

SPECIAL HEALTH CHECK UP FOR STAFF

A diagnostic camp was organized by the Dept of Microbiology and PGDMLT in association with Thyrocare Technologies, the world's largest thyroid testing laboratory on 18th September 2009 to mark the Golden Jubilee celebrations of our College.

A battery of tests was conducted by Thyrocare for a very special and concessional rate of Rs. 300/- per person.

The entire package was made keeping in mind the stress we all face today owing to competition which in turn leads to unhealthy eating habits, sedentary lifestyle, obesity, eating too much of fast food, sleep deprivation and no exercise. All this results in permanent damage to some of our vital organs like heart, liver and kidneys. "Prevention is better than cure" is a wise saying and hence proactive steps taken well early in time can prevent some of the deadly lifestyle related diseases from occurring at all.

The tests were divided in 6 categories such as:

- 1. Lipid Profile**
- 2. Liver function tests**
- 3. Liver function tests**
- 4. Iron Deficiency Profile**
- 5. Kidney Profile**
- 6. Screening for Infectious diseases.**

These are 30 tests in total. In addition complete hemogram(total 17 tests) and complete urinogram(total 10 tests) were also done.

A total of 84 samples were collected and tested by Thyrocare. The blood and urine collection was made on a fasting stomach in the Microbiology lab. Personnel from Thyrocare were assisted by past and present PGDMLT Students. The students helped in collecting and maintaining records.

Tea, Coffee and biscuits were provided after the fasting blood was collected.

The camp was open for the staff and their families. Staff from SIES School also availed of the opportunity.

It was a very satisfying and unique experience. The staff members who availed of this opportunity were very happy and expressed their gratitude.