

A Report on
Swasthyashala - Hair Care Awareness
by
Dr Reddy's Foundation for Health Education
(20th June 2025)



MALLA REDDY
COLLEGE OF ENGINEERING

Organized by



WELLNESS CLUB

Date: 20th June 2025
Time: 2:30 PM – 3:30 PM
Venue: Seminar Hall, MRCE
Organized by: MRCE Wellness Club
Guest Speaker: Dr. Radhika Dimmati
(Consultant Dermatologist)

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MALLA REDDY COLLEGE OF ENGINEERING

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ISO 9001:2015 Certified Institution, Recognition of College under Section 2(f) & 12 (B) of the UGC Act, 1956.




swasthyashala



Expert talk on
Hair Care

in Collaboration with

Dr.Reddy's 
Foundation for
Health Education

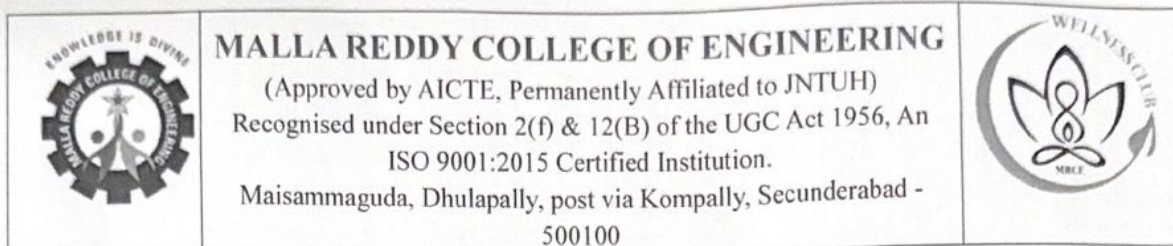
Resource Person
Dr. Radhika Dimmati
MBBS, DDVL(OSM), Dermatologist

Venue:
Seminar Hall, MRCE



CONVENER- Wellness Club
Dr. K. SHANTHI LATHA

PRINCIPAL
Dr. M. ASHOK



MRCE/2025-2026/WC/CIR-1

Date : 19-06-2025

MRCE-Wellness Club - CIRCULAR

Dear faculty & students,

The **Wellness Club of MRCE**, in collaboration with **Dr. Reddy's, Foundation for Health Education**, is organizing an Expert talk under the **Swasthyashala initiative** on the topic: **"Hair Care"**.

This interactive one-hour session aims to raise awareness about maintaining healthy hair, understanding different hair types and scalp conditions, debunking common hair care myths, and adopting effective hair care routines. An expert from Dr. Reddy's will lead the session, followed by a Q&A segment.

Details of the Event:

Date: 20-06-2025

Time: 2:30pm to 03:30pm

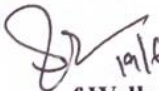
Duration: 1 Hour

Venue: Seminar Hall

Organized by: MRCE Wellness Club

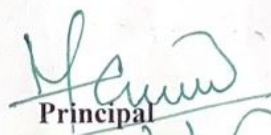
Resource Person: Dr. Radhika Dimmati, MBBS, DDVL(OSM), Consultant Dermatologist, Skintology Skin and Hair Clinic, Experts from Dr. Reddy's Laboratories.

All interested students and faculty members are encouraged to attend and make the most of this wellness initiative.


Convener of Wellness Club

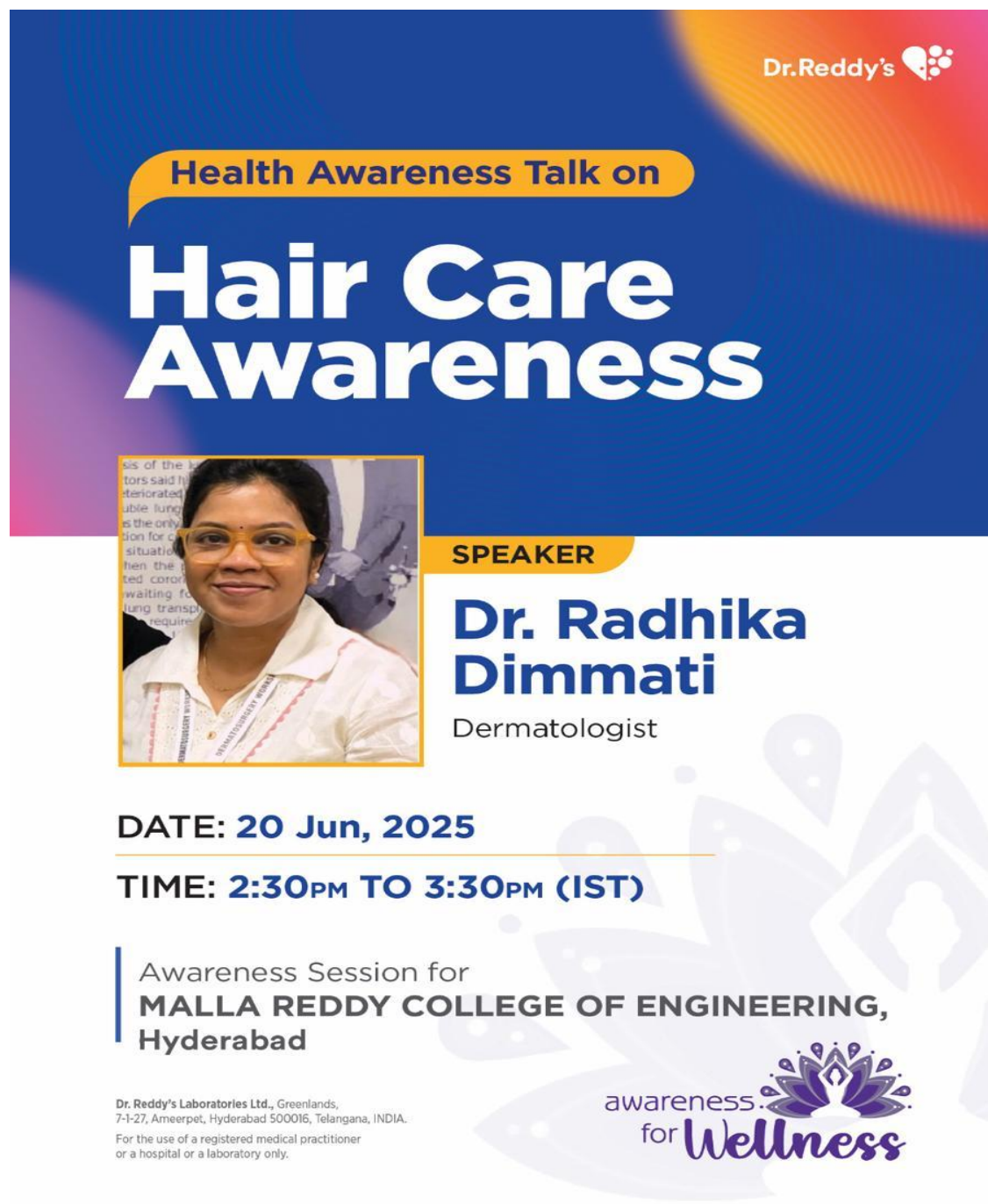
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1. All Dean's
2. All HOD's
3. AO
4. Library
5. Admin


Principal
Principal
MALLA REDDY COLLEGE OF ENGG
 Maisammaguda, Dhulapally Post,
 Kompally, Secunderabad - 500 100. (T.S.)

Introduction

As part of the MRCE Wellness Club's ongoing initiative to foster health awareness among students and staff, a session titled “Swasthyashala – Hair Care Awareness” was conducted in collaboration with **Dr. Reddy's Foundation for Health Education**. This expert session was designed to educate the MRCE community on scalp health, hair fall causes, hair myths, and scientifically backed self-care routines.




The poster features a blue and orange gradient background. At the top right is the Dr. Reddy's logo. A yellow banner reads 'Health Awareness Talk on'. Below it, the title 'Hair Care Awareness' is written in large white letters. A photo of Dr. Radhika Dimmati is shown on the left. To her right, the text 'SPEAKER' is in a yellow banner, followed by her name 'Dr. Radhika Dimmati' and 'Dermatologist'. The date and time are listed below. At the bottom left is the college name, and at the bottom right is the 'awareness for Wellness' logo with a lotus flower.

Dr.Reddy's

Health Awareness Talk on

Hair Care Awareness



SPEAKER

Dr. Radhika Dimmati
Dermatologist

DATE: 20 Jun, 2025

TIME: 2:30PM TO 3:30PM (IST)

Awareness Session for
MALLA REDDY COLLEGE OF ENGINEERING,
Hyderabad

Dr. Reddy's Laboratories Ltd., Greenlands,
7-1-27, Ameerpet, Hyderabad 500016, Telangana, INDIA.
For the use of a registered medical practitioner
or a hospital or a laboratory only.

awareness for **Wellness**

Objective

- To raise awareness on proper hair and scalp care practices.
- To provide expert insights into common causes of hair loss and solutions.
- To debunk widespread hair care myths and misinformation.
- To promote lifestyle adjustments and dermatological advice for hair wellness.



Active Participation of Faculty and Students in the Hair care awareness session at MRCE

Event Overview

The event began with a warm welcome by **Dr. K Shanthi Latha**, Convener of the Wellness Club, who emphasized the club's mission of encouraging well-being across physical and mental health domains. The session was formally inaugurated by **Dr. M. Ashok**, Principal, MRCE, who appreciated the initiative and highlighted the significance of holistic health care for youth.

Following the welcome, **Dr. Radhika Dimmati**, the guest speaker and an experienced dermatologist, engaged the audience with a presentation covering:

- Types of scalp and hair concerns.
- Hormonal and environmental impacts on hair health.
- Practical do's and don'ts in hair care.
- Importance of diet, sleep, and stress management.
- The expert also addressed the rising trend of unverified remedies and emphasized evidence-based dermatological practices.



Principal Dr. M. Ashok honored the guest with a traditional pot as a symbol of respect and welcome.

Welcome Address by Dr. K Shanthi Latha



Convener of Wellness Club addressing the gathering and introducing the event objectives.



Inaugural Note by Dr. M. Ashok, Principal, MRCE



Principal emphasizing the role of well-being in student success.

Expert Talk by Dr. Radhika Dimmati



Dr. Radhika explaining common myths and facts about hair care.

Interactive Session with Students



Students participating in Q&A and quiz rounds enthusiastically.

Group Photo:



All participants, faculty, and guests captured in one frame post-event.

Event Highlights

- Interactive quiz and myth-busting round to engage the audience.
- Q&A session where students actively posed queries.
- Free consultation and hair/scalp analysis for a select group of attendees.
- Distribution of awareness brochures and product samples by Dr. Reddy's Foundation.

Audience Engagement

More than **100 students** and **15 faculty members** participated with enthusiasm. Many took part in the Q&A and interactive segments. The Wellness Club ensured a smooth registration and coordination process to ensure inclusive engagement.

Outcomes

- Participants left with a clearer understanding of how lifestyle affects hair health.
- Increased awareness of dermatological care and the need to avoid harmful treatments.
- Strengthened collaborations between MRCE Wellness Club and healthcare foundations for future initiatives.

Felicitation



Dr. Radhika Dimmati being felicitated with a memento by wellness club convener

Conclusion

The Swasthyashala Hair Care Awareness Session was a significant success, aligning with MRCE's larger vision of nurturing wellness alongside academic excellence. The Wellness Club plans to continue similar health-oriented sessions throughout the year.

Prepared by:

Dr. K Shanthi Latha

Convener – Wellness Club, MRCE