



K.M.G. COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)

R.S.ROAD, AMMANANGKUPPAM, GUDIYATIAM - 635 803.

Approved by Govt.ofTamilnadu & Permanently Affiliated to Thiruvalluvar University

Recognized under section 2(1) and 12(BJ of the UGC Act 1956

Accredited By NAACwith 'A' GRADE (CGPAofJ.24/4 • II•dCyde)

PH: 04171- 227906, 227306,229206

Email: kmgcollege@gmail.com

website: www.kmgcollege.edu.in

Health Club

Report on the "Free Medical Checkup Camp" Date: 31st July 2024 Time: 10:00 AM TO 4.00 PM
Venue: From K.M.G. College of Arts & Science to Auditorium

The Health Club of K.M.G. College of Arts & Science organized a mega Free Medical Checkup Camp focused on "Health Awareness Program." This significant event aimed to Check BP, Blood Test, ENT Test, Eye Checkup the impottance of adhering.

Event Details:

The Camp commenced at 10:00 AM to 4.00 PM from the K.M.G. College of Arts & Science. The event was graced by the presence of esteemed guests and key figures from the Heads, PROs, Technical Experts authorities.

Dignitaries Present:

- **Dr. C. Dhandapani**, Principal of K.M.G. College of Arts & Science (Autonomous)
- **Dr. J. Jayakumar**, Student Coordinator of K.M.G. College of Arts & Science (Autonomous)
- **Mr. P. BABU**, PRO Thulasi Pharmacy India Pvt Ltd., Coimbatore Head Office.
- **Mr. G. Azhagesan**, Thulasi Pharmacy, Gudiyattam.
- **Mr. K. Kapil Dev**, PRO, Dr. Agarwal's Eye Hospital, Vellore.
- **Mr. D. Madhavan**, Branch Manager, Dr. Agaiwal's Eye Hospital, Gudiyattam.
- **Mr. A. Syed Ajaz**, Hear Zab Audiologist, Vellore.

A Free Medical Checkup Camp in collaboration with Thulasi. The initiative aimed to promote health awareness among students, faculty, and staff, providing them with the opportunity to undergo a comprehensive health checkup free of cost.

Objectives:

1. To provide free medical checkups to the college community.
2. To increase health awareness and encourage healthy lifestyle choices.
3. To identify common health issues and provide early intervention.

Activities Conducted:

The camp included the following services:

- Blood Pressure Measurement
- Blood Sugar Testing

- Height, Weight Checkup
- Eye Examination
- ENT Examination

Participation:

The camp witnessed enthusiastic participation from the college community. A total of 400 individuals, including students, faculty, and staff, availed themselves of the services. The breakdown of participants is as follows:

- Students: 250
- Faculty: 100
- Staff: 50

Key Findings

1. **General Health:** Many participants were found to have minor health issues such as colds, headaches, and fatigue, often related to stress and lack of sleep.
2. **Blood Pressure:** About 20% of participants had elevated blood pressure levels, highlighting the need for stress management and regular monitoring.
3. **Blood Sugar:** A few cases of elevated blood sugar levels were detected, indicating the need for further medical follow-up and lifestyle modifications.
4. **Eye Examination:** Several participants required corrective lenses, with a few cases of more eye conditions identified for referral.
5. **ENT Examination:**

Feedback:

The feedback from participants was overwhelmingly positive. Many appreciated the convenience of accessing multiple health services in one place and expressed interest in regular health camps.

Program Highlights:

Recommendations:

1. **Regular Health Camps:** Organizing similar health camps biannually to monitor and promote health among the college community.
2. **Health Awareness Programs:** Conducting workshops and seminars on stress management, nutrition, and exercise.
3. **Follow-up Services:** Providing support for individuals identified with health issues, including referrals and counseling.
4. **Healthy Lifestyle Initiatives:** Encouraging the college community to adopt healthier lifestyles through initiatives like fitness clubs, sports events, and healthy eating programs.

Camp Coordination

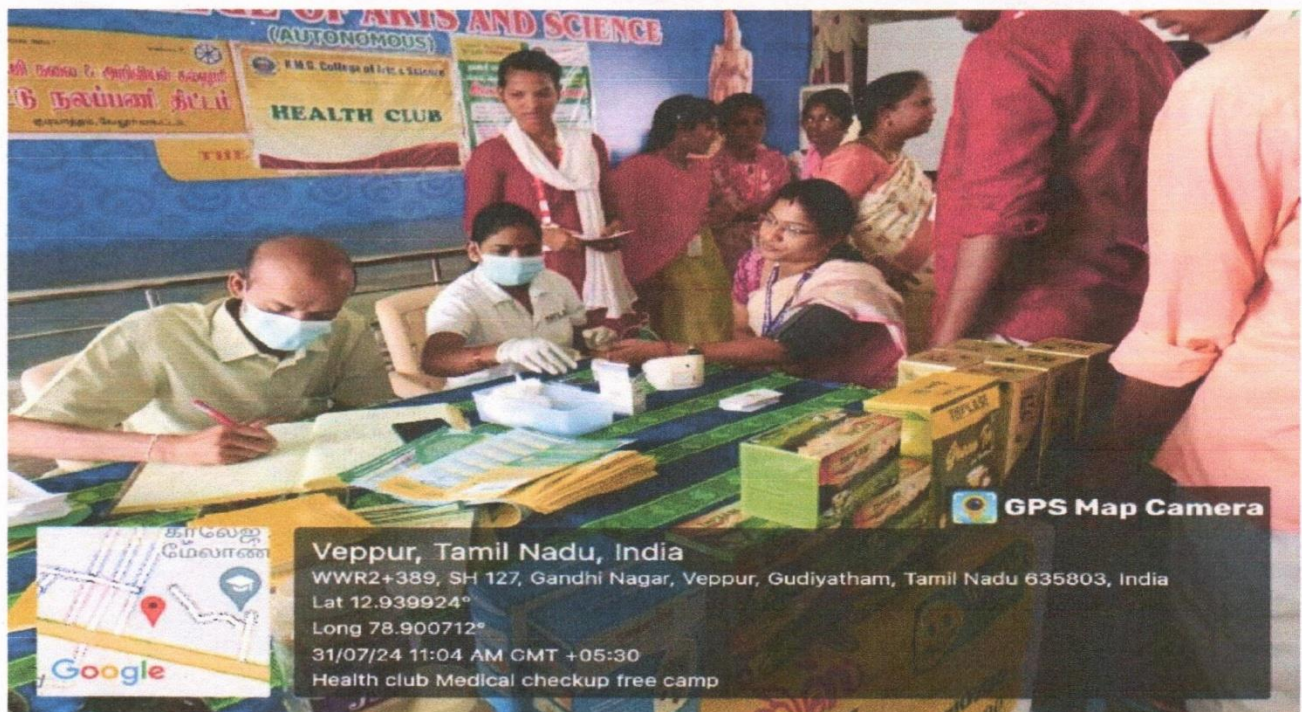
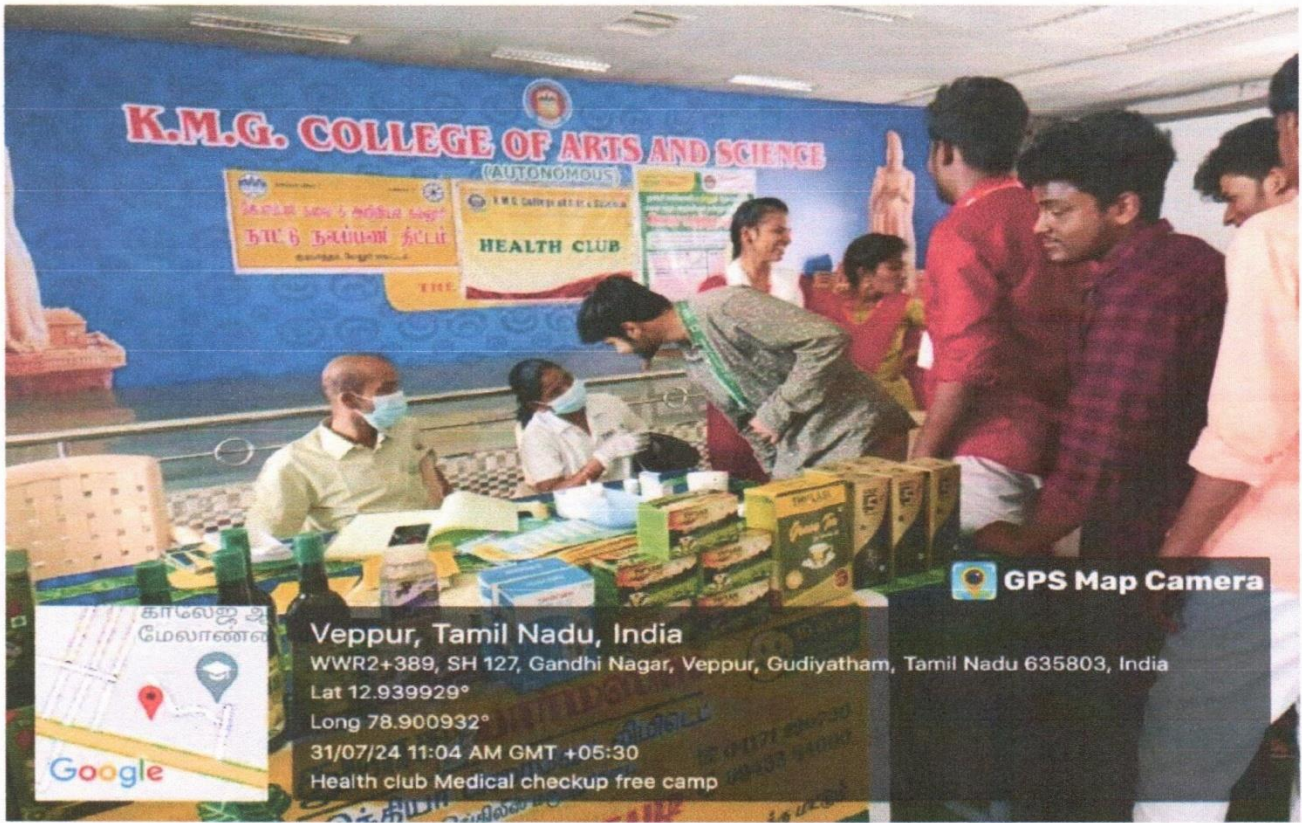
The event was meticulously coordinated by **Mrs. L. Sumi** the Coordinator of the Health Club, and **Mrs. IDakiya** dedicated member of the Health Club played a crucial role in organizing the Medical Checkup Camp and ensuring its smooth execution.

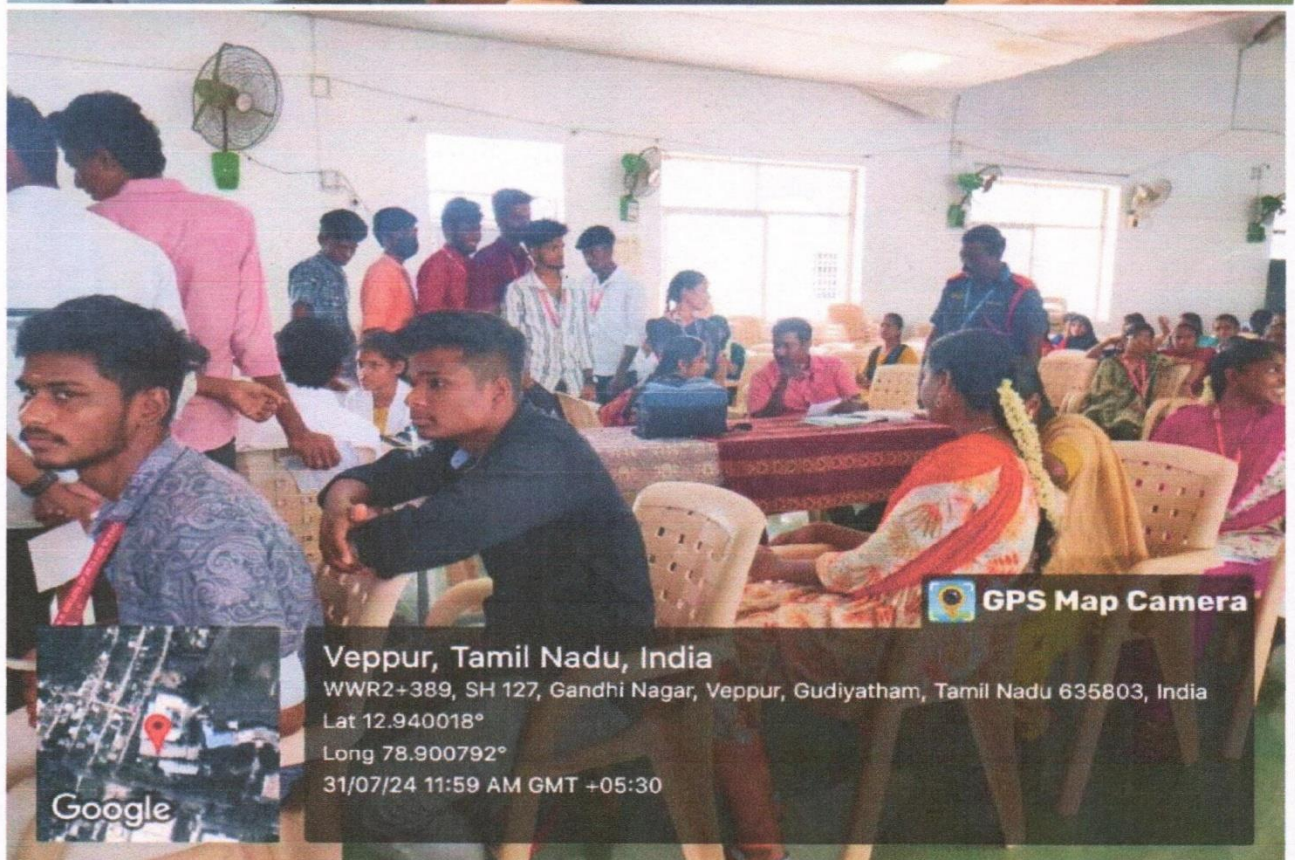
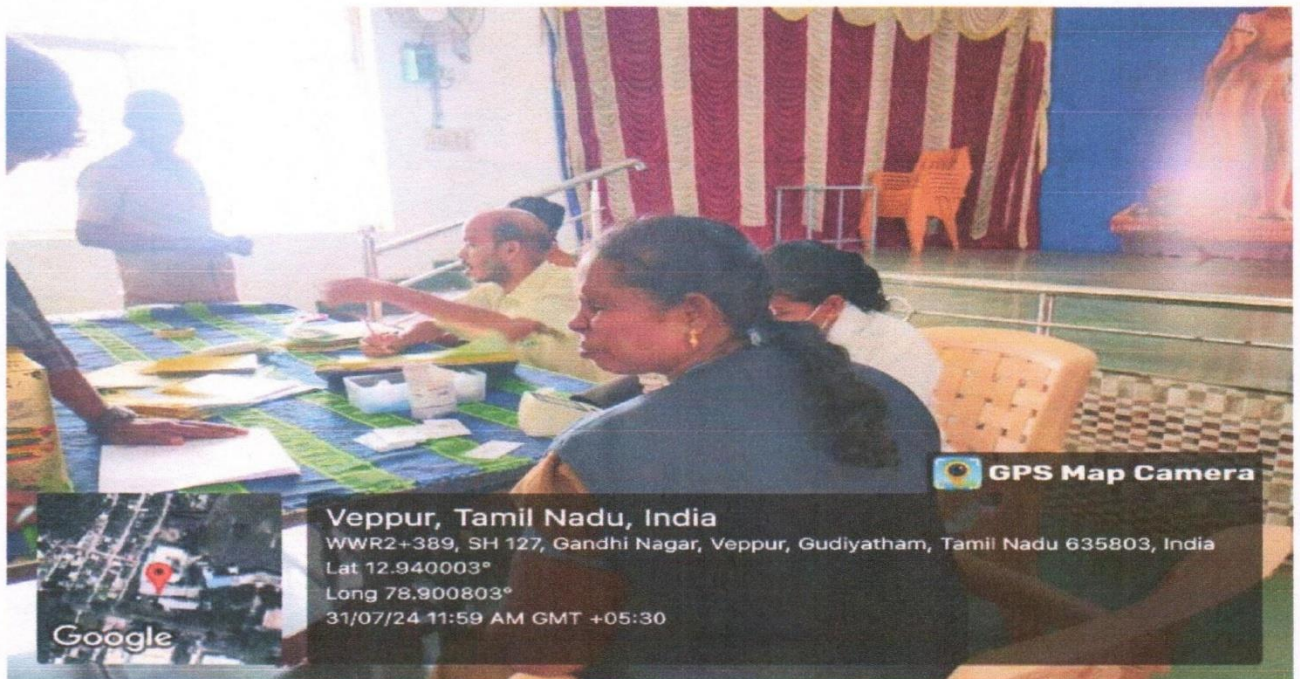
Conclusion

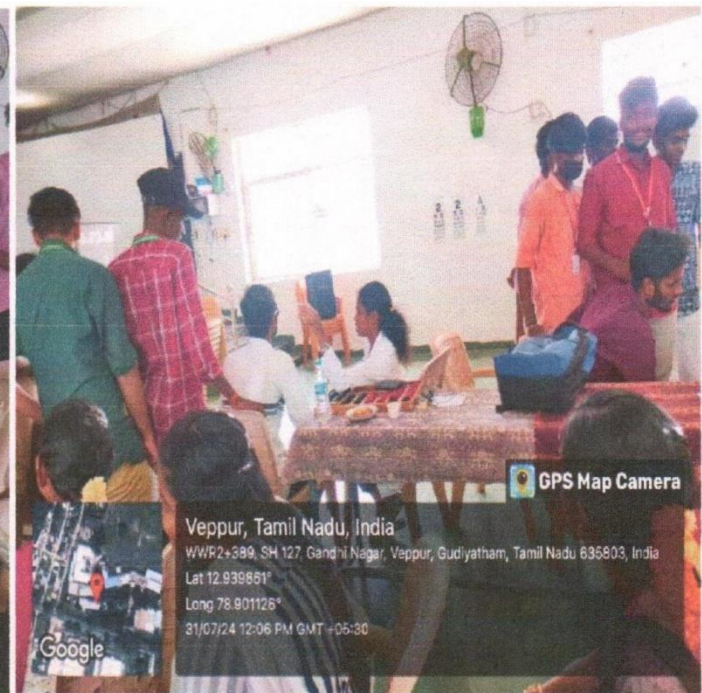
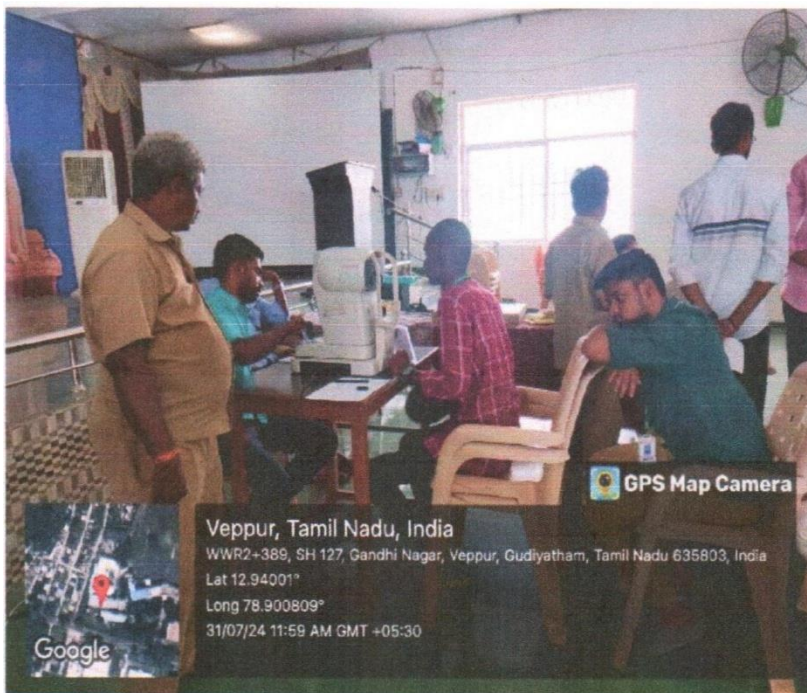
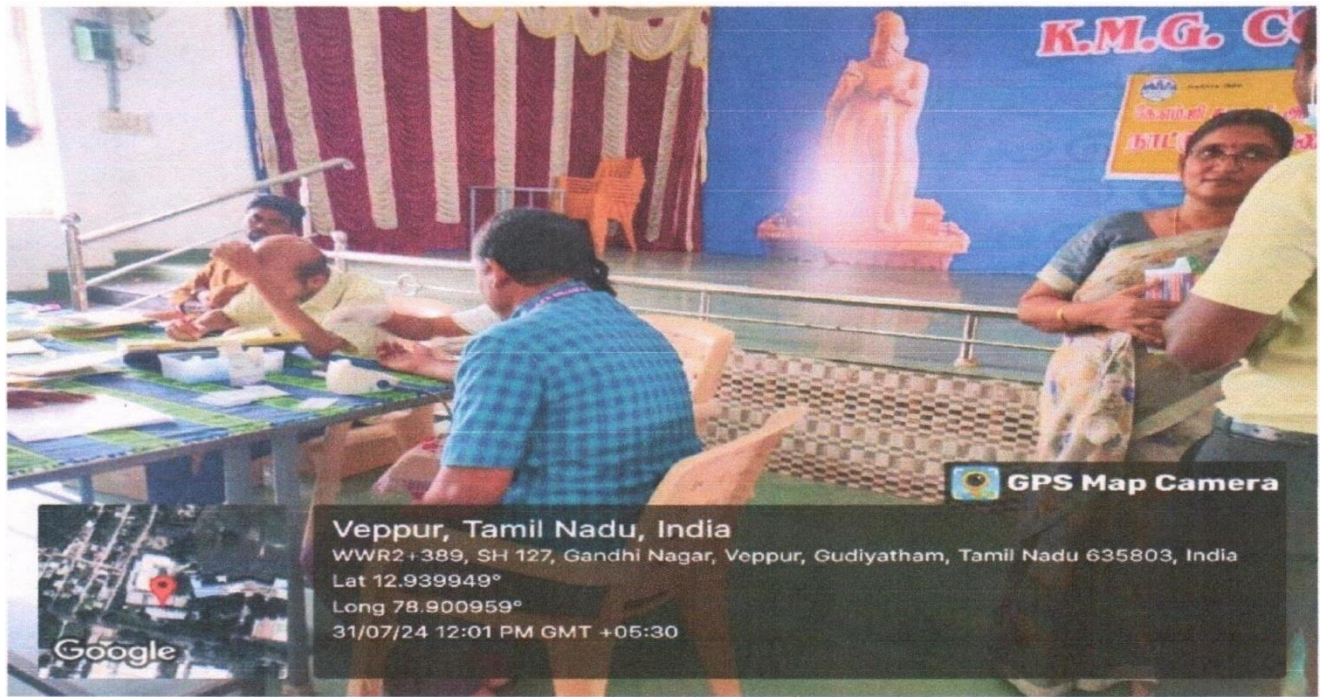
The Free Medical Checkup Camp at K.M.G College of Arts & Science was a resounding success, achieving its objective of promoting health awareness and early detection of potential health issues. We express our gratitude to Thulasi Pharmacy Gudiyattam and Dr. Agarwal's Eye Hospital for their collaboration and to all volunteers and participants for their enthusiastic support.

The college extends its heartfelt gratitude to the distinguished guests, participants, and everyone involved in making this Free Medical Check Up Camp a memorable and impactful event.

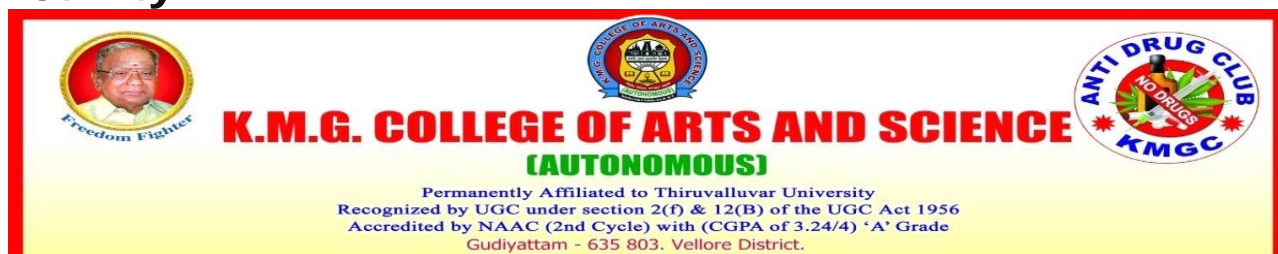








Activity: 2



Anti Drug Club & Health Club

Wellness First : Drug - Free Living & Healthy Choices

Program Schedule

To be held on 06.03.-12-2025, Thursday at 10.00 am

- Venue** : KMG Seminar Hall
- Tamizhthai Vaazhthu**
- Welcome Address** : Dr.V.Vinayagamoorthy
Coordinator-Anti Drug Club
K.M.G.College of Arts & Science(Autonomous)GYM.
- Presidential Address** : Dr.C.Dhandapani , Principal
K.M.G.College of Arts & Science(Autonomous)GYM.
- Resource Persons** : Dr.Jayasri
District Tobacco Control Consultant
DHO Office, Vellore.
- Vote of Thanks** : Prof. L.Sumi
Coordinator- Health Club
K.M.G.College of Arts & Science(Autonomous)GYM.
- Programme Coordination** : Dr.N.Sundaramoorthy
Coordinator, Anti-Drug Club.
K.M.G.College of Arts & Science(Autonomous)GYM.
- National Anthem**



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ANTI DRUG CLUB & HEALTH CLUB

Cordially invites you to the program on

Wellness First : Drug - Free Living & Healthy Choices

Date : 06.03.-12-2025, Thursday

Time : 10.00 am

Venue : KMG Seminar Hall

Tamizhthai Vaazhthu

Welcome Address

Dr.V.VINAYAGAMOORTHY

Coordinator-Anti Drug Club

K.M.G.College of Arts & Science (Autonomous)

Presidential Address

Dr.C.DHANDAP ANI,

Principal

K.M.G.College of Arts & Science (Autonomous)

Resource Person

Dr.JAYASRI

District Tobacco Control Consultant

DHO Office, Vellore.

Vote of Thanks

Prof. L.SUMI

Coordinator- Health Club

K.M.G.College of Arts & Science(Autonomous)

Programme Coordination

Dr.N.SUNDARAMOORTHY

Coordinator, Anti-Drug Club.

K.M.G.College of Arts & Science(Autonomous)

National Anthem



Activity 2:



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PROPOSAL LETTER

Date: 06.03.2025

Gudiyattam

From

L SUMI

Health Club Co-Ordinator

K.M.G. College of Arts and Science

Gudiyattam

To

The Principal

K.M.G. College of Arts and Science

Gudiyattam

Respected sir

Anti-Drug Club & Health Club in jointly organize a “Wellness First: Drug-Free Living & Healthy Choices” Seminar on 06.03.2025 in the seminar Hall of our college. For that purpose we are in the need of

The following requirements:

- 1) Shawl - 3 Nos
- 2) Gift – 3 No
- 3) Printing Charges
- 4) Photos
- 5) Refreshment & Lunch



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Anti-Drug Club & Health Club

Report on the Seminar on Prevention of Drugs Abuse Time: 10:00 AM TO 1.00 PM Venue: From K.M.G. College of Arts & Science to Seminar Hall

Anti-Drug Club & Health Club of K.M.G. College of Arts & Science jointly organized Seminar on Prevention of Drugs Abuse the importance of Health Life How to Protect from drugs.

Event Details:

The Seminar commenced at 10:00 AM to 1.00 PM from the K.M.G. College of Arts & Science. The event was graced by the presence of esteemed guests and key figures from the Heads, PROs, Technical Experts authorities.

KMG College of Arts and Science, Gudiyattam, organized a seminar on prevention of drugs abuse on 06-03-2025. The seminar was hosted by the **Anti-Drug Club and Health Club of the college**.

The seminar was presided over by **the Principal of the college, Dr. C. Dhandapani**.

Dr. V. Vinayagamoorthy, Coordinator of the Anti-Drug Club, delivered the welcome address.

Dignitaries Present:

- **Dr. C. Dhandapani**, Principal of K.M.G. College of Arts & Science (Autonomous)
- **Dr. Jayasree**, District Drugs Abuse Prevention Expert

The special guest, Dr. Jayasree, District Drugs Abuse Prevention Expert, highlighted the dangers of substance abuse, particularly the use of tobacco, cannabis, and alcohol. She emphasized that these substances can lead to cancer, lung and liver diseases, and mental health issues.

Participation and Organization Over 100 students participated in the seminar and benefited from the awareness program. The event was coordinated by **Professor M. Priya**. **The Anti-Drug Club members, Akash, Dharani, Ajith, and Danush**, made the necessary arrangements for the seminar.

The seminar concluded with a vote of thanks by **Professor L.Sumi, Coordinator of the Health Club**.



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