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GOVT. DEGREE COLLEGE
AVANIGADDA-521121. KRISHNA DT. (A.P).



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WORLD HEALTH DAY 7 APRIL 2022

Govt Degree College Avani Gadda National Service Scheme

permission letter for principal to organize World Health Day

5/4/22

Dear Principal,

I am writing to request you to give permission to celebrate World Health Day on our college campus to raise awareness about the importance of good health and well being. We plan to organize various activities to educate our students about healthy lifestyle choices and encourage them to adopt healthy habits.

Thank you for your consideration.

Yours Sincerely,

Principal
GOVT. DEGREE COLLEGE
AVANIGADDA, Krishna

T/4/22

On the occasion of world health day
NSS department will be organised
to conduct the tests for the
Hemoglobin (%) percentage tests for
the girl students. So attend this
test with out fail at 12.00 PM in MANAV

Officer,
Govt. Degree College,
AVANIGADDA.

- BA 1 *[Signature]*
- 2 *[Signature]*
- 3 *[Signature]*

I Bcom (CA) *[Signature]*
 II B.com *[Signature]*

BSc. *[Signature]*

II B.Sc. *[Signature]*

I. Malavi *[Signature]*

B *[Signature]*

REPORT

Hemoglobin percentage tests for students were conducted at the Government Degree College Avanigadda under the auspices of the National Service Scheme (NSS) and the Department of Women Empowerment under the guidance of Principal Dr. D. Uma Rani, on the occasion of 'World Health Day'. The program was inaugurated by Vice Principal Dr. K.V. Shantha Kumari.

Hemoglobin is a blood test that measures the number of red blood cells in the body. It is measured in grams of hemoglobin per litre of blood. Normal hemoglobin for men is 135 to 170 and for women is 120 to 160. If hemoglobin becomes seriously low (around 70 to 80) your doctor may recommend a blood transfusion. Iron is one of the ingredients the body needs to make hemoglobin. We get iron from the food we eat. We need to take in only a small amount of iron everyday. The human body is very smart, it “recycles” iron – reuses iron over and over again to make hemoglobin.

What is the Function of Hemoglobin in the Human Body

1. Hemoglobin is an oxygen carrier.
2. Hemoglobin is a carbon dioxide carrier.
3. Hemoglobin gives the red color to blood.
4. Hemoglobin maintains the shape of the red blood cells.
5. Hemoglobin acts as a buffer.
6. Hemoglobin interacts with other ligands.
7. Hemoglobin degradation accumulates physiologically active catabolites

A hemoglobin test measures the amount of hemoglobin in your blood. Hemoglobin is a protein that is the main component of red blood cells (erythrocytes). Red blood cells are produced in the bone marrow. Hemoglobin contains iron, which allows it to bind to oxygen. Red blood cells transport oxygen from the lungs to other tissues and organs. They also carry carbon dioxide to the lungs so it can be removed from the body.

Lower than normal hemoglobin levels, otherwise known as anemia, can indicate that the organs of your body might not be getting an adequate supply of oxygen. This can lead to a lack of energy, fatigue, or other problems.

Low levels of hemoglobin may be a sign that the bone marrow is not producing enough red blood cells, or that cells are being destroyed faster than they are made. Chronic blood loss also leads to a drop in hemoglobin levels and is one of the most common causes of [anemia](#).

Symptoms indicating low red blood cell levels may include:

- Fatigue
- Pale skin (pallor)
- Weakness
- Dizziness

- Shortness of breath
- Cold hands and feet

Too many red blood cells can cause the blood to thicken and become sluggish. Thick blood does not flow as quickly, which can deprive the organs of oxygen.

Symptoms of excess levels of red blood cells may include

- Headaches
- Blurred or double vision
- Dizziness
- Itching
- Blood clots

Generally, the reference range of hemoglobin in the blood for:

Men are 14–18 g/dL*

Women are 12–16 g/dL*

Infants (0-1 month) are 13.4-19.9 g/dL

**Infants have higher hemoglobin levels than adults

According to the Office on Women's Health at the U.S. Department of Health & Human Services, anemia does affect more women than men. The risk of anemia is highest for women who are pregnant or who have heavy menstrual periods: The condition occurs in one of every six pregnant women, while up to 5 percent of women of childbearing age become anemic because of heavy menstrual bleeding.⁵ Having uterine fibroids can also cause anemia due to the heavy menstrual bleeding associated with the condition, the Cleveland Clinic reports.

One hundred girl students in the college were given HemoGlobin tests and iron tablets. They Explained the students that the need to increase the hemoglobin percentage. The tests were conducted by CHAmravati

(MPHA),M Priyanka(MLHP), P.Aruna Kumari(MPHA)and ASHA activists from Primary Health Center Avanigadda . Dr. KV Shantha Kumari, Coordinator, Department of Women Empowerment, N.S.S Program Officer Veera Kumari, Chemistry lecturers Sujatha, Malathi Rekha, Librarian Viswesvara Rao, and other faculty members took part in the tests.



HEMOGLOBIN TESTS CONDUCTED BY MEDICAL DEPARTMENT



PROVIDING IRON TABLETS FOR GIRL STUDENTS

LIST OF PARTICIPENTS FOR TESTS

07/04/2022						
1. A. Nandanya	21/F	Gayathri	830977892430	9849934064	9.8	4
2. V. Anurba	21/F	Priyaditya	203068614629	9390533135	8.2	4
3. D. Asha	21/F	"	561958447696	9030831673	10.2	4
4. P. Hanisha	21/F	"	263094210943	7386429329	9.8	4
5. G. Priyanka	23/F	"	"	9393225206	10.2	4
6. P. Hanitha	21/F	"	263623717967	7386427329	10.4	4
7. G. Kananya	21/F	"	361701916735	7093951461	15.4	4
8. Ch. Praveena	21/F	"	698082660581	7032783029	8.2	4
9. B. Jayanthi	20/F	"	25358835476	9032792118	8.4	4
10. Veerakumari	40/4/F	40/4/F	"	"	9.6	4
K. Sravan	28/F	"	663665140809	8522934863	9.9	4
P. Sridhara	20/F	"	9264829069039010146162	"	7.8	4
S. Bhavani	19/F	"	570297670008	9010969733	9.8	4
J. Saanyuktha	22/F	"	303304552450	9666995941	9.8	4
P. Harika	21/F	"	863094210943	9386427329	9.8	4
B. Arthi	18/F	Totyaan	"	9515877277	10.8	4
K. Pallavi	21/F	T.M.A	"	8897577898	8.8	4

S.No	Name of the student	Age/Sex	Class	Adhar	Mobile	RD
16	G. Neelima	21/F	II nd A	74710151466	8179756814	9.1
19	ch. prasanthi	18/F	1 st BA		7842238416	9.5
20	M. Anara	22/F	2 nd BA	31346695920	3503473528	10.2
21	ch. Ishavani	21/F	1 st M.A		6302252676	7.9
22	K. Hensasi	19/F	1 st M.A	9307800027		11.4
23	S. Harsha priya	20/F	II nd BA	9169716444		12.8
24	A.S. Gayatri	19/F	I st BA	9849169924		11.0
25	K. JOY	18/F	I st BA		7801052605	8.3
26	P. Suvana	19/F	II nd BA		9553480716	11.2
27	K. Yamuna	18/F	Indya	53236878962	9505651991	10.3
28	ch. Pavu	19/F	"		9603584224	10.2
29	A. Kavya	19/F	I st M.A		9866664315	8.4
30	K. Lalitha	19/F	Indya		7893289278	11.1
31	G. Rameswari	18/F	I st M.A		9705181535	9.8
32	ch. Umadevi	20/F	I st M.A	824202559	6304224252	8.4
33	V. Supraja	18/F	I st M.A		7093832210	8.3
34	K. Dimple Madhuri	18/F	"	729640815093	7842349252	9.6
35	K. Sri Lakshmi	20/F	"		9298902271	8.6
36	P. Harshika Nagari	19/F	"		7496391542	8.0
37	T. Anvya bhavani	18/F	"	42992998292	8341468412	13.7
38	A. Kalpana Devi	18/F	"	220363649332	7794039381	10.1
39	A. Pushpa Sri	17/F	"	71386440067	8367566193	9.2
40	B. Saranya	18/F	"	370310062735	9959353642	8.9
41	K. Lakshmi	18/F	I st B.Sc		99511280385	10.2
42	Sh. Karimnisa	18/F	"		9948594612	8.5
43	Sh. Thaslim	18/F	I st BA		9014432148	9.5
44	ch. Diendra kumari	17/F	I st B.Sc		9676342389	11
45	A. Aarthi	18/F	III rd BA		9550315163	10.3
46	B. Jyothi	20/F	"		8125851279	9.2
47	D. Naga rani	35/F	Staff		9392115719	10.7

48	K. Bhavaneswari	18/F	I st BA		7207222605	9.6	78
49	S. Hani	21/F	II nd M.Com		8688566911	9.7	80
50	M. Saranya	20/F	"		9505482325	10.1	81
51	K. Xavahamalatha	20/F	"		7093101398	10	82
52	B. Supraja	23/F	"		9032590426	10.5	83
53	M. Ravani	18/F	I st BA		9848355318	8.8	84
54	ch. Bhavani	18/F	"		9502362797	8.9	
55	A. Madhuri	22/F	II nd M.Com		7991947025	10.5	
56	ch. Rani	19/F	I st BA		7569079477	8.0	
57	P. Sri Lekha	21/F	II nd M.Com		9059474829	11.5	
58	J. Hema	19/F	I st BA		7416315221	10.3	
59	K. Jyothsna	19/F	I st B.Com		9866303482	10.7	
60	P. Naga sri	19/F	I st BA		8247272038	9.7	
61	ch. Amulu	18/F	I st BA		9392874109	11.5	
62	N. Naga deepika	18/F	I st B.Com		9553819566	9.8	
63	A. Yamini	18/F	"		7416620381	9.8	
64	M. Sarvani	19/F	"		6281245045	7.9	
65	T. Dharani	21/F	II nd M.Com		7661041179	9.7	
66	K. Smily	19/F	I st B.Com		9701711443	13.8	
67	B. Hari priya	21/F	II nd M.Com		9347132839	11.1	
68	K. Indu sreeja	20/F	III rd B.Sc		7036840769	10.0	
69	J. Tulasi	20/F	"		7036177589	9.2	
70	U. Chandini	20/F	"		9701050174	11.0	
71	ch. shanthi	20/F	III rd B.Sc		9502389643	12.2	
72	T. vara lakshmi	20/F	"		8688214604	11.2	
73	K. Lakshmi kaveri	20/F	"		9573396464	9.1	
74	B. P. Uma Bala	22/F	"		8099944686	10.5	
	N. Rohitha	21/F	"		9908867239	9.8	
	ch. Sri Lalitha	20/F	"		9959897351	8.2	
	ch. lakshmi Prasanna	20/F	"		7337522126	10.2	

					5	
78.	V. maunika	201F	III Bsc		6305915569	10.7
79.	K. Latha	191F	II		9346170039	10.3
80.	K. maha lakshmi	191F	II		8519958998	6.6
81.	Y. Deepthi	221F	II		9502182328	8.5
82.	B. Nageswari	181F	I Bsc		7093168730	10.2
83.	T. Malathi lekha		staff			9.5
84.	K. Sujatha		staff			12

Sign of Staff

- 1) V. maunika
- 2) K. Latha
- 3) K. maha lakshmi
- 4) Y. Deepthi
- 5) B. Nageswari
- 6) T. Malathi lekha
- 7) K. Sujatha
- 8) V. maunika
- 9) K. Latha
- 10) K. maha lakshmi
- 11) Y. Deepthi
- 12) B. Nageswari
- 13) T. Malathi lekha
- 14) K. Sujatha

D. N. S. Principal
GOVT. DEGREE COLLEGE
AVANIGADDA, KILBIBAGLA, 521121.

కృష్ణా విజయవారం

అవనిగడ్డ
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అవనిగడ్డ ప్రభుత్వ డిగ్రీ కళాశాలలో ప్రపంచ ఆరోగ్య దినోత్సవాన్ని పురస్కరించుకొని ప్రిన్సిపల్ డాక్టర్ డి. ఉమారాణి సూచనతో జాతీయ సేవా వధకం(ఎన్ ఎస్ ఎస్) మరియు మహిళా సాధికారతా విభాగం అధ్యక్షులలో విద్యార్థినులుకు హిమోగ్లోబిన్ పర్సంటేజ్ పరీక్షలు నిర్వహించడమైనది. వైస్ ప్రిన్సిపల్ డాక్టర్ కె. వి. శాంతకుమారి అధ్యక్షతన ఈ కార్యక్రమం ప్రారంభించబడింది. కళాశాలలో విద్యార్థినులు వంద మందికి హిమోగ్లోబిన్ పరీక్షలు నిర్వహించి ఐరన్ బాడ్జెట్లు ఇవ్వడం జరిగింది. విద్యార్థినులకు హిమోగ్లోబిన్ పర్సంటేజ్ పెంచుకోవాల్సిన ఆవశ్యకతను వివరించారు. ఈ పరీక్షలను అవనిగడ్డ ప్రాథమిక వైద్య శాలకు చెందినసి. హెచ్. అమరావతి, ఎం. ప్రియాంక, సి. అరుణ కుమారి మరియు ఆశా కార్యకర్తలు నిర్వహించారు. ఈ కార్యక్రమంలో మహిళా సాధికారతా విభాగం సమన్వయకర్త డాక్టర్ కె. వి. శాంతకుమారి, ఎన్. ఎస్. ఎస్ ప్రొగ్రామ్ ఆఫీసర్ వీర కుమారి, రసాయన శాస్త్ర అధ్యాపకులు సుజాత, మాలతి రేఖ, ట్రిటేరియన్ విశ్వేశ్వరరావు, మరియు ఇతర అధ్యాపకులు పాల్గొని పరీక్షలు చేయించుకున్నారు.

A.R. Prasad ✓
07 ఏప్రిల్

434 వీక్షించారు

7/14/22

World Health Day: NSS and WEC
Jointly Organised World Health Day.
Hemo globin Test were conducted
for 80 girl students.



WORLD HEALTH DAY

M. Hemla Naik

B. Jayanthi

S. Bhavani

T. Sriphatri

I. Samyuktha

B. Joythi

A. Arathi

A. L. S. Gayathri

S. K. Thalim

K. Hema Sri

Ch. Prasanthi

B. Arithi

Id. Pallavi

Ch. Bhavani

B. Deevina

P. Haritha

~~A. Jay~~

B. Jayanthi

S. Bhavani

S. I

~~I. Sam~~

B. Joythi

A. Arathi

A. L. S. Gayathri

S. K. Thalim

~~A. Jay~~

Ch. Prasanthi

B. Arithi

B. Arithi

Sh. Bhavani

D



PRINCIPAL
GOVT. DEGREE COLLEGE,
AVAMOGUDA, Krishna Dist.