

## **Extension Activities 2014-2015**

Extension Cell of **Sri. G. V. G. Visalakshi College for Women, Udumalpet** launched Health Care Survey to identify health interventions as a primary component of the activity. Rapid expansion of health oriented services, which is a core component of the broader health system, is one of the strategies adopted with a view to achieve good coverage of primary health care to the rural population in and around Udumalpet. The goal of the evaluation survey is to generate critical information on the nature of health ailment of the respondents.

Students of III B.A Economics involved in Data collection through Structured Questionnaire which includes 50 Questions. Each student collected data from 25 respondents. Survey recipients were asked to report family background details, health conditions, proximity and availability of medical facilities in government and private sectors and their awareness about good health practices.

After conducting survey, students gave counseling to them about their health problems. The respondents are asked to do exercise daily by our students. Some of them are asked to do yoga.

The following instructions are given to them

- Should take fibrous foods, fruits
- Physically exercise to control sugar level
- Balanced diet to avoid obesity

Most of the students are coming from various villages. All the students have received certificate from the VAO or Panchayat President or from the Government School Head Master for conducting a survey on their area. The collected data is converted into Master Table and stored in Excel Format.