agaist tobacco usage.The rallywas taken up from college to nearby local area. Students participated enthusiastically by holding placards and explaining the hazards caused by the use of tobacco.**

**The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. In 1987, the World Health Assembly passed Resolution WHA40.38, calling for 7 April 1988 to be a "a world no-smoking day." In 1988, Resolution WHA42.19 was passed, calling for the celebration of World No Tobacco Day, every year on 31 May.**

**World No Tobacco Day (WNTD) is observed around the world every year on 31 May. The yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what the WORLD Health Organization (WHO) is doing to fight against the use of tobacco, and what people around the world can do to claim their right to health and healthy living and to protect future generations. Students will understand about the damage caused by the tobacco usage amongst the people and ultimately affecting their families and the society.**

**The Member States of the WHO created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. The day is further intended to draw attention to the widespread prevalence of tobacco use and to negative health effects which currently lead to more than 8 million deaths each year worldwide, including 1.2 million as the result of non-smokers being exposed to second-hand smoke. The day has been met with both enthusiasm and resistance around the globe from governments, public health organizations, smokers, growers, and the tobacco industry.**

**Outcome of the program:**

- 1. Students will come to know about the caused by tobacco.**
- 2. Students will try to control themselves from peer group pressure.**
- 3. Try to understand about diseases like cancer.**

