



## Activity Report

<b>Academic year 2023-24 ( July 2023 to June 2024)</b>	
Name of the Activity	<b>Workshop on “General Health and its Effect”</b>
Date	11 January 2024
Time and Venue	12 PM , Seminar Hall
Mode ( Online/Offline)	Offline
Organized by: Name of the Department/Activity Centre	APARAJITHA-Women Empowerment Cell In association with AYUSH-Health Club
Event Coordinator/ Faculty In-charge	Mrs. Shakeela M K Mrs. RoopaLatha M
Nature: Academic /Co- curricular/extracurricular/other s	Extra-Curricular
Topic/Activity	Workshop on “General Health and its Effect”
Resource Person Details (Name, Designation and Organization/Institution)	Dr. Phani Madhuri, MBBS, MS Obstetrics & Gynaecology, Apollo Cradle and Children’s Hospital.
No of Participants	50 Participants
Objectives of the activity	<ul style="list-style-type: none"><li>• To give awareness about physical, social, emotional and mental wellbeing.</li><li>• To empower individual student about the knowledge of choosing healthy habits and make modification in lifestyle this reduces grief.</li><li>• To alert students about the potential dangers of alcohol and other drug use. By which Dr. Phani Madhuri, address illegal and disrespectful behavior, and promote sincerity..</li></ul>
Methodology	Seminar, Discussion, Question and Answer Session.
Outcome of activity	<ul style="list-style-type: none"><li>• Health Education is important as it allows students to beware of how to take care of themselves and also people around them.</li><li>• To analyze and understand the appropriate condition about oneself and identify the deficiency.</li></ul>

**A brief write up of the event:**

APARAJITHA-Women Empowerment Cell in association with AYUSH-Health Club – SSMRV College organized a Workshop on “General Health and its Effect” on 11<sup>th</sup> January 2024, at 11 AM Onwards in Seminar Hall. Dr. Phani Madhuri was the resource person of the day.

Dr. Phani briefed about the importance of health awareness.

Dr. Phani Madhuri stressed about physical changes and its impact on day today life. She even highlighted about the importance of choosing good and healthy habits and finally modifying the lifestyles to reduce grief.

Dr. Phani gave awareness about prevalence of heavy alcohol consumption can lead to medical problems and increased risk of excessive alcohol use is linked with a number of short and long term public health problems, including cancers, high blood pressure, mental health concern, injuries, violence, unintended pregnancy, social issues and employment problems.

Dr. Phani Madhuri explained the effect of heavy drinking and drug consumption – which reduces female fertility by interrupting menstrual cycle and ovulation causing changes in ovarian function – which will affect women wanting to conceive.

Dr. Phani Madhuri even briefed about the impact of alcohol and drug consumption can lead to poor academic performance, absenteeism and greater risk of dropping out of students in UG and PG Programmes.

Faculty Incharge,

Mrs. Shakeela M K, Coordinator- WEC  
Mrs. RoopaLatha M, Coordinator- HC

Principal  
SSMRV COLLEGE



Image 11Jan24-d: Resorce person Dr.Phani Madhuri along with volunteers



Image 11Jan24-e: Resorce person Dr.Phani Madhuri along with staff members



Image 11Jan24-f: students and Staffs listening to the Resource Person

Invitation. 2-3 google tagged photos & any other supporting documents



Image 11Jan24-a: Resorce person Dr.Phani Madhuri addressing the gathering



Image 11Jan24-b: Resorce person Dr.Phani Madhuri along with coordinator and office bearers of WEC and HC- SSMRV College



Image 11Jan24-c: Resorce Person Dr.Phani Madhuri along with Principal Dr.Geetha R, IQAC Coordinator Dr Nagaraj M s and coordinators of WEC and HC- SSMRV College

## Invitation of Workshop



SSMRV College®



### APARAJITHA WOMEN EMPOWERMENT CELL In Association with AYUSH -HEALTH CLUB



*Cordially invites you to a Seminar on*

## GENERAL HEALTH AND ITS EFFECT

Your Health  
Is Our Concern



Dr. Phani Madhuri, MBBS, MS  
Obstetrics & Gynaecology



11th January  
2024, Thursday



3:30 PM



In Seminar Hall

**Mrs. Shakeela M K**  
Coordinator  
Women Empowerment Cell

**Mrs. RoopaLatha M**  
Coordinator  
Health Club

**Dr. Geetha R**  
Principal  
SSMRV College

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