

GOVERNMENT DEGREE COLLEGE BELLAMPALLY
DISTRICT MANCHERIAL, TELANGANA
HEALTH AND HYGIENE CLUB REPORT

INTRODUCTION

Health is an important wealth for an individual. The health of a person includes his psychology, physical health, food habits, cleanliness followed, etc.

In our College, Health and Hygiene Club Committee has been Constructed during the academic year 2020 - 21. Health club is an association of students in college for taking care of everything that is necessary for keeping an individual healthy. Health club deals with activities for the students to process good overall health.

Objectives of the Health Club

The main aim of establishing the Health and Hygiene Club is to create awareness about the health status of the members of the staff and students in the college.

The Vision of the Health Club

- To create a healthy sustainable society
- To create awareness about healthy habits in society

MISSION

- To organize seminars, workshops, camps and activities necessary to provide guidance related to health issues.
- To develop healthy habits and awareness among all members of the health club

Constitution of Health and Hygiene Club for the year 2022-23

S.No	Name and Designation	Committee role assigned
1	M Thirupathi, Lecturer in Commerce	Convener
2	P Sreelatha, Asst. Prof. of Zoology	Co-Convener
3	G. Mohan, Lecturer in Public Administration	Member
4	K Shankar, Lecturer in Commerce	Member

List of Student Members

S.No	Name, Course & Year	Committee role assigned
1	Ch Shiva Saiteja Goud, B.Com IIIYear	Student Member
2	J Ramya, B.Com III Year	Student Member
3	G Posham, BA III Year	Student Member
4	K Venkatasai BA III year	Student Member

**GOVERNMENT DEGREE COLLEGE BELLAMPALLY
DISTRICT MANCHERIAL, TELANGANA
ACADEMIC YEAR 2022-23**

A BRIEF REPORT OF DIABETES MELLITUS AWARENESS PROGRAM

Name of the activity : Awareness Program on the Health

Topic of the programme : DIABETES MELLITUS

Venue : Room No 7, GDC Bellampally.

Introduction

Diabetes mellitus as a major public health concern worldwide. According to the international Diabetes Federation , 537 million adults currently have diabetes, and this number is expected to increase to 783 million by 2045. More importantly, approximately, half of these cases remain undiagnosed or the patients are unaware of their disease.

Objectives of the Program

The objective of the program is to provide Diabetes Mellitus knowledge, risk precatutions, And health practices among the students and staff.

A Virtual awareness education program regarding Diabetes Mellitus and its prevention was conducted among all the students and staff in the college on 15/11/2022 for the academic year 2022-23. This program focused on Diabetes Mellitus and its risk factors. This program was undertaken under the Health and hygiene Club, Government Degree College, Bellampally. Principal Sri M Gopal said that this awareness program gives participants personalized support to help them achieve a healthy weight, improve their diet and become more physically active. Dr. Anish and Dr. Alekhya, Primary Health Centre, Thalla Gurijala were attended and spread awareness about the precautions to be taken to prevent diabetes. Dr.T.S. Praveen kumar Asst. Prof.of English said that students should take care of their parents to avoid diabetes. Smt.P Srilatha Asst.Prof.of Zology told the students and staff diseases like Diabetes can be avoided with regular lifestyle.

Outcome of the Program

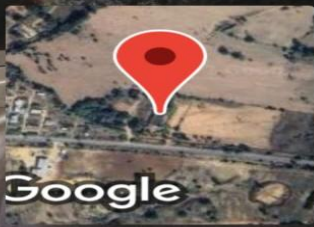
All the participants known from this program, Lifestyle intervention was significantly more effective than drug therapy.








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