

**Health Education Club,
KSMD College, Sasthamcotta**

The Health Education Club of the college aims to educate the student and staff community, other stakeholders and the public about leading a healthy life by organizing activities like seminars, exhibitions, expert lectures and various competitions.

Health Education Club 2022-2023

Convener- Dr. Manju M, Asst.Prof, Dept of Zoology
Members- Dr. Shelma S, Asst Professor, Dept of Chemistry
Dr. Binusree Jayan, Asst Professor, Dept of Chemistry
Dr. Nisha S Panicker, Asst Professor, Dept of Physics
Dr. Prathibhakumari P.V, Asst.Prof, Dept of Zoology
Dr. Lekshmi S., Asst.Prof, Dept of Zoology
Dr. Fouzia J, Asst.Prof, Dept of Zoology
Dr. Chandana J S., Asst.Prof, Dept of Zoology
And students from various departments

Action Plan

To observe health related days by conducting seminars, exhibitions, quiz, and other competitions among students

To conduct a free eye camp to the staff, students and public in Sasthamcotta Grama Panchayat.

To conduct a free medical camp on Life style disease as an extension activity to Kudumbasree Unit, Sasthamcotta Panchayat

Activity Report 2022-2023

1. **AIDS Day**-Health Education Club organized a Poster Exhibition prepared by our students in order to create awareness on AIDS-treatments and inequalities in the distribution of AIDS -medicines across the world (02.12.22). Students prepared around 50 posters and exhibited in the dept corridor. The Principal, Prof. Dr. K.C. Prakash inaugurated the Exhibition and delivered the AIDS Day message.

2. **Free Eye camp:** Dept of Zoology, Health Education Club and MTMMM Hospital Bharanikkavu together organized a Free Eye camp and cataract surgery registration on 25th February 2023 at Digital Seminar Hall, KSMDDB College, Sasthamcotta. The Registration began at 9.30 AM. The camp was organized under the supervision of Dr. Sanjay Raju, Eye and Cataract specialist, MTMMM Hospital. Dr Manju M (Convener, Health Education Club) welcomed the gathering. Dr. Deepa S (Principal in Charge) presided over the meeting. The Camp was inaugurated by Smt R. Geetha, President, Sasthamcotta Grama Panchayath and felicitations was offered by Smt. Rejani, Member, Sasthamcotta Ward. On this Occasion, Dr Sanjay Raju, who was completed over one lakh cataract surgery, was honoured by presenting a Memento and Ponnada on behalf of the Health Education Club, KSMDDB College, Sasthamcotta. Dr. Prathibhakumari P.V. Guest Faculty, Dept of Zoology, proposed the Vote of Thanks.
3. **Awareness on Saftey Glasses** and their Distribution to Public. Health Education Club, Dept of Zoology and MTMMM Hospital organized awareness campaign on Saftey glasses for all the people working in various fields who's eyes are under constant exposure to dust, dirt, different chemicals, electric/fire parks and also for bike riders to protect their eyes. Around 100 glasses were sponsored by MTMMM hospital for the campaign and were distributed to people working in different fields.