

Report on Participation of Students of Govt. Degree College Theog in a Free Health Care Camp and AIDS Awareness Lecture

On 27th August, 2024 the students of Govt. Degree College Theog actively participated in a free healthcare camp and an AIDS awareness lecture organized at the BDO Office Theog. The event was part of a community outreach program aimed at promoting health and wellness, as well as spreading awareness about AIDS among young adults. The camp was organized in collaboration with local health authorities and non-governmental organization ASHI (Association of Social Health in India) dedicated to healthcare and HIV/AIDS prevention.

Participation and Activities

The event witnessed enthusiastic participation from the students across all departments. One hundred and twenty students registered for the camp, eager to learn about their health status and gain knowledge about HIV/AIDS prevention. The camp included a range of health check-ups such as:

General health check-ups: Blood pressure, blood sugar levels, testing of tuberculosis, HIV status, Hepatitis B and C, STDs, BMI calculation, and routine examinations were conducted by a team of doctors and nurses. Students had the opportunity to consult with doctors.

Health screenings: Basic screenings for common conditions like anemia and diabetes were conducted. Information on healthy lifestyle choices, balanced diets, and the importance of regular exercise was also shared.

AIDS Awareness Lecture

The highlight of the event was the lectures on AIDS awareness, which was delivered by Project Director and Project Manager of ASHI who are renowned personalities. The lecture aimed to educate students on the following key topics:

1. **Understanding AIDS and HIV:** They explained the difference between HIV (Human Immunodeficiency Virus) and AIDS (Acquired Immuno-deficiency Syndrome) and how the virus attacks the immune system.
2. **Modes of Transmission:** The students were informed about the various ways in which HIV can be transmitted, such as unprotected sexual contact, sharing of needles, and from mother to child during childbirth or breastfeeding.
3. **Prevention Measures:** Emphasis was placed on the importance of using condoms, getting regular health check-ups, avoiding sharing needles, and ensuring safe blood transfusions.
4. **Myths and Misconceptions:** The lecture also addressed common myths and misconceptions about HIV/AIDS, stressing the need for a scientific understanding and compassionate approach towards those living with HIV.

Interactive Sessions and Feedback

The lecture was followed by an interactive Q&A session where students asked insightful questions and cleared their doubts about HIV/AIDS. The session was well-received, with students appreciating the clarity and depth of the information provided. Many students expressed their intention to volunteer for future awareness programs and health camps, demonstrating a strong sense of social responsibility.

Conclusion

The participation of students from Govt. Degree College Theog in the free healthcare camp and AIDS awareness lecture was commendable. The event not only provided the students with essential health services but also equipped them with valuable knowledge about HIV/AIDS prevention. The success of this event highlights the importance of involving young adults in health awareness programs and empowering them to make informed decisions about their health and well-being. The college administration and organizers are hopeful that such initiatives will continue to foster a culture of health awareness and community service among students.

Overall, the event was a great success and a step forward in building a healthier and more informed student community.



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