

# HEALTHcation – Health Camp (2024-25)

21.10.2024



## I Basic Details

Date	Faculty	Department/Committee	Co-ordinator name & Phone Number
21.10.2024	Science	The Health Cell	Prof. Dr. Giselle D'Souza Principal In-charge
Time	Venue	Activity for Class/Group with Total Number of Attendees	Nature:
9.00 a.m. – 3.00 p.m.	St. Teresa's Institute of Education	140 Members	Indoor
Name & details of Resource Person		Names of Staff Members who supported	Names of Students who Supported
Unicare Health Centre		Prof. Dr. Giselle D'souza Dr. Joan Lopes Dr.Cindrella D'Mello Dr.Cerena D'Cunha Dr.Reshma Rodrigues	Ms. Sarah Colaco Ms. Neha Deshmukh

## II Brief Information about the Activity:

<b>Topic /Subject of the Activity</b>	HEALTHcation – Health Camp
<b>Objectives for conducting the Activity</b>	<ul style="list-style-type: none"><li>- To provide information about health</li><li>- To inculcate habits of preventative care</li><li>- Provide early detection of health problems</li><li>- Promoting healthy lifestyle choices</li></ul>
<b>Methodology</b>	<ul style="list-style-type: none"><li>- Height, weight, blood pressure was checked</li><li>- Eye sight test was conducted</li><li>- Personalised suggestions and medications were provided</li><li>- A seminar on PCOS was held</li><li>- Dietary guidance was advocated</li></ul>
<b>Outcomes</b>	<ul style="list-style-type: none"><li>- A successful health campaign which fuelled health awareness</li><li>- Access to necessary medical facilities</li><li>- Convenient and comfortable health check-up for all under one roof</li></ul>



**Prof. Dr. Giselle D'souza**  
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