



**SOKA IKEDA COLLEGE OF ARTS AND SCIENCE FOR WOMEN**  
(Affiliated to the University of Madras)  
Chennai 600 099, Tamilnadu.

### **HEALTH CAMP AND YOGA FOR STAFF**

<b>ACADEMIC YEAR</b>	<b>DATE</b>	<b>PARTICULARS</b>	<b>ORGANIZED BY</b>
2022-2023	26.07.2022	VACCINATION DRIVE	NSS
	30.09.2022	EYE CAMP	NSS
	24.01.2023 30.01.2023	MEDICAL CAMP	DEPARTMENT OF BIOCHEMISTRY
	02.05.2023	YOGA FOR STRESS RELIEF	RESEARCH CENTRE FOR IKEDIAN STUDIES AND HUMAN VALUES CLUB
2021-2022	23.08.2021, 1.09.2021, 2.09.2021 & 6.09.2021	VACCINATION DRIVE	NSS
	03.12.21, 04.12.21, 11.12.21 & 04.01.22	VACCINATION DRIVE	NSS
	15.03.2022	MEGA HEALTH CAMP	YRC
2019-2020	08.03.2020	EYE CAMP	NSS



  
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## COVID-19 VACCINATION CAMP (26.07.22)

The NSS units of Soka Ikeda College of Arts and Science for Women and Greater Chennai Corporation jointly organized COVID-19 Vaccination Camp on 26th July 2022.



  
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## EYE CHECK-UP CAMP FOR STAFF (30.09.22)

The NSS units in association with Pranav Eye Hospital conducted Eye Check-up camp for the students and staffs on 30th September 2022.



  
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## **HEALTH CAMP ORGANIZED BY THE DEPARTMENT OF BIOCHEMISTRY (24/1/2023 & 30/1/23)**

The Department of Biochemistry in association with Murugan Hospitals, Kilpauk conducted a health camp at college premises on 24<sup>th</sup> January 2023 and the follow up was held at 30<sup>th</sup> January 2023. On the first day, blood samples were collected from 111 individuals including students, teaching and non-teaching staffs for complete blood analysis, random blood sugar and thyroid analysis. These tests were conducted at a minimal cost (Rs.100/-). On the follow up day, free consultation was provided by the team of doctors & dietician from The Murugan Hospitals. They discussed the health status of the individuals based on their results. Further, height and weight measurements, blood pressure and random blood sugar analysis and consultation were extended to all the interested staff and students of the college at free of cost. Nearly 240 individuals were benefitted by the camp.



  
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## **VACCINATION DRIVE FOR STAFF, STUDENTS & GENERAL PUBLIC 23.08.2021, 1.09.2021, 2.09.2021 & 6.09.2021**

The NSS units of Soka Ikeda College of Arts & Science for Women in association with Greater Chennai Corporation organized vaccination drive for the teaching & non-teaching staff on 23.08.2021. The drive was organized for the students and general public from Madhankuppam area on 1<sup>st</sup>, 2<sup>nd</sup> & 6<sup>th</sup> September 2021.

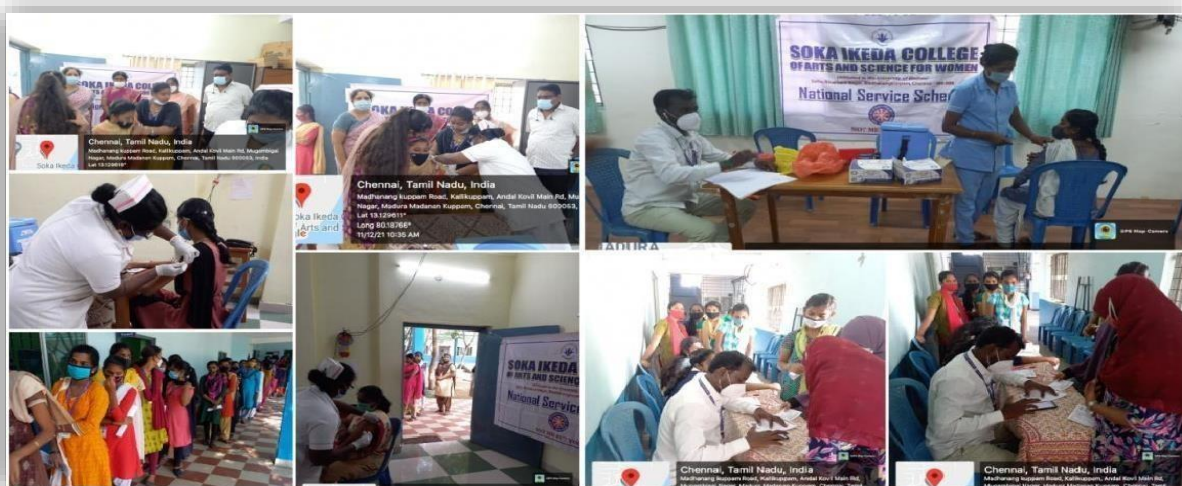


  
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## **VACCINATION DRIVE FOR STAFF, STUDENTS** **& GENERAL PUBLIC 3.12.21, 4.12.21, 11.12.21 & 4.01.22**

The NSS units of Soka Ikeda College of Arts & Science for Women in association with Greater Chennai Corporation organized a vaccination drive for the staff, Students and public from Madhangkuppam area on 3.12.21, 4.12.21, 11.12.21 & 4.01.22. This Drive was inaugurated by Mr Kesavan Sanitary Officer, Greater Chennai Corporation & Dr. Meera Murugesan, Principal, Soka Ikeda College of Arts & Science for Women. Around 30 teaching & non-teaching staff, 370 students & public were benefitted by this drive.



  
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## MEGA HEALTH CAMP

The Youth Red Cross Unit of Soka Ikeda College of Arts and Science for Women association with Murugan Hospitals organized a Mega Health Camp on 15th March 2022. Free health check-up and consultation was given to staff and students by Dr. Arun Prakash, Orthopaedics and Dr. Niroopa, Obstetrics and Gynecologist, Dr. Radhika Cosmetologist, Dr. Janani Orthodontics, Murugan hospitals. Around 500 students and staff members participated in the camp and benefitted.



  
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## **EYE CHECKUP FOR STUDENTS, STAFF & HOUSEKEEPING STAFF ON THE OCCASION OF INTERNATIONAL WOMEN'S DAY**

The NSS units of Soka Ikeda college of Arts & Science for Women on the occasion of International Women's Day (08.03.2020) organized an EYE CHECK UP in association with PRANAV EYE CARE, Ambattur. The Optometrist from Pranav Eye Care conducted eye check-up for the students, staff and housekeeping staff and gave medical opinion.



  
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## YOGA FOR STAFF

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CIRCULAR -

staff/29/29-04-2023

Research centre for Ikedian Studies and Human Values Club organize  
"Yoga for Stress Relief" on 2<sup>nd</sup> May 2023 (Tuesday) at 1.30 pm. All the faculty  
members are asked to assemble in Physics Lab at 1.15 pm.



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29/4/23  
Principal



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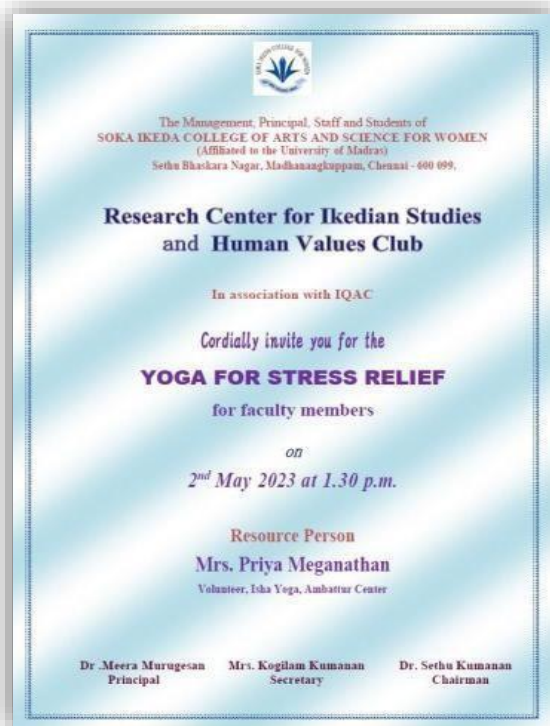
## One Day Yoga Program Yoga for Stress Relief

Club	Research Center for Ikedian studies and Human Values Club
Date	02.05.2023
Mode	Offline
Topic	One day Yoga program “YOGA FOR STRESS RELIEF”
Objective	To promote relaxation and relieve stress in our daily life by practicing yoga every day
Event category	Workshop
Level	College
No. of Participants	60
Resource Person	Mrs. Priya Meganathan Volunteer, Isha Yoga, Ambattur Center

The Research Center for Ikedian studies and Human values Club in collaboration with Isha yoga center, Ambattur organized a one- day yoga program for faculty members of our college on 2/5/2023. The yoga program aimed to promote relaxation and relieve stress in our daily life by practicing yoga every day. Totally 60 faculty members attended the program and benefited from it. The faculty members provided positive feedback that they were able to sleep well that day and felt more relaxed.



  
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