STIE Healthcation: 26th and 27th October, 2026



I. Basic Details

Date	**Faculty**	**Department/ Committee**	**Co-ordinator name**
26th and 27th October, 2026	F.Y.B.Ed. S.Y..B..Ed	Education	Prof. Dr. Giselle D'souza-Principal In-charge
Time	**Venue**	**Activity for Class/ Group with total number of Attendees**	**Nature**
9:00 am onwards	1. Eye check-up - Library 2.Gut Health session, Cancer awareness Women's Health - Multipurpose Hall, STIE	F.Y. -50 S.Y. - 42	Indoor
Name and details of Resource Person	**Names of Staff Members who supported**	**Names of the Students who supported**	
Swati Pal Omakar Jagtap Hasti Gosar Jyoti Patil Shah Dr. Kinjal Andrade-Patil	Prof. Dr. Giselle D'souza Dr. Joan Lopes Prof. Dr. Cinderella D'Mello Dr. Cerena D'Cunha Dr. Reshma Rodrigues Sr. Cheryl Gladis	Ms. Oshin Almeida Ms. Rebecca Crasto Ms. Zainab Khan	

II. Brief Information about the Activity

Topic/Subject of the Activity	Healthcation
Objectives for conducting Activity	● To provide students with access to basic healthcare services through medical check-ups and health screenings. ● To create awareness about gut health, cancer prevention and women's health. ● To educate participants about healthy lifestyle choices, preventive healthcare and early detection of health problems. ● To encourage students to seek timely medical guidance and take responsibility for their physical and mental well-being.
Methodology	**26th October 2026** **<u>Eye Check-up and Medical Camp</u>** ● A medical camp was organised with the support of representatives from Swaraj Foundation and Swarajya Sevabhavi Sanstha. ● Students were provided with an opportunity to undergo eye check-ups and receive basic vision related guidance. **27th October 2026** **<u>Session 1: Gut Health Awareness</u>** ● Ms. Hasti Gosar conducted an informative session on gut health, digestive wellness and the importance of probiotics. ● Participants were guided on balanced nutrition, adequate hydration and healthy dietary practices. **<u>Session 2: Cancer Awareness</u>** ● Ms. Jyoti Patil Shah conducted an awareness session highlighting the importance of early detection of cancer, particularly breast and ovarian cancers. ● The session covered warning signs, regular screenings, self-examinations and preventive lifestyle practices. **<u>Session 3: Women's Health Awareness</u>** ● Dr. Kinjal Andrade-Patil conducted a session focusing on women's health, including menstrual disorders, Menstrual Disorders, PMOS & Menopause. ● The discussion aimed to address common concerns, promote awareness and encourage women to seek timely medical advice and prioritise their well-being.
Outcome	● Students gained awareness about eye care and the importance of regular medical check-ups. ● Participants developed a better understanding of digestive health, probiotics, healthy eating habits and lifestyle changes. ● The cancer awareness session highlighted the importance of early detection, screening and preventive care.

	• The women's health session helped participants understand menstrual disorders, PMOS and menopause more clearly. Overall, the programme encouraged a proactive approach towards healthcare and holistic well-being.



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