

REPORT ON MEDICAL CAMP

HEALTHY BODY: HAPPY LIFE

Organized by

The School of Life Sciences

St. Joseph's Degree College

Kurnool.



The poster features a central title 'Healthy Body - Happy Life' with a sun icon, followed by 'MEDICAL CAMP FOR GIRLS' in large pink letters and the dates '25-Sep to 28-Sep-2024'. It includes logos for St. Joseph's Degree College and the School of Life Sciences, along with illustrations of a blood test, a BMI scale, and a group of girls.

St. JOSEPH'S DEGREE COLLEGE
Sunkesula Road, Kurnool-518004.

Healthy Body - Happy Life

MEDICAL CAMP FOR GIRLS

25-Sep to 28-Sep-2024

Organized by
SCHOOL OF LIFE SCIENCES

Letter to IQAC

To

21 September, 2024

The Coordinator,
Internal Quality Assurance Cell (IQAC),
St. Joseph's Degree College,
Kurnool.

Subject: Request for Permission to Organize a Medical Camp for First-Year Students

Dear Sir,

I hope this letter finds you in good health. I am writing to seek approval to organize a medical camp for the first-year Degree students from September 25th to 28th, 2024. The camp will focus on providing basic health assessments, including:

Hemoglobin estimation

Measurement of height and weight

Calculation of Body Mass Index (BMI)

The purpose of this camp is to promote health awareness among the students and provide them with valuable insights into their physical well-being. We plan to collaborate with experienced healthcare professionals to ensure accurate and reliable assessments.

Your permission and support for this initiative would be greatly appreciated, as it aligns with the college's commitment to the holistic development of students.

We kindly request your approval and look forward to your positive response.

Thank you for considering this request.

Yours sincerely,
Dr.C.S.Sreenivasa Rao
Head, Department of Zoology
St. Joseph's Degree College
Kurnool.

CIRCULAR

Dear Students,

23, September, 2024.

We are pleased to announce that a **Medical Camp** will be organized for all **first-year degree girl students** from **September 25th to 28th, 2024**. This initiative aims to promote health awareness and provide basic health assessments to help you understand and monitor your physical well-being.

Details of the Camp:

- **Date:** September 25th to 28th, 2024
- **Time:** 8.30 AM – 1,30 PM
- **Venue:** Biotechnology lab & Microbiology lab
- **Activities:**
 1. Hemoglobin Estimation
 2. Measurement of Height and Weight
 3. Calculation of Body Mass Index (BMI)

Your active participation is encouraged, as this aligns with our commitment to your holistic development. Should you have any questions or require further details, please contact Dr.C.S.Sreenivasa Rao, Head, Department of Zoology.

We look forward to your enthusiastic participation!

Head,
Department of Zoology

REPORT ON MEDICAL CAMP

HEALTHY BODY: HAPPY LIFE

The School of Life Sciences, St. Joseph's Degree College, organized a comprehensive medical camp for female students, titled Healthy Body and Happy Life, from 25th to 28th September 2024. This initiative was aimed at promoting health awareness and early detection of health issues among the student population. A total of 430 girl students from various streams of the college participated in the camp, which was focused on screening for hemoglobin levels, blood grouping, and Body Mass Index (BMI).

Objectives:

- ✓ To assess the hemoglobin levels of students and identify those at risk of anemia.
- ✓ To determine the blood groups of all participants for medical records.
- ✓ To calculate BMI and provide recommendations for maintaining a healthy body weight.
- ✓ To create awareness about maintaining good health and nutrition, especially in relation to anemia.

Details of Screening:

- ✓ The camp was conducted over four days, with different batches of students being screened each day. The key health parameters checked were:

1. Hemoglobin Levels: All 430 students were tested for hemoglobin levels. The screening revealed that many students suffered from moderate anemia, while a few were diagnosed with severe anemia. These students were counseled and advised on necessary dietary and lifestyle changes, and referrals were made for further medical evaluation when needed.
2. Blood Grouping: Each student's blood group was identified and recorded, which would assist in medical emergencies or for future reference.
3. Body Mass Index (BMI): BMI was calculated for all participants to assess whether they were underweight, normal weight, overweight, or obese. Based on the results, personalized advice on nutrition and exercise was provided.

Outcomes and Observations:

- ✓ The camp successfully identified several cases of moderate and severe anemia. These students were advised to increase their intake of iron-rich foods and were provided with educational material on anemia prevention.

- ✓ Many students with a high BMI were counseled on the importance of maintaining a balanced diet and regular exercise to prevent future health complications.
- ✓ The students expressed gratitude for the initiative and felt better informed about their health and wellness.

Valedictory Function:

- ✓ On the final day of the camp, 28th September 2024, a Valedictory Function was organized. The event provided an opportunity for student volunteers, who had actively participated in the smooth functioning of the camp, to share their feedback. The volunteers highlighted how the camp had enhanced their understanding of basic healthcare practices and the importance of early health screening. They also expressed their appreciation for being part of such a meaningful initiative.
- ✓ The Valedictory Function was graced by the Principal and faculty members of the Department of Life Sciences, who congratulated the organizers and volunteers for their dedicated efforts. Certificates of appreciation were distributed to the volunteers, and the Principal emphasized the importance of regular health check-ups in ensuring the overall well-being of students.

Conclusion:

- ✓ The Healthy Body and Happy Life medical camp was a resounding success, reaching out to 430 girl students and addressing critical health issues such as anemia and improper BMI. The camp not only helped in the early detection of health problems but also raised awareness among students about the importance of maintaining a healthy lifestyle. This initiative was a testament to the commitment of the School of Life Sciences at St. Joseph's Degree College towards the well-being of its students.
- ✓ The department looks forward to organizing similar health initiatives in the future to ensure that students continue to prioritize their health and well-being.



