

M.A.L.D GOVERNMENT DEGREE COLLEGE,



GADWAL-5019125

Jogulamba Gadwal Dist., Telangana State



NAAC Re-accredited with "B" Grade,

Affiliated to Palamuru University



REPORT

Convener

Sri.N.Harinath, M.Sc, M.Phil, B.Ed.,

Lecturer in Zoology

Cell: 7013050070

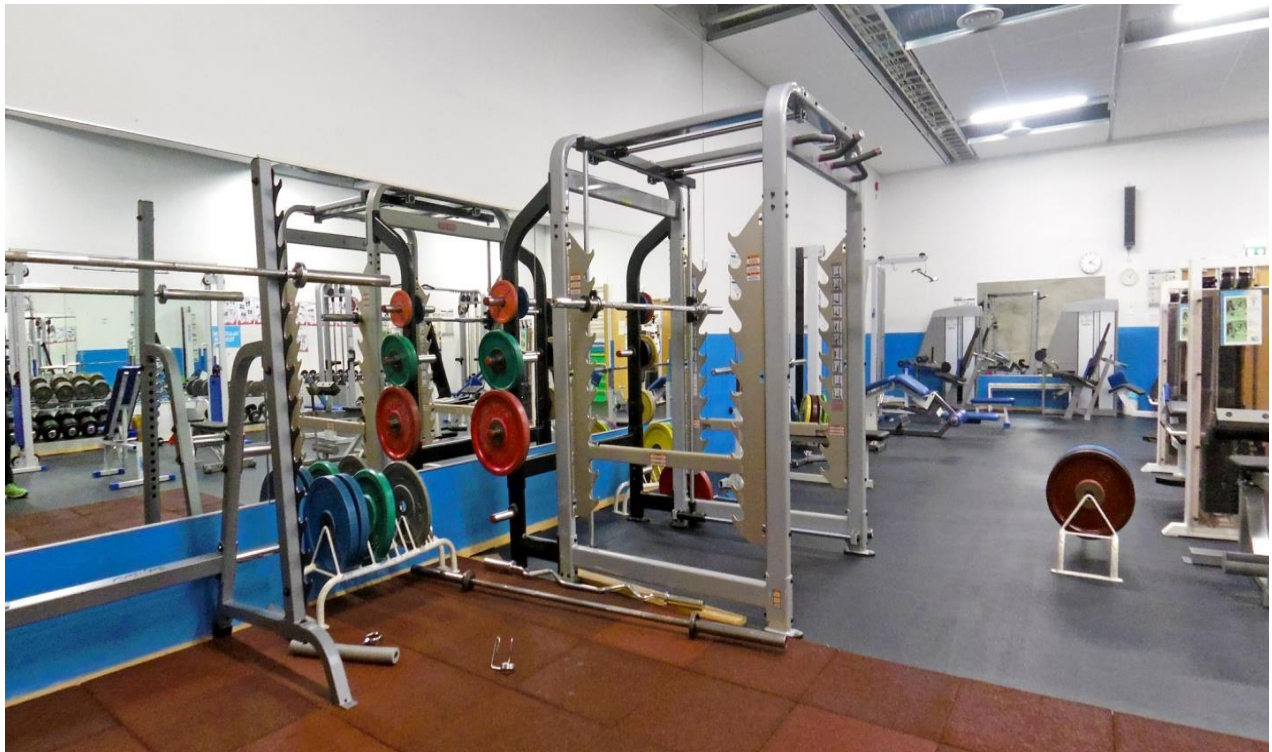
E-Mail: nayakaharinath123@gmail.com

Health club

A **health club** (also known as a **fitness club**, **fitness center**, **health spa**, and commonly referred to as a **gym**) is a place that houses exercise equipment for the purpose of physical exercise.

In recent years, the number of fitness and health services have increased, expanding the interest among the population. Today, health clubs and fitness centers are a reference of health services, rising the adherence to physical activity.

Facilities and services



MAIN WORKOUT AREA

Most health clubs have a main workout area, which primarily consists of free weights including dumbbells and barbells and the stands and benches used with these items and exercise machines, which use gears, cables and other mechanisms to guide the user's exercise. This area often includes mirrors so that exercisers can monitor and maintain correct posture during their workout. A gym that predominantly or exclusively consists of free weights (dumbbells and barbells), as opposed to exercise machines, is sometimes referred to as a **black-iron gym**, after the traditional color of weight plates.

RED RIBBON CLUB ACTIVITIES.

Red Ribbon Club, Government Degree College conducted an awareness rally on the occasion of World Aids Day on 01.12.2015 to bring awareness among the people about causes, mode of transmission, symptoms, treatment and precautions to be taken for control the AIDS. RRC members, students and staff of the college made this programme as successful one by their active involvement

The RRC youth of M.A.L.D Government Degree College, GADWAL is encouraged to learn about safe and healthy lifestyles. The RRC promotes access to information on healthy life and voluntary blood donation. They create and provide opportunity to the zeal of volunteerism among youth to contribute towards the control and prevention of HIV&AIDS. The Red Ribbon Club is a voluntary on- campus intervention program for students. The programme organized by RRC addresses the knowledge, attitude and behavior of the youths in the interrelated areas of Voluntary Blood Donation, HIV & AIDS, as demanded by their age, environment, and life style.

RRC Activities: Red Ribbon Club programme with the objective of bringing about behavior change in young minds employs various strategies like:

- Celebrating Life Program
- Peer education and leadership trainings
- Cultural Competitions
- Interactions with positive people, Transgender, Injection Drug users, ICTC- Counselors
- Awareness campaigns (Rallies, Outreach activities)

COVID 19 VACCINATIONS

There are several COVID-19 vaccines validated for use by WHO (given Emergency Use Listing). The first mass vaccination programme started in early December 2020 and the number of vaccination doses administered is updated on a daily basis

Scientists around the world are continuing to develop many potential vaccines for COVID-19. These vaccines are all designed to teach the body's immune system to safely recognize and block the virus that causes COVID-19. Several different types of potential vaccines for COVID-19 have been developed, including:

- Inactivated or weakened virus vaccines, which use a form of the virus that has been inactivated or weakened so it doesn't cause disease but still generates an immune response.
- Protein-based vaccines, which use harmless fragments of proteins or protein shells that mimic the COVID-19 virus to safely generate an immune response.
- Viral vector vaccines, which use a safe virus that cannot cause disease but serves as a platform to produce corona virus proteins to generate an immune response.
- RNA and DNA vaccines, a cutting-edge approach that uses genetically engineered RNA or DNA to generate a protein that itself safely prompts an immune response.



COVID 19TEST



VACCINATION

ACTIVITIES FOR THE ACADEMIC YEAR 2016-17

Health Club, M.A.L.D Government Degree College, GADWAL conducted an awareness rally on the occasion of World Aids Day on 01.12.2016 to bring awareness among the people about causes, mode of transmission, symptoms, treatment and precautions to be taken for control the AIDS. RRC members, students and staff of the college made this programme as successful one by their active involvement



ACTIVITIES FOR THE ACADEMIC YEAR 2017-18

Health Club, M.A.L.D Government Degree College, GADWAL conducted an awareness rally on the occasion of World Aids Day on 01.12.2017 to bring awareness among the people about causes, mode of transmission, symptoms, treatment and precautions to be taken for control the AIDS. RRC members, students and staff of the college made this programme as successful one by their active involvement



SEMINAR ON DRUG ABUSE AND AIDS DAY

HEALTH CLUB ACTIVITIES FOR THE ACADEMIC YEAR 2018-19

Health Club, M.A.L.D Government Degree College , GADWAL conducted a blood grouping camp in the college premises on 02.03.2019 in collaboration with “Hope for life foundation” with the help of medical staff of Adithya hospital. The technicians collected blood samples from college students, tested for blood group and Hemoglobin percentage. They brought awareness among the students about the significance of Hemoglobin in the physiological activities, they suggested food material that enrich and enhance the percentage of hemoglobin in the blood. College principal Dr. Ansar appreciated the initiation taken by the Hope for life foundation and the support of staff of Adithya hospital, given valuable suggestions to students. College staff and students made this programme as a successful one with their active involvement



Blood grouping camp

ACTIVITIES FOR THE ACADEMIC YEAR 2019-20

Health Club, M.A.L.D Government Degree College, GADWAL a conducted an awareness rally on the occasion of World Aids Day on 01.12.2019 to bring awareness among the people about causes, mode of transmission, symptoms, treatment and precautions to be taken for control the AIDS. RRC members, students and staff ofthe college made this programme as successful one by their active involvement.



Blood Donation on AIDS Day