

GOVERNMENT DEGREE COLLEGE FOR
WOMEN, SANGAREEDY



HEALTH CLUB



HEALTH CLUB
BUSINESS COMPANY

shutterstock

REPORT

Rural Health care is one of the biggest challenges that India facing today. Most of our students are from rural areas and the hail from socially, Economically weaker sections and are also first generation learners. Therefore they lack awareness about Health. Hygiene and also many of them are anemic, without proper food habits, considering the entire picture the institution has a setup a Health club and Health care center.

VISION:

Promoting good Health for all.

OBJECTIVES:

- To provide information about common genic problems, disease and preventive measures.
- Increase awareness and knowledge about importance of nutrition food and healthy food habits.
- To sensitize the students about personal health care.
- To build capacity in terms of mental and physical aspects.
- To conduct Health checkup camps support and provide proper Health care guidance.

CONSTITUTION OF THE COMMITTEE:

Every year in consultation with faculty members, The Head of the institution constitute the Health committee to plan and execute Health Activities.

Given below is the committee constituted for the year 2020-2021.

S.NO	Name	Position
1	Dr. Humera Sayeed Principal (FAC)	Chairperson
2	Hajeera parveen Lect. In History	Convener
3	Roohi Tarannum Lect. In Mathematics	Member
4	Juveria Fatima BA II year	Student Member
5	K Laxmi BSC MPCs II year	Student Member
6	Ashvini BCOM II Year	Student Member

Presented below are the details of activities undertaken since last five years by the Health club which focused on promoting Health, hygiene and wellness of students.

<i>S.No</i>	<i>Date</i>	<i>Activity</i>	<i>Resource Person</i>	<i>Brief Report</i>
1	08-08-2016	Breast feeding celebration	08-08-2016	Health club along with students visited collectorate where breast feeding celebration were going on there anganwaadi, workers, nurse, our college visited and participate in programme
2	09-08-2016	Breast feeding celebration	09-08-2016	The govt. of India celebration breast feeding weak in august from 1th to 7 th to promote breast feeding. Newly born babies and month poster while giving feeding.
3	10-08-2016	Community Extension	10-08-2016	National filariasis day , alphadazole tablet were distribute to the Student.
4	22-09-2016	Community Extension	22-09-2016	Conducted health camp students having complain to doctors visited and distributed tablets.
5	08-12-2016	Programme on Sanitary Disposal	08-12-2016	Sanitary disposal and its importance around at washroom to maintain health and hygiene.
6	03-01-2017	Mustual cycle	03-01-2017	Mustmal cycle calender collected from all the students and explained few method.
7	03-08-2017	Breast feeding celabrtrion	03-08-2017	The govt. of india celebration breast feeding weak in august from 1th to 7 th to promote breast feeding. Newly born babies and month poster while giving feeding.
8	10-08-2017	National Filaria Day	10-08-2017	National filariasis day , alphadazole tablet were distribute to the Student.
9	18-08-2017	Dental Check-up	18-08-2017	The Health club of this college has organized denoted check-up doctor from MNR dental college

				SRD has given cards to the students.
10	04-08-2018	Breast feeding week	04-08-2018	The govt. of india celebration breast feeding week in august from 1th to 7 th to promote breast feeding.
11	11-11-2019	National Filaria Day	11-11-2019	National filariasis day , alphadazole tablet were distribute to the Student.
12	15-03-2019	PCOS (Polycystic ousy syndrome)	15-03-2019	Conducting programme on PCOS which is previlling problem to days younger generations.
13	08-08-2019	Breast feeding week	08-08-2019	This college organized awareness programme on breast feeding by doctors from MNR College,
14	15-10-2019	Dental Check-up	15-10-2019	The Health club of this college has organized denoted check-up doctor from MNR dental college SRD has given cards to the students.
15	08-12-2020	Health & Hygiene Programme	08-12-2020	Conducted health awareness programme on health & hygiene Dr. Neha Tabassum has given related information through online mode with PPT.
16	18-12-2020	Mental Health Programme	18-12-2020	Conducted Health Awareness programme on importance of impact in mental health Dr. Simran Ahuja has given related information through online mode
17	16-02-2021	Fit India Programme	16-02-2021	Under Health club awareness programme on FIT India. S pawan has given related information face to face.
18	01-03-2021	Covid-19Test	01-03-2021	Conducted covid-19 test . Asha worker has come to our college and conducted test 45 students report of every student has found negative.

IMPACT:

The students were made aware the health issues and the evidence was based on feedback collected from them. Many of them felt that these programme are highly effective and beneficial them.

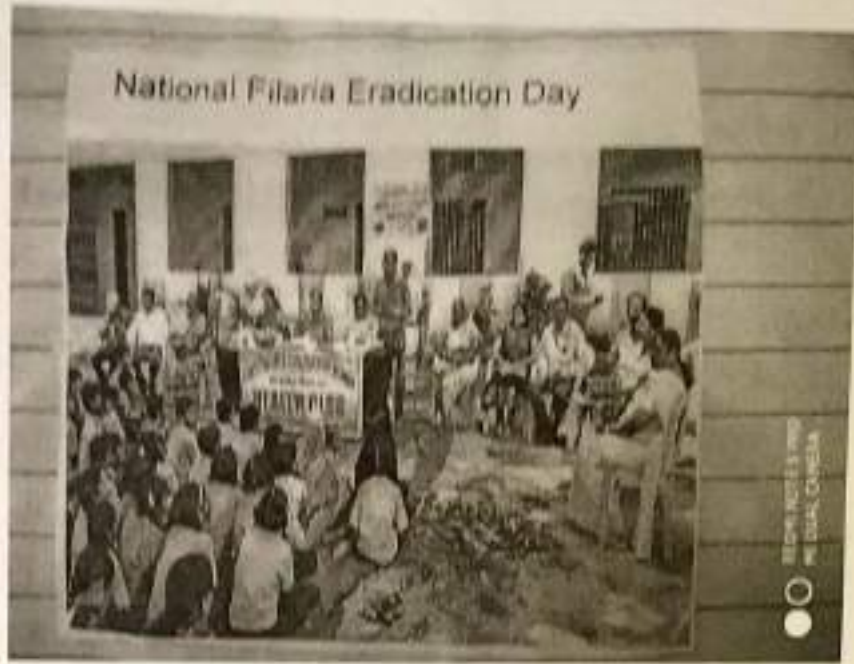
Hajin
CONVENOR

Mah
PRINCIPAL
Govt. Degree College For Women
Sangareddy, Dist. Sangareddy (T.S.)











Mah
PRINCIPAL
Govt. Degree College For Women
Singareddy, Dist. Singareddy (T.S.)