



BABU JAGJIVAN RAM GOVERNMENT DEGREE COLLEGE

Narayanaguda, Hyderabad.



BHAGYA COMMITTEE

Bhagya, a Health and Nutrition Programme was initiated by the Commissionerate of Collegiate Education (CCE) to look into the health issues of students. Since most of the students in our college come from socio-economically poor backgrounds and hence they face several health issues like anemia and malnourishment.

Under the guidance of the Commissionerate for collegiate Education, Nampally, Bhagya committee has been initiated in the college with a view to look after the health issues among the students and to guide them and create awareness regarding a balanced diet for keeping them physically fit. Bhagya committee with a theme of “Physical and mental fitness is the key for education” is making an effort in guiding students towards making them emotionally, physically and intellectually strong.

Objectives:

- Ø To create an awareness on the general health among boys and girls.
- Ø To enable students to know their Body Mass Index (BMI).
- Ø To train students conduct some simple tests to know ABO and Rh Typing of Blood Groups and Hemoglobin levels among students.
- Ø To educate about the physical, mental and psychological changes at the onset of puberty in boys and girls. To empower boys to understand causes of stress and how to tackle it in adolescence.
- Ø Emphasizing menstrual hygiene amongst girls.
- Ø To make the women students understand common problems leading to irregular periods, hormonal disorders and Polycystic Ovarian Disorder (PCOD) and further pregnancy-related problems.
- Ø The process of delivery and the complications that arise during delivery.
- Ø Providing material pertaining to health and hygiene.

Outcome: Students are enlightened with the knowledge of health consciousness and certain important health-related common health problems like hemoglobin levels, blood grouping, health and hygiene, PCOD, and hormonal imbalance.

Members of Bhagya Committee :

Chairman: Dr. P. V. Geetha Lakshmi Patnaik

Convenor: G. Vijaya Jyothi, Asst. Prof in Chemistry

Members: Smt. M. Rama Lakshmi,, Asst. Prof in Telugu

Smt. Y. Uma,, Asst .Prof in Zoology

Smt. Mohammadi Begum,, Asst. Prof in Biotechnology

Smt. R. Sri Lakshmi,, Asst. Prof in Mathematics

Sai Chitra, B.A III Yr

M. Sravani, B.B.A III Yr

P. Vaishnavi, B.Sc III Yr

The following Health Programmes were conducted in the college:-

International Yoga Day: This Day is celebrated on 21st of June of every year. It aims at Health through breathing and physical exercises through Asanas. All the students and staff perform the Asanas to the possible extent.

National Deworming Day: This day is conducted on sep, 16th.



Blood Grouping camp for the students and lecture on awareness of blood grouping and training to the students to perform the blood grouping test on February 18th 2022



Extension lecture on “Awareness on Breast cancer & Cervical Cancer on 10-02-2020



Health check up for the students by VR Diet counseling center on February 23th 2021



Distribution of free Homeo medicine as prevention from dengue fever to students on 4-1-2020



National Deworming Day on 10/08/2018



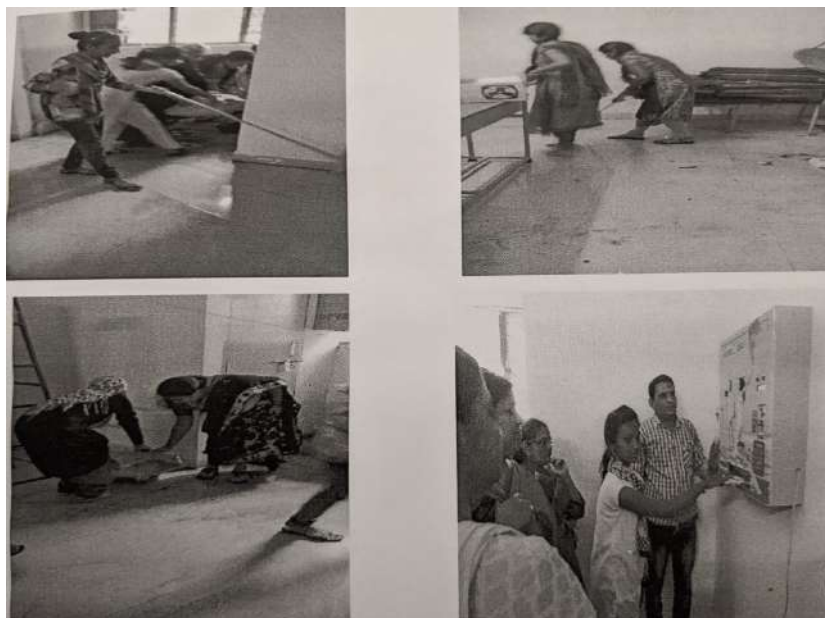
Hygiene and Confidence in Girl students on 12-03-2019 by Rexona Academy



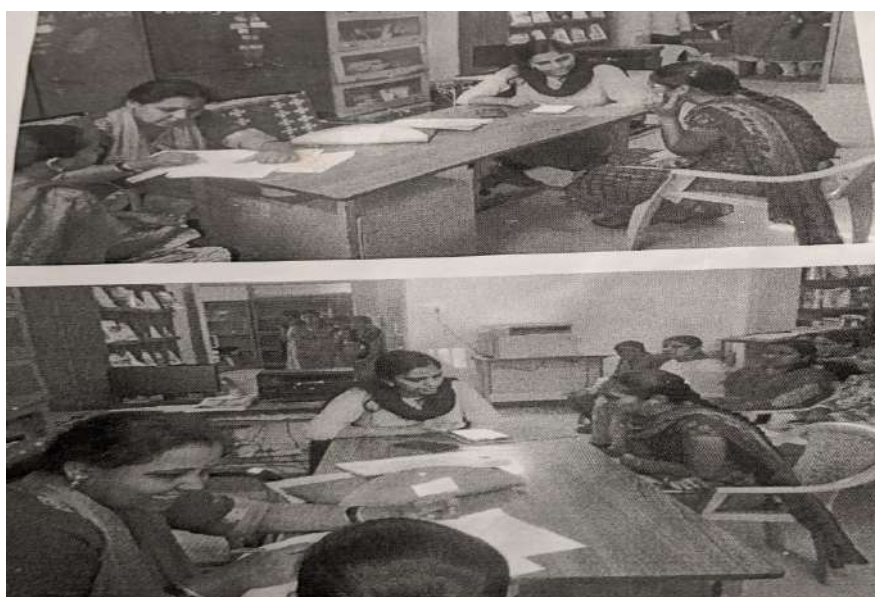
Health is wealth –Guest lecture by J. Asha, Retired lecturer in Zoology on 16/03/2019



General Health -Inter active session on 25-10-2017 with Dr.Krishna Murthy,Senior consultant.



World Food Day on 16-10-2017- Visit to Food safety Lab, Nacharam



Survey on vitamin-D in girl students on 15/09/2017 by **Dr.Little flower Augustine,NIN,Tarnaka.**



Medical health check-up on 19-8-2017 by Dr.Krishna Mohan.



Installation of Nappy vending Machine on 26-07-2017