



### HEALTH FOR ALL

SFS always believes in health is wealth even before the pandemic – various programmes were conducted by the Health Club for both mental and physical health of staff and students.

#### **Objectives of the practice**

1. To Promote health and hygiene in students.
2. To organize health camps.
3. To manage stress to improve mental health.

**Practice:** Every year as a part of best practices, we conduct various events and programmes. The list is as follows:

S.no	Year	Event
1.	2014-2015	1. Awareness Programme on Nutrition food – Doctors from Vimalalaya Hospitals. 2. Swatchatha Abhiyan. 3. Health checkup programme.
2	2015-2016	1. Gender Equity session. 2. General and regular Health Checkup. 3. Awareness Programme on Menstrual Hygiene and Social Taboo – Doctor from Narayana Hrudayalaya.
3.	2016-2017	1. Eye Checkup – Vimalalaya Hospitals 2. Seminars on “FIRST AID”. 3. Mind Management session – St. John’s Medical College 4. Awareness Programme on Suicide Prevention.
4.	2017-2018	1. Awareness Programme on Fire Safety. 2. Seminar on Gender Neutrality Language. 3. Session on Overcoming Depression from Department of Community Health, St. John’s Hospital. 4. Oral and Breast Cancer Screening Programme in association with Narayana Hrudayalaya.
5.	2018-2019	1. Awareness Programme on Prevention of Tobacco consumption – by St. John’s Medical College. 2. World Mental health Day- in association with PsyLight club, Department (Dr. Janardhan from NIMHANS was the guest). 3. An event on Happy and Healthy Life. 4. Awareness Programme on Obesity. 5. Two-day event on Child Abuse.
6.	2019-2020	1. Session on Dental Health- Treatment & Prevention – Partha Dental.



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		2. Regular Health Checkup programme.
7.	2020-2021	1. Session on Screen time usage and its effects – PG Department of Community Health, St. John's Medical College. 2. COVID-19- Vaccination drives (1 <sup>st</sup> dose – 3 drives)

### Evidence of success:

Even before the Pandemic, various programmes and sessions were held keeping in mind the importance of Health. At SFS we continue to hold at least one such programme every year to benefit the students, faculties and non-teaching staff who are associated with the college as we want to improve **Health** of each and every individual which we consider to be the **Wealth**.

During Pandemic online sessions related to Health and Hygiene were held to meet the objectives of **HEALTH FOR ALL** practice.





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