



SREE SANKARA COLLEGE, KALADY

Established in 1953

Affiliated to Mahatma Gandhi University, Kottayam

Re-accredited by NAAC in the 4th cycle with grade B++

Health and Wellness Club

Activity Report

2021-22 to 2022-23


Sankar Nagar, Mattoor, Kalady P. O., Ernakulam Dist,
Kerala, PIN: 683574, Ph:0484-2462341


www.ssc.edu.in, info@ssc.edu.in, igac@ssc.edu.in



Webinar on Cancer Awareness - I

Health and Wellness Club organized a webinar on “Cancer – How to keep it away and how to face it” in association with Sakhi – Women Cell.


 **SREE SANKARA COLLEGE
KALADY**

WOMAN'S CELL (SAKHI) & IQAC 


Jointly Organises

WEBINAR

On


**"CANCER - HOW TO KEEP IT AWAY
AND HOW TO FACE IT".**  **AWARENESS**
THROUGH THE CARE

RESOURCE PERSON




Dr. Sunu Cyriac
MD,DM (AIMS) Fellow in
Oncology & BMT (Canada)
Assistant Professor Dept. of
Medical Oncology & Hematology
Amala Institute of Medical Sciences

On

23/10/2021
Saturday
Time : 3 PM
Platform : 
Google Meet

TO JOIN
ENTER THE CODE :
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PROGRAMME SCHEDULE 

Prayer : Harsha Unnikrishnan
DC 3 Tax

Welcome Speech : Dr Smrithi Ashokan
Assistant Professor
PG Dept of Commerce

Introductory Address : Prof. GP Jaisankar
Chief Operation Officer
Adi Sankara Group of
Institutions, Kalady

Presidential Address : Dr.A. Suresh
Principal Sree Sankara College
Kalady


Felicitation Speech : Dr Preethi Nair
Coordinator IQAC
Sree Sankara College Kalady

Interactive Session : Dr Sunu Cyriac
MD ,DM (AIMS) ,Fellow in
Oncology & BMT (Canada)
Assistant Professor Dept .of
Medical Oncology & Hematology
Amala Institutes of Medical Sciences

Vote of Thanks : Dr.Sreeja S
Coordinator SAKHI
Sree Sankara College Kalady



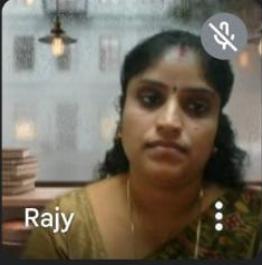
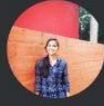




Organising Committee | **Coordinators**

Dr. A Suresh | Dr Sreeja S
Dr Preethi Nair | Dr Smrithi Ashokan
Dr Sreeja S
Dr Smrithi Ashokan



jwv-zwvd-fks ▾

← **REC** 🔊 🔍

 <p>Dr. Smrithi ⋮</p>	 <p>Preethy ⋮</p>
 <p>Rajy ⋮</p>	 <p>Unnimaya ⋮</p>
 <p>Suresh ⋮</p>	 <p>Prasad ⋮</p>
 <p>You ⋮</p>	 <p>manu 39 others</p>

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Webinar on Cancer Awareness – II

A webinar on Cancer awareness titled “Why Cancer Awareness Campaigns are Important” was organized on 4th December 2021.

Sree Sankara College Kalady

in association with
Health and Wellness Club, SSC

Webinar
on
" Why Cancer Awareness Campaigns are Important!"

4th December 2021 Saturday
2 pm - 4 pm

Platform :  **Google Meet**

To Join : [CLICK HERE](#) 

Resource Persons



Dr. Smrithi Ashokan,
Assistant Professor
Dept of Commerce,
Sree Sankara College, Kalady.



Dr. Preethy K,
Associate Professor,
Dept of Music,
SSUS, Kalady.

E-Certificate for Participants

PROGRAMME SCHEDULE

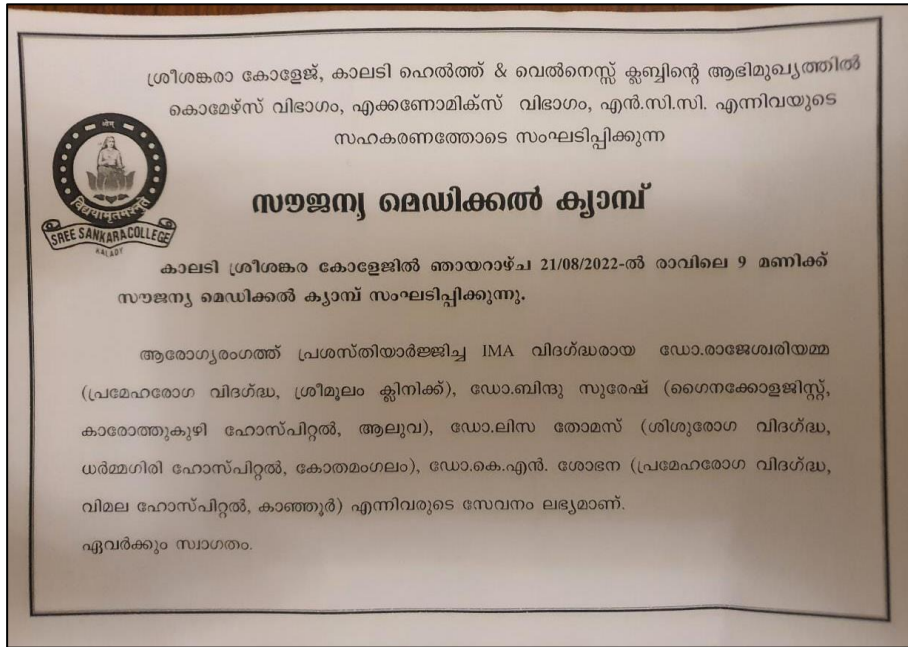
Prayer	:	Unnimaya, MA English
Welcome Speech	:	Lt. Rajy Ramakrishnan, Dept. of Economics, Sree Sankara College, Kalady
Presidential Address	:	Dr. A Suresh, Principal, Sree Sankara College, Kalady
Keynote Address	:	Prof. C. P. Jaisankar, Chief Operation Officer, Adi Sankara Group of Institutions, Kalady.
Felicitations Speech	:	Sri. Prasad S, IQAC member, Sree Sankara College, Kalady
Resource Person's	:	Dr. Preethy K, Associate Professor, Department of Music SSUS, Kalady Dr. Smrithi Ashokan Assistant Professor, Department of Commerce, Sree Sankara College, Kalady
Vote of Thanks	:	Dr. Liji Thomas, Assistant Professor, Department of Biochemistry, Sree Sankara College, Kalady

Organising Committee:
Sri. Prasad S
Lt. Rajy Ramakrishnan
Sri. Manu Prakash
Dr. Liji Thomas
Dr. Smrithi Ashokan

Convenor:
Dr. Smrithi Ashokan

Inauguration of Health and wellness Club and Health Camp





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.



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
- Resource Person** : **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
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*



Organising Committee:

**Sri. Prasad S
Lt. Rajy Ramakrishnan
Dr. Smrithi Ashokan**

Convenor:

Dr. Smrithi Ashokan

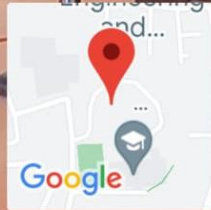
The programme began at 10 am with a melodious prayer song by Ms. Annapurna Sasikumar, II M.com. On this auspicious occasion Dr. Smrithi Ashokan, Assistant Professor, Department of Commerce, Sree Sankara College, Kalady welcomed the gathering. Sri K. Anand, Managing Director, Sree Sankara College Kalady 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 Shankara 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.



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GPS Map Camera



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 compered by Ms. Anna Rose Joshy and Ms. Annapurna Sasikumar, II M.com, Sree Sankara College, Kalady.



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 co- operation of the organizing committee members Sri. Prasad S. and Lt. Rajy Ramakrishnan, faculty members, Sree Sankara College, Kalady.

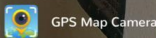




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India
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Kalady, Kerala, India
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Kalady, Kerala, India
5C9M+CFC, Mattoor, Kalady, Kerala 683574, India



Team of Health & Wellness Club

