



**GOVERNMENT DEGREE COLLEGE, PATANCHERU,
DIST - SANGAREDDY.**

❖ BHAGYA - HEALTH INITIATIVE

Bhagya, a Health and Nutrition Programme was initiated by the Commissionerate of Collegiate Education (CCE) to look into the health issues of students. Since most of the students in our college come from socio-economically poor background and hence they face several health issues like anaemia and malnourishment. In this backdrop, CCE has launched the programme “Bhagya” with the objective to ascertain health status of the students and help them improve their health. As part of the initiative, some lecturers from all the Government Degree Colleges in the state were trained at the prestigious Indian Institute of Health and Family Welfare (IIH & FW) Hyderabad. The resource persons of the training comprise Doctors and Police officials from IIH & FW, Gandhi Hospital Secunderabad, Osmania Hospital, Global Hospitals, NIMS, Apollo Hospitals etc.

The Training programme was headed by Dr.Uma, a Gynaecologist from IIH & FW. She organized the four-day training programme very effectively in four batches thereby imparting the requisite knowledge about health and nutrition to most of the teachers in Government Degree Colleges.

❖ The essence of the training programme is as follows:-

- To create an awareness on the general health among boys and girls.
- To enable students know their Body Mass Index (BMI).
- To train students conduct some simple tests to know ABO and Rh Typing of Blood Groups and Haemoglobin levels among students.
- To educate about the physical, mental and psychological changes at the onset of puberty in boys and girls.
- To empower boys understand causes of stress and how to tackle it in adolescence.
- Emphasizing menstrual hygiene amongst girls.
- To make the women students understand common problems leading to irregular periods, hormonal disorders and Polycystic Ovarian Disorder (PCOD) and further pregnancy related problems.
- The process of delivery and the complications that arise during delivery.
- Providing material pertaining to health and hygiene.

Following the request of the CCE, Hyderabad, Telangana Administrative Staff College of India (ASCI), Hyderabad accepted to conduct the impact assessment **Study of adolescent health and nutrition** in select 13 Government Degree Colleges in the state of Telangana. Government Degree College, Patancheru, Sangareddy District stands one amongst them. The ASCI submitted a report to the Government regarding the conduct of various health programmes at the college level. The ASCI appreciated that the Government Degree Colleges were doing a marvelous job regarding health and nutrition, although no budget is provided from any source for the same. ASCI has been in touch with the health co-ordinators of these 13 colleges in the state to know about the various programmes being conducted.

❖ **Activities conducted at the college level:-**

- A Health Co-ordinator, trained by IIH & FW acts as the Co-ordinator of Bhagya-Health and Nutrition Committee which includes 2 to 3 other staff members.
- Numerous Health Programmes are conducted in the college.
- Health Camps in collaboration with the general physician of the local civil hospital are conducted for primary health check-up of the students.
- Many married girl students are given post marital counseling.
- Pre-marital counseling is given to both boys and girls.
- The Drug abuse which is a great curse to our society is properly educated to the students and the ill effects of Drug usage are illustrated in Detail:

❖ **The following Health Programmes were conducted in the college:-**

- **International Yoga Day:** This Day is celebrated on 21st of June. It aims at Health through breathing and physical exercises through Asanas. All the students and staff perform the Asanas to the possible extent.
- **World AIDS Day:** On December 1st World AIDS Day is observed where an awareness about prevention of AIDS is created amongst students. Rallies by students in collaboration with NSS are organized around the college to educate people about AIDS.
- **World Vision Day:** On October 8th World Vision Day is observed when Opthomologists from Government Hospitals visit our college on this occasion and examine our students for any eye problems organized by “Kanti Velugu”, a state government programme. Many students whose eye sight is not correct were supplied with glasses free of cost.

- **World Mosquito Day:** On August 20th, the birthday of Sir Ronald Ross is observed as World Mosquito Day. An emphasis on the prevention of diseases spread through mosquitoes, like Malaria, Filaria, Dengue etc., are stressed. Some diseases spread through Lice, Bed Bugs and other insects is also discussed.
- **National De-Worming Day:** National De-Worming Day is observed on February 10th. In collaboration with ASHA workers de-worming tablets like Albendazole and DEC are distributed to the students bi-annually. This basically aims to treat and prevent Helminth Parasites.
- **Food Festival:** Our Health depends upon the food we take. Therefore, it is very essential to take a balanced nutritional diet. All the more students can score better if they are healthy. A competition of food items prepared by our students is exhibited and sold in our college campus.
- **Combating Anaemia:** This is a flag-ship programme of our college. The Final year B.Sc students conduct Blood grouping and estimate Haemoglobin of all the students in the college thrice in a year. The Anaemic students are identified and counseled to improve their haemoglobin levels.