Report on Inauguration of Health and wellness Club

On 19 August, 2022 Sree Sankara College, Kalady in association with Department of Commerce, Department of Economics And NCC organized the inaugural function of Health and Wellness Club at Sri Bharathi Theertha Hall.

The programme began at 10 am with a melodious prayer song by Ms. Annapurna Sasikumar, II M.com. On this auspicious occasion Dr.Smrithi Ashokan, Assistant Professor, Department of Commerce, Sree Sankara College, Kalady welcomed the gathering. Sri K. Anand, Managing Director, Sree Sankara College Kalady gave the presidential address. The chief guest of the day Dr.V.R.Raju Director of Health Service I/C (Rtd.) inaugurated the Health and Wellness Club by lighting the lamp followed by his Inaugural address. Addressing the students, he described Health as physical, mental and spiritual growth. Prof. C. P. Jaisankar, Chief Operation officer, Adi sankara Group of Institutions, Kalady and Dr. Preethi Nair, Principal, Sree Sankara College, Kalady rendered the felicitation. The inaugural ceremony came to an end with the words of gratitude by Lt. Rajy Ramakrishnan, Associate NCC Officer, Sree Sankara College, Kalady at 12 noon and the gathering dispersed for lunch thereafter.

The afternoon session started at 2 pm with an awareness talk by the Resource person Mr. Francis Moothedan Raphel, Project Director & Chief Trainer, MMM IRCA, MOSC Medical College Hospital, Kolenchery, on the topic 'Substance Abuse'. He cautioned the students that increased anxiety and stress can be a major cause for increased substance abuse among youngsters. He urged the audience to think of addiction as a brain disorder, learn about the available treatments and remove the social stigma attached to addiction.

The guests were presented the token of appreciation towards the end of each session.

Along with the inaugural function, Health & Wellness Club also organized a well arranged Blood Donation Camp in association with Blood Bank, Aluva with massive support of volunteers.

The entire programme was compared by Ms.Anna Rose Joshy and Ms.Annapurna Sasikumar ,II M.com, Sree Sankara College, Kalady.

Report on Free Medical Camp

A free medical camp was organized on 21 August 2022 as part of Health and Wellness Club in association with Department of Commerce, Department of Economics And NCC together with the following expert panel of doctors -

Dr. S. K. Rajeswari Amma : Family Physician & Diabetologist, Sreemoolam

Clinic, Sreemoolanagaram & Vice Chairperson, South Zone,

National WDW

Dr. K. N. Sobhana : Diabetologist, Vimala Hospital, Kanjoor & Chairperson, WDW

Madhyakerala

Dr. Bindu Suresh : Obstetrician & Gynaecologist, Karothukuzhi Hospital, Aluva

Dr. Liza Thomas : Paediatrician & Adolescent Physician, Dharmagiri Hospital,

Kothamangalam & Secretary, WDW Madhyakerala

Free physical examination along with free Blood Sugar, Blood Pressure tests were provided by the doctors.

The free medical camp was open to the public and approximately 50 people were in attendance. Doctors advised them various medicines and consultation during the camp.

Also an awareness session was conducted by the doctors for the volunteers of H&W club regarding the healthy diet to be maintained for the effective and holistic balance of body and mind.

The Camp was successfully organized under the guidance of Convenor Dr.Smrithi Ashokan, Assistant Professor, Department of Commerce, Sree Sankara College, Kalady along with the cooperation of the organizing committee members Sri.Prasad S. and Lt.Rajy Ramakrishnan, faculty members, Sree Sankara College, Kalady.















ക്വാംപ്

കാലടി - ശ്രീശങ്കര കോളജിൽ പൊതുജനങ്ങൾക്കു സൗജന്യ മെഡിക്കൽ കൃാംപ് 21നു രാവി ലെ 9നു നടത്തും ശ്രീശങ്കര കോ ളജ്, കൊമേഴ്സ് വിഭാഗം, ഇക്ക ണോമിക്സ് വിഭാഗം, എൻസി സി, ഹെൽത്ത് ആൻഡ് വെൽനെ സ് ക്ലബ് എന്നിവ സഹകരിച്ചാണ് ക്യാംപ് നടത്തുന്നത്. 9544600092.

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കാലടി ശ്രീശങ്കര കോളേജിൽ ഞായറാഴ്ച 21/08/2022-ൽ രാവിലെ 9 മണിക്ക് സൗജന്യ മെഡിക്കൽ ക്യാമ്പ് സംഘടിപ്പിക്കുന്നു.

ആരോഗ്യരംഗത്ത് പ്രശസ്തിയാർജ്ജിച്ച IMA വിദഗ്ദ്ധരായ ഡോ.രാജേശ്വരിയമ്മ (പ്രമേഹരോഗ വിദഗ്ദ്ധ, ശ്രീമൂലം ക്ലിനിക്ക്), ഡോ.ബിന്ദു സുരേഷ് (ഗൈനക്കോളജിസ്റ്റ്, കാരോത്തുകുഴി ഹോസ്പിറ്റൽ, ആലുവ), ഡോ.ലിസ തോമസ് (ശിശുരോഗ വിദഗ്ദ്ധ, ധർമ്മഗിരി ഹോസ്പിറ്റൽ, കോതമംഗലം), ഡോ.കെ.എൻ. ശോഭന (പ്രമേഹരോഗ വിദഗ്ദ്ധ, വിമല ഹോസ്പിറ്റൽ, കാഞ്ഞൂർ) എന്നിവരുടെ സേവനം ലഭ്യമാണ്. ഏവർക്കും സ്വാഗതം.



Resource Person

SREE SANKARA COLLEGE, KALADY HEALTH & WELLNESS CLUB

In association with Dept.of Commerce, Dept. Of Economics and NCC Inauguration

On 19 August 2022

At 10 am

Venue: SRI BHARATHI THEERTHA HALL PROGRAMME SCHEDULE

Prayer : Ms. Annapurna Sasikumar,

M.Com, Sree Sankara College, Kalady

Welcome Speech : Dr. Smrithi Ashokan,

Assistant Professor, Department of Commerce,

Sree Sankara College, Kalady

Presidential Address : Sri. K. Anand,

Managing Director,

Sree Sankara College, Kalady

Inaugural Address : Dr. V. R. Raju,

BSc, MBBS, D. Ortho,

Director of Health Service I/C (RTD)

Felicitation : Prof. C. P. Jaisankar,

Chief Operations Officer,

Adi Sankara Group of Institutions, Kalady

Dr. Preethi Nair,

Principal, Sree Sankara College, Kalady

: Mr. Francis Moothedan Raphel,

Project Director & Chief Trainer

MMM IRCA

MOSC Medical College Hospital, Kolenchery,

Topic - 'Substance Abuse',

Time - 2 pm.

Vote of Thanks : Lt. Rajy Ramakrishnan,

Associate NCC Officer, Sree Sankara College, Kalady

We are also glad to inform you that, a Medical Camp will be organized on 21 August 2022 from 9 am at Sree Sankara College, Kalady



EXPERT TEAM OF DOCTORS

Dr. S. K. Rajeswari Amma: Family Physician &

Diabetologist, Sreemoolam Clínic, Sreemoolanagaram & Vice Chairperson, South Zone,

National WDW

Dr. K. N. Sobhana : Diabetologist,

Vimala Hospital, Kanjoor & Chairperson, WDW

Madhyakerala

Dr. Bindu Suresh : Obstetrician & Gynaecologist,

Karothukuzhi Hospital, Aluva

Dr. Liza Thomas

: Paediatrician & Adolescent Physician, Dharmagiri Hospital, Kothamangalam &

Secretary, WDW Madhyakerala

Organising Committee:

Convenor:

Sri. Prasad S

Dr. Smrithi Ashokan

Lt. Rajy Ramakrishnan

Dr. Smrithi Ashokan







































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HEALH AND WELLNESS CLUB In assitiation with Dept. of commence, Dept. of Economics and NCC Inaquaration On 19 August 2022 At 10 am Venue: SRI BHARATHI THEERIHA HALL As an initiative in creating Healthy communities, Healthy homes, Healthy people we introduce to you this Health and Wellness club to have good access to medical case and wellness amountles. Signature. Oriet Gruest: Dr. V.R. Ragu presidential attress: 5% k. Anand Prof. CP. Jaisankas Mg. Faancis Moothedan Raphel Resource Person 1-Lt. Rajy Ramakaishnan Vote & Thanks !-Dr. Smråthi Ashokan Smråt Convenda De Perethe Naie (Nortige l'air Principal

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