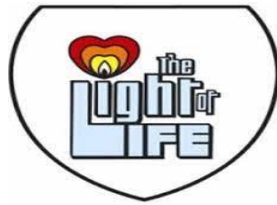


# *St. Ann's College for Women*

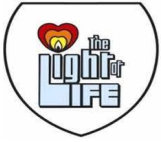
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## **CRITERION - VI**

### **GOVERNANCE LEADERSHIP AND MANAGEMENT**

#### **6.3 Faculty Empowerment Strategies**

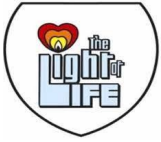


# St. Ann's College for Women

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## 6.3.1 Welfare Measures





## St. Ann's College for Women

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ISO 9001:2015 ISO 14001:2015

### I. Welfare Benefits


- i. Employee Group Insurance By LIC
- ii. EPF Coverage for staff of self financing courses
- iii. Grant of Medical , Maternity and Adoption Leaves
- iv. Loans for Personal emergencies

### I. Welfare Benefits

#### i. Employee Group Insurance by LIC

Website : www.stannscollegehyd.com  
E-Mail : stann\_college@yahoo.co.in

Phone : 040-23513020  
040-20034914

**ST. ANN'S COLLEGE FOR WOMEN**  
(Autonomous)  
Affiliated to Osmania University  
Re-Accredited by NAAC with 'A' Grade & College with Potential for Excellence by UGC  
Santoshnagar Colony, Mehdiapatnam, Hyderabad - 500 028.

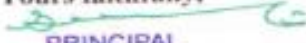
**Dated: 11.11.2019**

To  
LIC of India  
HYDERABAD – 500 063.

Sir,  
Sub : St. Ann's College for Women, Mehdiapatnam, Hyderabad  
–GSLIC in respect of Degree and P.G. Staff Members  
For the month of October 2019 – Submission – Reg.

We are herewith enclosing a Banker's Cheque No.354001& 354002  
Dated: 11.11.2019 drawn on Corporation Bank for Rs. 5,103/- (Rupees  
Five thousand One Hundred three only) in favour of the LIC of India,  
Hyderabad. The statement showing the details of the collection of our  
College for the month of September 2019 is enclosed herewith. Kindly  
acknowledge receipt.

Thanking you,

Yours faithfully,  
  
PRINCIPAL  
ST. ANN'S COLLEGE FOR WOMEN  
MEHDIPATNAM, HYDERABAD-28

Encls: (1) Bankers Cheque  
(2) Statement



## St. Ann's College for Women

(Autonomous) Affiliated to Osmania University  
NAAC Accredited with A+ Grade (3rd Cycle), CPE by UGC  
ISO 9001:2015 ISO 14001:2015

Website : [www.stannscollegehyd.com](http://www.stannscollegehyd.com)  
E-mail : [stann\\_college@yahoo.co.in](mailto:stann_college@yahoo.co.in)

Phone : 040-23513020  
040-20034914



## ST. ANN'S COLLEGE FOR WOMEN

(Autonomous)

Affiliated to Osmania University

Re-Accredited by NAAC with 'A' Grade & College with Potential for Excellence by UGC  
Santoshnagar Colony, Mehdipatnam, Hyderabad - 500 028.

Dated: 20.04.2021

To  
L.I.C of India  
HYDERABAD – 500 063.

Sir,

Sub : St. Ann's College for Women, Mehdipatnam, Hyderabad  
–GSLIC in respect of Degree and P.G. Staff Members  
For the month of MARCH 2021 – Submission – Reg.

We are herewith enclosing a Banker's Cheque No.796125 & 796126  
Dated: 15.04.2021 drawn on Corporation Bank for Rs. 3,990/- (Rupees Three  
thousand nine hundred Ninety only) in favour of the LIC of India,  
Hyderabad. The statement showing the details of the collection of our College  
for the month of March 2021 is enclosed herewith. Kindly acknowledge  
receipt.

Thanking you,

Yours faithfully,

PRINCIPAL

ST. ANN'S COLLEGE FOR WOMEN  
MEHDIPATNAM, HYDERABAD-28.

Encls: (1) Bankers Cheque  
(2) Statement





## St. Ann's College for Women

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ISO 9001:2015 ISO 14001:2015

Website : [www.stannscollegehyd.com](http://www.stannscollegehyd.com)  
E-mail : [stann\\_college@yahoo.co.in](mailto:stann_college@yahoo.co.in)

Phone : 23513020



## ST. ANN'S COLLEGE FOR WOMEN

( Affiliated to Osmania University )

(Accredited by NAAC with 'A' Grade)

Santoshnagar Colony, Mehdiapatnam, Hyderabad - 500 028.

Date: 09.11.2022

To  
L.I.C of India  
HYDERABAD – 500 063.

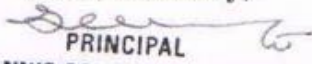
Sir,

Sub : St. Ann's College for Women, Mehdiapatnam, Hyderabad  
–GSLIC in respect of Degree and P.G. Staff Members  
For the month of October 2022 – Submission – Reg.

We are herewith enclosing a Banker's Cheque No.796466 Dated: 09.11.2022 drawn on Corporation Bank for Rs. 3,990/- (Rupees Three thousand nine hundred Ninety only) in favour of the LIC of India, Hyderabad. The statement showing the details of the collection of our College for the month of October-2022 is enclosed herewith. Kindly acknowledge receipt.

Thanking you,

Yours faithfully,


  
PRINCIPAL  
ST. ANN'S COLLEGE FOR WOMEN  
MEHDIPATNAM, HYDERABAD-28.



## St. Ann's College for Women

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### ii. EPF coverage for staff of self-financing courses.




कर्मचारी भविष्य निधि संगठन  
Employees' Provident Fund Organization  
भविष्य निधि भवन, १४, भीकाजी कामा प्लेस, नई दिल्ली - ११००६६  
Bhavishya Nidhi Bhawan, 14, Bhikaji Cama Place, New Delhi - 110066

Generated On 10/07/2019 08:27:

**Payment Confirmation Receipt**

TRRN No :	1201907007793
Challan Status :	Payment Confirmed
Challan Generated On :	08-JUL-2019 09:50:55
Establishment ID :	APHYD0022462000
Establishment Name :	ST.ANNS P.G.COLLEGE FOR WOMEN,
Challan Type :	Monthly Contribution Challan
Total Members :	23
Wage Month :	JUN-2019
Total Amount (Rs) :	69,456
Account-1 Amount (Rs) :	43,530
Account-2 Amount (Rs) :	1,389
Account-10 Amount (Rs) :	23,148
Account-21 Amount (Rs) :	1,389
Account-22 Amount (Rs) :	0
Payment Confirmation Bank :	State Bank of India
CRN :	002100719709299
Payment Date :	10-JUL-2019 08:24:16
Payment Confirmation Date :	10-JUL-2019 08:27:15





## St. Ann's College for Women

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कर्मचारी भविष्य निधि संगठन  
Employees' Provident Fund Organization  
भविष्य निधि भवन, १४, भीकाजी कामा प्लेस, नई दिल्ली - ११००६६  
Bhavishya Nidhi Bhawan, 14, Bhikaji Cama Place, New Delhi - 110066

Generated On 16/01/2021 14:35:

### Payment Confirmation Receipt

TRRN No :	1202101009698
Challan Status :	Payment Confirmed
Challan Generated On :	11-JAN-2021 10:26:19
Establishment ID :	APHYD0022462000
Establishment Name :	ST.ANNS P.G.COLLEGE FOR WOMEN,
Challan Type :	Monthly Contribution Challan
Total Members :	24
Wage Month :	DEC-2020
Total Amount (Rs) :	78,661
Account-1 Amount (Rs) :	49,296
Account-2 Amount (Rs) :	1,573
Account-10 Amount (Rs) :	26,219
Account-21 Amount (Rs) :	1,573
Account-22 Amount (Rs) :	0
Payment Confirmation Bank :	HDFC Bank
CRN :	240130121004512
Payment Date :	13-JAN-2021
Payment Confirmation Date :	13-JAN-2021
Total PMRPY Benefit :	0







## St. Ann's College for Women

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कर्मचारी भविष्य निधि संगठन  
Employees' Provident Fund Organization  
भविष्य निधि भवन, १४, भीकाजी कामा प्लेस, नई दिल्ली - ११००६६  
Bhavishya Nidhi Bhawan, 14, Bhikaji Cama Place, New Delhi - 110066

EPF May 2023

PG EPF

Generated On 14/06/2023 15:06:

### Payment Confirmation Receipt

TRRN No :	1202306000235
Challan Status :	Payment Confirmed
Challan Generated On :	01-JUN-2023 12:22:46
Establishment ID :	APHYD0022462000
Establishment Name :	ST.ANNS P.G.COLLEGE FOR WOMEN,
Challan Type :	Monthly Contribution Challan
Total Members :	22
Wage Month :	MAY-2023
Total Amount (Rs) :	70,716
Account-1 Amount (Rs) :	44,315
Account-2 Amount (Rs) :	1,414
Account-10 Amount (Rs) :	23,571
Account-21 Amount (Rs) :	1,416
Account-22 Amount (Rs) :	0
Payment Confirmation Bank :	Union Bank of India
CRN :	026120623326674
Payment Date :	12-JUN-2023
Payment Confirmation Date :	12-JUN-2023
Total PMRPY Benefit :	0





# St. Ann's College for Women

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## iii. Grant of medical, maternity and Adoption leaves.

Leave Letter

Hyderabad  
22/10/18

To  
The Principal  
St. Ann's College for Women,  
Mehdipatnam.

Subject: Request regarding the leave  
Requested status.

I am B. Vasanthidevi from Administrative  
Office. I had a slight head problem because of an  
accident on Jan 24. I was unable to attend my  
work in the college. I kindly request you to  
accept my request regarding the leave from Jan 24  
2018 to Jan 30 2018.

Thanking you.

Yours Sincerely  
B. Vasanthidevi  
22/10/18

Date = 22/10/18  
Place = Hyderabad

22/10/18

To  
The principal  
St. Ann's College for Women  
Subject: Leave for Maternity  
Respected Sister,

I Y. Ramya Sri faculty of St. Ann's  
College [Department of Physical Education] is  
requesting to accept my maternity leave from  
23<sup>rd</sup> Oct 2018 To 30<sup>th</sup> May 2019.

Kindly Sanction my Maternity leave

Thanking you.

Yours Sincerely  
Y. Ramya Sri  
22/10/18

Date - 4/07/2022  
Place = Hyderabad

4/7/22

To  
The principal  
St. Ann's College for women,  
Mehdipatnam.

Subject: Applying for maternity leave

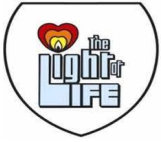
Respected Sister,

I P. Ramya Sri lecturer in Department  
of Physical Education is blessed with a baby girl.  
Please Sanction my maternity leave for the month  
of July 2022.

As there is no one available to look  
after my daughter I need leave from the month  
of August to December 2022. Kindly requesting you  
to accept my leave

Thanking you

Yours Sincerely  
P. Ramya Sri  
Dept of Physical Ed



## St. Ann's College for Women

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### iv. Loans for personal emergencies.

To,  
The Principal,  
St Ann's College for Women  
Mehdipatnam,  
Hyderabad.

Date 10-6-20

Respected Sister

This is to humbly request you give me some financial support for me to educate my son Asif Ahammed Age 22 years studying MBBS in Sadhan College for Medical sciences. I have to pay total fee of Rs 95,000/- I will be grateful forever the support provided by yours.

Thankyou.  
Saudatul 22,000/-

Your's Sincerely,  
(S.K. RASOOL)  
SK Rasool

PRINCIPAL  
ST. ANN'S COLLEGE FOR WOMEN  
MEHDIPATNAM, HYDERABAD-28

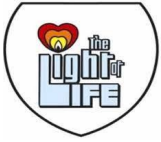
SUBJECT:-

MY NAME IS ABDUL JAVEED and I'm writing this letter for a small request. my daughter is in the hospital and I need some financial help. and I work here as an watchman and I'm requesting you all for the small help it would be grateful if you help me

your's faithfully  
Rasool

Rs. 9,000/- [Nine thousand  
Rupees only]

Hyderabad  
20.12.2021



# St. Ann's College for Women

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## II. Facilities and Amenities

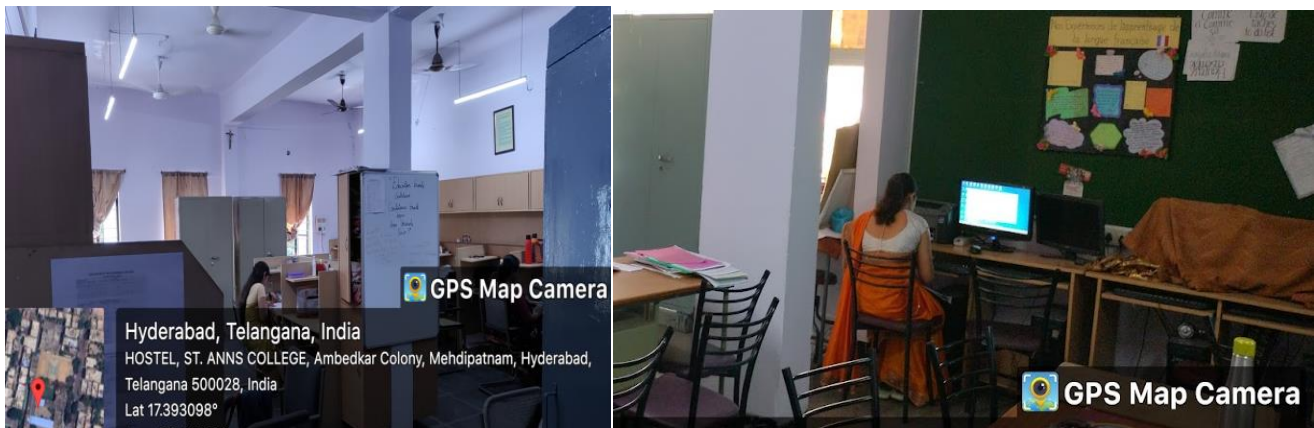
### i. Infrastructure

### ii. Health Centre

## II. Facilities and Amenities

### i. Infrastructure

#### Well furnished staff rooms

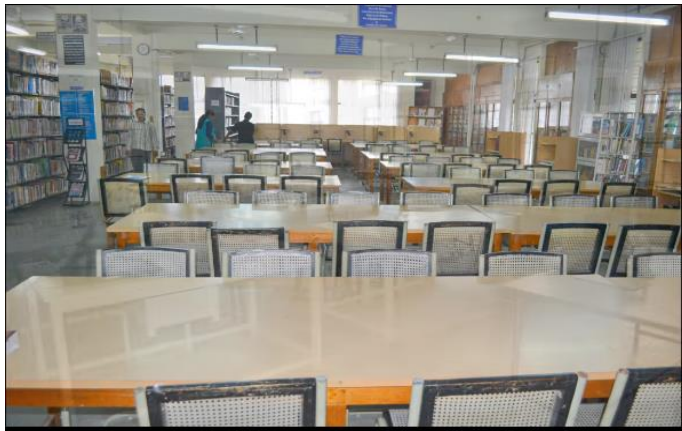






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Library



SACreD- Research Center



Office





# St. Ann's College for Women

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## GYMNASIUM



St. Ann's Video Recording center



Health Center



Prayer Room

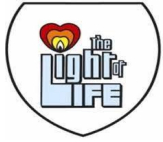


## St. Ann's College for Women

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 ISO 9001:2015 ISO 14001:2015

### ii. Faculty Welfare Measures through Health Centre - 2018-2019

S.No	Month	Event/Activity planned	Resource Person	Collaborating unit	Benefits
1	July, 2018	Complete Health check up	Group of experts	Abott , India	Medical examination - Blood sugar, Thyroid profile, CBP, Complete health profile at nominal prices.
2	August 2018	Two Day Eye Camp	Group of experts	As part of Govt " KANTI VELUGU" programme	screening for ocular problems covering refraction errors, cataract, Vitamin A deficiency, eye infections, glaucoma, corneal disorders and diabetic retinopathy.
3	September 2018	Guest Lecture on "Thyroid Disorders"	Dr.Thrivikram.S. MD, Practitioner	-	Awareness regarding Thyroid disorders
4	October 2018	"Hands-on session on CPR -Cardio-Pulmonary Resuscitation"	Dr Aditya Vikram Kabra, Managing director of Pulse Health care associates and his colleagues.	Pulse Health Care Associates.	Awareness on CPR
5	December 2018	Guest lecture on "Anti ageing for staff and students".	Dr Dedeepya Reddy, Practitioner	-	Awareness about Anti Aging
6	March 2019	Free Health Camp	Group of experts	Vijay diagnostic centre	Free health camp for staff and their family members



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## Glimpses

- Health Centre in collaboration with Abbott India Ltd.



- Two Day Eye Camp as part of Kanti Velugu Program.



Sri K. Chandra Sekhar Rao  
Honourable Chief Minister

Commissionerate of Health and Family welfare

**KANTI VELUGU**

Government of Telangana



Sri C. Laxma Reddy  
Honourable Health and  
Family Welfare Minister



- Guest Lecture on "Thyroid Disorders" by Dr. Thrivikram.S. MD, General Practitioner.







## St. Ann's College for Women

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- Hands-on session on CPR (Cardiopulmonary Resuscitation) by Pulse Health Care Associates, Dr Aditya Vikram Kabra.



- Free health camp in Collaboration with Vijay diagnostic centre.





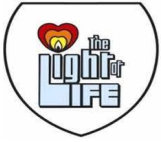


## St. Ann's College for Women

(Autonomous) Affiliated to Osmania University  
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 ISO 9001:2015 ISO 14001:2015

### ii . Faculty Welfare Measures through Health Centre - 2019-2020

S.No	Month/Year	Event/Activity planned	Resource Person	Collaborating unit	Benefits
1	July 2019	Health Awareness Program	Group of Experts	Adolescent Health Academy Hyderabad and Tanveer Foundation	<ol style="list-style-type: none"> <li>1. Handling Emergencies("Hands-on session on CPR )</li> <li>2. Nutritional Needs of Adolescents</li> <li>3. Significance of adolescent immunisation.</li> </ol>
2	September 2019	Free Dental Check Up Camp	Group of Experts	Partha Dental Clinic	<ol style="list-style-type: none"> <li>1. Complete oral checkup with proper diagnosis with proper treatment plan</li> <li>2. Free Consultation with super specialist Doctors</li> <li>3. Free family consultation with coupon</li> <li>4. Free scaling free polishing</li> <li>5. Special Discounts on all treatments</li> <li>6. Inaugural offers on Dermatology</li> <li>7. Free Consultation and special Discounts on treatments</li> </ol>
3	February 2020	Health Camp	Group of Experts	Thyrocare	<p>Awareness on Thyroid Disorders            Following test were done at reasonable price</p> <ul style="list-style-type: none"> <li>• T3,T4,TSH, Lipid Profile, Liver Profile, KidneyProfile, IronDeficiency,</li> <li>• Fasting Blood Sugar, Vitamin Profile,Testosterone )</li> </ul>



# St. Ann's College for Women

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NAAC Accredited with A+ Grade (3rd Cycle), CPE by UGC  
ISO 9001:2015 ISO 14001:2015

## Glimpses

- Health awareness program with Adolescent Health Academy and Tanveer Foundation, Hyderabad.



- Free dental check up with Partha Dental Clinic.



- Health Camp in Collaboration with Thyrocare.





## St. Ann's College for Women

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### ii . Faculty Welfare Measures through Health Centre - 2020-2021

S.No	Month/Year	Event/Activity planned	Resource Person	Benefits
1	August 2020	Webinar on “The effect of the COVID-19 induced lockdown on nutrition, health and lifestyle patterns among young adults.”	Dr.S.Amarender MD, Director, Ramaiah Hospital, Hyd	Awareness and Counseling for the ongoing stress and anxiety due to COVID 19 Lockdown
			Dr.(Major) E P Chandrakala, Consultant Gynecologist for Army Clinics and BITS , Hyd	
			Dr.Reshma Sultana, Consultant Obstetrician and Gynecologist	
2	October 2020	Webinar - Gynecology (PCOD)	Dr.Reshma	Awareness on PCOD
3	March 2021	Webinar on “ Dry Eyes”	Dr CH Sudheer, Ophthalmologist, M S Lions Hospital, Hyderabad	Awareness on Eye Surgery, Eyelid Surgery, Diabetic Eye Check-up, Eye Muscle Surgery and Orbital Decompression Surgery for Thyroid Eye Disease etc.



# St. Ann's College for Women

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## Glimpses

- Webinar on " The effect of the COVID-19 induced lockdown on nutrition, health and lifestyle patterns among young adults.

**ST.ANN'S COLLEGE FOR WOMEN**  
(Autonomous), Affiliated To Osmania University  
Accredited 'A+' Grade by NAAC (3rd Cycle), College with Potential for Excellence by UGC  
Mehdipatnam, Hyderabad -500 028

**WEBINAR**  
**COVID-19 AND THE IMPORTANCE OF NUTRITION IN SUPPORTING IMMUNITY**  
21st August, 2020 | 3 p.m. - 5 p.m.  
Organised by Health Centre

*The effect of the COVID-19 induced lockdown on nutrition, health and lifestyle patterns among young adults.*

**SPEAKER : DR. S.AMARENDER MD**  
Director, Ramaiah hospital, Hyd.  
Topic: "The new normal NUTRITION, IMMUNITY, INFECTION."

**SPEAKER : DR. (MAJOR) EP CHANDRAKALA**  
Presently consultant Gynecologist for Army Clinics and BITS HYDERABAD  
Topic: "Life Skills for the Young."

**SPEAKER : DR. RESHMA SULTANA**  
Consultant Obstetrician & Gynecologist  
Topic: "Polycystic Ovarian Disease (PCOD): Causes, Symptoms, and Treatment."

**MEETING LINK : <https://bit.ly/2Y8tHE1>**

**Highly Effective People**  
Your Character and Personality Ethic

**YOUR PERSONALITY**  
Your secondary greatness

- > Positive Mental Thinking
- > People Skills
- > Win-Win Mindset

**YOUR CHARACTER**  
Your primary greatness

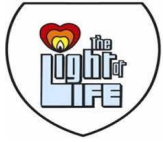
- > Beliefs & Values
- > Living in Rule

- Webinar - Gynecology (PCOD) by Dr.Reshma.

**Diet in PCOS**

- Diet should be low total calorie per day, low carbohydrate and fat, adequate protein and vitamins.
- Traditional Indian food is high in carbohydrate and moderate in fat and protein.
- The current generation have sedentary lifestyle which needs decreased calorie intake
- Recommended calorie intake depends upon the weight of

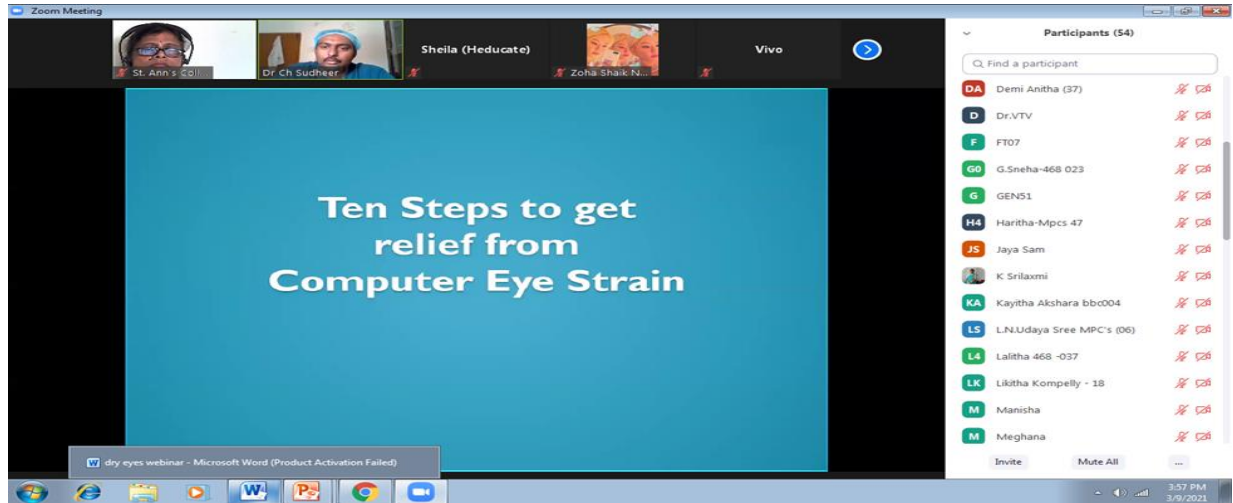




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- A Session on Dry eyes by Dr CH Sudheer MS, Ophthalmologist, Lions Hospital, Hyderabad.



### ii . Faculty Welfare Measures through Health Centre - 2021-2022

S.No	Month	Event/Activity planned	Resource Person	Collaborating unit	Benefits
1	September 2021	COVID 19 Vaccination Drive	Group of Health Care Professionals	Government Hospital, Gudimalkapur, Mehdipatnam, Hyderabad	Vaccination
2	September 2021	Webinar on COVID 19 Variants	Dr.Neeraj Agarwal, Professor and Head AIIMS, Bibinagar	-	Awareness
3	September 2021	Guest Lecture on Polycystic Ovarian syndrome in Adolescents,	Dr.MaalavikaAppasani, Obstetrician-Gynecologist	-	Awareness
4	October 2021	Guest Lecture on Bone Health - Women	Dr.Shashikanth G, Sr.Consultant Orthopaedic Surgeon	-	Awareness



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5	November 2021	Guest Lecture on Diabetes- A Silent Killer ?	Dr.Ashish Chauhan, MD, Internal Medicine , Apollo Hospital	-	Awareness
6	November 2021	A talk on the topic "THE COVID 19 PATHWAY	Dr.Sindhu, Dental Surgeon	GA Dental Clinics	Awareness
7	January 2022	A workshop on the Topic "First Aid Prime- Be Aware And Save Lives" by		FLO Hyderabad, in association with, ALERT	Awareness
8	March 2022	Medical camp	Group of Experts		Diagnostic tests on various profiles for Staff (teaching and admin )students and Parents
	April 2022	"Inclusion In The Workplace :Challenges And Opportunities In Post Pandemic"	Surabhi Dayama, Counselling Psychologist at TISS Hyderabad	-	Awareness

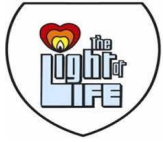
### Glimpses

- **COVID Vaccination drive.**









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- Guest lecture on : Topic- Diabetes a silent killer ?

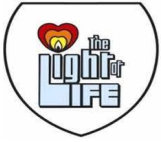


- A talk on the topic “THE COVID 19 PATHWAY: A proposed oral vascular infection and the importance of oral healthcare measures by dental surgeon Dr.Sindhu.



- A workshop on the Topic “First Aid Prime- Be Aware And Save Lives” by FLO Hyderabad, in association with ALERT.





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- **Medical camp for diagnostic tests on various profiles for Staff.**



- **“Inclusion In The Workplace :Challenges And Opportunities In Post Pandemic” by Surabhi Dayama, Counselling Psychologist at TISS Hyderabad.**



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### ii . Faculty Welfare Measures through Health Centre - 2022-2023

S.No	Month/Year	Event/Activity planned	Collaborating Unit	Resource Person	Benefits
1	September 2022	Guest lecture on Obesity and PCOD – symptoms and causes	-	Dr. Deepthi, and Dr Reginald Lam	Awareness Session
2	October 2022	Talk on Cancer-Awareness and prevention	-	RTN.Dr.Chaturvedi, General Secretary , Swastika Cancer Care	Awareness Session
3	January 2023	Free dental camp for staff and students	BRACE DENTAL CLINICS	Group of Experts	Dental awareness on common dental ailments with emphasis on brushing techniques, tooth decay, gum diseases, measures used to prevent them and various other related oral health issues.
4	February 2023	Free Eye check up camp by MAXIVISION	Dr. Reddy's digital health solution ICICI LOMBARD 'SVAAS'	Group of Experts	Journey of outpatient healthcare and wellness –
5	March 2023	Free Health camp by Vijaya Diagnostic Centre			Complete Health Check up facility being availed by Staff
6	May 2023	Free Health Camp for Teaching and Admin Staff	Medicover hospitals	Group of Experts	Free Health Check up





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## Glimpses

- Guest lecture on Obesity and PCOD –Symptoms and Causes.

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Health center is organizing guest lectures on the topic Obesity by Dr.Reginald Lam and Polycystic ovary Syndrome (PCOS) - Symptoms and causes by Dr.Deepthi.

Date: 15th September 2022  
Time :10.30 am  
Venue :AV Room

Dr. Deepthi | M.B.B.S M.S (Obstetrics and Gynecology) Master in cosmetic and reconstructive Gynecology

Dr. Reginald Lam MBBS, DNB - General Surgery, MCh - Plastic Surgery, Laparoscopic Surgeon, Plastic Surgeon



- Talk on Cancer-Awareness and prevention.

YOUTH FOR SEVA IN COLLABORATION WITH SWASTAVA CANCER CARE

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Health centre is organising an awareness session on **Cancer Awareness and Prevention**

**SPEAKER**  
RTN DR. V. CHATURVEDI  
GENERAL SECRETARY  
SWASTAVA CANCER CARE  
MEMBER EXECUTIVE COMMITTEE AND DIRECTOR INTERNATIONAL COORDINATOR  
CANCER CARE INDIA

**SATURDAY, 22ND OCTOBER**  
10:30A.M. TO 11:30 A.M.

VENUE: AV ROOM  
For more info  
[www.youthforseva.org](http://www.youthforseva.org)



- Free Dental camp for Staff and Students in Collaboration with Brace Dental Clinics.

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HEALTH CENTRE IN COLLABORATION WITH BRACE DENTAL CLINIC IS ORGANIZING A TALK ON DENTAL HEALTH FOLLOWED BY A CAMP ON 12TH JANUARY.

Venue- Ground floor quadrangle  
Time- 9.00 am onwards





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- Free Eye check-up camp by MAXIVISION, jointly organised by the Department of Commerce, Health Centre and Dr. Reddy's digital health solution ICICI LOMBARD 'SVAAS'.



- Free Health camp by Vijaya Diagnostic Centre.

## FREE HEALTH-CHECK CAMP

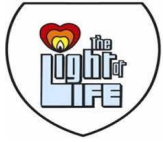
**HEALTH CENTRE**  
IN COLLABORATION WITH  
**VIJAYA DIAGNOSTIC CENTRE**

<p><b>FREE HEALTH-CHECK PARAMETERS</b></p> <ul style="list-style-type: none"> <li>Body Temperature</li> <li>Blood Pressure</li> <li>Random Blood Sugar*</li> <li>Heart Rate</li> <li>Oxygen Saturation (SPO2)</li> <li>Body Fat%<sup>1</sup></li> <li>Muscle Mass</li> <li>Bone Mass</li> <li>Body Mass Index (BMI)</li> <li>DCI / BMR</li> <li>Metabolic Age</li> <li>Body Water %<sup>2</sup></li> <li>Visceral Fat</li> </ul> <p><small>* Only for people above the age of 30 years</small></p>	<p style="text-align: center;"><i>We are ensuring maximum protection for your safety</i></p> <ul style="list-style-type: none"> <li> Masks will be used by all our staff</li> <li> Frequent sanitization of equipments</li> <li> Hand sanitization before/after health-check</li> <li> Social distancing norms to be followed</li> </ul>
<p><b>Optional Tests</b></p> <ul style="list-style-type: none"> <li> Bone Mineral Density Test worth ₹ 1000 at just ₹ 200</li> <li> Body Composition Analyser Report worth ₹ 1500 at just ₹ 500</li> </ul>	

DATE : 10TH MARCH 2023

VENUE : HEALTH CENTRE





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- Free Health Camp by Health Centre in collaboration with Vijaya Diagnostic Centre.



- Free Health Camp in Collaboration with Medicover Hospitals



*Principal*  
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