



Health Centre Report

2020-21

- The COVID-19 pandemic has affected educational systems worldwide, leading to the near-total closures of schools, universities and colleges.
- In response to school closures, the management recommended the use of distance learning programmes and platforms that teachers can use to reach learners remotely and limit the disruption of education. Colleges have scrambled to find creative solutions to teaching students online, in-person but socially distant, or in a hybrid format. The pandemic has created a massive rise in teleconferencing, virtual meetings, webinars and e-conferencing opportunities

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. Maryam BA II**
- 2. Vineela BA II**
- 3. Malliha B.COM II**



Health Centre Activities - 2020- 21

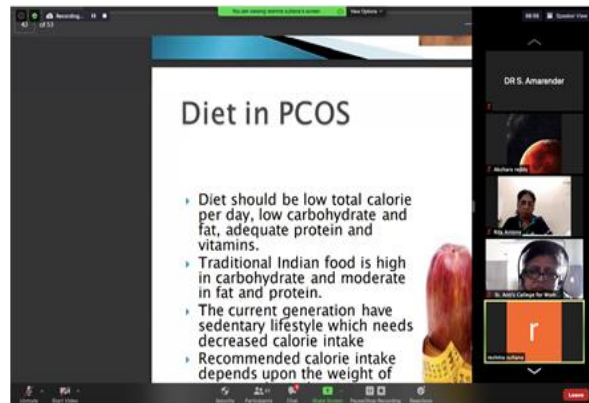
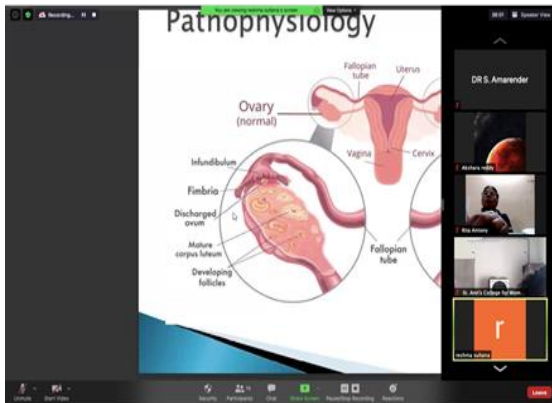
| S.NO | MONTH | ACTIVITY |
|------|-----------------------|--|
| 1 | AUGUST (21-8-20) | Webinar: The effect of the COVID-19 induced lockdown on Nutrition, Health And Lifestyle patterns among young adults |
| 2 | SEPTEMBER (23-27) | E-Poster Presentation Competition :Psychological impact of lockdown; Isolation and Mental Stress |
| 3 | OCTOBER (14-10-20) | Quiz : Healthy Diet |
| 4 | MARCH (1-3-21) | Workshop :Self-Acceptance |

Activities

- The Health centre organised a webinar on " The effect of the COVID-19 induced lockdown on nutrition, health and lifestyle patterns among young adults." for students and faculty. The objective of the webinar was to help them deal with the nutrition, stress, and anxiety problems they were facing due to the nationwide lockdown to restrict the spread of coronavirus.



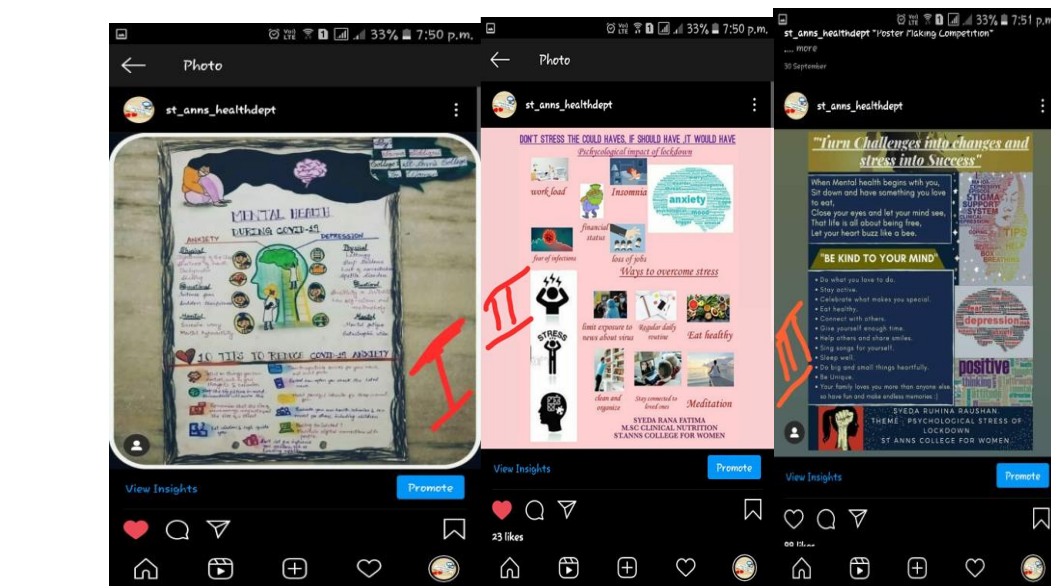
October: webinar - Gynecology (PCOD) by Dr.Reshma



September :E-Poster Presentation Competition



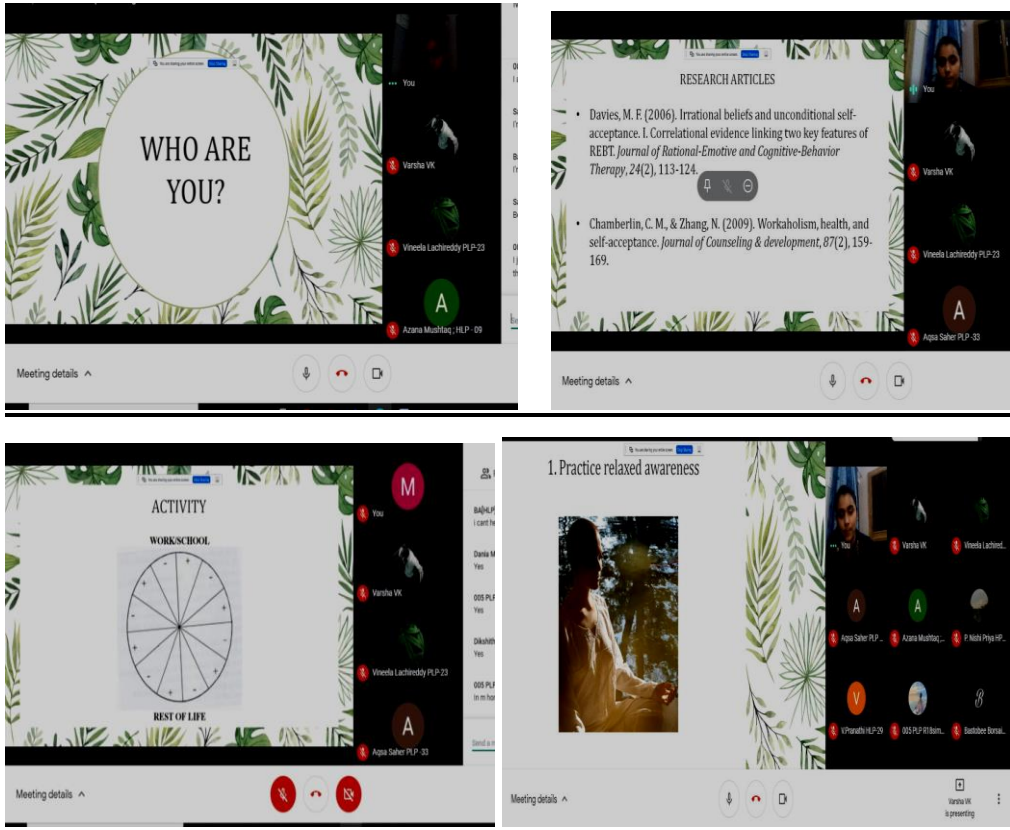
Prize Winning Poster Presentations





Workshop –Self Acceptance By Ms Pavitra

1/3/2021



A session on Dry eyes

9/3/2021

- The health centre and the Dept of Nutrition jointly conducted a session on dryness of the eyes by Dr Dr CH Sudheer, Ophthalmologist, M S Lions Hospital, Hyderabad
 - Dr. CH. Sudheer is an Ophthalmologist/ Eye Surgeon and has an experience of 11 years in this field. He practices at M S Reddy Lions Hospital, Hyderabad.
 - He is a member of Andhra Pradesh Ophthalmological Society (APOS).
 - Some of the services provided by the doctor are:
 - Eye Surgery, Eyelid Surgery, Diabetic Eye Check-up, Eye Muscle Surgery and Orbital Decompression Surgery for Thyroid Eye Disease etc.



The screenshot shows a Zoom meeting interface. The main content is a presentation slide with a blue background and white text that reads: "Ten Steps to get relief from Computer Eye Strain". Above the slide, there are four video thumbnails: "St. Ann's Coll...", "Dr. Ch Sudheer", "Sheila (Heducate)", and "Zoha Shaik N...". To the right of the slide, there is a "Participants (54)" list. The list includes names and initials such as "Demi Anitha (37)", "Dr.VTV", "FT07", "G.Sneha-468 023", "GEN51", "Haritha-Mpcs 47", "Jaya Sam", "K Srilaxmi", "Kayitha Akshara bbc004", "L.N.Udaya Sree MPC's (06)", "Lalitha 468 -037", "Likitha Kompelly - 18", "Manisha", and "Meghana". Each name has a small icon to its right. At the bottom of the Zoom window, there is a taskbar with icons for Windows, Internet Explorer, File Explorer, Microsoft Word (with a message "dny eyes webinar - Microsoft Word (Product Activation Failed)"), PowerPoint, Chrome, and Zoom. The system tray shows the time as 3:57 PM on 3/9/2021.