



Academic Year 2024-2025

HEALTH CARE CELL

OBJECTIVE

The primary objectives of a Health Care Cell are to promote health awareness, provide accessible healthcare services, and support mental health initiatives within the community. The cell aims to enhance knowledge about physical and mental health, preventive measures, and healthy lifestyles among students and staff. It also ensures easy access to medical consultations, including telehealth options, while offering resources and counselling to address mental health issues and reduce stigma. Preventive health programs, such as regular screenings and workshops on topics like substance abuse prevention and nutrition, are implemented to foster a healthier community. Additionally, the cell focuses on enhancing emergency preparedness through training in first aid and response. Monitoring and improving food quality in hostels and canteens is another critical aspect, alongside facilitating collaboration with local healthcare providers. Finally, the Health Care Cell encourages feedback to continuously improve its services and fosters a community culture that promotes healthy behaviors and wellness activities.

1. Health Awareness Campaign

- **Objectives:** Increase awareness about mental health, substance abuse, and sexual health.
- **Activities:**
 - Workshops and seminars featuring experts.
 - Distribution of informational brochures and resources.
 - Interactive events (e.g., panel discussions, Q&A sessions).
 - Collaborations with local health organizations.

2. Training Sessions on First Aid and Emergency Response

- **Objectives:** Equip students and staff with essential first aid skills.
- **Activities:**
 - Schedule regular training sessions with certified instructors.
 - Offer certifications for participants.
 - Create a first aid manual or online resource for easy reference.
 - Conduct mock drills for emergency scenarios.

3. Telehealth Consultation Implementation

- **Objectives:** Improve access to healthcare services for students.
- **Activities:**
 - Partner with telehealth providers for consultations.
 - Promote the service through social media and campus channels.
 - Set up a user-friendly booking system.
 - Provide training for staff on how to facilitate telehealth sessions.

4. Food Quality Check in Hostel Mess and Canteen

- **Objectives:** Ensure that students have access to nutritious and safe food.
- **Activities:**
 - Conduct regular inspections of food preparation and storage areas.
 - Gather student feedback on food quality and variety.
 - Collaborate with nutritionists to improve menu options.
 - Implement hygiene training for kitchen staff.

Committee Members

S.No	Name	Position
1	Mrs.S.P. Audline Beena	Coordinator - CSE
2	Dr.D.Gnanam	RMO
3	Mrs.R.Malarvizghi	Faculty Member - AI&DS
4	Mr. A. Venkateshan	Faculty Member - CIVIL
5	Mrs.K.Shanthi	Faculty Member - EEE
6	Mr.V.Praveen	Faculty Member - ECE
7	Mrs.V.Baghya	Faculty Member - BME
8	Dr.V.Sivaraman	Faculty Member - Mech
9	Ms. Haripriya. J	Faculty Member - Pharma
10	Mrs.R.Jini	Faculty Member - IT
11	Mrs.Sainty Mary	Faculty Member - S&H
12	Mrs. R. Amutha	Faculty Member - R&A
13	Mrs. M. Jayshree	Faculty Member - MBA
14	Mr. V. Nagarajan	Faculty Member - MCA
15	Ms.Harini V	Student Member - CSE
16	Ms.Madhumitha L	Student Member - AI&DS
17	Mr.B. Naveen	Student Member - CIVIL

18	Mr.MohammedRefay	Student Member - EEE
19	Ms.A.Tabasiya	Student Member - ECE
20	Mr.S Dinesh kumar	Student Member - Mech
21	Ms.S. Girija	Student Member - Pharma
22	Mr.K. Srinath	Student Member - IT
23	Ms.G.Thilagavathi	Student Member - S&H
24	Ms.E. Vinothini	Student Member - R&A
25	Ms.Tejasree	Student Member - MZ
26	Ms.Lakshmi Priya	Student Member - MBA
27	Mr.Javakar	Student Member - MCA

Events Organized for AY: 2024-2025

S.No	Name Of The Event	Event Date	Venue
1	Personality Development and Menstrual Hygiene	29-08-2024	CSE Block-Lab1, Ground Floor

Gallery



Exploring Self-Awareness



Understanding Menstruation



Hygiene Practices



**Diet & Lifestyle During
Menstruation**