

St.Xavier's Institute of Education (Autonomous)

‘नैरुज्यम’ Health Cell Department – Health Check Up

Date: 6th October 2023

Venue: (Science & Mathematics Laboratory, Social Studies Room)

Objectives of the session

1. Provide an opportunity to students to participate in health check-up
2. Create awareness about the importance of health check-up
3. Ensure staff (Teaching & Non-Teaching staff) well being.
4. Encourage to adopt a healthy lifestyle as a preventive measure for good health.

A Health check-up event was held at St. Xavier's Institute of Education (Autonomous) on 6th October 2023 by the health cell members under the guidance of our Manager Fr. Arul John Bosco S.J., Principal-on-charge Dr. Vini Sebastian and Health cell coordinator Dr. Priti Sivaramakrishnan for the students, teaching as well as the non-teaching staff. This health check-up was held with the collaboration of St. Elizabeth's Hospital. For this event the head of the hospital Sr. Sarla Macwan, their coordinator Mrs. Goretti along with them the doctors and lab assistants were present.

The initiative was taken to provide an opportunity for the participants to assess and monitor their health. The objective of this health check-up event was to raise awareness about the importance of regular health checkups, encourage a proactive approach towards personal health and well-being and foster a culture of health and wellness within the institute community. To achieve these objectives the highlights of the event were checking of Blood pressure, SpO2, Height, Weight, Hemoglobin count, Random blood sugar. After the preliminary tests were done there was one on one physician consultation for every participant. Female participants were oriented on how they could do a self -examination and create awareness about breast-cancer. Feedback from participants was overwhelmingly positive. Many expressed appreciation for the opportunity to access basic health screenings and receive personalized advice from healthcare professionals. The event succeeded in fostering a sense of community well-being and encouraged a proactive approach to health.

The Health Checkup Event at St.Xavier's Institute of Education (Autonomous) was a resounding success, promoting health awareness and providing valuable health consultations to the participants. The event's success underscores the importance of regular health checkups and the positive impact of community-focused health initiatives.

The Health Cell Department of St. Xavier's Institute of Education (Autonomous) remains committed to organizing similar events in the future to promote a culture of health and wellness within our institute.

Report Compiled by

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