

Shri Sharda Bhavan Education Society's
Rajiv Gandhi Mahavidyalaya, Mudkhed
Anti-Sexual Harassment Committee
Organised

HEALTH CHECK-UP CAMP & AWARENESS PROGRAM
Academic Year- 2024-25

Date: 04.03.2025

Time: 10:00 am

Name of the Guests: 1) Dr. Vrishali Yemekar
2) Dr. Shubhangi Kale

Name of the Activity: The following tests were taken

- Blood Pressure Monitoring
- Height-Weight Ratio
- Hemoglobin Estimation
- CBC test

Name of the topic: Women's Health: Problems and Solutions

Number of the Participants: 50

Objectives: 1) To make the student aware about their health and diet, exercise, adequate sleep, good habits and limited use of mobile phones etc.

Outcome: 1) The students came to know about the Importance of health and diet, exercise, adequate sleep, good habits and limited use of mobile phones etc.

Brief Report:

Anti-Sexual Harassment Committee of Rajiv Gandhi Mahavidyalaya, Mudkhed, was organized health check-up camp and awareness. The event was held in memory of the death anniversary of late Dr. Shankarraoji Chavan and the late Mrs. Kusumatabai Chavan. Dr. Shubhangi Kale, Health Community Officer, Health and Wellness Center, Niwgha, Mudkhed, delivered a lecture on "*Women's Health: Problems and Solutions.*" She emphasized the importance of a proper diet, exercise, adequate sleep, good habits, limited use of mobile phones, and avoiding fast food and street food. She stated that maintaining these practices would help ensure good health and prevent diseases such as high blood pressure, diabetes, stress, and thyroid. She also highlighted the significance of girls taking extra care of their health as they will be the mothers of tomorrow. During the camp, the height-weight ratio and blood pressure of the girls were measured. Additionally, under the guidance of Dr. Vrushali Yemekar, the medical superintendent, Government Hospital, Mudkhed, and her team tested hemoglobin and CBC blood tests of nearly 50 girls.

Miss. Sulochana Malve, the Co-ordinator, Anti-Sexual Harassment Committee, who elaborated the significance of the blood testing and health check-up camp in her introductory remark. Dr. Nanda Karanjkar introduced the distinguished guests, while the principal of the college, Dr. A.T. Shinde, in his presidential address, encouraged the students to take advantage of the camp and take care of their own health as well as that of their mothers.

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The event was organized successfully with the help of the committee members including Dr. Jyoti Mungal, Dr. Nanda Karanjkar, Mrs. Nikita Shinde. A total of 50 students participated in the program. The event was concluded with a vote of thanks by B.A. second-year student, Nazia Pathan, while the program was conducted by B.A. second-year student, Gayatri Panchal.



Dr. Shubhangi Kale guiding the students on Women's Health: Problems and Solutions.



Dr. A. T. Shinde interacting with the students. Also seen are Dr. Shubhangi Kale and Miss S. G.



Dr. Vrushali Yemekar and her team testing hemoglobin and CBC blood tests



Dr. Shubhangi Kale and her team measuring the height-weight ratio and blood pressure of the girls

सोलापूर

प्रखर राष्ट्रीय विचारांचे दैनिक

तरुण भारत



संभाजीनगर, सातारा, सोलापूर, अहमदनगर, धारगिरि, लातूर, नांदेड, परभणी, हिंगोली, जालना व चंद्र येथून प्रकाशित

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राजीव गांधी महाविद्यालयात आरोग्य तपासणी शिबिर

तभा वृत्तसेवा

मुदखेड, दि. ०६ मार्च

दि. ४ मार्च श्री शारदा भवन एज्युकेशन नांदेड संचालित, राजीव गांधी महाविद्यालय, मुदखेड येथे संस्थेचे संस्थापक श्रद्धेय के. डॉ. शंकररावजी चव्हाण आणि के. सी. कुसुमताई चव्हाण यांच्या पुण्यतिथीनिमित्त महिला तक्रार व निवारण समितीच्या वतीने 'आरोग्य तपासणी शिबिर व जनजागृती' या कार्यक्रमाचे आयोजन करण्यात आले होते.

याप्रसंगी प्राथमिक आरोग्य केंद्र निवघा, ता. मुदखेड येथे कार्यरत असलेल्या आरोग्य अधिकारी डॉ.

मार्गदर्शन केले. या प्रसंगी विद्यार्थिनींची उंची, वजन, रक्तदाव यांची तपासणी केली. ग्रामीण रुग्णालय, मुदखेड येथील वैद्यकीय अधीक्षक, डॉ. वृषाली येमेकर यांच्या मार्गदर्शनाखाली महाविद्यालयात आलेल्या त्यांच्या कर्मचाऱ्यांच्या मदतीने जवळपास ८० मुलींची हिमोग्लोबिन तपासणी, सीवीसी रक्त चाचणी करण्यात आली. त्याविषयी विद्यार्थिनींना आरोग्य विषयक सल्ला देण्यात आला. प्रास्ताविक करतांना महिला तक्रार व निवारण समिती समन्वयक, प्रा. सुलोचना माळवे यांनी रक्त तपासणी व आरोग्य विषयक मार्गदर्शन शिविराच्या पाठीमागची भूमिका विशद केली. त्यानंतर प्रा. नंदा करंजकर

शिंदे सरांनी आपल्या अध्यक्षीय भाषणात शिविराचा आणि मार्गदर्शनाचा फायदा घेऊन मुलींनी आपली व आपल्या आईच्या आरोग्याची काळजी घ्यावी असे सुचविले. कार्यक्रमाचे सूत्रसंचलन हे द्वितीय वर्षाची विद्यार्थिनी गायत्री पांचाळ यांनी व आपाप्रदर्शन वी.ए. द्वितीय वर्षाची विद्यार्थिनी नाझिया पठाण यांनी केले. कार्यक्रम यशस्वी करण्यासाठी संयोजन समितीमध्ये डॉ. ज्योती मुंगल, डॉ. नंदा करंजकर आणि प्रा. निकिता शिंदे, तसेच शिक्षकेतर कर्मचारी एम. डांगे, आणि डी. सी इंगोले यांनी महत्वाची भूमिका वजावली. या शिविरासाठी महाविद्यालयातील सर्व कला, वाणिज्य आणि विज्ञान शाखेतील

Health Check-up Camp and Awareness Program news came in Solapur Tarun Bharat

Sulochana
Co-ordinator

अ. अ. अ.
Principal

PRINCIPAL
Rajiv Gandhi Mahavidyalaya
Mudkhed, Dist. Nanded