

Health Awareness programme - 2022-23

SL.NO	Name of The Programme	Resource Person	Date of The Programme	Number of Student Participants
01	Eye checkup and Eye Donation Camp	Dr. Dineshkumar District hospital Tumkur	28-02-2023	30
02	Awareness Programme on HPV Vaccine for cervical cancer	Smt. Vijayalatha	12-02-2023	50

Eye Check-up and Eye Donation camp


ಎನ್.ಎಸ್. ಐ ಫೌಂಡೇಶನ್, ತುಮಕೂರು
ತುಮಕೂರು ಜಿಲ್ಲಾ ನೇತ್ರತಜ್ಞರ ಸಂಘ, ತುಮಕೂರು
ತುಮಕೂರು ಮರ್ಚೆಂಟ್ಸ್ ಕ್ರೆಡಿಟ್ ಕೋ-ಆಪರೇಟೀವ್, ತುಮಕೂರು

ಶ್ರೀ ಸಿದ್ದಗಂಗಾ ಕಲಾ, ವಾಣಿಜ್ಯ ಮತ್ತು
ವಿಜ್ಞಾನ ಪದವಿ ಮಹಿಳಾ ಕಾಲೇಜು, ತುಮಕೂರು

ಇವರ ಸಂಯುಕ್ತ ಆಶ್ರಯದಲ್ಲಿ

**ನೇತ್ರದಾನದ ಮಹತ್ವ ಮತ್ತು
ಅರಿವಿನ ಆಂದೋಲನ**

ಅಧ್ಯಕ್ಷತೆ :
ಡಾ. ಕೆ.ಸಿ. ಜಯಸ್ವಾಮಿ
ಪ್ರಾಂಶುಪಾಲರು, ಶ್ರೀ ಸಿದ್ದಗಂಗಾ ಕಲಾ, ವಾಣಿಜ್ಯ ಮತ್ತು ವಿಜ್ಞಾನ ಪದವಿ
ಮಹಿಳಾ ಕಾಲೇಜು, ತುಮಕೂರು

ನೇತ್ರದಾನದ ಮಹತ್ವ ಬಗ್ಗೆ ವಿವರಣೆ :
ಡಾ|| ದಿನೇಶ್ ಕುಮಾರ್
ನೇತ್ರ ತಜ್ಞರು, ಜಿಲ್ಲಾ ಸರ್ಕಾರಿ ಆಸ್ಪತ್ರೆ, ತುಮಕೂರು

ಮುಖ್ಯ ಅತಿಥಿಗಳು :
ಶ್ರೀ ಎನ್.ಎನ್. ಶ್ರೀಧರ್
ಮುಖ್ಯಸ್ಥರು, ಎನ್.ಎಸ್.ಐ ಫೌಂಡೇಶನ್, ತುಮಕೂರು

ದಿನಾಂಕ : 28-02-2023 ಸೋಮವಾರ
ಸಮಯ : ಬೆಳಿಗ್ಗೆ 10.30 ಗಂಟೆಗೆ
ಸ್ಥಳ : ಅಕ್ಕಮಹಾದೇವಿ ಸಭಾಂಗಣ, ತುಮಕೂರು.

ಸರ್ವರಿಗೂ ಆದರದ ಸ್ವಾಗತ







Report on eye donation awareness programme

Date : 28-02-2023

In our country nearly one and a half million people are suffering from lack of vision. The quantum of eye donation is not in match with the demand. Eye donation is compulsory many countries. The chief guest on the occasion Dr.Dineshkumar, eye specialist at the Tumkur District Hospital told, the same is proposed in our country also.

Eye donation awareness programme was held at Sree Siddaganga College of Arts, Science and Commerce for Women, Tumkur in association with District ophthalmologists association and Lion's International Eye Hospital, Bengaluru.

Dr N S Sreedhar who arranged the programme in the college told that two decades back it was difficult to find donors. Because of awareness though we are getting donors in more number it is not in match with the demand. Dr N S Sreedhar who hails from business family id serving the field for the past 3 decades.

The Principal of the college Dr K C Jayaswamy who presided the function expressed his thought on the occasion. He told that eye donation awareness should be launched as a campaign and eye donation illuminates the life of a person through physical vision. Students should come forward to give their consent for eye donation.

Many of the students who attended the function signed their consent on the spot. Welcome and vote of thanks were proposed by the students of the college

Health Awareness programme 2022-23

HPV Vaccine awareness programme

**SREE SIDDAGANGA COLLEGE OF ARTS, SCIENCE AND
COMMERCE FOR WOMEN, TUMKUR**



(Affiliated to Tumkur University)

In Association with IQAC (Internal Quality Assurance Cell)

HEALTH AWARENESS PROGRAM

HPV VACCINE- CERVICAL CANCER

The HPV vaccine protects against certain cancers caused by human papillomavirus (HPV) infection. HPV is a common STI that can cause cervical cancer and cancers affecting the vagina, vulva, penis, anus and throat. The vaccine can also protect against genital warts.

Who should get the HPV vaccine?

Children between ages 11 & 12.

Adults up to and including age 26.

In some cases, adults up to and including age 45.

HPV Vaccine
Facts about the HPV Vaccine

DID YOU KNOW?

- HPV VACCINE CAN BE GIVEN STARTING AT AGE 9
- VACCINE IS BOTH SAFE AND EFFECTIVE
- ONLY 2 DOSES NEEDED IF GIVEN BEFORE AGE 15
- AT LEAST 10 YEARS OF VACCINE PROTECTION
- HPV CAUSING CERVICAL CANCERS HAVE DROPPED BY 40%
- PREVENTS FERTILITY PROBLEMS BY PROTECTING FROM CERVICAL CANCER
- CAN PREVENT 90% OF HPV CANCERS
- NO OUT OF POCKET COST FOR VACCINE
- PREVENTS CANCER IN BOTH MEN AND WOMEN
- BACKED BY 30 YEARS OF RESEARCH

FDA-approved HPV Vaccines

Vaccine	Coverage (HPV types)	Gender and age range
Cervarix (bivalent HPV vaccine)*	HPV 16 and 18	Females, 9-25 y
Gardasil (quadrivalent HPV vaccine)	HPV 6, 11 (genital warts), 16, and 18	Males and females, 9-26 y
Gardasil 9 (9-valent HPV vaccine)	HPV 6, 11 (genital warts), 16, 18, 31, 33, 45, 52, and 58	Males and females, 9-26 y





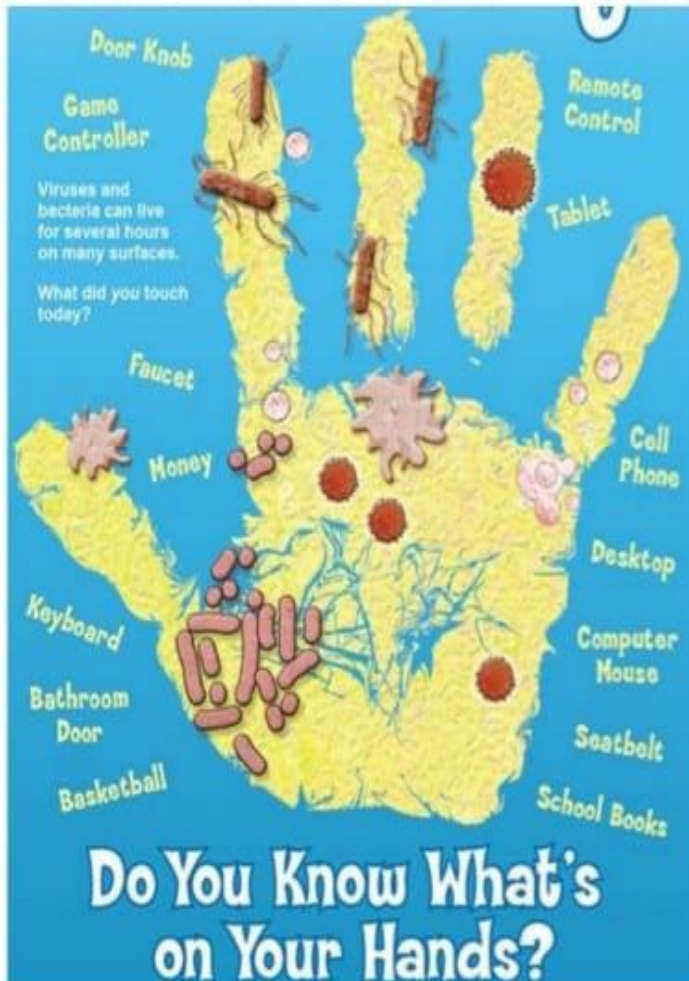
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HEALTH AWARENESS PROGRAM



Lather, Rinse, Repeat!! Clean hands, happy hands.

HOW TO PROPERLY WASH YOUR HANDS

Illness-causing germs and bacteria are lurking on everyday objects and communal surfaces. Once they've transferred onto your hands, germs can make their way into your eye, nose, or mouth and can get you seriously sick.

When it comes to preventing the spread of illness-causing bacteria, good hand hygiene is key. The experts at Parrish Healthcare are here to help you keep your hands squeaky clean to protect yourself and others from falling ill.

HOW TO WASH YOUR HANDS THOROUGHLY

When it comes to protecting yourself, your family, and your community from illness-causing bacteria, practicing good hand hygiene is simple and effective. However, handwashing is only helpful when done thoroughly and correctly.

When washing your hands, be sure to follow these steps each time:



- Wet your hands with clean, running water and turn off the tap.
- Lather your hands with antibacterial soap, being sure to get under your nails and the backs of your hands.
- Scrub your hands for at least 20 seconds.
- Rinse your hands under clean, running water.
- Use a clean towel to dry your hands or air dry them.

USING SANITIZERS

When you're out and about, soap and water aren't always available to keep your hands clean. Fortunately, alcohol-based sanitizers can help! When using hand sanitizer, keep these tips in mind to make sure you're using it effectively:



- Use a sanitizer that is at least 60% alcohol.
- Use a dime-sized amount of sanitizer in the palm of your hands.
- Rub your hands together until the hand sanitizer is dry to the touch.
- Be sure to work the hand sanitizer onto all the surfaces of your hands.

DO YOU WASH YOUR HANDS?



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GOOD PERSONAL HYGIENE PRACTICES



*Washing hands
frequently*



Brush and floss daily



Wear clean clothes



Bathe regularly



Crop you nails



Sleep tight



Groom well

BE CLEAN, BE HEALTHY!!

Report on HPV Vaccine awareness programme

On 13-02-2023 the HPV Vaccine Awareness Program on Cervical Cancer for Young Women aimed to educate and raise awareness about Human Papillomavirus (HPV) vaccination and its role in preventing cervical cancer among young women. The program targeted women aged 9 to 26, emphasizing the importance of vaccination as a preventive measure against cervical cancer.

The distribution of Handouts and creating awareness was done by cell committee members among the students and staff members were done.

This Programme Enlightened the students about the Knowledge of Cervical cancer.

The good practices handouts were also distributed among the students creating the knowledge of hygiene.



