



**CHAITANYA DEGREE & PG COLLEGE FOR WOMEN**

**AFFILIATED TO ANDHRA UNIVERSITY**

**CHAITANYA NAGAR, OLD GAJUWAKA, VISAKHAPATNAM-530026**



# **DEPARTMENT OF BIOCHEMISTRY**

## **WORLD HEALTH DAY**

**[APRIL -7-2023]**

World Health Day is a global health awareness day celebrated every year on 7 April. It is celebrated annually and each year draws attention to a specific health topic of concern to people all over the world. In 1948, the WHO held the First World Health Assembly. The Assembly decided to celebrate 7 April of each year, with effect from 1950, as the World Health Day.

### **THEME FOR WORLD HEALTH DAY**

Theme for World Health Day 2023: Health for All. In addition to focusing on the journey to achieving Health For All, which is this year's theme, WHO will observe its 75th anniversary under the theme 75 years of improving public health.

### **ACTIVE STUDENTS PARTICIPATION ON HEALTH DAY**

On April 7th of 2023, world Health Day our students has given seminars on different topics regarding health to make students conscious about their health. On of our student P.Akhila 2nd year came up with idea of healthy diet. Another student Alekhya from 2nd year, made our students aware of vaccination that should taken in time to fight against various diseases, infections etc. Another student Sri lekha 2nd year suggested our students to plant a sapling so that we can get pure air which is major one to attain proper health. Another student Harshitha from taught the students to do suryanamaskar which helps them to maintain their mental health.





- **Students participated in explaining diet to be followed in every day.**
- **Students participated in planting saplings in college.**
- **Students also participated in yoga practices.**

### **CONCLUSION:**

-The above conducted activities within the college on world Health Day provide us the following information

-Importance of maintaining good health for the healthy survival.

-And also we get know habits, diet, etc. measures required to lead a healthy and happy life.

-It provides a platform to raise awareness about global health issues and highlights the importance of health equity and universal health coverage.

Estd. 1996



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## **DEPARTMENT OF BIOCHEMISTRY**

### **WORLD BREAST FEEDING WEEK**

#### **BREASTFEEDING:**

Breastfeeding is one of the most effective ways to ensure child health and survival. Contrary to WHO recommendations, fewer than half of infants less than 6 months old are exclusively breast fed. Breast milk is the ideal food for infants. Breastfeeding can help protect babies against some short -and long term illness and diseases. Breastfed babies have a lower risk of asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS) .Breastfed babies are also less likely to have ear infections and stomach bugs. Breast milk shares antibodies from the mother with her baby, these antibodies help babies develop a strong immune system and protect them from various diseases babies develop a strong immune system and protect from various diseases.

#### **THEME:**

World Breastfeeding Week theme for 2022 is "Step Up for Breastfeeding: Educate and Support".

The theme is aimed at encouraging breastfeeding as it is a very important thing and plays a very important role in the early development of a baby.

During World Breastfeeding Week, events are organized to spread awareness regarding the benefits of breastfeeding and educate people about the advantages of breastfeeding.



## **ACTIVITY:**

Students created awareness among their neighbourhood about breast feeding.

First month ( after the first week)-2-3 ounces per feeding

Second and third month -about 3 ounces per feeding

Third and fourth month -3-4 ounces per feeding

Fifth month going forward -4-5ounces per feeding Breast feeding can reduce the mother's risk of breast and ovarian cancer ,type 2 diabetes, and high blood pressure. Breast feeding has health benefits for the mother too!



Usually breast milk is given directly from the breast. It is also pumped, stored and offered from a bottle. Some people breast feed exclusively. That means their baby does not receive formula or other foods. Others breast feed partially, which means that their baby may also receive formula or solid foods



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# **DEPARTMENT OF BIOCHEMISTRY**

## **WORLD BLOOD DONOR DAY**

**[JUNE 14-2023]**

World Blood Donor Day is celebrated annually on June 14 to express gratitude for the selflessness of voluntary blood donors across the world. Blood is an invaluable contribution that one individual can offer to another, a profound gift that sustains life itself.

### **WORLD BLOOD DONOR DAY 2023: THEME**

The slogan for 2023 World Blood Donor Day campaign is “Give blood, give plasma, share life, share often.” It focuses on patients requiring life-long transfusion support and underlines the role every single person can play, by giving the valuable gift of blood or plasma.

### **ACTIVE PARTICIPATION OF STUDENTS ON BLOOD DONOR DAY**

On 4<sup>th</sup> of June 2023, blood donation day our students of our college has given presentation with models to create awareness among about the importance of donating blood.

Another student s. Kusuma from 2<sup>nd</sup> year department of Biochemistry, explained the process that should follow before donating blood using her presentation.

Another student k. Neelima explained measures that we should take after donating blood to balance our health.





## **CONCLUSION:**

- The above conducted activities within the college on blood donor day provides us with the following information
- Importance and value of donating blood.
- And also the diet what we should follow before and after blood donation to maintain our health.



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## BLOOD GROUPING



## Introduction

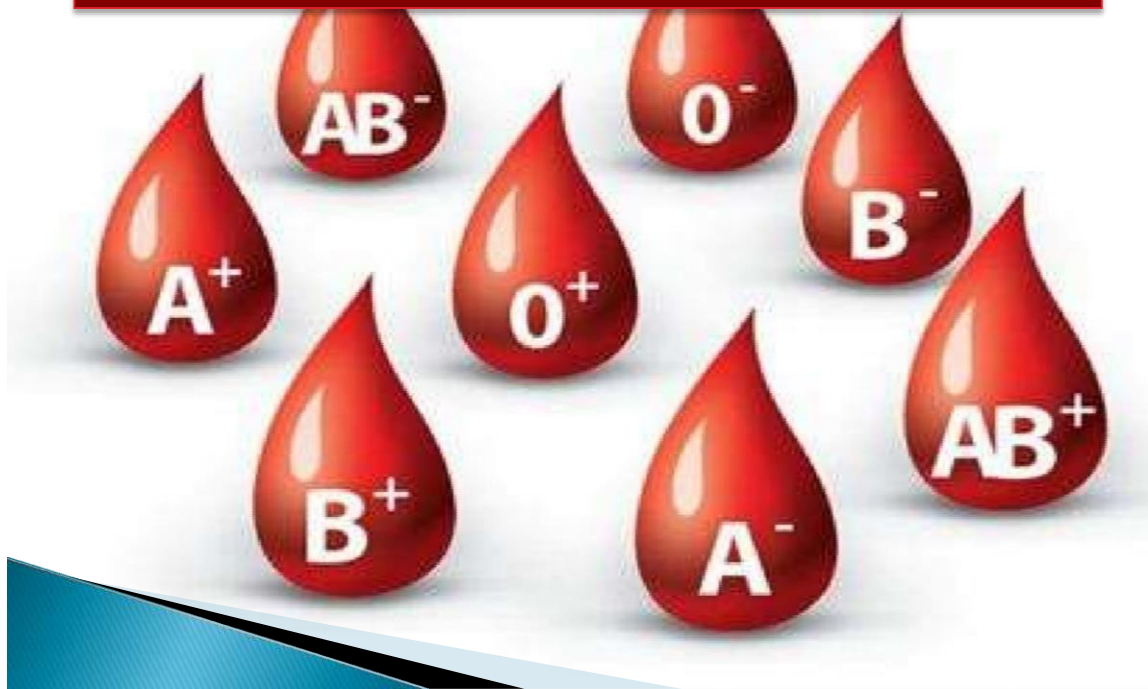
A blood group also called a Blood Type

Classification of blood is based on the presence or absence of inherited antigenic substances on the surface of red blood cells (RBCs)

These antigens may be proteins, carbohydrates, glycoproteins, or glycolipids, depending on the blood group system.



# ABO Blood Group System



The **ABO blood group system** is the most important blood type system (or blood group system) in human blood transfusion.

ABO blood types are also present in some other animals for example rodents and apes such as chimpanzees, bonobos and gorillas.

Determination of ABO blood groups depends upon the immunological reaction between antigen and antibody.

Antigens are also called agglutinogens because of their capacity to cause agglutination of RBCs.

## History

Karl Landsteiner discovered the ABO Blood Group System in 1901.

Adriano Sturli and Alfred von Decastello who were working under Landsteiner discovered type AB a year later in 1902

Landsteiner was awarded the 1930 Nobel Prize in Physiology or Medicine for his work.

## Antigen and Antibody Present in ABO Blood Group

<b>ABO Group</b>	<b>Antigen Present</b>	<b>Antigen Missing</b>	<b>Antibody Present</b>
<b>A</b>	<b>A</b>	<b>B</b>	<b>Anti-B</b>
<b>B</b>	<b>B</b>	<b>A</b>	<b>Anti-A</b>
<b>O</b>	<b>None</b>	<b>A and B</b>	<b>Anti-A&amp;B</b>
<b>AB</b>	<b>A and B</b>	<b>None</b>	<b>None</b>

### BLOOD GROUPS

#### II<sup>nd</sup> year MScs

S.No	NAME	BLOOD GROUP
1	A Vennala	B <sup>+</sup> ve
2	P. Manasa	O <sup>+</sup> ve
3	A. Janasi Manasa	O <sup>+</sup> ve
4	S. Usha	B <sup>+</sup> ve
5	M. Divya prasana	O <sup>+</sup> ve
6	D. Aparna	O <sup>+</sup> ve
7	V. Satya valhi	A <sup>+</sup> ve
8	P. Bhavani	O <sup>+</sup> ve
9	B. Varshitha	B <sup>+</sup> ve
10	K. durga bhavani	O <sup>+</sup> ve
11	N. Swathi	O <sup>+</sup> ve
12	B. Bhagga Sri	O <sup>+</sup> ve

### I<sup>st</sup> year MSc Zoology

S.No	NAME	BLOOD GROUP
1	S. Nandini	O <sup>+</sup> ve
2	K. girisha	O <sup>+</sup> ve
3	S. Jashna	A <sup>+</sup> ve
4	G. Sanjusha	O <sup>+</sup> ve
5	K. Jashna	O <sup>+</sup> ve
6	L. Jaya laxmi	O <sup>+</sup> ve

### I<sup>st</sup> year MSc Organic Chemistry

1	A. Malkika	O <sup>+</sup> ve
2	B. Krishna priya	O <sup>+</sup> ve
3	P. Lalitha	O <sup>+</sup> ve
4	M. Hemalatha	O <sup>+</sup> ve
5	sri valli	O <sup>+</sup> ve

### II<sup>nd</sup> year CBZ

S.No	NAME	BLOOD GROUP
1	G. Sai Hanstitha	O <sup>+</sup> ve
2	T. Sandha	O <sup>+</sup> ve
3	G. Sravani	A <sup>+</sup> ve
4	N. Rama devi	O <sup>+</sup> ve
5	P. Vyshnavi	B <sup>+</sup> ve
6	B. Chandini	O <sup>+</sup> ve
7	P. Savitri	B <sup>+</sup> ve
8	B. Durga veni	AB <sup>+</sup> ve

### I<sup>st</sup> year MSc Computer Science

1	P. Rajeswari	A <sup>+</sup> ve
2	K. Divya	O <sup>+</sup> ve
3	M. laxmi prasana	O <sup>+</sup> ve
4	P. Bhargavi	A <sup>+</sup> ve
5	Ch. Ramya Sri	A <sup>+</sup> ve
6	M. Mohini	A <sup>+</sup> ve

### I<sup>st</sup> year MBBCC

S.No	NAME	BLOOD GROUP
1	P. Bhavani	A <sup>+</sup> ve
2	B. vara laxmi	B <sup>+</sup> ve
3	B. Lokeswari	O <sup>+</sup> ve
4	B. Jahanvi	O <sup>+</sup> ve
5	M. Bhavani	B <sup>+</sup> ve
6	G. Pranaya	B <sup>+</sup> ve
7	P. Kusuma	A <sup>+</sup> ve
8	U. Manasa	O <sup>+</sup> ve
9	Ch. Janaki	B <sup>+</sup> ve
10	P. kavya	B <sup>+</sup> ve



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# DEPARTMENT OF BIOCHEMISTRY

## WORLD DIABETIC DAY

**(14-11-2022)**

**World Diabetes Day** is the primary global awareness campaign focusing on diabetes mellitus and is held on 14 November each year. It was led by the International Diabetes Federation (IDF), each World Diabetes Day focuses on a theme related to diabetes; type-2 diabetes is largely preventable and treatable non-communicable disease that is rapidly increasing in numbers worldwide. Type 1 diabetes is not preventable but can be managed with insulin injections. While the campaigns last the whole year, the day itself marks the birthday of Frederick Banting who, along with Charles Best, first conceived the idea which led to the discovery of insulin in 1922.

### **THEME (2022)**

The theme for **World Diabetes Day 2021-23** is **Access to Diabetes Care**.

We have tested the Random blood sugar of non-teaching staff. Students and staff gave the precautions to be taken to control and prevent diabetes by healthy lifestyle and diet.



## Students testing blood sugar to the staff members.



- Millions of people with diabetes around the world do not have access to diabetes care.
- People with diabetes require ongoing care and support to manage their condition and avoid complications.
- Medicine, technologies, support and care to be made available to all people with diabetes that requires them.
- Governments to increase investment in diabetes care and prevention.