

HOLY CROSS HOME SCIENCE COLLEGE

REPORT OF THE HEALTH AND FITNESS COMMITTEE

On 20/08/2022 Health and Fitness Committee organized a Booster vaccination camp in our college. 12 staff and 146 students had vaccinated with their booster dose. Committee students have made all the arrangements. The students those who have vaccinated were monitored to see if there were any changes in their health conditions. Mrs.A.Marithangam, Ms.G.Ajitha Co Ordinate this booster Vaccinated Camp.



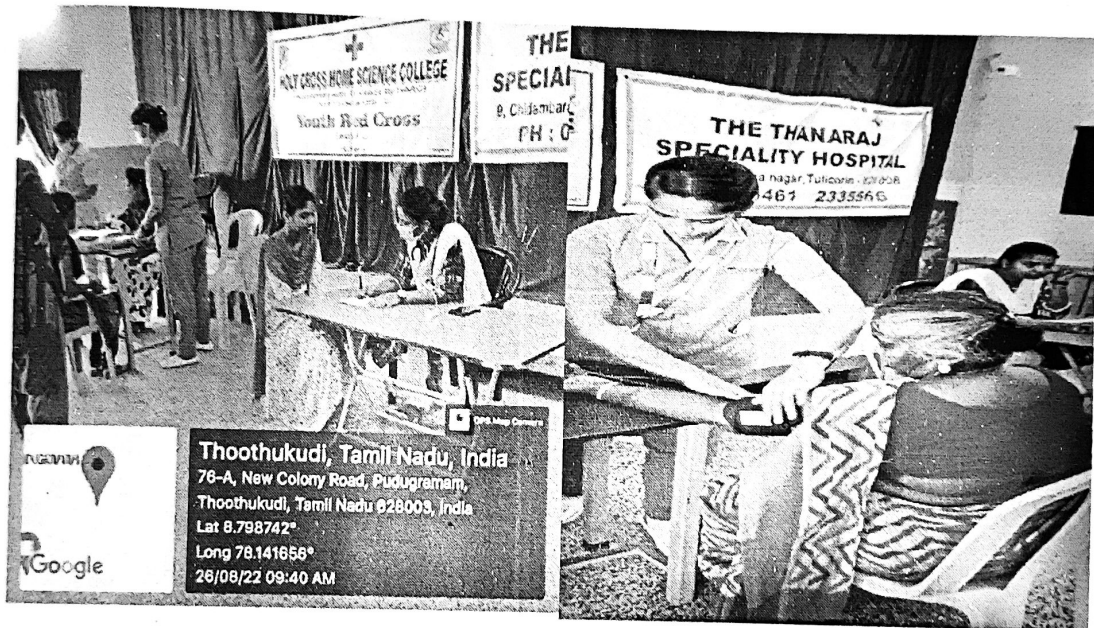
Stephane
Signature of the Staff in Charge

Rulehu 06.09.22.
Signature of the Principal
PRINCIPAL
HOLY CROSS HOME SCIENCE COLLEGE
52, NEW COLONY,
THOOTHUKUDI - 628 003

HOLY CROSS HOME SCIENCE COLLEGE

REPORT OF THE HEALTH AND FITNESS COMMITTEE

On 25/08/2022 to 26/8/2022 Health and Fitness Committee linked with Thanraj Hospital, Thoothukudi Organized medical camp for I UG, II UG, I PG, Teaching and Non-teaching Staff members were benefitted. Weight, Blood Pressure and Blood Glucose test was checked for this camp and consult with doctor and Dietician. Medical advice and diet counselling was given to the all the students. Totally 386 students and 38 staff were benefitted. Our motto of this camp is reduced the underweight and anaemic students of our college.



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Signature of the Staff in Charge

[Handwritten Signature] 06.09.22.
Signature of the Principal
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REPORT OF THE HEALTH AND FITNESS COMMITTEE

On 22/09/2022 Health and Fitness Committee organized a guest lecture on "KIDNEYS – ALL YOUR QUESTION ANSWERED". The topic was taken by Dr. Vijay Thanraj, Renal Physician, Thanraj Hospital, Thoothukudi. He created awareness about the health status of the renal and common problems, signs and symptoms of renal failure. The worldwide burden of kidney disease is rising, but public awareness remains limited, underscoring the need for more effective communication. He persisted on raising awareness about kidney function, symptoms of kidney disease, early signs and symptoms of kidney disease and General recommendation to keep kidneys healthy. The session was more informative and 105 students were benefitted.

HOLY CROSS HOME SCIENCE COLLEGE
(Affiliated to Mannammaniam Sundaranar University, Tirunelveli)
No. Accredited with 'B' Grade by NAAC
Thoothukudi-629022


Health and Fitness Committee
Organizes

Guest lecture on
Kidneys- all your questions answered
22nd September 2022
1:00 – 2:00 pm


**Dr. Vijay Thanraj MRCP**
(UK) MRCP (Nephrology)
Consultant Renal Physician
Thanaraj Speciality Hospitals,
Thoothukudi

Patron
Rev.Dr.Sr.Rubha
Secretary & Principal

Organizers
Mrs.A.Marithangam
Ms.G.Ajitha




Signature of the Staff in Charge

 06.10.22.
Signature of the Principal
Principal
Holy Cross Home Science College
52, New Colony, Tuticorin-3

Holy Cross Home Science College

Report of the Health and Fitness Committee

Body Mass Index (BMI) is an Intentionally recognized measurement of Underweight, Obesity for adolescent based on weight and height. The health and fitness Committee conducted a test to assess the BMI (Body Mass Index) of the First year students of all the department of our College.

B.A (English) - 15

B.Sc (FSN) -36

B.Sc (Cs) -33

B.Com -81

B.Sc (FD) – 33

B.Sc (Psychology) - 10

The Parameters selected were height and Weight. The scores were collected by our members of Health and Fitness club on 13.10.22 - 14.10.22 and the scores calculated were compared with standard chart. Accordingly the Students were categorized.

BMI Chart

S.No	Category	Percentage
1	Underweight	34.5
2	Normal	47.4
3	Overweight	18.1

With this BMI Chart the Health and Fitness Committee was planned to conduct an individual Diet Counselling session to the students to ensure their Fitness and to maintain an Ideal Body Weight.



Signature of the Staff



Signature of the Principal

PRINCIPAL

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