



**PSGR KRISHNAMMAL COLLEGE FOR WOMEN**

**College of Excellence**

(An Autonomous Institution, Affiliated to Bharathiar University)  
(Reaccredited with 'A' Grade by NAAC, An ISO 9001:2015 Certified Institution)  
Peelamedu, Coimbatore-641004



# **HEALTH CARE CLUB ACTIVITIES 2018-2019**



## **SPORTS FEST - HUSTLE, HIT AND NEVER QUIT**



Department of Physical Education and Health care Club conducted “Sports Fest - Hustle, Hit and Never Quit” followed by “Fun Based Traditional Sports Activities” on 12.10.2018. Totally 191 students of Sports Club, NCC, Well Being Club participated. Best Participant Award, Best Group Award and Golden Girl of Sports Fest – Season 1 was awarded.



## **WORKSHOP ON WEIGHT MANAGEMENT**



The Department of Physical Education had organized the "2<sup>nd</sup> Sports Fest - Fun Based Frolic Games" for sports and Health Care Club students on 05.11.2018 at 2.00 pm at our college ground. Dr. P. Shiva Nandini, Physician, PSG Urban Health Centre, was the Chief Guest. She presented the facts and problems faced by girls during menstruation and counseled the healthy weight management for 210 students.



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## **WORKSHOP ON DIET MANAGEMENT FOR WEIGHT MANAGEMENT PROGRAM**



Department of Physical Education organized the "3<sup>rd</sup> Sports Fest - Recreational Games" for Sports Club and Health Care Club students in association with Sports and Health Care Club, PSGRKCW on 17.12.2018 at 4.00pm at our college ground. Dr.Shameema, Medical Officer, PSG Urban Health Centre, Coimbatore was the guest addressed 173 students . Students also





## MEDICAL CHECKUP CAMP



The Department of Physical Education had organized medical check-up for around 2200 students (Entire I year – UG and PG) done by PSG Urban Health Centre, Coimbatore from 25.02.2019 to 27.02.2019. General Eye sight, Ear, Throat, Height, Weight, Hip Circumference, BMI, Anemic test (week students) have taken. Counseling was also given to overweight and underweight students to maintain their ideal BMI for healthy life.



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## **AWARENESS PROGRAM ON IMPORTANCE OF PHYSICAL ACTIVITIES FOR MAINTAINING HEALTHYWEIGHT**



Awareness Program on “Importance of Physical Activities for Maintaining Healthy Weight” was organized in association with Health Care Club, PSGRKCW on 04.03.2019 at 02.00pm. Dr.N.Ramakrishnan, Department of Community Medicine, PSG Urban Health Centre, Coimbatore insisted our students about the importance of physical activities for maintaining health. Around 200 students participated and benefited from the program.



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## **LAUGHING THERAPY PROGRAM**



Department of Physical Education had organized Laughing Therapy Program for Health Care Club Students in association with Health Care Club, PSGRKCW as Women's Day Celebration on 08.03.2019 for Stress Free and Happy Longer Life. Dr.B.Gopaalananda, Secretary General, International Laughter Yoga Federation presided over the program and delivered the speech on "Laugh Loudly to Live Long Life" with few activities.