



PSGR Krishnammal College for Women



UGC Certified College of Excellence • Autonomous • Affiliated to Bharathiar University • ISO 9001:2015 Certified • Reaccredited with 'A' Grade by NAAC • Ranked 22<sup>nd</sup> in NIRF 2019 by MHRD

# HEALTH CARE CLUB ACTIVITIES 2019-2020

## MEDICAL CHECK-UP



Department of Physical Education organized medical checkup for 5 days from 03.07.2019 to 04.07.2019 (2 Days) and from 17.07.2019 to 19.07.2019 (3 Days) in Golden Jubilee Auditorium for first year UG & PG students from Aided and SF Streams. Basic health data such as height, weight, hip circumferences, etc. have been collected. Counseling has been given to students by the Doctors of PSG Urban and Health Centre. Around 4500 students got benefited by this medical check-up.

## WORKSHOP ON PROMOTING WELLNESS AND HAPPINESS



Department of Physical Education organized a Workshop on “Promoting Wellness and Happiness” in association with Health Care Club and Sports Club, PSGRKCW followed by medical check-up on 04.07.2019. The awareness speech was delivered by Dr.A.Shameem Akhthar, Medical Practitioner, Department of Community Medicine, PSG Urban Health Centre. Around 300 students participated and got benefited by this workshop.

## AWARENESS PROGRAM ON OVERALL HEALTH AND LIFE SKILLS



Department of Physical Education along with Health Care Club, PSGRKCW and PSG Urban Health Centre, Coimbatore, jointly organized a Workshop on “Overall Health and Life Skills” on 19.07.2019 at 4.00pm in Chandra Seminar Hall, PSGRKCW. The awareness speech was delivered by the Guest Speaker, Dr.N.Ramakrishnan, Senior Physician, Department of Community Medicine, PSG Urban Health Centre. A total of 250 students in total got benefited through this program.



## SENSITIZING ON HEALTH CONSEQUENCES OF OBESITY, PREVALENCE OF OVERWEIGHT AND ASSOCIATED PSYCHOLOGICAL PROBLEMS AND DIET MANAGEMENT



Health care club organized a sensitizing program on 01.08.2019. Guest Speaker, Ms.Thilagavathy Madhanagopal, Senior Diet Consultant of Happy Motherhood Centre, Chennai delivered the speech and sensitized that overweight or obese can lead to serious impact on health, especially among young girls. She concluded the session by narrating the importance of exercise without which no diet would help the young girls to maintain health. Nearly 375 students participated and benefited from the session.

## SELF DEFENSE PROGRAM



Rotract club and Health care club of PSGRKCW jointly organized SELF DEFENSE Program titled "THARKAPU" in the Golden Jubilee open auditorium on 16.08.2019 at 04.00pm. Nearly 100 students benefited through this event. Mr.C.Antony Justin, Karate Master, Martial Club, Coimbatore.

# PERCEPTION PROGRAM ON HEALTH ISSUES DUE TO INTERNET ADDICTION & SLEEPING DISORDER AND FUNNEL FACTORS TO REFORM WELLNESS



Health Care Club organized a perception program on 17.08.2019 at 11.00 am in the Chandra Seminar Hall, PSGRKCW. Guest Speaker, Dr.Manjupushpa, Professor, Department of Physical Education from Bharathiar University, Coimbatore addressed on the topic. Nearly 120 Students attended the program.

## AWARENESS PROGRAM ON DISORDERED EATING AND UNHEALTHY WEIGHT REDUCTION PRACTICES SEEING IN INTERNET AND ACTUAL HEALTHY DIET FOR WOMEN



Health Care Club organized an awareness program on 19.08.2019 at 2.30 pm in our Conference Hall. Dr.N.Ramakrishnan, Senior Physician, PSG Urban Health Centre, Coimbatore gave lecture on this topic. He suggested healthy diet to reduce weight and to maintain overall health. Nearly 200 Students participated and benefitted.



## SYMPOSIUM ON SPORTS INJURIES AND PREVENTION STRATEGIES



Symposium on "Sports Injuries and Prevention Strategies" was organized on 26.08.2019. Two Sessions were conducted and handled by Dr E Sethukrishna MS (Ay) and Dr M Valanarasu, MPT AVP Research Foundation's 'Sastra Sports Specialty Clinic' Coimbatore with theory and practical session . Around 300 Students participated and benefitted from the program.

## FIT INDIA MOVEMENT PLEDGE



Health Care Club along with NSS organized Pledge program on “National Sports Day - FIT INDIA MOVEMENT” in GRG hostel as per the UGC instructions. All the students were made to watch the program live in Doordarshan TV from 9.30 am to 11.00 am. They were inspired after watching the program telecasted including, the traditional games, traditional dances, martial arts etc. And finally all participants took pledge released by Honorable P.M. SHRI. NARENDRA MODI on Fit India Movement launched on 29.08.2019 Morning..

## FIT INDIA MOVEMENT PLEDGE



Health Care Club and NSS together organized a Pledge program on “National Sports Day - FIT INDIA MOVEMENT” in our College Ground as per the UGC instructions. Faculties gave awareness speech on health and fitness and all the participants took pledge to keep themselves fit as per the instructions of Honorable Prime Minister of India in our college sports ground on Fit India Movement launched day which is on 29.08.2019 afternoon.



## CELEBRATION OF POSHAAN MAAH - ABHIYAN



Health care club along with NSS, Sports Club and Food Processing Technology, PSGRKCW celebrated Poshan Maah - Abhiyan Awareness and a Road Rally was organized in public road to create awareness on food nutrition and healthy life by our students. As per UGC instructions, staff coordinators guided our students for road rally walking on 18.09.2019 and around 300 students participated in the program with enthusiasm.



## TRADITIONAL GAMES



Health Care Club organized a Fest on “Traditional Games” as Inter-Club Traditional Games Fest on 20.09.2019 to teach our forgotten traditional games of our students as the current generation plays digitally than physically. A total of 12 Indian Traditional games were conducted and around 220 students from various clubs participated curiously and interestedly. Winners were awarded with trophies & certificates and special traditional sweets were distributed to best participants.

## FUN FITNESS PRO



Health Care Club of PSGR Krishnammal College for Women proudly organized "Inter-Club Competitions" exclusively for our college clubs. Five Mega Competitions were conducted to create awareness and to value the urgent need of 'Health and Fitness'. To mark the Fit India Movement, First Competition was titled 'Fun Fitness Pro' conducted on 15.10.2019 at 4pm. This program helped our participants to refresh physically and mentally.

## LAUGHTER YOGA PROGRAM



Health Care Club organized Laughter Yoga Program for our students to build up mental health and mental wellbeing for living happy life with positive thoughts and happy thoughts on 15.12.2019 at GRG Centenary Sports Arena. : Dr.B.Gopaalananda, Secretary General, International Laughter Yoga Federation Coimbatore was the Chief Guest. A total of 100 students participated and enjoyed the laughing skills from this program.