

HEALTH CLUB ACTIVITY REPORT
2023-2024

“The First wealth is health”

~Ralph Waldo Emerson

The college health club stands as a beacon of wellness within our campus community, promoting physical fitness, mental well-being, and a supportive environment for all students. From energizing workouts to enlightening workshops, we are committed to nurturing a culture of comprehensive health among our fellow students.

CORE TEAM:

FACULTY COORDINATORS

: Dr. Paul M P

Dr. Lynette Beena Mathai

STUDENT COORDINATORS

President

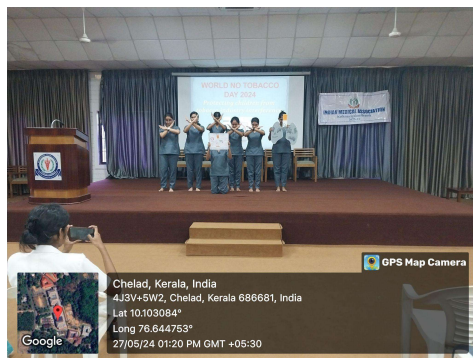
:Mannya Maria Aby

Vice President

:Liya Mariya Joseph

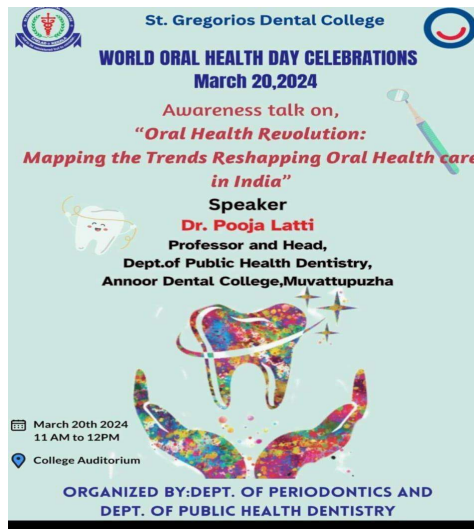
27TH MAY TO 31ST MAY 2024: NO TOBACCO DAY CELEBRATION

The program was conducted at our institution by Dr. Liza Thomas, IMA Kothamangalam president, to all our students, interns and staff. The objective of this program was to develop a holistic understanding, strengthening the skills and forming capacity to deliver tobacco cessation sessions. A mime show was performed by the students for all students, staff and patients at our college auditorium. This was conducted as a show to create awareness among the public regarding ill effects of tobacco. Mime is the technique of acting out of a story or message through body motions without the use of speech, as a theatrical medium or as a performance art. Students used this method to convey the message to the patients. Screening for oral cancer and precancerous conditions was performed along with dental camps to identify and initiate early treatment for the same. Identifying oral cancer early facilitates a greater chance for cure. People with a high risk of oral cancer are more likely to benefit from oral cancer screening.



20TH MARCH 2024: WORLD ORAL HEALTH DAY

Awareness talk on “Oral Health Revolution- Mapping the trends reshaping oral healthcare in India”, by Dr. Pooja Latti, Prof and Head, Department of Public Health Dentistry, Annoor Dental College. The programme was inaugurated by Dr. Jain Mathew, Principal and attended by 64 undergraduate students. Students undertook a pledge regarding increasing oral health awareness in the pledge. The pledge was dictated by Dr. Mathew M Alani



16TH MAY 2024: VACCINATION DAY

As a part of National Vaccination day March 2024 awareness talk on “Importance of Vaccination” by Dr. Lisa Thomas, Pediatrician, St Joseph’s Hospital Dharmagiri Kothamangalam . The programme was inaugurated by Dr. Jain Mathew, Principal and attended by undergraduate students. Dr. M.P. Paul welcomed the gathering. Students received Hepatitis B vaccination due to low titration value after the session.

