

## Report on Health Check-Up First-Year Girls (F.Y.B.Com)

Date: 28<sup>th</sup> September 2022

### Participants: 136 Girls

**Introduction:** On 28<sup>th</sup> September 2022, a health check-up program was organized for first-year girls pursuing their Bachelor of Commerce (F.Y.B.Com) at T.C.College, Baramati Autonomous Girls Hostel. The primary aim of this activity was to promote overall health and well-being among the students and to identify any potential health issues that may require attention. A total of 136 girls actively participated in the health check-up program.

### Health Parameters Assessed:

#### Height, Weight, Blood Pressure (BP), Hemoglobin (HB) Levels

The health check-up program was conducted in an organized manner. Participants were divided into groups to ensure a smooth flow of the process. Trained medical professionals and nursing staff were present to carry out the assessments. The health check-up program provided valuable insights into the overall health of the first-year F.Y.B.Com students.

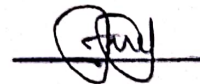
1. **Height and Weight:** Most of the participants fell within the normal range for height and weight, indicating healthy growth and weight management.
2. **Blood Pressure:** Most participants had normal blood pressure readings, suggesting good cardiovascular health. A few participants had slightly elevated blood pressure, and they were provided with guidance on lifestyle modifications.
3. **Hemoglobin Levels:** Hemoglobin levels were within the normal range for many participants. Any participants with low hemoglobin levels were advised on dietary improvements and offered further evaluation if necessary.

The health check-up program for first-year F.Y.B.Com girls on September 28, 2022, was a successful and proactive initiative aimed at promoting the overall health and well-being of the students. Many participants exhibited healthy height, weight, blood pressure, and hemoglobin levels. For those with deviations from the norm, appropriate guidance and recommendations were provided.

We extend our gratitude to the Dr. Deshpande sir, their nursing staff, and all participants for their active involvement and cooperation in making this health check-up program a success.



Coordinator



Head, Department of Commerce