# GOVERNMENT DEGREE COLLEGE FOR MEN SRIKKAULAM



**Report on Activities of Primary Health Care Center** 



#### Introduction

Government Degree College for Men, Srikakulam, houses a dedicated Primary Health Care (PHC) center situated centrally within the college premises, ensuring easy accessibility for all students and staff. Our PHC is staffed by a full-time pharmacist, who is available during college hours. The presence of a female pharmacist ensures that female students and staff can comfortably seek medical assistance. The center is well-equipped with essential medical devices, including a weighing scale, blood sugar monitor, blood pressure monitor, stethoscope, and a range of primary medicines.

## **Objective**

The primary objective of the Primary Health Care Center is to provide comprehensive primary health care services to every student, while also promoting health awareness among the entire student body.

## **Programme Activities**

### 1. National Deworming Day

In celebration of National Deworming Day, our PHC distributes 400 mg deworming tablets to students annually. This initiative aims to control and eliminate parasitic worm infections, which can negatively impact students' health, nutrition, and cognitive development. By addressing these infections, we improve students' overall health and their academic performance. The program is well-coordinated, ensuring that a significant number of students receive the deworming tablets in an organized and timely manner.





#### 2. Medical Programme on Gynecological Problems by GEMS Hospital

A medical program focusing on gynecological problems was organized for all the girl students at our college by GEMS Hospital. The event was held in collaboration with the NSS and the Primary Health Care (PHC) center of our college. Esteemed doctors from GEMS Hospital conducted informative sessions, raising awareness about various gynecological issues commonly faced by young women. They provided detailed explanations and practical advice on topics such as menstrual health, reproductive health, and preventive care. The interactive format of the session allowed students to ask questions and clear any doubts they had regarding their health. The doctors addressed each query with care, ensuring that the students felt supported and informed. This program aimed to empower the female students with knowledge about their health, promoting a proactive approach to managing gynecological issues. The event was well-received, with numerous students expressing their gratitude for the valuable information and guidance provided by the medical professionals.





## 3. Nutrition Supplement Distribution

Every two months, nutritional supplements are distributed to female students who require them. This program specifically targets girls at risk of nutritional deficiencies, providing them with essential vitamins and minerals to support their growth and development. The supplements are selected based on the nutritional needs identified through health screenings. By offering these supplements regularly, we help improve the health, energy levels, and academic performance of our female students, addressing any deficiencies that could hinder their well-being and academic success.





#### 4. Hemoglobin Tests

Our PHC organizes regular hemoglobin tests to monitor the Hb levels of students. These tests help identify students, especially girls, who are anemic and may require additional nutritional support. Once identified, anemic students receive necessary supplements and dietary advice to improve their health. The tests are conducted every Wednesday, allowing for continuous monitoring and timely intervention. This proactive approach ensures that anemia is managed effectively, promoting better health outcomes for our students.





శ్రీకాకుళం: అర్ట్స్ కాలేజీ విద్యార్థులకు రక్త పరీక్షలు శ్రీకాకుళం ప్రభుత్వ పురుషుల డిగ్రీ కళాశాలలో శనివారం విద్యార్థిని విద్యార్థులకు రక్త పరీక్షలు నిర్వహించినట్లు ప్రిన్సిపాల్ డాక్టర్ పి సురేఖ తెలిపారు. శ్రీకాకుళం ఉమెన్స్ ఎంపవర్మెంట్ సెల్ ఆధ్వర్యంలో యూపీహెచ్సీ సిబ్బంది సహాయంతో 80 మంది విద్యార్థులకు హిమోగ్లోబిన్ పరీక్షలు నిర్వహించినట్లు పేర్కొన్నారు. ఈ కార్యక్రమంలో కళాశాల ప్రిన్సిపాల్, విద్యార్థులు, వైద్య సిబ్బంది ,కోఆర్డినేటర్ తదితరులు పాల్గొన్నారు.

## కళాశాల విద్యార్థులకు రక్త పలీక్షలు



**విశాలాంద్ర-జ్రీకాకుళం** స్పోర్ట్స్/కైం: ప్రభుత్వ డిగ్రీ కళాశాల పురుషులు (శ్రీకాకుళం ఉమెన్స్ ఎంపవర్మెంట్ సెల్ ఆధ్వర్యంలో యు పిహెచ్స్ వారి నహకారంతో కళాశాలలో విద్యార్థినీ విద్యార్మలకు రక్త పరీక్షలు నిర్వహించారు. ఇందులో భాగంగా సుమారు 80 మంది విద్యార్మలకు రక్త పరీక్షను నిర్వహించారు. ఈ కార్యక్రమాన్ని ఉద్దేశించి కళాశాల ట్రిన్సిపల్ దాక్టర్ పి సురేఖ మాట్లాడుతూ ప్రతి విద్యార్థి హీమోగ్లోబిన్ శాతాన్ని ఎప్పటికప్పుడు పరీక్షించుకోవడం ద్వారా ఆరోగ్య స్థితి తెలుసుకొనే అవకాశం ఉంటుందని పేర్కొన్నారు. ఈ కార్యక్రమానికి కళాశాల వైస్ (పిన్సిపల్ ఎంవి సత్యనారాయణ, ఉమెన్ ఎంపవర్మెంట్ సెల్ కోఆర్టినేటర్ ఎస్ అరుణకుమారి, ఐక్యూఏసీ కోఆర్టినేటర్ దాక్టర్ హరిత, ఇతర అధ్యాపక బృందం, విద్యార్థినీ విద్యార్థులు పాల్గొన్నారు.



# Blood tests for college students



Visalandhra-Srikakulam Sports/Crime: Government Degree College Men under the auspices of Srikakulam Women's Empowerment Cell conducted blood tests for female and male students in the college in collaboration with U PHC. As part of this blood test was conducted for about 80 students. Speaking about this program, the principal of the college, Dr. P. Surekha said that every student will get a chance to know their health status by checking the hemoglobin percentage from time to time. College Vice Principal MV Satyanarayana, Women Empowerment Cell Coordinator S Arunakumari, IQAC Coordinator Dr. Haritha, other faculty and students participated in this program.

#### 5. Medication Management and Counseling

The PHC provides education on the proper use of medications, potential side effects, and drug interactions. This counseling service aims to minimize health risks and ensure the safe and effective use of medications among students and staff. By understanding how to use their medications correctly, students can avoid adverse effects and achieve better health outcomes. The pharmacist conducts these sessions regularly, offering personalized advice and answering any questions students may have about their medications.





#### 6. Regular Health Screenings

Regular health screenings are conducted at the PHC, including blood pressure checks, glucose monitoring, and Body Mass Index (BMI) assessments. These screenings are crucial for the early detection and prevention of common health issues such as hypertension, diabetes, and obesity. By identifying these conditions early, we can provide timely interventions and referrals to specialized care if needed. The screenings are carried out in a systematic manner, ensuring that all students have the opportunity to benefit from these health checks.





### 7. Vaccination Drives

During the COVID-19 pandemic, the PHC organized vaccination drives to ensure that all students and staff were vaccinated. These drives were critical in protecting the college community from the virus and reducing the spread of infection. The PHC coordinated with local health authorities to obtain vaccines and ensure their safe administration. This effort was pivotal in maintaining the health and safety of the college, allowing students and staff to continue their educational activities with reduced risk of COVID-19.





## 8. First Aid Training

The PHC conducts basic first aid training sessions for students and staff. These sessions equip participants with the skills needed to respond quickly and effectively in emergency situations, such as injuries, sudden illnesses, or accidents. By learning first aid techniques, students and staff can provide immediate assistance before professional medical help arrives, potentially saving lives and reducing the severity of injuries. The training sessions are hands-on and interactive, ensuring that participants are well-prepared to handle emergencies.









# INVITATION



Women Empowerment Cell,

Government Degree College (M), Srikakulam

Cordially invite you to a program on

"Dental Camp"

On Thursday 6th, September, 2018

In room 24, Government Degree College (M), Srikakulam.

Dr. D. Sireesha

Dontist Chief Guest

Dr. M. Babu Rao

Principal Special Guest

Distinguished Guests

Dr. K. Rekha

Dr. T. Swarna Latha

Lecturer in Biotechnology

**WEC Coordinator** 

Will preside over the function





# "Dental Camp" Event Organized Report

## 2018-2019

Name of Department/ Cell	Women Empowerment Cell
Name of Event Organized	Awareness program
Title of the Event	"Dental Camp"
Date of Event Organized	6-09-2018
Name of the coordinator of the Event	Dr. T. Swarna Latha
No. of Participant (Student +Staff)	<b>3</b> 3+6
Name of the Expert with designation	Dr. D. Sireesha, Dentist
Contact number & Address of the Expert	
Objective of the Event	The primary objective of the dental camp organized at Government Degree College (Men), Srikakulam was to promote oral health awareness among the students and staff. The camp aimed to provide dental check-ups, consultations, and basic treatments to address any prevalent dental issues within the college community.
Description of the event	The dental camp commenced at 9:00 AM and continued till 4:00 PM, accommodating individuals from various academic backgrounds. Dr. D. Sireesha, a seasoned dentist, graced the occasion as the Chief Guest, emphasizing the significance of dental health in overall wellbeing. Dr. M. Babu Rao, the Special Guest, shared valuable insights into preventive dental care measures.

PRINCIPAL
Govt. Degree College (Men)
SKIKAKULAWI

The camp was meticulously organized, with designated stations for registration, consultation, and treatment. Dr. T. Swarna Latha, the WEC Coordinator, played a pivotal role in overseeing the smooth execution of the event. Under her guidance, the dental team efficiently managed the flow of participants and ensured that everyone received personalized attention.

Dental professionals, including Dr. K. Rekha, Usha Padmini, and V. Harathi, actively engaged in conducting dental examinations and providing expert advice on oral hygiene practices. They addressed a wide range of dental concerns, including cavities, gum diseases, and oral hygiene maintenance techniques.

Throughout the day, interactive sessions and demonstrations were organized to educate attendees on proper brushing techniques, the importance of regular dental check-ups, and the adverse effects of neglecting oral health. Participants actively participated in discussions, demonstrating their eagerness to adopt healthier dental habits.

Overall, the dental camp at Government Degree College (Men), Srikakulam, proved to be a resounding success, leaving a positive impact on the dental health awareness of the college community. Such initiatives are instrumental in fostering a culture of proactive healthcare management and promoting overall well-being among students and staff members alike.

Outcome of the Event

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# **Event Photo Gallery**













## Feedback

Name of the event	Dental Camp
Department	Women Empowerment Cell
Date	6-09-2018
Name of student	A. Amruthasri
Class	MECS
Mobile no.	v IL Co

1. Did the event fulfil its objectives?

Yes/No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

0	1	2	3	4	5

3. Rate the overall success of the event (0 being Not useful and 5 Most useful)

0	1	2	3	4	5

4. List the key takeaway points from the events.

This programme is very wetal to me

5. Suggestions if any

Amruthari Signature of the Student





## Feedback

Name of the event	Dental Camp
Department	Women Empowerment Cell
Date	6-09-2018
Name of student	B. Soniya
Class	MECS
Mobile no.	

1. Did the event fulfil its objectives?

Yes/No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

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3. Rate the overall success of the event (0 being Not useful and 5 Most useful)

	0	1	2	3	4	5
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4. List the key takeaway points from the events.

This programme is very motivating to me

5. Suggestions if any

₹B-80~14a Signature of the Student





# **Feedback**

Name of the event	Dental Camp
Department	Women Empowerment Cell
Date	6-09-2018
Name of student	
Class	k. Srilatha
	MECS
Mobile no.	

1. Did the event fulfil its objectives?

Yes/No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

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3. Rate the overall success of the event (0 being Not useful and 5 Most useful)

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4. List the key takeaway points from the events.

Thusis very wretul to me programm

5. Suggestions if any

Signature of the Student



# Government Degree College (M), Srikakulam Consolidated Feedback



Total no. of Participants = 49

No of participants from whom feedback is collected = 5

S.No		No. of participants graded "Yes"		No. of pa	rticipants grad	ed "No"
1	Did the event fulfil its objectives	5				
2		No. of participants graded - 1	No. of participants graded – 2	No. of participants graded - 3	No. of participants graded - 4	No. of participants graded - 5
3	How useful was the 'event for you			2	3	
4	Rate the overall success of the event					Il well being
5	key takeaway points from the event	2. Provis treatm 3. Activ 4. Education 5. Encounter	sion of dental onents. e involvement	nportance of oral health in overall well-being check-ups, consultations, and basic at of experienced dental professionals.  Areness sessions on oral hygiene practices. It regular dental check-ups and preventive		
6	Suggestions if					

Coordinator

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ignature of the participants of the awareness program on "Dental Camp" room number 24.

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No	Name of the Student	Group	Signature
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. 2.	B. Tejaswani	MPG	B. Tejaswani
. 3.	R. Rukmini	MES	R. Rushu.
4.	s. kousalga	MRCS	s. kansaly
5.	T. Bhagya Soi	Mecs	T. Bhagyasti
6.	k. Nagarerani	MRCS	K. Ladowan
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15. K. Srilatha	MECS	k. sni latha
16. C. Swapna	mpes	C-Swapna
17. T. Madhavi	Mecs	T. Machavi
18. T. Vincettia	Mecs	T. Vineatha
19. B. Soniya	MECS	B. soniya
20. M. Divya jyothi	MPCs	M. Divyo iyothi
21. T. pavani	Mecs	T. pavani
22. L. havya	MEG	L. Kavya
23. M. ushazzi	Mecs	. M. urhare?
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25. S. Krishnave	hi Mecs	B. Krishnaveni
26. D. Bhowani	Mpcs	D. Bhowani
27. G. Dirya	Mecs	G. Dirya
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29. p. Bhavani	MECS	P. Bhavani
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31. B. Amruthasri	MECS	D. Amruthasni
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Women Empowerment Cell,

Government Degree College (M), Srikakulam

Cordially invite you to awareness program on

"Menstrual Health Care"

On Friday 15th, October, 2021

In room 27, Government Degree College (M), Srikakulam.

Dr. P. Surekha

Principal Chief Guest

Dr. Ch. Shanti Devi

Lecturer in Microbiology Special Guest

Distinguished Guests

Dr. R. Haritha

Smt. R. Prameela

WEC Coordinator

Will preside over the function





# "Menstrual Health Care" Event Organized Report

## 2021-2022

Name of Department/ Cell	Women Empowerment Cell
Name of Event Organized	Awareness program
Title of the Event	"Menstrual Health Care"
Date of Event Organized	15-10-2021
Name of the coordinator of the Event	Dr. R. Prameela
No. of Participant (Student +Staff)	31+6
Name of the Expert with designation	Dr. P. Surekha
Contact number & Address of the Expert	
Objective of the Event	The primary objective of the awareness program was to educate students and faculty about menstrual health care, breaking the taboo surrounding menstruation, and promoting a culture of understanding and support for women's health needs within the college community.
Description of the event	The menstrual health care awareness program was organized at Government Degree College (Men), Srikakulam, under the leadership of Dr. R. Prameela, the Women Empowerment Cell Coordinator. The program commenced with opening remarks by Dr. Prameela, who emphasized the importance of breaking the silence

surrounding menstruation and promoting a culture of openness and acceptance.

Dr. P. Surekha, the Principal, graced the occasion as the chief guest, emphasizing the college's commitment to supporting women's health needs and promoting gender equality. Dr. Ch. Shanti Devi, a lecturer in microbiology, also participated as a chief guest, providing valuable insights into the scientific aspects of menstrual health care.

Throughout the program, participants engaged in interactive sessions, discussions, and presentations focused on various aspects of menstrual health care, including hygiene practices, menstrual cycle awareness, and debunking myths and misconceptions. Women faculty actively participated in the discussions, sharing their experiences and insights, and providing guidance to students on menstrual hygiene practices.

The program concluded with a commitment to continue promoting menstrual health care awareness within the college community and to provide ongoing support and resources for women's health needs. Overall, the program was a significant step towards creating a more inclusive and supportive environment for women within Government Degree College (Men), Srikakulam.

#### Outcome of the Event

The program successfully achieved its objectives, leading to increased awareness and understanding of menstrual health care among participants. The outcomes of the program include:

- 1. Enhanced Awareness: Participants gained a comprehensive understanding of menstrual health care, including hygiene practices, menstrual cycle awareness, and common myths and misconceptions surrounding menstruation.
- 2. Taboo Reduction: The program contributed to breaking the stigma and taboo associated with menstruation, fostering an environment where open discussions about menstrual health are encouraged and supported.
- 3. Empowerment: Women faculty and students felt empowered to discuss and address menstrual health issues openly, leading to improved access to information and resources related to menstrual hygiene.

R. Planner.

**Event Coordinator** 

**IOAC Coordinator** 

PRÍNCIPAL Govt. Degree College (Men) SKIKAKULAWI





# **Event Photo Gallery**











## **Feedback**

Name of the event	Menstrual health care
Department	Women Empowerment Cell
Date	15-10-2021
Name of student	Sk. Tanisha Begum
Class	BSC (MEES)
Mobile no.	90327 2079 D

1. Did the event fulfil its objectives?

✓ Yes/ No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

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- 1	***	0.00				-
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3. Rate the overall success of the event (0 being Not useful and 5 Most useful)

0	1	2	3	4	5 ✓

- 4. List the key takeaway points from the events.
- 5. Suggestions if any

K&K Tawshe Signature of the Student





## **Feedback**

Name of the event	Menstrual health care
Department	Women Empowerment Cell
Date	15-10-2021
Name of student	B. Haultha
Class	BSC(MPCS)
Mobile no.	8179953037

1. Did the event fulfil its objectives?

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

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3. Rate the overall success of the event (0 being Not useful and 5 Most useful)

0	1	2	3	4	5 ✓

- 4. List the key takeaway points from the events.
- 5. Suggestions if any

& Battarthe Signature of the Student



## Government Degree College (M), Srikakulam



Name of the event	Menstrual health care
Department	Women Empowerment Cell
Date	15-10-2021
Name of student	T. Ramya
Class	MECS
Mobile no.	63024464 (9

1. Did the event fulfil its objectives?

✓ Yes/No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

0	1	2	3	4	5 ✔
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3. Rate the overall success of the event (0 being Not useful and 5 Most useful)

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4. List the key takeaway points from the events.

Thu programe a metal to me

5. Suggestions if any

KT. Ramya Signature of the Student



# Government Degree College (M), Srikakulam



## **Consolidated Feedback**

Total no. of Participants = 36

No of participants from whom feedback is collected = 5

S.No		No. of participants graded "Yes"		No. of participants graded "No"			
1	Did the event fulfil its objectives						
2		No. of participants graded - 1	No. of participants graded – 2	No. of participants graded - 3	No. of participants graded - 4	No. of participants graded - 5	
3	How useful was the event for you		,	1	4		
4	Rate the overall success of the event						
5	key takeaway points from the event	<b>'</b>					
		3. Empowerment through Knowledge: By providing information and resources on menstrual health care, the program empowered women to take control of their health and well-being, enabling them to make informed decisions about their menstrual hygiene practices.					

R. Plannel.
Coordinator

Signature of the participants of the awareness program on "Menstrual health care" at room number 27.

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	S·N0	Name	Group	Signature
	١	B. Hasther	MPCS	B. Harritha
	2	Skitanisha	Mecs	St. Tavishe
	3	V. Thanusin	MPCS	V: Thankon
	Ч	K. Hemulutha	MPE	R. Henry P. Derika
	5	p. Denka	Mpcs	
	6	B. Vosantha laveni	MECS	B. vasanthalaunil
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	8	N. mamatha.	MCIC	S. Suzather
	9	T. Panya	MfCs	7. Ramya
	10	p. Gazatni	Atcs	P. Vagyatia
	11	J. Dirya	mpes	J. Dirys
	12	K. Maheswari	Mpcs	K. Maheswan
	13	T. Gravani	Mecs	t. And
	14	G. Rajegwar?	Mpcs	G. Rofe-Juan?
	15	L, pavani kumari	MECS	Lipairani Kumani
		N. Soni ye	MPE	N. Juniza
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#### **Outcomes**

The students and staff of Government Degree College for Men, Srikakulam, have significantly benefited from the services provided by the Primary Health Care Center. The center has successfully raised health awareness and provided essential treatments, contributing to a healthier and more informed college community.

#### Conclusion

The Primary Health Care Center at Government Degree College for Men, Srikakulam, has proven to be an invaluable resource, offering a range of essential health services and educational programs. Through regular health screenings, medication management, nutritional support, and vaccination drives, the PHC has played a crucial role in enhancing the health and well-being of our students and staff. This comprehensive report highlights the dedication and impact of our PHC in promoting a healthy college environment.

