



# St. Francis

## College for Women

Begumpet, Hyderabad-500016

(Autonomous & Affiliated to Osmania University)

### **Empowering Wellness: St. Francis College's Holistic Health Initiatives for Women's Development**

At St. Francis College for Women, empowering women extends beyond just academics. Recognizing health as a core pillar for holistic development, the college provides a robust suite of wellness initiatives to nurture the mind, body and spirit of students and staff alike.

The campus Health Center along with Bio chemistry and biotechnology department orchestrated in collaboration with esteemed external institutions such as hospitals, medical research centres, and experts from the medical fraternity specialized health camps throughout the year to make quality healthcare easily accessible. Eye camps (in association with Winvision, dental camps (in association with Panineeya Institute of Dental Sciences and Research centre, Thyrocare and Gynaecology camp in association with Yashoda Hospitals are constantly organized. various guestlectures and cancer awareness workshops are also organized for targeted interventions to provide personalized care tailored to women's needs. Partnerships with leading hospitals like Sunshine ensure top-notch services at subsidized rates. COVID-19 vaccination drives were also conducted to keep the student fraternity and the institution neighbourhood armed to face the sudden pandemic. Students also benefit from free counseling, CPR training, and seminars on grief, inequality, self-care and more for a balanced approach to mental health.

Ultimately, St. Francis College aims to empower women not just through education, but also by equipping them with the knowledge and resources to take charge of their overall wellbeing. As the students thrive in mind, body and spirit, they are primed to unlock their fullest potential and blaze trails into the future. The college's holistic health initiatives are laying the foundation for women leaders who can change the world.