

A.S.D. GOVERNMENT DEGREE COLLEGE FOR WOMEN (A), KAKINADA

HEALTH COMMITTEE

ACTIVITIES OF HEALTH COMMITTEE:

- Conducting awareness programmes on health
- Conducting awareness programmes on blood donation
- Conducting Health Checkup for staff and students
- Conducting Blood Grouping and Blood Donation Camps in collaboration with Red Ribbon Club of the college
- Maintenance of student health cards

1. MEGA MEDICAL CAMP IN COLLABORATION WITH ONGC, KAKINADA

A mega medical camp was organized on 12th July 2019 in collaboration with ONGC Kakinada. Dr. Praveen and Dr. Ramana Rao conducted health checkup for the students. As a part of this health camp, Dr. Ramana Rao gave a lecture on “Health and Hygiene”. He emphasized the importance of oral hygiene, body hygiene as well as menstrual hygiene in maintaining one’s health. He also explained about the importance of a balanced diet in maintaining health





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ONGC organises mega medical camp at ASD Govt College [The Hans India](#)

- Hans News Service | 12 July 2019 6:46 PM GMT
- Doctors examining students at the medical camp

• HIGHLIGHTS

- **ONGC Eastern Offshore Asset conducted free mega multi-disciplinary medical camp at ASD Govt Women's College on Friday for women's college and government polytechnic students here in association with Apollo Hospital and Inodaya Hospital, Kakinada.**
- **Kakinada:** ONGC Eastern Offshore Asset conducted free mega multi-disciplinary medical camp at ASD Govt Women's College on Friday for women's college and government polytechnic students here in association with Apollo Hospital and Inodaya Hospital, Kakinada.
- This medical camp was organised as part of Swachhata Pakhwada campaign from July 1 to 15 under CSR programme. The medical camp was organised at an expenditure of about Rs 9 lakh for 1,500 patients including students and staff of both ASD Govt College and polytechnic.
- Executive Director Sanat Kumar on this occasion urged the students and staff of the two colleges to make use of the free medical check-up, tests and free medicines distributed during the occasion.
- Arumugam, CGM, RS Prabhuji, CGM, Satyapal Singh Chauhan, GM -Security, D Malik, GM-HR, Rahul Ramakrishna Joshi and others attended.

2. BLOOD GROUPING AND BLOOD DONATION CAMP FOR THE STUDENTS IN COLLABORATION WITH ROTARY BLOOD BANK, KAKINADA

Blood grouping and blood donation camp was conducted by the Health Committee, NSS Units I & II and Red Ribbon Club of the college on 06-01-2020. In this camp 366 students were tested for blood grouping and blood donation was done by 48 students. Principal, Vice Principal, NSS Coordinators, Members of Health Committee, members of Red Ribbon Club and other staff members participated in the camp.



3. AWARENESS PROGRAMME ON BASIC LIFE SUPPORT (BLS) IN COLLABORATION WITH MEDICOVER HOSPITALS, KAKINADA

On 18th July 2022, a programme on Basic Life Support was conducted in collaboration with Medicovert Hospitals, Kakinada. In this programme, Dr.V.J.Ch. Prakash, Head of the department and Chief Consultant, Department of Emergency Medicine, Medicovert Hospitals, Kakinada has acted as Resource Person. He has explained the meaning, importance of Basic Life Support and the demonstrated the process of giving Basic Life Support.

Basic life support (BLS) is a level of medical care which is used for patients with life threatening illnesses or injuries until they can be given full medical care by advanced life support providers (paramedics, nurses, physicians). It can be provided by trained medical personnel, such as emergency medical technicians, and by qualified bystanders. Basic life support (BLS) includes recognition of signs of sudden cardiac arrest, heart attack, stroke, and foreign body airway obstruction, and the performance of cardiopulmonary resuscitation (CPR) and defibrillation with an automated external defibrillator. Cardiac arrests and accidents are the most common type of emergencies with grave consequences, but simple maneuvers and skills can improve the outcome, and immediate CPR can double or triple the chances of survival. The majority of patients who

experience an out-of-hospital cardiac arrest do not receive adequate resuscitation by health care professionals within the critical time, 3–5 min after onset, thus reducing the chance of survival. The chance of successful resuscitation after sudden cardiac arrest decreases by 7–10% with every minute that resuscitation is delayed. The students were made to practice one by one on the process of giving basic life support. Principal Dr.V.Anantha Lakshmi, Vice Principal Smt Suvarchala, Health committee convenor Dr.K.Lavanya, Members Kum. P. Rajya Lakshmi, Smt.P.Pushpa Latha , 60 students from B.A, B.Com, B.Sc. and personnel from Medicover hospitals participated in the programme.





ప్రాణరక్షణపై విద్యార్థినులకు అవగాహన

సాంబమూర్తిగర్: స్థానిక అన్నవరం సత్యవతిదేవి ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో హెల్త్ కమిటీ, రెడ్ రిబ్బన్ క్లబ్ ఆధ్వర్యంలో సోమవారం విద్యార్థినులకు 'బేసిక్ లైఫ్ సపోర్ట్ (బీఎల్ఎస్) పై అవగాహన కల్పించారు. ఈసందర్భంగా ప్రిన్సిపల్ డాక్టర్ వి.అనంతలక్ష్మి మాట్లాడుతూ బీఎల్ఎస్ విధానం ద్వారా ప్రాణాపాయస్థితిలో ఉన్న వ్యక్తి ప్రాణాన్ని సకాలంలో కాపాడవచ్చున్నారు. మెడికోవర్ ఆసుపత్రి వైద్యుడు వీజేసీ హెచ్ ప్రకాష్ విద్యార్థులకు అవగాహన కల్పిస్తూ మనిషి గుండె పనితీరు, రక్త ప్రసరణ తదితర వంటి అంశాలను విపులీకరించారు. హెల్త్ కమిటీ కన్వీనర్ డాక్టర్ కె.లావణ్య, రెడ్ రిబ్బన్ క్లబ్ కన్వీనర్ రాజ్యలక్ష్మి, అధ్యాపకులు పుష్పలత, వీరచంటి పాల్గొన్నారు.

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4. MEASURING AND RECORDING HEIGHTS AND WEIGHTS IN STUDENT HEALTH CARDS

On 1st and 2nd September 2022,height,weight,chest circumference on inhalation and exhalation were measured in the department of physical education.The concerned mentors have recorded the measurements of the students in their health cards.



5. HEALTH CAMP FOR STUDENTS AND STAFF OF THE COLLEGE IN COLLABORATION WITH MEDICOVER HOSPITALS

On 3rd September, 2022 a Health camp was conducted for the staff and the students of the college in collaboration with Medicovert Hospitals. In this programme, nearly 600 students and 20 teaching and non-teaching staff members participated and have undergone health Checkup. Medical and paramedical staff from Medicovert hospitals have conducted the examination of the students. Dr. Lakshmi Praveena, General Physician and Dr.K.Niroopa, Orthopaedician, 4 paramedical staff participated in the camp. Blood pressure and sugar levels of the staff members was tested and the necessary medical advice was given. Student's heights and weights, chest circumference on inspiration and expiration, blood group were noted down in their respective health cards maintained by the health committee. General health check-up was conducted for all the students and those students who had some health issues were given referral to the concerned specialists for further medical examination. Members of Health Committee, Members of Red Ribbon Club and other staff members participated in the camp.





6. DENTAL CAMP IN COLLABORATION WITH INDIRA GANDHI REFERRAL HOSPITAL, JAGANNAICKPUR

Health committee of ASD Government Degree College organized Dental Health check-up camp in PHC Jagannaickpur Kakinada to all the groups of students of ASD Government Degree College for Women (A) Kakinada from 16.12.2023 to 10.01.2024. Dr. Ravichand, Medical officer PHC Jagannaickpur Kakinada examined students and gave necessary suggestions to the students regarding proper maintenance of Dental Health



7. YOGA DAY CELEBRATIONS IN COLLABORATION WITH ART OF LIVING

International Yoga day was organized by the College Health Committee on 21st June 2024 in collaboration with Art of Living, Kakinada. Dr.Lakshmi Prakash, Yoga Trainer educated the students about the importance of yoga in maintaining both physical and mental health. She has also taught yogasanas for the students particularly which are important for their gynaec health.



8. HAEMOGLOBIN TESTING FOR STUDENTS IN COLLABORATION WITH DM&HO OFFICE, KAKINADA

College Health Committee and Red Ribbon Club organized a camp for haemoglobin testing for all the students of the college from 5th and 6th of August 2024. Health supervisors and ANMs deputed by DM&HO office tested the haemoglobin levels of the students. Nearly 600 students and the members of Health Committee and Red Ribbon Club participated in the camp.



9. HEALTH CAMP IN COLLABORATION WITH PHC,NETAJI CAMP,KAKINADA

On 8th August 2024, a Health Checkup camp was organized in the college for the students by the Health Committee. Dr.P.Hema Sundar, Medical Officer of Netaji Camp PHC conducted health checkup for nearly 60 students. He also educated the students on the importance of body hygiene, good food habits and also exercise in maintaining sound health



10. AWARENESS SESSION ON “AIDS-CAUSES AND PREVENTION” IN COLLABORATION WITH COASTAL NETWORK OF POSITIVE PEOPLE (CNP), GOVERNMENT GENERAL HOSPITAL, KAKINADA.

On 28th August 2024, an awareness session was conducted on “AIDS-Causes and Prevention” in collaboration with Coastal Network of Positive People (CNP), Government General Hospital, Kakinada. Counsellor Smt.K.Aparna has given detailed lecture on the causes, symptoms, taboos regarding HIV and also she has elaborated on the preventive measures. After the lecture, Question Answer session was conducted where the students asked the experts regarding HIV. In this programme, P. Chittitalli ,Project Manager, ART Counsellor Aparna , YGN Prasad Project Co-ordinator and the members of college Health committee participated.



