

**GOVERNMENT DEGREE COLLEGE FOR ARTS & COMMERCE**  
**COLLEGE CODE - 3014**  
**NAGARKURNOOL – 509209**

**HEALTH CLUB**



**ACADEMIC YEAR:2016-2021**

## **REPORT**

**RURAL HEALTH CARE is one of the biggest challenges that India is facing a lack of health care. Most of the our students are from rural areas and hail from social, economical weaker sections and they are also first generations learners therefore they are a lack of awareness about health hygiene and also many of them are anemic, without proper food habits, considering the entire picture so that the Institution has a setup a Health Club and Health Care center for the students.**

## **VISION:**

- **Promoting good health for all.**
- **Enhancing health literacy and knowledge**

## **OBJECTIVES:**

- **To increase awareness and knowledge importance of Nutrition food and healthy food habits.**
- **To provide information about common women Gyneacal problems, disease and preventive measures.**
- **To built capacity in terms of mental physical aspects.**
- **To sanities the students about personal health care.**
- **To conduct health checkup - camp support and provide proper heath care guidance.**

## **CONSTITUTION OF THE COMMITTEE :**

**The Head of the Institution constitutes the Health committee to plan and execute the Health Activities in Every year on consultation with help of the Faculty members.**

### **COMMITTEE CONSTITUTES FOR THE ACADEMIC YEAR 2020-21**

<b>S,NO</b>	<b>NAME</b>	<b>POSITION</b>
<b>1</b>	<b>M. MADHUSUDHAN SHARMA PRINCIPAL( FAC)</b>	<b>CHAIR PERSON</b>
<b>2</b>	<b>Dr. L. VIJAYA Asst. Professor in TELUGU</b>	<b>CONVENOR</b>
<b>3</b>	<b>Dr. P. DHARMA Lecturer in HISTORY</b>	<b>MEMBER</b>
<b>4</b>	<b>SUJITHA Student from B.com</b>	<b>Student Member</b>
<b>5</b>	<b>SHAGUFTA Student from B.A</b>	<b>Student Member</b>

**The detailed activities are presented below since last five years by the Health Club that focused on promoting Health, Hygiene and Wellness of Students.**

# **HEALTH CAMP**



**DATE : 28-01-2017**

**The Health Camp is organized by Health Club on 28-01-2017. It is for Health Awareness program for the students how should take precautions for the responsibility of their Health and identifying their position as the women mainly on health issues which are Hygiene problems, period problems and other problems.**

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**PRINCIPAL**

# HEMOGLOBINE TEST



**DATE : 29-01-2017**

**Hemoglobin Test was organized by Govt. Hospital in Nagarkurnool under Health Club with collaborated. It was inaugurated by the Principal and commencement of the program was at 1 : 00 pm. Students have given their samples for Hemoglobin test. After diagnoses the needy students were taken & prescribed with Iron supplements. Students were taken in the counseling and following up to improve Hemoglobin levels.**

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**PRINCIPAL**

# HEALTH CAMP



**DATE: 8-02-2018**

**Health camp was organized by Health Club on 08-02-2018. The chief Guest Dr. Srivasta Deshmukh attended for this Health Awareness program and He spoke about Healthy issues and Hygiene food how to take responsibility for their health identifying women period problems. breast cancer and other problems.**

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**PRINCIPAL**

# HEMOGLOBINE TEST



**DATE: 03-03-2018**

**Hemoglobin Test was organized by Govt. Hospital in Nagarkurnool under Health Club with collaborated. It was inaugurated by the Principal and Students have given their samples for Hemoglobin test. After diagnoses the needy students were taken & prescribed with Iron supplements. Students were taken in the counseling and following up to improve Hemoglobin levels.**

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**PRINCIPAL**

# HEALTH AWARENESS PROGRAMME



**DATE: 03-03-2018**

**Health awareness program was organized by Health club how to care women health whereas issues of health and Hygiene.**

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**PRINCIPAL**



# DENTAL CHECKUP CAMP



**DATE: 21-03-2019**

**A Camp for Dental Checkup was organized by HEALTH CLUB. With a Collaboration of Sri Sai college of Dental, Vikarabad included Dental Awareness, The Dental cleaner camp for educating students about common Dental elements especially stressed on teeth, gum diseases. The Doctors explained the majors of Teeth problems was used to present them. The students were made about the eating patterns how to cherish awaking on Teeth and gain knowledge.**

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**PRINCIPAL**

# **AIDS AWARENESS PROGRAMME**



**DATE: 01-12-2019**

**AIDS AWARENESS PROGRAM and HEALTH CLUB was organized by RED RIBBON CLUB at the college. It was premised the awareness on AIDS. The students became aware of the levels, the care and treatment.**

**Community based on the program was the best ways of spread awareness about this disease. One can enlist with help of local work involving spread of useful information regarding the disease.**

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**PRINCIPAL**

# HEALTH AWARENESS ON COVID-19

**Date: 11-03-2020**

**Health Awareness was conducted by HEALTH CLUB. It was the program on awareness about the prevention of CORONA VIRUS and Spread of Corona. The students were demonstrated and educated as following diseases.**

- **Origin of Virus and prevention of the disease**
- **How to prevent and control measures**
- **Washing hands techniques**
- **Correct way of wearing Masks**
- **Travelling advises**



**In charge signature**

**PRINCIPA**

## **IMPACT**

**It was highly effective program. The students were made the aware of health issues and the evidence was based on feedback and collected from them. The students were benefitted from this program..**