ST PIOUS X DEGREE AND PG COLLEGE FOR WOMEN

Snehapuri colony ,Nacharam Road, Hyderabad-76

2012-2017

A BRIEF REPORT ON THE ACTIVITIES OF HEALTH CENTER

ACTIVITES 2012-13

WORLD AIDS DAY

1st December, 2012 was celebrated as World AIDS Day. 20 volunteers attended a rally from Dharnachowk to Indira park organized by NSS Osmania University and AIDS Control Society.

PULSE POLIO DAY

24th February, 2013 was observed as Pulse Polio Day. Around 30 volunteers participated in this programme. 25 volunteers visited every door in the village and identified the children below 5 years. They informed the parents about the importance of pulse polio drops. 5 volunteers assisted the medical staff in the pulse polio programme held at the community hall.

ACTIVITES 2013-14

WORLD BLOOD DONATION DAY ON 14TH JUNE 2013

On **14th June 2013 NSS** Unit I & II attended **"World Blood Donation Day"** at **Hari Hara Kala Bhavan,Secunderabad. Mr.Y.Parathasarathi, IAS** was the Chief guest. 10th World Blood Donors Day was celebrated on 14th June 2013 in collaboration with NACO, APSACS (Andhra Pradesh State AIDS Control Society) and State Blood Transfusion Committee and NSS Osmania University. Karl Land Steiner's birthday is being observed as 'World Blood Donors Day'.

The program started with a magical show highlighting the concept of blood donation. APSACS Project Director Mr. Parthasarathi I.A.S, was the Guest of honor. The program was graced by many other dignitaries from various health organizations. The theme of this program was ***"Give the gift of life, donate blood"***.

Wall posters and CDs were released highlighting the importance of blood donation in saving one's life. The main objective of this program is to collect 8 Lakh Units of blood from all over the state. The program ended by felicitating individuals who frequently donate blood.

HEALTH AWARENESS PROGRAMME

A **Health Awareness Programme** was organized for children at Wesley Government School on **20th November,2013.**

WALK ON ORGAN DONATION

MOHAN Foundation and Vikasa Tarangini Youth organized a public awareness **walk on Organ donation** on Sunday, **29th December'2013** at People's plaza, Necklace road, Hyderabad. 10 NSS volunteers participated in this walk.

HEALTH CAMP ON "BENEFITS OF HOMOEOPATHY AND AYURVEDA"

Department of **Genetics** along with the Department of Botany and Biotechnology organized **Interaction with Neighbourhood**–"Vikalpayayithavya Arogya Siddhi" (Alternative Health Solutions) and Health camp on **21st Nov 2013.** The objective of the programme was to create awareness among the students about medicines. In this regard a Free Ayurveda and Homeopathy Clinic was organized.

ACTIVITES 2014-15

WORLD BLOOD DONATION DAY

On **1st October, 2014 NSS Volunteers** from Unit I & Unit II participated in **World Blood Donation Day** programme held at Ravindrabarathi, Nampally

Awareness Programs on Healthy Life Style

The Department of Biochemistry On 27-10-2014, An Awareness Programme On **" Nutrition And Healthy Life Style"** for the class IV employees of our institution and the neighborhood community was arranged to explain them about the benefits of a healthy life style and how one can acquire all the nutrients from the food items that are in their reach. A yoga guru Mr. Prithvi Raj, follower of Baba Ramdev was invited to train the audience in yoga and Meditation. The members of Biomystery club gave power point presentations on various topics such as Balanced diet, Nutritional disorders, Harmful effects of Alcoholism, smoking and ghutka

ACTIVITES 2015-16

DENTAL CAMP

Economics and Microbiology departments As a part of welfare activity a Free dental camp for the neighbourhood community was arranged for the staff and students on 28/8/2015 , Nearly 100 students, 25 staff members, 4 nonteaching & 10 attenders were benefitted from the camp.

Dr. Arshia Begum has enlightened regarding dental problems and suggested various remedies

Breast Cancer Awareness Camp Date: 05-11-2015 (1 Day)

A orientation was organized by Department of Public Administration On Breast Cancer Awareness by Dr.KalpanaRaghunath and PratapVerma on 05th Navember 2015. The students also organized rally's in neighborhood streets bringing awareness to reduce the stigma of breast cancer its symptoms and treatment.

Awareness Program on Thyroid Diseases Date: 22-01-2016 (1 Day)

Department of social sciencesorganised a **Thyroid Health awareness camp** for students, staff and neighbourhoodby Dr. K. Sarojini Devi. She discussed the symptoms of thyroid diseases and precautionary measures to be taken. Blood samples from students, staff and neighbourhoodwere collected and reports were given.

INTERNATIONAL YOGA DAY

International Yoga Day was celebrated in the college auditorium on **19th June, 2015**.

NSS Volunteers of UNIT I & II actively participated in this programme.

Yoga guru Mr.CH.Narasimha Rao & Dr.Kumarendra explained how Yoga helps to be healthy and fit.

HEALTH AWARENESS & MEDICAL CAMP ON BREAST CANCER:

A Health awareness programme was organized on **5th November, 2015** in collaboration with the Snhapuri Colony Association and Pink Ribbon Club on Breast Cancer-Causes for its growth in society. Dr. Kalpana Raghunath, Medical Superintendent, Basavatarakam Indo American Cancer Hospital & Research Centre spoke on Cancer Awareness and Cancer Screening. Dr.Pratap Verma, Consultant Surgical Oncologist from the same hospital spoke on the causes and precautions of Cancer.

WORLD AIDS DAY

Mrs. Malathi as NSS Unit officer has attended **Aids Rally** on **1st December**, **2015**. The rally started from Basherbagh to Public garden. The rally highlighted how AIDS free society can be established through a social skit.

PULSE POLIO AWARENESS WALK

Pulse Polio Awareness walk was organized in Nacharam Division. The volunteers informed the community people about the importance of Pulse polio and requested the parents to take their children to the immunization centers.

ACTIVITES 2016-17

International Yoga Day Celebrations on 21-06-2016

Yoga is considered as the best therapy to cure many ailments of the modern day. On the occasion of the "International Yoga Day", the Yoga instructor, Mr.Lakshmaiah and Mr.Bhoomayya were invited to train the NSS volunteers and the committee members in some basic yogasanas and meditation

ACTIVITES 2017-18

International Yoga Day- 24-06-2017

Yoga and Meditation are the means to strengthen the mind and help in maintaining a positive attitude in everyday activities. The NSS volunteers were given an opportunity to learn some basic techniques of Meditation and Yoga by Mrs. Rajini, Member of the Isha Foundation , Hyderabad. The students were shown the documentary on the life of Sadguru and made them realize how an ordinary man can rise up to become a sadguru by practicing noble virtues and meditation**.**

World AIDS Day on 4th December , 2017

World AIDS Day takes place on 1st December every year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for HIV patients. To commemorate this day, volunteers under National Service Scheme in collaboration with **Star NGO** organized a guest lecture on Cause and Prevention of HIV/AIDS on 4th December, 2017 to create an awareness among the students about HIV/AIDS. The lecture started with a small talk by Mr.Ajay Kumar, Star NGO, in his address he highlighted about the importance of the day.

The first guest speaker was **Dr.Vamshidhar Rao**, General Physician, Century Hospital, Banjara Hills, in his speech gave information about HIV virus and also shared important facts about AIDS and he has also emphasized on various modes of transmission of HIV disease, different causes and preventive measures of AIDS.

The second lecture was given by **Dr Ramesh Reddy Allam**, Deputy Project Director, PEPFAR, Share India, Hyderabad. He delivered a lecture on different tests available to detect HIV and also its treatment.

The lecture was received with admiration by the students and they also found the slides appropriate. The event ended with vote of thanks The second lecture was given by **Dr Ramesh Reddy Allam**, Deputy Project Director, PEPFAR, Share India, Hyderabad. He delivered a lecture on different tests available to detect HIV and also its treatment.

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Dr. Vamshi, Centuary Hospitals Addressing the gathering on Detection of AIDS

Dr.Ramesh Reddy addressing the gathering on Significant Tests for AIDS

<u>YOGA AT NSS SPECIAL CAMP TO THE NEIGHBOURHOOD ON</u> (05/02/2018):

Day five started with health and fitness related program "Yoga and meditation training"at 8.00am in the morning and was conducted by our resource person Sri Jaya Raj Arya retired

government school teacher, for all the neighbourhood people. Local people felt very happy for learning small yet important tips for keeping themselves healthy.

Photos of "Yoga and Meditation training"

MEDICAL CAMP ON 07/02/2018 :

Day seven program was organised basically by taking into consideration the request of the locality leaders for conducting eye camp. As a part of last day program we have conducted medical camp with the help of Lions Club Meerpet. The camp was successful as many people has come and utilised the opportunity. Among the people utilised the opportunity 48 patients were suggested for glasses and 24 were suggested for cataract operation. The Lions club management assured cataract operations for free and the local Coorporator assured free glasses to the people, thus our medical camp turned out to be huge success.