



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited A++ Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

DISTINCTIVENESS

Title: "ANBU Health Card- Comprehensive Healthcare Outreach for Underserved Women"

ANBU Health Card initiative exemplifies Sathyabama Institute of Science and Technology's commitment to societal well-being and equity. By addressing the healthcare needs of marginalized groups like government school teachers, police personnel and community workers, the institution created a positive impact through inclusive outreach and community development. This practice serves as a model for institutions striving to bridge the gap in healthcare accessibility for underserved populations, emphasizing the role of higher education in societal transformation.

Objective:

The initiative aims to provide equitable access to preventive and diagnostic healthcare, for early detection of illnesses and promote wellness practices among women.

The Context:

Underserved women often face challenges such as irregular working hours, lack of medical insurance and limited preventive care access. Recognizing their vital contributions to society, Sathyabama launched the ANBU Health Card to bridge this gap.

The Practice:

1. **Free Health Camps** for diabetes screening, mammograms, nutritional assessments, and more
2. **Digital Health Cards** to maintain personalized health records
3. Sathyabama started a project "**Madugai – The Strength**" for Government school girl students and women, in which "**Health and Hygiene**" kits are provided
4. **Collaborations** with healthcare experts and NGOs for quality service delivery
5. **Awareness Programs** on nutrition, stress management and healthy lifestyles

Impact Analysis:

The initiative has benefited hundreds of women from the adopted villages and schools, improving access to healthcare, enabling early diagnosis and enhancing awareness.

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