



Health Centre Report

2022-23

Composition

Staff Members

1. Convenor Mrs. Revathi (Eng Dept)
2. Ms .Rita -Nurse-in-charge
3. Ms.K Sri Laxmi (Chem. Dept)PG
4. Ms Krishnaveni (Lang Dept)
5. Ms Urooja (Chem. Dept)

Student members

1. Rinad BA II
2. Leema BA I
3. Tanvi B.COM II

Activities

1. Dental camp for staff and students

A free dental camp was organized by St Anns College for Women by Health Center in collaboration with the Brace dental clinic followed by a talk on dental health on 12 January 2023. This camp was organized in the ground floor quadrangle from 9. am onwards. All the staff, non-teaching staff and students participated in this dental camp.

Complete oral checkup with proper diagnosis with proper treatment plan

*** Free Consultation with super specialist Doctors**

*** Free family consultation with coupon**

*** Free scaling free polishing**

*** Special Discounts on all treatments**

A talk on dental health was given by a specialized dentist about the importance of oral health and hygiene. This camp was a successful event.

2. Guest lecture by doctors on Obesity and PCOD –symptoms and causes



A guest lecture was organized by the Health Centre, St Anns College for Women, Hyderabad on the topic of obesity by Dr Reginald Lam and Polycystic Ovary Syndrome (PCOS) by Dr Deepthi on 15th September 2022 in the A.V room. The guest lecture started with a prayer followed by the green greeting, a tradition at St Ann's.

Dr Reginald talked about obesity. He highlighted the symptoms and causes of obesity. He also mentioned the classes of obesity. Next, Dr Deepthi talked about PCOS: its causes, symptoms and treatment, which is followed by a question and answers session by the audience.

3. Talk on Cancer-Awareness and prevention

- An awareness session on Cancer and its prevention was organized by the Health Centre, St Anns College for Women, Hyderabad in collaboration with youth for Seva and Swastava Cancer care by RTN Dr Chaturvedi, general secretary, Swastava cancer care on 22nd October, from 10.30 am to 11.30 am at A.V room.
- Dr Chaturvedi is a member executive committee and director of the International Coordinator of cancer care India. The session was started by prayer, followed by a green greeting, a tradition at St Ann's. A brief introduction about Dr Chaturvedi was given by the student. Dr Chaturvedi talked about what is cancer, the types of cancer, its symptoms and its causes. He gave light on the importance of cancer awareness and its prevention. This awareness session was wonderful, informative and interactive. The session was concluded with a vote of thanks.

4. Free eye check-up camp by MAXIVISION for staff and students

A free eye check-up camp was organized by the Department of Commerce and Health Center, St Anns College for women in collaboration with Dr Reddy's digital health solution ICICI LOMBARD 'SVAAS' followed by a talk on a digital wellness solution through a comprehensive application-IL take care to offer cashless outpatient services and free eye check-up camp in collaboration with MAXIVISION for the staff and students on 9th February 2023. The faculty members were requested to avail of the services.

St. Ann's College for Women

(Autonomous), Affiliated to Osmania University
Accredited by NAAC with A⁺ Grade (3rd cycle), CPE by UGC
ISO 9001:2015, 14001:2015

Mehdipatnam, Hyderabad.



The talk on digital wellness solutions was conducted in the A.V. room. It was followed by a talk on four key touchpoints in the journey of outpatient health and wellness including doctors, pharmacists, laboratory services etc. The camp benefited many people with their eye health.

5. Free Health camp by Vijaya Diagnostic Centre

A free health camp was organized by Health Center, St Anns College for Women in collaboration with Vijaya Diagnostic Center on 10th March 2023 at the health centre. This free health check-up camp includes the following health parameters like body temperature, blood pressure, random blood sugar levels, heart rate, muscle mass, body mass etc. Safety measures were followed such as wearing masks, sanitizing etc. Additional tests such as bone density tests were also provided by the diagnostic centre. All the faculty members, teaching staff, and non-teaching staff participated in this camp.

6. Health Awareness Program –Out reach

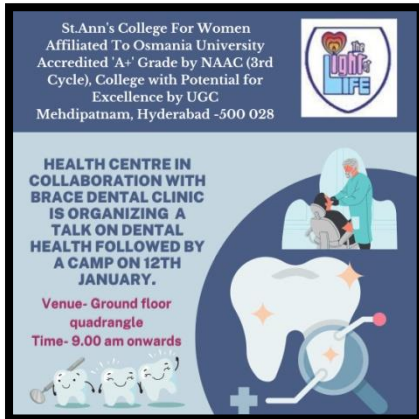
As a social responsibility our committee members and volunteers conducted an awareness program at Zilla Parishad school, Manikonda on Health, Hygiene, And Nutrition.

An Awareness programme was organized by Health Center, St Anns College for Women, Hyderabad at Zilla Parishad school, Manikonda on Health, Hygiene, And Nutrition. Teachers along with students volunteered for this programme. Awareness regarding the importance of health and the advantages and disadvantages of hygiene was given. The students also talked about nutrition, what is a balanced diet, the importance of breakfast etc. This awareness programme was a wonderful experience.

7. Free health camp in collaboration with Medicovert hospitals

Health centre in collaboration with Medicovert Hospitals Madhapur, conducted a health camp for faculty members both teaching and admin on 2nd May 2023. Close to 50 members availed the free special healthcare package which included ECG, 2D ECHO, RBS, BP check up, vital check and gyneac consultation.

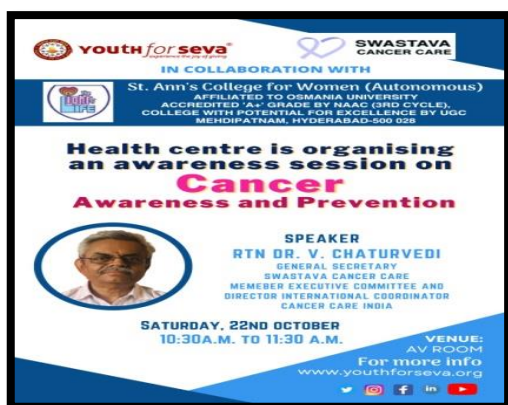
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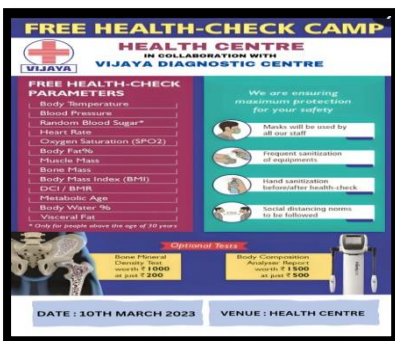
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