



Justice Basheer Ahmed Sayeed College for Women (Autonomous)

Department of Biochemistry

**Report on Activities of Fathima Akhtar Health Club for the
Academic year 2023-2024**

FATHIMA AKHTAR HEALTH CLUB - COMMEMORATION OF WORLD HEART DAY

Date : 29.09.2023

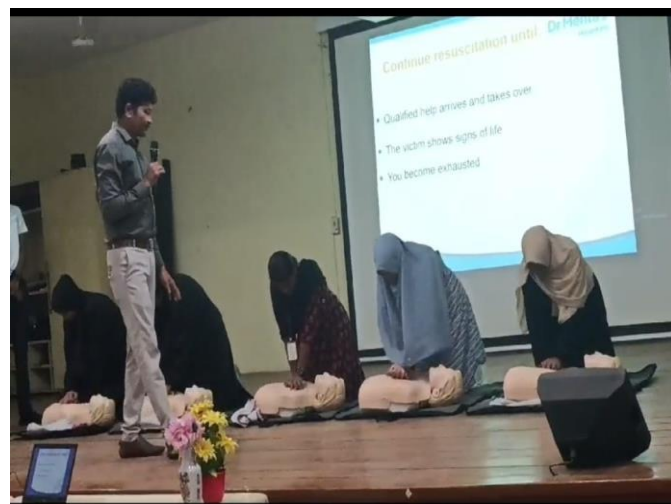
Venue: Golden Jubilee Seminar Hall

Guest of Honour: Mr. Manickavasagam.R

Head, Advanced Paramedic, Academics of Allied Health Sciences, Dr. Mehta's Hospital

Topic: Basic Life Support First Aid Technique- CPR, Rescue Breathing & Heimlich's Maneuver

No.of Beneficiaries : 140





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FATHIMA AKHTAR HEALTH CLUB – AWARENESS PROGRAM ON EYES & ENT HEALTH CARE

Date : 03.10.2023

Venue: Golden Jubilee Seminar Hall

Guest Speakers: Dr. C Senthilnathan

Medical Director, Consultant Ophthalmologist, Ramana Eye & ENT Centre, Chennai

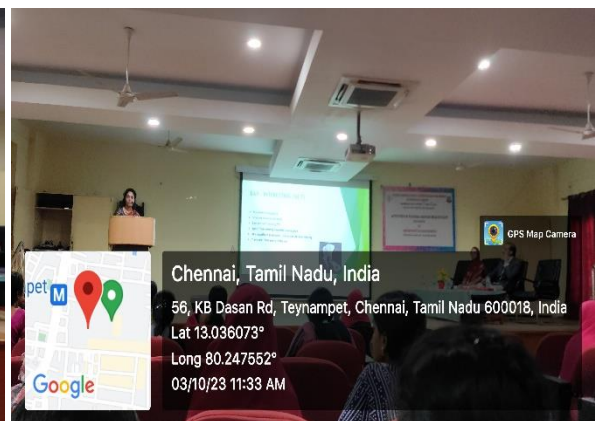
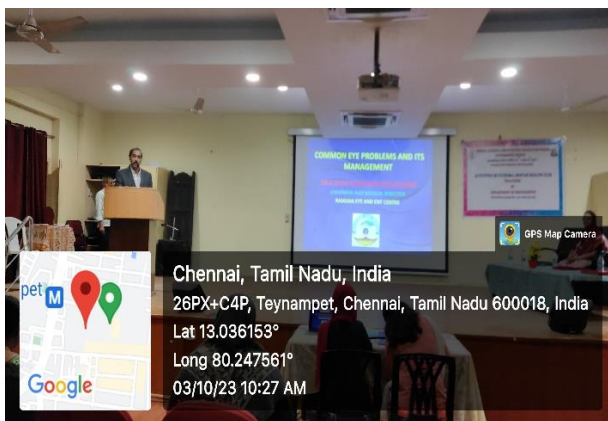
Topic: How to keep Eye on your Eyes?

Guest Speakers: Dr. Pravilika Parachur

Consultant Paediatric ENT, Dr. Mehta's Hospital, Chennai.

Topic: What should you know about your Ear, Nose and Throat?

No.of Beneficiaries : 200





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FATHIMA AKHTAR HEALTH CLUB – WALKING RACE FOR NON TEACHING STAFF

Date : 20.01.2024

Venue : S.I.E.T Sports Pavilion

To inculcate healthy life style practices and highlight the importance of walking a competition was conducted under Health club where 45 non teaching staff of our college participated. Prizes were distributed by the Principal to the winners of the race.





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GENDER SENSITIZATION PROGRAM ON WOMEN'S HEALTH AND WELLNESS

Date : 27.10.2023

Venue: Golden Jubilee Seminar Hall

Guest Speakers: Dr. N. Nikath Nasreen

Consultant Gynaecologist, Dr. Mehta's Hospital, Chennai.

Topic: Gynaec Healyh – Gynaecological problems with working women – PCOD, Fibroids, Breast, Ovarian, Cervical cancer & its management.

Guest Speakers: Dr. P. Mahalakshmi

Assistant Professor, Department of Biotechnology, Gurunanak College, Chennai.

Topic: Feminine Hygeine – Composition of commercial sanitary napkins and their health risks.

Demonstration of Biodegradable Sanitary Napkin making

Resource persons: R. Saradha & K. Kalpana

Entrepreneurs, Heb Kare, Team Sri Balaji Vocational Skill Development Academy, Chennai.

Awareness and beneficial tips were given to students on various health issues / hygienic practices by the expertise and about 250 students from the department od Biochemistry and II year students of the department of Botany and Zoology actively participated in this program

