



**Justice Basheer Ahmed Sayeed College for Women (Autonomous)**  
**Department of Biochemistry**  
**Activities of Fathima Akhtar Health Club**  
**Academic Year 2022-2023**

**WORLD COCONUT DAY**

World Coconut Day is celebrated on September 2 since 2009 to create awareness and highlight the significance of coconuts in our daily life and to emphasize on its importance to the human body. The Department of Biochemistry, under aegis of Fathima Akhtar Health Club commemorated “World Coconut Day” on 2<sup>nd</sup> September 2022. Importance of each part of the coconut and numerous delicacies made using coconut were exhibited along with their incredible uses. The handicrafts made up of various parts of coconut trees which could be used as an alternative for many items used in our day-to-day life were also displayed. Many Students and Faculty members visited and commended the initiative taken by the department.

**JUSTICE BASHEER AHMED SAYEED COLLEGE FOR WOMEN  
(AUTONOMOUS) S.I.E.T**  
*College with Potential for Excellence*  
*Accredited by NAAC in 2022 at A<sup>++</sup> Grade (4<sup>th</sup> Cycle)*

**DEPARTMENT OF BIOCHEMISTRY  
UNDER THE AEGIS OF FATHIMA AKHTAR HEALTH CLUB  
COMMEMORATES**

**World  
Coconut  
Day**

*The Tree of Life !*

**EVENT : Exhibition on Health Benefits & Uses of Coconut**  
**VENUE : In front of College Auditorium**

SEPTEMBER  
FRIDAY | 02 | 2022

**TIMINGS : 9.30 AM to 2.00 PM**

**ALL ARE WELCOME**

Mr. Faizur Rahman Sayeed  
Secretary & Correspondent

Dr. Amthul Azeez  
Principal i/c

Dr. Fouzia Banu  
Head, Dept. of Biochemistry



# Justice Basheer Ahmed Sayeed College for Women (Autonomous)

## Department of Biochemistry

### Activities of Fathima Akhtar Health Club

Academic Year 2022-2023

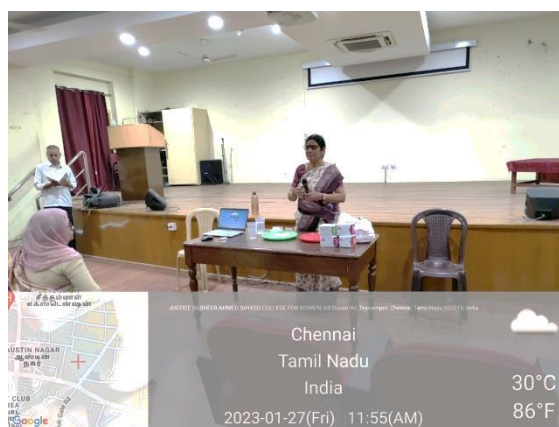
#### Exhibition & Distribution of coconut water to the Dignitaries





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**Academic Year 2022-2023**  
**AWARENESS TALK ON WOMEN HYGIENE**

On 13<sup>th</sup> September 2023 an awareness talk on Women's Hygiene was conducted in association with Million Minds Ltd. The objective of this talk was to emphasize on the fact that Feminine hygiene is important to maintain overall health and should be part of one's everyday hygiene rituals. During the session the availability of different hygiene products was facilitated and also sanitary napkins and some products were distributed to all the students of our College. Also on 27<sup>th</sup> January 2023 Mrs. Lakshmi Chandran gave a demo on Femi Organic sanitary napkins and created awareness on the health /environmental benefits of using biodegradable organic pads.





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**SPECIAL TALK- MY DAILY SKIN CARE ROUTINE**

The Department of Biochemistry, under aegis of Fathima Akhtar Health Club conducted an awareness talk on “My daily skin care routine “by Dr. Monisha Aravind, M.D Dermatologist, Venereologist and Leprosist from Armoraa Skin Clinic on 27<sup>th</sup> December 2022 at Golden Jubilee Seminar Hall. She believes that dermatology is not just her profession but her passion. She pointed out that dermatology is a branch of medical field where science, technology, knowledge and creativity meet. It was an eye opening session for all and she broke many myths related to skin and hair care. She also educated on many skin care concerns, addressed the importance of using a serum, sunscreen, toner and on how to build a skin care routine for oneself according to their skin type. The talk was valuable and especially the young girls got many of their doubts clarified so as to groom themselves in a healthy way. About 300 students were benefitted.

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**Department of Biochemistry**  
Under the auspices of  
**FATHIMA AKHTAR HEALTH CLUB**  
Cordially Invites you to the Awareness Talk on  
**MY DAILY SKINCARE ROUTINE**  
By  
**Dr. MONISHA ARAVIND, MD**  
Dermatology, Venereology & Leprosy  
Medical Director and Chief Consultant  
Armoraa Skin Clinic, Alwarpet, Chennai.

**VENUE: GOLDEN JUBILEE SEMINAR HALL**  
**DECEMBER**  
**TUESDAY | 27 | AT 9.00 AM**  
**2022**

Mr. Faizur Rahman Sayeed  
Secretary & Correspondent

Dr. Amthul Azeed  
Principal i/c

Dr. Fouzia Banu  
Head, Dept. of Biochemistry



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**Department of Biochemistry**  
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**Academic Year 2022-2023**

**Dr. Monisha Aravind Addressing the audience on "Skin care routine"**



**Faculty members with the guest Dr. Monisha Aravind**



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**Department of Biochemistry**  
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**Academic Year 2022-2023**

**MEDICAL CAMP – SCREENING FOR SKIN AND HAIR ISSUES**

In continuation with the awareness lecture the department under the aegis of Fathima Akhtar Health club organized a medical camp for screening of skin and hair problems in association with Dr. ZEE's Skin Med Clinic on 4<sup>th</sup> and 5<sup>th</sup> of January 2023. Dr. U. Zeenath Begum gave brief insight on the issues that need to be considered for medical attention and thereafter along with her team screened the college students for various skin and hair related issues. The students were given free consultation and free medicine and products were distributed. About 800 students were benefitted by this medical camp.

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Department of Biochemistry  
Under the auspices of  
FATHIMA AKHTAR HEALTH CLUB  
Cordially Invites you to the Awareness Talk  
and Medical Camp  
By  
**Dr. U. ZEENATH BEGUM, M.B.B.S., M.D**  
Consultant Dermatologist & Cosmetologist  
Dr.ZEE's Skin Med, Mount Road, Chennai.

VENUE: LIBRARY CONVENTION HALL  
JANUARY  
WEDNESDAY & THURSDAY | 04 & 05 | AT 9.00 AM  
2023

Mr. Faizur Rahman Sayeed  
Secretary & Correspondent  
Dr. Amthul Azeez  
Principal i/c  
Dr. Fouzia Banu  
Head, Dept. of Biochemistry



**Students at Medical camp**



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**Academic Year 2022-2023**  
**COMMEMORATIVE DAYS**

On account of world dentist day on 6<sup>th</sup> March 2023 the department of Biochemistry under the aegis of Fathima Akhtar Health Club in association with Tanzi Dental organized a medical camp to promote Oral Hygiene in which team of doctors not only screened but also distributed pastes, mouth washes, gels and brushes.



**Medical camp for Oral Hygiene conducted by Fathima Akhtar Health Club in association with Tanzi Dental – 6<sup>th</sup> March 2023**



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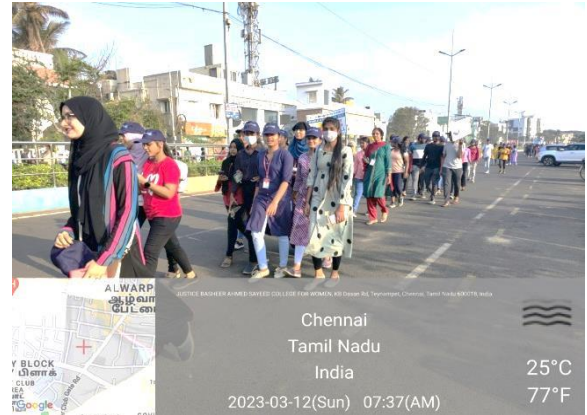
World Kidney day was celebrated by conducting Interdepartmental Model and Poster Competition to create Awareness on Kidney Health on 10<sup>th</sup> March 2023 and by the way of participation of students and staff in a Walkathon on 12<sup>th</sup> March 2023 organized by Dr. Mehtha's Hospital at Elliots Beach, Besant Nagar. All these commemorative days are celebrated in order to cultivate a sense of belonging and community responsibility.



**Interdepartmental Model and Poster Competition on Kidney Health - 10<sup>th</sup> March**



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**Walkathon to create awareness on Kidney Health in association with Dr. Mehta's Hospital on 12<sup>th</sup> March 2023 @ Elliots Beach**



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**AWARENESS PROGRAM**

The health awareness programs impart a better understanding of several communicable and non-communicable diseases and ways to prevent them. These programs also highlight the significance of making students realize the value of physical, mental and social health. In the past few decades the modern medical science has made significant strides in understanding the pathophysiology, diagnosis and management of diseases but, Ultimately more than all these advances awareness and consciousness about optimal health will help to mitigate Global health issues. This year under Fathima Akhtar health club a series of awareness talks on Women's Health was conducted on 10<sup>th</sup> March 2023. Dr. Vijaya Srinivas, Associate professor, from Department of Biochemistry, Ramachandra Institute gave an update on Poly Cystic Ovarian Syndrome. Team of doctors from Prana Holistic Centre created awareness on various topics - Dr. Sumithra Gynaecologist, highlighted on causes, ways and means to overcome the medical issues faced by women, Dr. Janani Psychiatrist educated about mental health and Shifu Ranga Rao posture alignment specialist enlightened/taught the techniques for Stress management. This program was taken up by about 300 students across various discipline and all of them highly commended and reported it to be very useful for life.



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 (AUTONOMOUS), CHENNAI  
 (Formerly S.I.E.T Women's College)  
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**Department of Biochemistry**  
 STAR STATUS Awarded by DIT, Govt. of India, New Delhi  
 Under the auspices of  
**FATHIMA AKHTAR HEALTH CLUB**  
 Cordially invites you to the  
**WOMEN'S HEALTH AWARENESS PROGRAM**

By  
**Dr. VIJAYA SRINIVASAN**  
 Associate Professor, Department of Biochemistry,  
 Sri Ramachandra Institute of Higher Education & Research,  
 Sri Ramachandra University (Deemed), Porur, Chennai

<b>Dr. SUMITHRA SUNDARARAMAN</b> Gynaecologist	<b>Dr. JANANI</b> Psychiatrist	<b>Mr. T. V. RANGARAO</b> Posture alignment specialist
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Prana Holistic Centre, Abhiramapuram, Chennai

**FRIDAY**     **MARCH 10**     **AT 10 AM**  
**2023**

**GOLDEN JUBILEE SEMINAR HALL**

Interdepartmental Model Display Competition To  
 Commemorate World Kidney Day

Mr. Faizur Rahman Sayeed  
Secretary S.I.E. Trust & Correspondent

Dr. Amthul Azeez  
Principal

Dr. Fouzia Banu  
Head, Dept. of Biochemistry



**Fathima Akhtar Health Club- Women's Health Awareness Program- 10<sup>th</sup> March 2023**