

## ALUMNAE COMMITTEE

### SYNOPSIS 2016-17

#### ALUMNAE MEET - 4.8.2016

JMJ Alumnae members met on 4.8.2016 in Seminar Hall of MBA block at 2.00PM. The members interacted with each other and decided to strengthen the Alumnae committee. Group discussion was done about future plans. The members unanimously agreed to help the institution in whatever way they can like organizing seminars, acting as resource persons in their respective fields, helping for guest lecture, endowment lecture, sponsoring for various activities of the college as far as possible.



#### Programme at slum

Committee conducted a programme at Slum area (Kattevaram katta) on 9.9.2016 from 1.00Pm. Students surveyed around the

village. Nearly 80 houses were surveyed. Later students done clean and green programme. Students conducted Rangoli competition for inhabitants of the village. Ms.M.Vanaja, gave demonstration on preparation of surf with the assistance of students. Prepared surf was distributed to the villagers. Later prizes were distributed to the rangoli competition winners. Dr. Sr. Shiny , Principal, Ms C.M.Anitha, Ms P.Hemalatha , Ms K.Nirmala Jyothi, Ms M.Vanaja, Ms R.NagaJyothi, Ms Vani participated in this programme.



#### Health Camp

Alumnae Committee arranged Health Camp by Dr D.Sarada, Satya Sai Hospital, Tenali to the inhabitants of slum area of Kattevaram Katta on 1.10.2016 at 5.00pm. Doctor examined many patients suffering

from different diseases and medicines were given to them at free of cost. Later she educated about serious issues such as personal hygiene, stopping the spread of disease, immunization, family planning and maternity care using clean water supplies etc.. Patients requiring specialist treatments like cancer, hysterectomy, hernia, gall stones, orthopaedics are referred to hospital.



## GUEST LECTURE



Ms. P.Hemalatha Dept. of Homescience gave Guest Lecture on Psychological first aid and Mental Health on 5.10.2017. The speaker explained about 10 secrets of

mental health i.e., Positive self image, learn from the past, plan for future and live in present , able to control emotions, be socially connected, avoid negative psychological factors, early treatment to mental sickness, resilience, financial management, balanced diet and physical fitness, relaxation etc.

## ALUMNAE MEET - 11.1.2017

Alumnae meet was held on 11.1.2017 in IQAC room. Principal, Dr.Sr. Shiny greeted the gathering. Old students introduced themselves and shared their memorable events in the college during their period of study. Ms T.Manjulatha, HoD of Botany explained about the Benefits of Autonomy , Dr.G.Saraswathy, HoD of Physics spoke about the Progress of the College , Ms.T.Arogyamma, HoD of Humanities spoke about different committees and their activities and Ms. Ch.Sarojini , Controller of Examinations told about the reforms in examinations. Later Sr. Hrudaya Mary Conducted games like Blasting the Balloon and Filling the bottle. Old students participated enthusiastically and won prizes.



## **DENTAL CAMP**

Committee arranged Dental camp by Dr.D.Ravindranath, M.D. Srinivasa Dental Clinic, Tenali on 2.2.2017 at 10.00 pm in Old Auditorium. Dr.D.Ravindranath enlightened about the common Dental problems like Bad Breath, Tooth Decay , Mouth Sores, Tooth Erosion, Tooth Sensitivity, Tooth aches. Doctor gave awareness about Gum diseases, cavities, Oral cancer, dry mouth and bacteria on the tongue are some of the dental problems that can cause bad breadth and tooth sensitivity which was a common problem in many people. He also told that now a days there is treatment for sensitive teeth .Later Doctor examined nearly 40 students and few Staff members also who are suffering from severe dental problems. Doctor advised the students to take preventive measures for healthy teeth.

