



**JUSTICE BASHEER AHMED SAYEED COLLEGE FOR WOMEN (AUTONOMOUS)**

**TEYNAMPET, CHENNAI – 600018**

**DEPARTMENT OF BIOCHEMISTRY**

**ACTIVITIES UNDER FATHIMA AKHTAR HEALTH CLUB**

**Academic year 2024-2025**

### **COMMEMORATION OF WORLD HEPATITIS DAY**

**DATE : 28.07.2024**

#### **NATURE OF ACTIVITY :**

An awareness poster was designed to convey essential information about Hepatitis, types, symptoms and precautions and the hard copy of the posters were distributed to all the departments of our college to be displayed in their department notice boards so as to reach more students and reinforce the communicated information.



### **NATIONAL HEALTH AWARENESS PROGRAM**

**DATE : 28.08.2024**

**VENUE: GOLDEN JUBILEE SEMINAR HALL**

**TITLE OF THE EVENT: “Sensitization on Neurohealth”.**

#### **RESOURCE PERSONS:**

- 1. Dr. Prakash Babu Phanithi**  
Senior Professor, Dept. of Biotechnology and Bioinformatics, School of life sciences, University of Hyderabad.
- 2. Dr. Suhel Parvez**  
Professor, Department of toxicology, School of chemical & life sciences, Jamia Hamdard, New Delhi.
- 3. Dr. Varalakshmi Manchana**  
Assistant Professor, School of Medical Sciences, University of Hyderabad
- 4. Prof.A.J Vanisree**  
Head, Department of Biochemistry, University of Madras

**No. of Beneficiaries : 200**



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**REPORT:**

Neurohealth is a crucial aspect of overall well-being that often goes overlooked. To shed more light on this facet the Department of Biochemistry under the auspices of Fathima Akhtar Health Club joined hands with the Society for Neuro Chemistry India and organized a National Awareness Program on 28<sup>th</sup> August 2024, at Golden Jubilee Seminar Hall between 10.00 a.m to 1.00 p.m on the topic “Sensitization on Neurohealth”.

As we navigated through this topic, it offered all attendees (150 school students, 150 college students, teachers from School and faculty members from our college) a plethora of insights, enabled fruitful interactions, and inspired fresh perspectives on the topic. Dr.Rizwana Begum Head , Dept of Biochemistry, presented the welcome address and introduced the guests to the audience. Mrs. Tasleem Tabassum the organizing secretary and Asst prof from Dept. of Biochemistry, presented the dynamics of health club. Dr. Amthul Azeez, Principal and Correspondent of J.B.A.S. College for Women, delivered the felicitation address.

Dr. Prakash Babu Phanithi Senior Professor, Dept. of Biotechnology and Bioinformatics, School of life sciences, University of Hyderabad in his keynote address gave an eloquent presentation on rudiments of brain and its functioning. Despite the fact that brain health is at the core of everything we do as humans, we don't appreciate and take care as we care for our skin. Dr. Suhel Parvez - Professor, Department of toxicology, School of chemical & life sciences, Jamia Hamdard, New Delhi nailed this fact with his captivating and interactive presentation on Unravelling the tapestry of mind.

Dr. Varalakshmi Manchana Assistant Professor, School of Medical Sciences, University of Hyderabad gave an excellent presentation on Brain Health and Cognitive Reserve. She also gave tips to improve brain health. Prof.A.J Vanisree, Head, Department of Biochemistry, University of Madras who was key instrumental in conducting this program conveyed her wishes and honoured winners of the intercollegiate E-poster competition on “Life style modifications for Neurohealth”.

In the quest to forge healthy eating habits among the students, red banana which offers variety of health benefits in particular that supports elevating brain health was served as refreshments to all the student



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participants. On the whole the mind was not just filled but ignited with fire and all witnessed an information symphony that will undoubtedly add value to each of our lives.

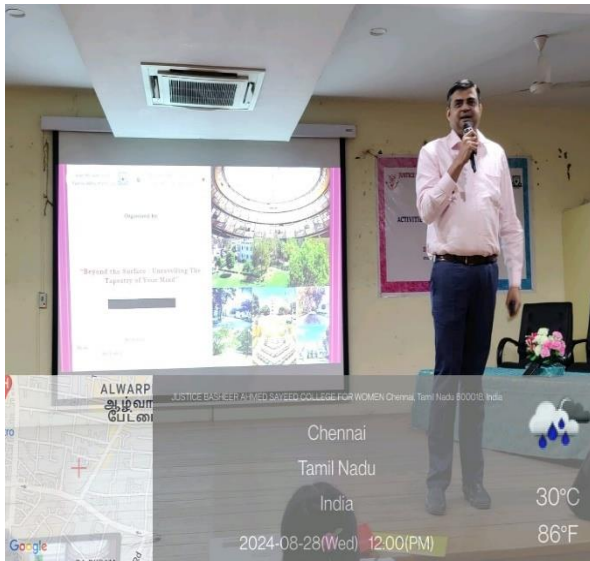




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**HEALTH CLUB ACTIVITY - MEDICAL CAMP**

**DATE : 04.09.2024**

**VENUE: S.I.E.T SPORTS PAVILION**

**TITLE OF THE EVENT: “Orthopedic Medical Camp”**

**RESOURCE PERSONS: Posh Orthospeciality Hospital, Chennai.**

**No. of Beneficiaries : 100**

**REPORT:**

Medical camp was organized for the teaching, nonteaching and students of our college to provide a platform to educate students about musculoskeletal health, injury prevention, and the importance of physical activity, promoting long-term well-being. In the camp sugar & blood pressure levels and Bone density was checked. The person with more susceptibility to musculoskeletal issues were identified and free consultation with doctor and physiotherapist was arranged. This camp conducted in our college not only addresses immediate health concerns but also instills lifelong health consciousness among students, contributing to a healthier future generation.



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Accredited by NAAC in 2022 at A+ Grade (4<sup>th</sup> cycle)  
COLLEGE WITH POTENTIAL FOR EXCELLENCE  
An ISO 9001:2015 Certified Institution

**Department of Biochemistry**  
(STAR STATUS Awarded by DBT, New Delhi)

**Fathima Akhtar Health Club &**



**Posh Orthospeciality Hospital, Chennai**

Cordially invites you all to the

**ORTHOPEDIC MEDICAL CAMP**

Random Blood Sugar Test  
Blood Pressure Check Up  
Bone Mineral Density Test  
Physiotherapist's Consultation  
Doctor's Consultation

Date: 04<sup>th</sup> September 2024      Venue: SIET Sports Pavilion  
Time: 09.00 AM to 01.00 PM

Dr.S.Rizwana Begum  
Asst. Professor and Head,  
Dept. of Biochemistry

Dr. Amthul Azeez  
Principal and Correspondent



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**HEALTH CLUB ACTIVITY - COMMEMORATION OF PINK OCTOBER**

**DATE : 04.10.2024**

**VENUE : LIBRARY CONVENTION HALL**

**NATURE OF ACTIVITY : AWARENESS LECTURE**

**TOPIC : Awareness on Breast Cancer**

**RESOURCE PERSON: Dr. Veda Padma Priya S**

DNB Surgical Oncology

MGM Cancer Institute

**No. of Beneficiaries : 100**

**REPORT:**

The event was organized as a proactive approach to educate young adults about this critical health issues. Students were shown how to perform BSE, emphasizing its role in early detection. Educational materials, including pamphlets and brochures on breast cancer awareness, were provided to attendees. The resource person also shared the journey of few of her cancer survivors, highlighting the significance of early detection and treatment. The lecture fostered a sense of responsibility among students to disseminate the information within their communities. In the feedback session participants appreciated the clarity and depth of information presented. The interactive nature of the session was highlighted as particularly beneficial.

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Under the Auspices of Fathima Akhtar Health Club  
In Association with  
MGM Cancer Institute

Commemorates  
**Pink OCTOBER**  
Awareness on Breast Cancer

**GUEST SPEAKER**  
**Dr. Veda Padma Priya S**  
DNB Surgical Oncology,  
MGM Cancer Institute.

OCTOBER 4, 2024 @ 9.00 A.M  
VENUE: LIBRARY CONVENTION HALL  
All are Welcome

DR.S.RIZWANA BEGUM  
ASST. PROFESSOR AND HEAD,  
DEPT. OF BIOCHEMISTRY

DR. AMTHUL AZEEZ  
PRINCIPAL AND CORRESPONDENT

TOGETHER, WE CAN MAKE A DIFFERENCE !

