

## SRI A.S.N.M GOVT (A) COLLEGE ,PALAKOL, WEST GODAVARI

### HEALTH CENTRE ACTIVITIES 2017-18

<b>S.NO</b>	01
<b>Name of the activity</b>	Blood donation Camp
<b>Date of conducting the activity</b>	07-04-2017
<b>Organized by Dept./ Committee</b>	Health Centre
<b>Objective or nature of the activity curricular/Extension to community</b>	<b>Objective:</b> To wipe off the scarcity of blood and ensure availability of safe and Quality blood and other blood components.
<b>Level of the activity College/Mandal/ district/university</b>	College Level
<b>Name of the Resource Person</b>	Sri K.Sri Ram Murthy
<b>No.of students participated</b>	35
<b>Skills achieved</b>	Safe blood saves lives. This blood donated blood is used by the needy people in the emergency situations.
<b>Values achieved</b>	Blood donation promote the values and emphy to build a caring and healthy world.



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**HEALTH CENTRE ACTIVITIES 2018-19**

<b>S.NO</b>	01
<b>Name of the activity</b>	International Yoga Day
<b>Date of conducting the activity</b>	22-06-2018
<b>Organized by Dept./Committee</b>	Health Centre
<b>Objective or nature of the activity curricular/Extension to community</b>	<b>Objective:</b> To promote good mental and physical health through yoga.
<b>Level of the activity College/Mandal/district/university</b>	College Level
<b>Name of the Resource Person</b>	Sri K.Sri Ram Murthy
<b>No.of students participated</b>	
<b>Skills achieved</b>	Students know about the different types of Asanas in yoga.
<b>Values achieved</b>	Good health conditions,spiritual and interectual thoughts develops by this yoga.



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**HEALTH CENTRE ACTIVITIES 2018-19**

<b>S.NO</b>	02
<b>Name of the activity</b>	Anti Drug Awareness programme
<b>Date of conducting the activity</b>	02-08-2018
<b>Organized by Dept./Committee</b>	Health Centre
<b>Objective or nature of the activity curricular/Extension to community</b>	<b>Objective:</b> To raise awareness about drug abuse to strengthen action and cooperation in achieving the goal of a world free of drug abuse.
<b>Level of the activity College/Mandal/district/university</b>	College Level
<b>Name of the Resource Person</b>	Sri K.Sri Ram Murthy
<b>No.of students participated</b>	30
<b>Skills achieved</b>	By conducting this awareness campaigns to educate the students and give an over view of issues concerning alcohol, Tobacco and other drugs.
<b>Values achieved</b>	To ensure that campus and surroundings are maintained free of drugs/alcohols.



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**HEALTH CENTRE ACTIVITIES 2018-19**

<b>S.NO</b>	03
<b>Name of the activity</b>	Sugar Disease Confir-mat-ion Camp
<b>Date of conducting the activity</b>	20-11-2018
<b>Organized by Dept./ Committee</b>	Health Centre
<b>Objective or nature of the activity curricular/Extension to community</b>	<b>Objective:</b> To demonstrate and understand that diabetes and its Management.
<b>Level of the activity College/Mandal/ district/university</b>	College Level
<b>Name of the Resource Person</b>	Sri K.Sri Ram Murthy
<b>No.of students participated</b>	50
<b>Skills achieved</b>	Knowing about the symptoms like blurry vision ,increased urination,feeling hungry,extreme thirst and finding that the infected person have itch,dry skin etc.All these are warning signs of early diabetes.
<b>Values achieved</b>	There are some essential self care behaviours in people having with diabetes which predict good outcomes namely healthy eating,being physically active,monitoring of blood sugar levels regularly.



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**HEALTH CENTRE ACTIVITIES 2019-20**

<b>S.NO</b>	01
<b>Name of the activity</b>	Health & Hygienic Awareness Programme
<b>Date of conducting the activity</b>	26/08/2019
<b>Organized by Dept./Committee</b>	Health Centre
<b>Objective or nature of the activity curricular/Extension to community</b>	<b>Objective:</b> We focus on diverse health topics to provide awareness to the communities and increase their levels of the health literacy.
<b>Level of the activity College/Mandal/district/university</b>	College Level
<b>Name of the Resource Person</b>	Sri K.Sri Ram Murthy
<b>No.of students participated</b>	<b>50</b>
<b>Skills achieved</b>	This awareness programme impart a better understanding of several communicable diseases and How to prevent them.
<b>Values achieved</b>	The Health awareness programme also highlights the significance of making people realise the value of physical, mental and social health.



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**HEALTH CENTRE ACTIVITIES 2021-22**

<b>S.NO</b>	01
<b>Name of the activity</b>	Covid -19 vaccination drive
<b>Date of conducting the activity</b>	25-11-2021
<b>Organized by Dept./Committee</b>	Health Centre
<b>Objective or nature of the activity curricular/Extension to community</b>	<b>Objective:</b> The introduction of covid-19 vaccines is a major step towards reducing the spread of the pandemic and further reducing the associated diseases and deaths.
<b>Level of the activity College/Mandal/ district/university</b>	College Level
<b>Name of the Resource Person</b>	Dr. M .Rama Krishna
<b>No.of students participated</b>	30
<b>Skills achieved</b>	Vaccines teach that the immune system that how to create antibodies that protects ourselves from diseases.
<b>Values achieved</b>	Precautions taken to avoid spreading the diseases.



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**HEALTH CENTRE ACTIVITIES 2021-22**

<b>S.NO</b>	02
<b>Name of the activity</b>	Blood Donation Camp
<b>Date of conducting the activity</b>	30-12-2021
<b>Organized by Dept./Committee</b>	Health Centre
<b>Objective or nature of the activity curricular/Extension to community</b>	<b>Objective:</b> The purpose of blood donation camp is to select a suitable donor whose blood is safe for the recipients.
<b>Level of the activity College/Mandal/district/university</b>	College Level
<b>Name of the Resource Person</b>	Dr.T.Raja Rajeswari, principal
<b>No.of students participated</b>	60
<b>Skills achieved</b>	The skills are achieved by organized this blood donation camp is to motivate people to donate blood and social works.
<b>Values achieved</b>	Save blood save lives.



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**HEALTH CENTRE ACTIVITIES 2021-22**

<b>S.NO</b>	03
<b>Name of the activity</b>	World Health Day
<b>Date of conducting the activity</b>	<b>07-04-2022</b>
<b>Organized by Dept./Committee</b>	Health Centre
<b>Objective or nature of the activity curricular/Extension to community</b>	The celebration of world health day 2022 under the theme of “Our planet ,Our Health”.
<b>Level of the activity College/Mandal/ district/university</b>	College Level
<b>Name of the Resource Person</b>	Sri G.Srinivasa rao
<b>No.of students participated</b>	30
<b>Skills achieved</b>	Create awareness of a specific health theme to highlight a priority area of concern for the world health organization.
<b>Values achieved</b>	“Health is Wealth”



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**HEALTH CENTRE ACTIVITIES 2021-22**

<b>S.NO</b>	04
<b>Name of the activity</b>	International Yoga Day
<b>Date of conducting the activity</b>	21-06-2022
<b>Organized by Dept./Committee</b>	Health Centre
<b>Objective or nature of the activity curricular/Extension to community</b>	<b>Objective:</b> The international day of yoga aims to raise awareness world wide of the many benefits of practicing the Yoga.
<b>Level of the activity College/Mandal/district/university</b>	College Level
<b>Name of the Resource Person</b>	Dr.T.Raja Rajeswari
<b>No.of students participated</b>	50
<b>Skills achieved</b>	Yoga improves strength balance and flexibility.
<b>Values achieved</b>	Good health conditions, spiritual and intrectual thoughts develops by this yoga practices.



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**HEALTH CENTRE ACTIVITIES 2021-22**

<b>S.NO</b>	05
<b>Name of the activity</b>	Antidrug Awareness Program
<b>Date of conducting the activity</b>	22-6-2022
<b>Organized by Dept./ Committee</b>	Health Centre
<b>Objective or nature of the activity curricular/Extension to community</b>	<b>Objective:</b> To develop new and improved strategies to prevent drug use and its consequences
<b>Level of the activity College/Mandal/ district/university</b>	College Level
<b>Name of the Resource Person</b>	Ch.Bhaskar,C.I of police ,Palakol
<b>No.of students participated</b>	30
<b>Skills achieved</b>	Understand the relationship between drug abuse and academic performance analyse the factor that promote drug abuse.
<b>Values achieved</b>	“Be a workaholic not a drug addict”.



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**HEALTH CENTRE ACTIVITIES**

<b>S.NO</b>	06
<b>Name of the activity</b>	Diabetic Diagnostic Camp
<b>Date of conducting the activity</b>	15-7-2022
<b>Organized by Dept./ Committee</b>	Health Centre
<b>Objective or nature of the activity curricular/Extension to community</b>	<b>Objective:</b> To identify the problems facing by the deficiency of insulin.
<b>Level of the activity College/Mandal/ district/university</b>	College Level
<b>Name of the Resource Person</b>	Sri K.Murali, President of Lion's club
<b>No.of students participated</b>	30
<b>Skills achieved</b>	Improve the level of pancreas working condition by taking the precautions suffering from diabetes.
<b>Values achieved</b>	Helping hands to prevent diabetic conditions by the conduct of awareness programme from the health Department.







