

“Health and Wellness Camp”

**{Basic Medical Checkup for Girl Students and Ayurveda Medical Camp
for Women Staff and Family Members}**

8th December, 2023

Organized by UGC- Women’s Studies Centre

Health and wellness are integral components of a thriving academic community. In line with this philosophy, Our College organized a series of health initiatives aimed at promoting well-being among the girl students and women staff and their family members. The activities included a Basic Medical Checkup for girl students and an Ayurveda Medical Camp for women staff and their families.

I. Basic Medical Checkup for Girl Students

Objective

The primary objective of the basic Medical Checkup for girl students was to assess and ensure their overall health and well-being.

UGC Women’s Studies Center and NSS Units of the college collaborated with Akkineni Women’s Hospital , Vijayawada and conducted Medical Checkup for girl students and their overall health and well-being on 8th December, 2023 in Botany Lab.

Services Provided:

- a. General health examination, including height, weight, and BMI measurement.
- b. Hair and Skin Care Tips.
- c. Dental checkup.
- d. Nutrition counseling.
- e. Awareness session on HPV Vaccination.

Outcomes

Early Detection: The checkup facilitated the early detection of any potential health issues among the students.

Health Education: Students received valuable information on maintaining a healthy lifestyle and preventive healthcare practices.

Referrals: Cases requiring further attention were referred to healthcare professionals for follow-up.

II. Ayurveda Medical Camp for Women Staff and Family Members

Objective

The Ayurveda Medical Camp aimed to promote holistic well-being among women staff and their family members through traditional Ayurvedic practices.

Ayurvedic Practitioners: Experienced Ayurvedic practitioners from Akkineni Ayurvedic Hospital provided consultations.

Services Provided:

- Individual consultations for women staff and their family members.
- Ayurvedic treatments, including massages and herbal therapies.
- Yoga and meditation sessions.
- Dietary and lifestyle counseling based on Ayurvedic principles.

C. Outcomes

Stress Reduction: Participants reported reduced stress levels and improved mental well-being.


Holistic Approach: The Ayurvedic interventions addressed both physical and mental aspects of health.

Positive Feedback: Women staff and their family members expressed satisfaction with the holistic approach of Ayurveda.

Conclusion

The health initiatives undertaken by the college depicts the commitment of the Management to the well-being of its students and staff. By organizing a Basic Medical Checkup for girl students and an Ayurveda Medical Camp for women staff and their families, the institution aims to foster a healthy and thriving community. These initiatives not only address immediate health concerns but also promote a culture of preventive healthcare and holistic well-being.

Dr. V. Narayana Rao, Principal, IQAC Co-coordinator Dr. G. Krishnaveni, Women Empowerment Committee Convener Mrs. V. Sailaja felicitated the Chairperson Dr. Mani Akkineni, Dr. Dharmaja Dandamudi, Consultant Gynecologist & Obstetrician, Dr. Sowmya Davuluri, Consultant IVF Specialist, Dr. Spoorthi Ramineni, Consultant Physician, Dr. M.Susmitha Reddy, Consultant Dermatologist, Dr. Pravallika Rudraraju, Consultant Ayurveda Department.




ISO 9001-2015 CERTIFIED

KAKARAPARTI BHAVANARAYANA COLLEGE


(Sponsored by S.K.P.V.V. Hindu High Schools' Committee) Kothapeta, Vijayawada - 520 001.

3.5 Star Rating in Innovations & Start-Ups by MoE

NAAC 'A' GRADE CYCLE 3




(AUTONOMOUS)



UGC- Women's Studies Center

In Co-ordination with Akkineni Women's Hospital

Organizing



"Health and Wellness Camp"

Basic Medical Checkup for Girl Students &
Aayurveda Medical Camp for Women Staff & Family Members

On 08th December, 2023 @ 10:00 A.m.

Venue: Library (Reading Room)

<p style="font-weight: bold; color: blue;">Dr. Mani Akkineni</p> <p style="font-size: x-small;">M.B.B.S., MD (USA) Gold Medallist Senior Consultant Gynecologist & Obstetrician</p>	<p style="font-weight: bold; color: blue;">Dr. Dharmaja Dandamudi</p> <p style="font-size: x-small;">M.B.B.S., MS (OBG) Consultant Gynecologist & Obstetrician</p>	<p style="font-weight: bold; color: blue;">Dr. Sowmya Davuluri</p> <p style="font-size: x-small;">M.B.B.S., MD (OBGYN), FRM, DMS Senior Consultant Gynecologist & Consultant IVF Specialist</p>
<p style="font-weight: bold; color: blue;">Dr. Spoorthi Ramineni</p> <p style="font-size: x-small;">M.B.B.S., MD (General Medicine) Dip. Endocrinology (UK) Consultant Physician & Endocrinologist</p>	<p style="font-weight: bold; color: blue;">Dr. M. Susmitha Reddy</p> <p style="font-size: x-small;">MD, DVL Consultant Dermatologist & Aesthetics</p>	<p style="font-weight: bold; color: blue;">Dr. Pravallika Rudraraju</p> <p style="font-size: x-small;">MD, Aayurved Consultant Aayurveda Department</p>

Presided by

Dr. V. Narayana Rao

Principal, K.B.N.College (A)

PHOTO GALLERY



Opening Remarks by the Principal Dr. V. Narayana Rao



Awareness talks on HPV Vaccination

