

SJM Vidyapeetha ®
S.J.M. INSTITUTE OF TECHNOLOGY
CHITRADURGA

PROGRAMME
ON
“HEALTH CHECKUP PROGRAM”

by
SJMIT WOMEN’S CELL IN COLLABORATION WITH BMCH



Dr. Bharath P B
Principal, SJMIT
Chitradurga

Mr. Satyanarayan S
BMCH,
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Mrs. Pavithra S B
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Coordinators: Prof. Sushmita Deb, E&E Dept., SJMIT
Prof. Shruthi. M. K, CSE Dept., SJMIT

Date: 23rd – 28th March 2022

Time: 10:30 to 1:30 pm

Venue: BMCH, Chitradurga.

**S.J.M INSTITUTE OF TECHNOLOGY, CHITRADURGA
WOMEN'S DAY CELEBRATION REPORT**

REPORT

Women Cell of SJMIT have conducted free Medical Health care camp for all the Ladies (Teaching and Non-Teaching staffs of SJMIT) in collaboration with BMCH, Chitradurga within (23rd - 28th) of March 2022, at BMCH, Chitradurga, Karnataka.

The organizing committee consisted of following members.

- 1) Dr. Bharath P B, Principal, SJMIT, Chitradurga.
- 2) Mrs. Sushmitha Deb, Women's Cell Coordinator, SJMIT, Chitradurga.
- 3) Mrs. Shruthi.M.K, Women's Cell Coordinator, SJMIT, Chitradurga.
- 4) Mr. Satyanarayan S, BMCH, Chitradurga.
- 5) Mrs. Pavithra S B, BMCH, Chitradurga.

In this program, we have gone for free Medical Health checkup followed by the tests like

- i. Gynecologic Exfoliative Cytology/ Cervical Pas Smears/ Vaginal Smears (Pap Smear).
- ii. Mammography.
- iii. Blood Tests consisting of RBS, Serum Creatinine, LFT, CBC, Urine Routine, Renal function Test, TSH.
- iv. Ultra Sonography.

- **Gynecologic Exfoliative Cytology/ Cervical Pas Smears/ Vaginal Smears (Pap Smear):**

A Pap smear, also called a Pap test, is a procedure to test for cervical cancer in women. A Pap smear involves collecting cells from your cervix — the lower, narrow end of your uterus that's at the top of your vagina.

Detecting cervical cancer early with a Pap smear gives you a greater chance at a cure. A Pap smear can also detect changes in your cervical cells that suggest cancer may develop in the future. Detecting these abnormal cells early with a Pap smear is your first step in halting the possible development of cervical cancer.

- **Mammography:**

Mammography is designed to take images of the patient's breasts in order to detect any tumors or other tissue abnormalities. It is a very useful procedure in detecting breast cancers. Screening Mammography – This is used to examine changes in the breast of a woman who do not have any signs or symptoms of breast cancer.

- **Blood Tests & TSH:**

Blood tests are used to measure or examine cells, chemicals, proteins, or other substances in the blood. The tests can give providers information about your organs, such as the heart, kidneys, and liver. The BMP includes blood glucose, calcium, and electrolyte tests, as well as blood tests that measure kidney function.

A TSH test is done to find out if your thyroid gland is working the way it should. **It can tell you if it's overactive (hyperthyroidism) or underactive (hypothyroidism).** The test can also detect a thyroid disorder before you have any symptoms. If untreated, a thyroid disorder can cause health problems.

- **Ultra Sonography:**

An ultrasound / SONOGRAPHY is a procedure that uses high-frequency sound waves to scan the internal organs of the body - woman's abdomen and pelvic cavity, the reproductive system and the fetus of a pregnant woman creating a picture (sonogram) of the baby and placenta.

Photos:



Collection of Blood Samples