



SAPTHAGIRI COLLEGE OF ENGINEERING



FIT INDIA FREEDOM RUN 2020

SAPTHAGIRI COLLEGE OF ENGINEERING participated Under the Event "Fit India Freedom Run" as per the circular from AICTE. Under the event faculties took part by taking a walk/run at their place, at their own pace and at their own convenient time. The event was conducted on 2nd of October 2020 in association with Department of Physical Education and NSS.



SAPTHAGIRI COLLEGE OF ENGINEERING

Chikkasandra, Bangalore 57



Run Anywhere - Any Time
On 02-10-2020

Rules

- 1) Run a route of your choice, at a time that suits you
- 2) Run your own race at your own pace
- 3) Share us with a routemap and photo
- 4) Anyone can participate

Organized by: Dept of Physical Education

 **9686562343**

 **sports@sapthagiri.edu.in**

Tulsidas D
Convenor

Dr M.H Annaiah
vice-Principal

Dr H RamKrishna
Principal

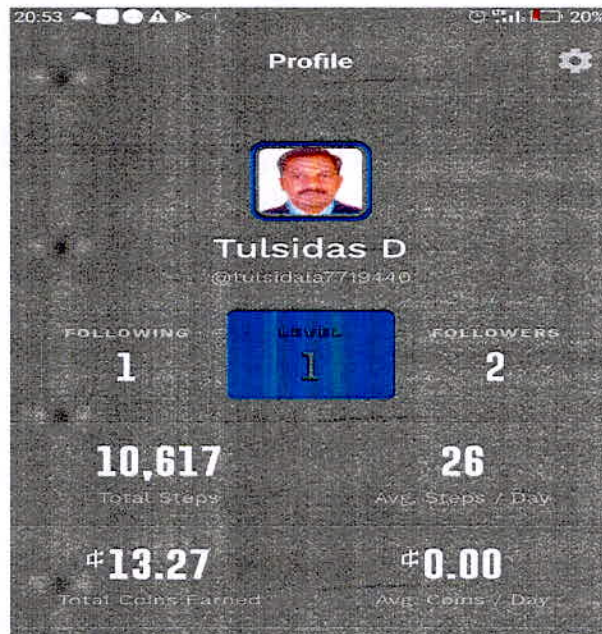
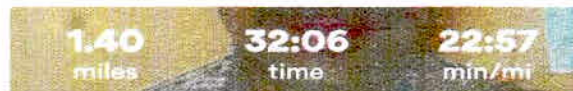
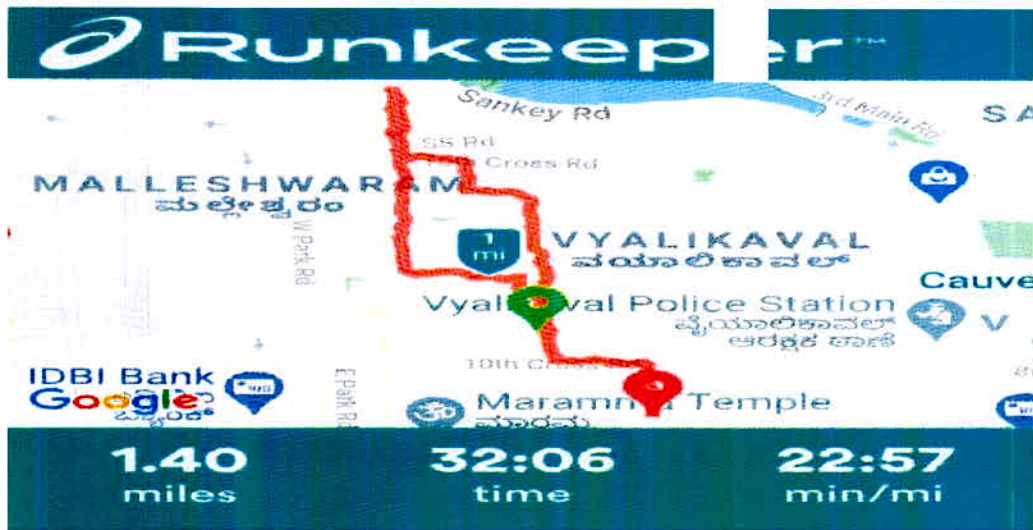
Best Wishes from Management

Below are the participants of the event

1. Tulsidas D
2. Ashok R
3. Ramkumar
4. Ravishankar
5. Prashanth Kumar H P
6. Satish Kumar Y.D
7. Babu A
8. Usha Gowda
9. Apoorva
10. Vinay
11. Deekshith
12. Aadarsh
13. Sunil
14. Kavya Shree
15. Kavya H P
16. Prajwal
17. U.P.K. Swamy
18. Santhosh H C
19. Namratha
20. Mahesh

A total of 20 members participated in the event which includes 2 Women Faculties, 8 Men Faculties, 3 Girls and 7 Boys.

Samples collected from various participants during the run




Convener

Principal
Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bangalore-560 057

HEALTH CLUB REPORT

Name of the Event organised	Prevention of Heart attack and Healthy Practices
Date and Day	03/10/2020
Collaboration or Association	HEALTH CLUB
Issues addressed	Awareness on Heart attack
Place of the event conducted	Sapthagiri College of Engineering
Impact & Sensitization	Taking care of Heart and healthy practices
Faculty Coordinators	Dr.G.Raghavendra



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Health Club and Community Club

are organizing a talk on

"PREVENTION OF HEART ATTACK AND HEALTHY PRACTICES"

Delivered by

Dr.Pradeep

Cardiologist, Sapthagiri Institute of Medical Sciences

Venue: Seminar hall (Faraday Block)

Date:3/10/2020

Time:11 am to 12 pm

Sri. G. Dayanand

Chairman, SCE

Dr. H. Ramakrishna

Principal, SCE

Dr. G. Raghavendra

Health Club Convener, SCE

Sri. G. D. Manoj

Executive Director, SCE

Dr. Annaiah M. H.

Vice Principal, SCE

Dr. Tulsidas .D

Community Club Convener, SCE


Convener

Chairman

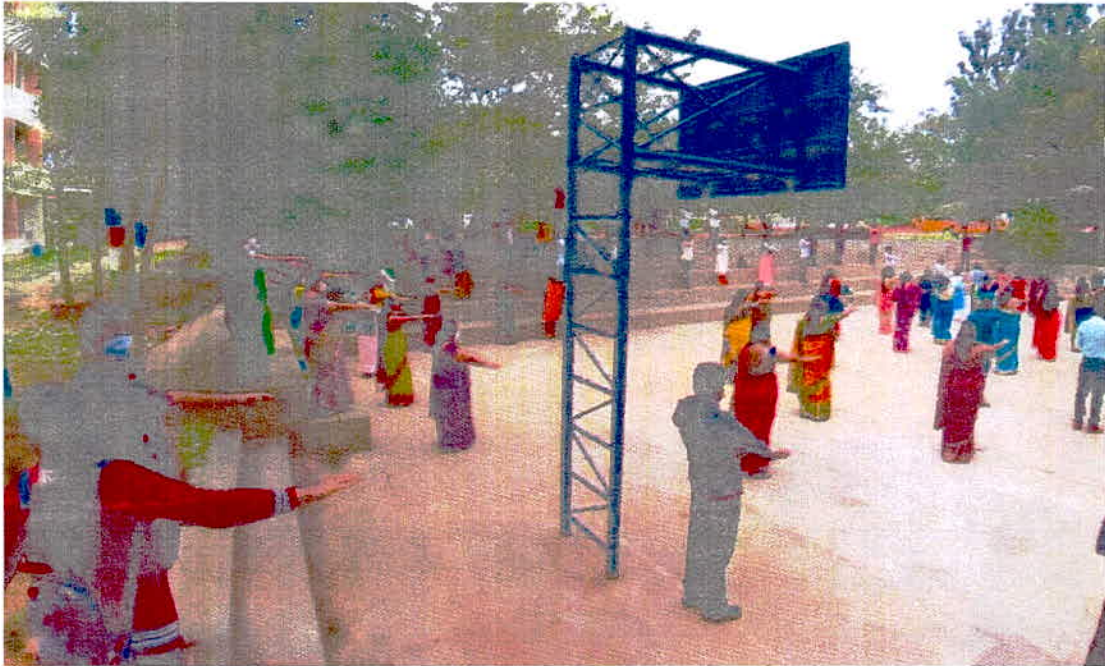
Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
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The 'Jan Andolan' campaign comes ahead of festivals and the winter season and amid the opening up of the economy. In a statement, the ministry said it has started the Jan Andolan campaign on COVID-19. "This campaign is regarding the Public Health Response to COVID-19: Campaign for COVID-Appropriate behaviour' which was launched by Prime Minister Narendra Modi this month to encourage people across the country to adopt COVID appropriate behaviour in view of the upcoming festivals and winter season. The Union government on Thursday launched a public awareness drive as part of its fight against Covid-19, with Prime Minister Narendra Modi and his ministerial colleagues asking people to take precautions like wearing masks and maintaining social distancing.

National Service Scheme (SWAYAM SEVA) NSS UNIT of Sapthagiri College of Engineering organized "COVID Awareness Drive" on Saturday, 10th October 2020. The program involved in taking pledge on COVID-19 by the Staff/students in the presence of NSS Coordinator Dr. Tulsidas D and cordially supported by the management, Principal Dr. H Ramakrishna, SCE, Bengaluru. 150 staff members and 33 students took pledge on this occasion.



COVID-19 Oath taking by SCE staff



Pledge taking by the staff/students

COVID-19 Pledge

Pledge

I _____ commit to be vigilant and bear in mind at all times, the risk to myself and my colleagues from COVID-19.

I promise to take all necessary precautions that prevent the spread of this deadly virus. I promise to follow and encourage others to follow the key COVID Appropriate Behaviours.

To always wear a mask / face cover, especially when in public places.

To maintain a minimum distance of 6 feet from others

To wash my hands, frequently and thoroughly with soap and water.

Together we will win this fight against COVID-19.


Convener

Principal

Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bangalore-560 057

HEALTH CLUB REPORT

Name of the Event organised	How to Live with COVID in campus
Date and Day	16/10/2020
Collaboration or Association	HEALTH CLUB
Issues addressed	Awareness on COVID
Place of the event conducted	Sapthagiri College of Engineering
Impact & Sensitization	Webinar on COVID precautions
Faculty Coordinators	Dr.G.Raghavendra



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Student Counseling Committee, Health Club and Community Club
 jointly organizing a Webinar on

“HOW TO LIVE WITH COVID IN THE CAMPUS”

Delivered by
Sri. Bhagavan.S
 Chairman of advisory board, Eneffen Technologies Private Ltd.
 Platform – ZOOM Meeting
 Meeting ID : 87680741068
 Passcode: COVID19

Date: 16/10/2020

Time: 3 pm to 4 pm

Sri. G. Dayanand
Chairman, SCE
Dr. H. Ramakrishna
Principal, SCE

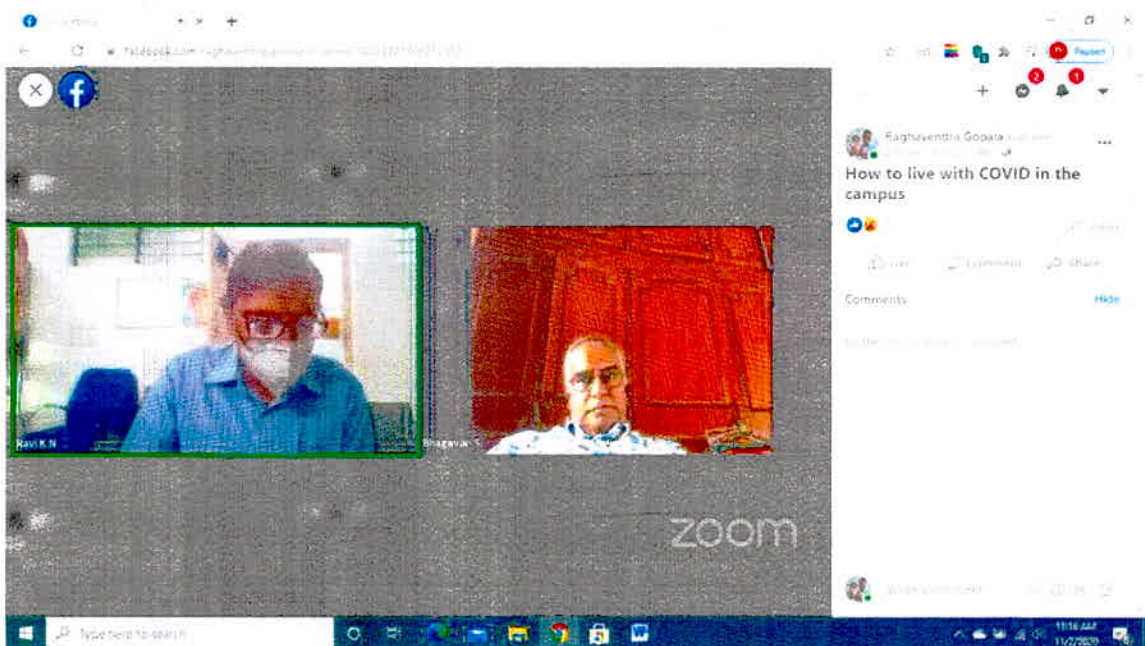
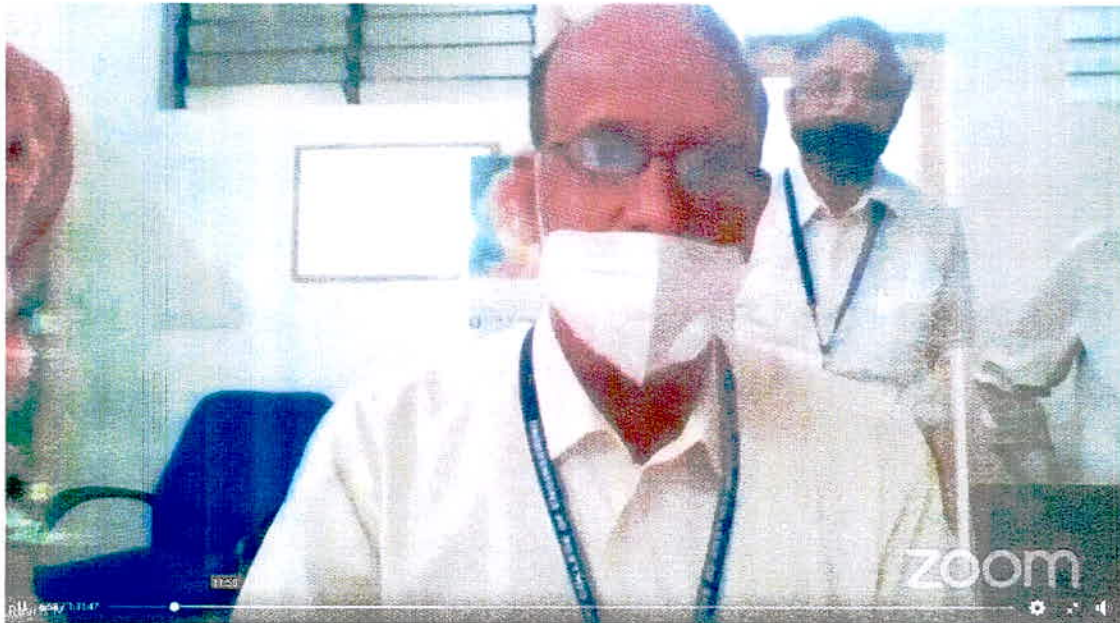


Sri. G. D. Manoj
Executive Director, SCE
Dr. Annaiah M. H.
Vice Principal, SCE

Organizers –

Dr. G. Raghavendra
Health Club Convener, SCE

Bindu .M.G
Student Counseling Committee, SCE




Convener

Chairman

Principal
Sapthagiri College of Engineering
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HASIRU (ECO CLUB) REPORT

Name of the Event organized	Swatch Sapthagiri Abhiyan
Date and Day	12 th January 2021
Issues addressed	Impact of waste on the Environment, aquatic organism, animals and human society
Place of the event conducted	Sapthagiri Campus
Participants	350 Volunteers of ECO, NSS, Health & Community clubs.

Swatch Bharath Mission is a Central Government program launched by Our Honorable Prime Minister **Sri. Narendra Modi** on 02 October 2014. The main objective of this mission is to bring awareness with the people & public on cleanliness of the surrounding & environment where we live in.

Team NSS, HASIRU Club, Health club and Community club student volunteers collectively organized an event "**Swatch Sapthagiri Abhiyan**" at Sapthagiri College of Engineering campus on The program was inaugurated by the team of "**Swatch Karnataka**" Movie Team consisting of **Padmasri awardee Sri. Dodda Range Gowda jii**(Poet & Veteran actor, Sandalwood), **Mr. Arjun Chauhan**(Lead Actor), **Kum. Anjali R** (Lead Actress & Proud Alumni of Biotechnology Department, SCE) and our Principal Dr. Ramakrishna H along with Prof. Prashanth Kumar H P (Convener, ECO club) & Prof. Tulsidas (Program Officer NSS & Convener, Community club) and Dr. Ragavendra (Convener, Health Club).

During the Inaugural function **Padmasri awardee Sri. Dodda Range Gowda ji**, spoke about the moral of Swatchh Karnataka movie and gave a message for the young volunteers to have clean environment in the class, near their house & public places too. **Mr. Arjun** inspired the students with his speech, how he made entry in to film field and also, intimated students to be the role models with good personality and leadership qualities for next generation.



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Later, Kum. Anjali flagged off the “Swatch Sapthagiri Abhiyan Rally” consisting of more than 400 students from different departments in front of Faraday block. Student volunteers, Staff & Teachers went for a rally from college campus till Bonemill and back to the campus with Placards representing various slogans on Swatch Bharath and cleanliness bringing awareness in public.

Also, Kum. Anjali planted the sapling along with our volunteers and marked the launch for One week program of PLANT SAPLING in “Swatch Sapthagiri Abhiyan”.

The Program was moderated by Prof. Prashanth Kumar H P (Convener, ECO club) & vote of thanks was delivered by Prof. Tulsidas (Program officer NSS)

Impact & Sensitization

Call for plastic free campus

Faculty Coordinators

Prof. Prashanth Kumar H P

Dr. Tulsidas D

Dr. Raghavendra

CONVENER 

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Photos



Inauguration of SWATCHH SAPTHAGIRI ABHIYAN



Group photo with SWATCHH KARNATAKA movie team



Planting of Sapling by Kum: Anjali



Flagging off the rally by Kum: Anjali



Sapling planting by our volunteers



Rally movement by our students



On the occasion of

NATIONAL YOUTH DAY



Kum. Anjali R
Heroine
(Froud Ahamma)
HT department

----- **Swachh** -----

----- **Sapthagiri** -----

----- **Abhiyan** -----



Sri. Arjun Chauhan
Hero
Swachh Karnataka Movie

Inauguration & Flagging Off
by

12th JAN 2021
Tuesday
10.30am

Swachh Karnataka

Movie team

Venue:
Faraday Block

All are Welcome

Prof. Prashanth Kumar H P
Convener, HASIRU

Dr. Tuladevi D
NSS Program officer

Dr. H Ramakrishna
Principal

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SREE SHANTHI SHIRPE PRODUCTIONS
DR. HEMACHANDRASAGAR ICA PEARL PRESENTS

ANJAN SHANKAR vs **ಸ್ವಚ್ಛ ಕರ್ನಾಟಕ** Ravikumar's
SWACHHA KARNATAKA

ಕಥೆ-ಚಿತ್ರಕಥೆ-ನಿರ್ಮಾಣ-ನಿರ್ದೇಶನ-ಏಲ್ ರವಿಕುಮಾರ್

ನಿರ್ಮಾಪಕ-ರಾಜ್ ಖಾನ್ದೇ, ಪ್ರಸಾರ-ಶ್ರೀಜಿವಳಿ
ಮೊದಲನೆಯ-ಅಜಯ್ ಪಾಟೀಲ್-ರಶ್ಮಿ-ವಿಜಯ್ ಅಜಯ್ ಮನು ಶರ್ಮ
ನಾಗೇಂದ್ರ-ಎಮ್.ಪಿ.ಜಿ-ಆರ್.ಪ್ರಿಯಾಂವ್

FOR BUSINESS CONTACT: 9980220726-9110288543

CONVENER

World No Tobacco Day 2021

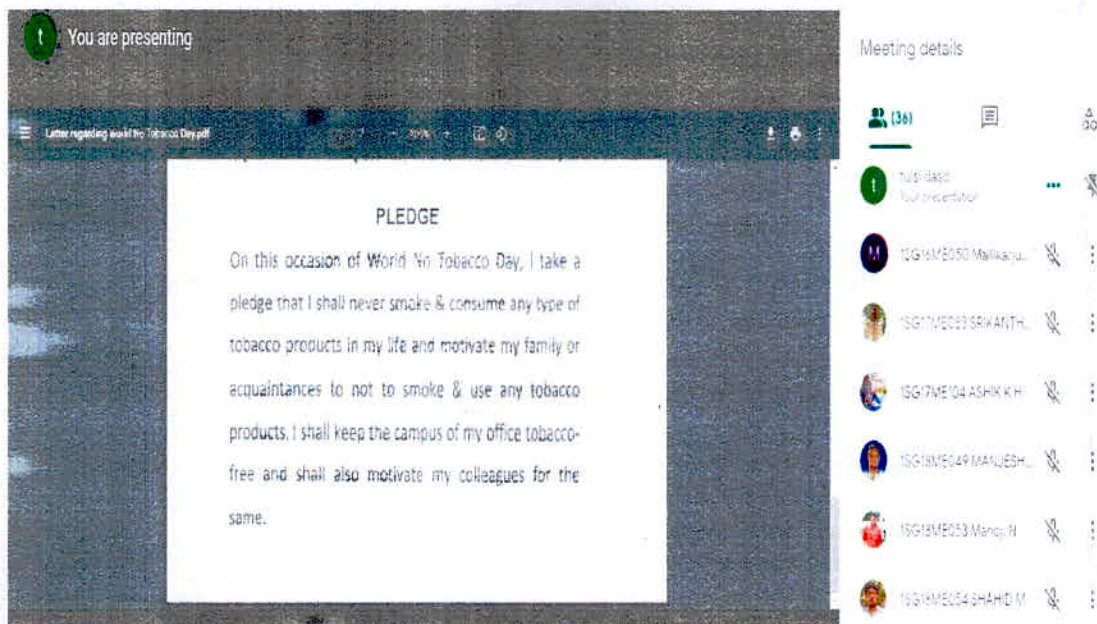
This day is celebrated to spread awareness about tobacco's harmful effects. This is no news that tobacco is extremely harmful for health and there are 5 million people who lose their lives due to tobacco every year. Today on World No Tobacco Day 2021 people take a step to spread awareness on the danger of tobacco and what ways this substance can harm one's system. The day is annually observed on May 31st and was started by the World Health Organization.

According to WHO, 50 per cent of smokers are more at risk of contracting COVID-19 than non-smokers. "So quitting is the best thing they can do to lower their risk from corona virus, as well as the risk of developing cancers, heart diseases and respiratory illnesses," WHO statement added. On this day, WHO organises exhibitions or activities in school and colleges to spread awareness. This year the theme of this special day is "Commit to Quit".

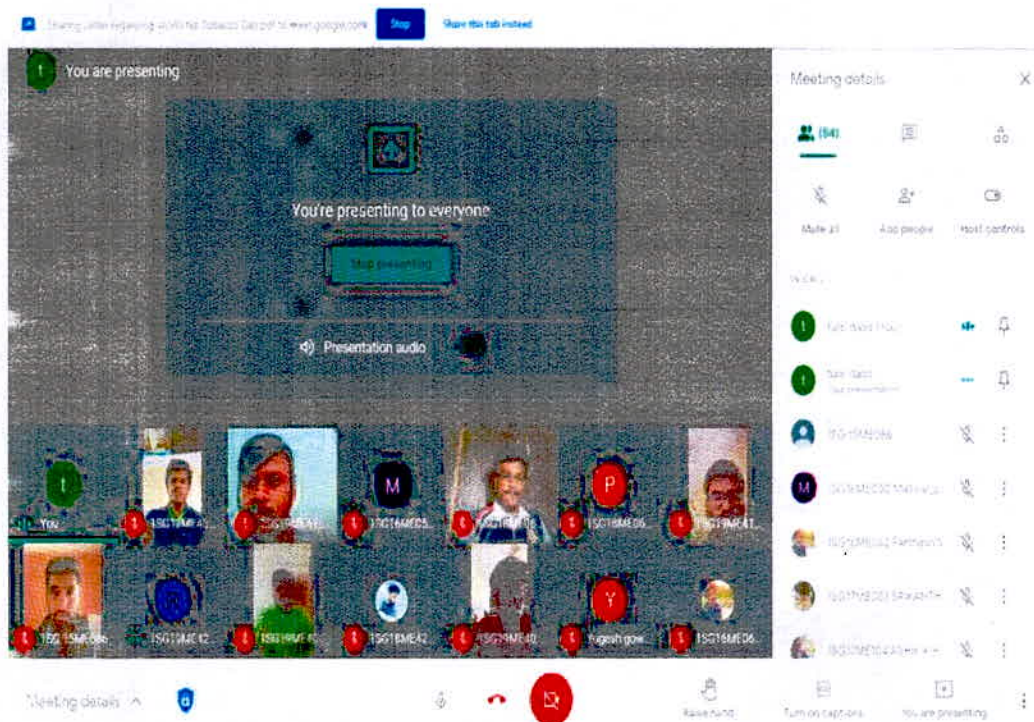
National Service Scheme (SWAYAM SEVA) NSS UNIT of Sapthagiri College of Engineering in association with ECO club and Health club organized Virtual mode of awareness to students and taking pledge on NO Tobacco Day on 31st May 2021. The program started with welcome speech by NSS Coordinator Dr. Tulsidas D. and pledge taking by the students which was cordially supported by the management, Principal Dr. H Ramakrishna, SCE, Bengaluru

PLEDGE

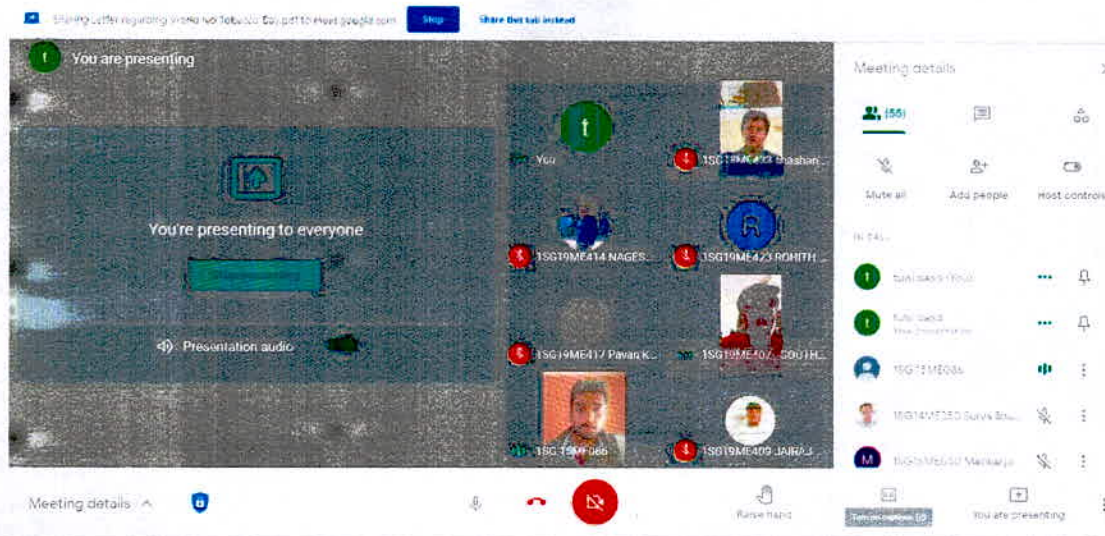
On this occasion of World No Tobacco Day, I take a pledge that I shall never smoke & consume any type of tobacco products in my life and motivate my family or acquaintances to not to smoke & use any tobacco products. I shall keep the campus of my office tobacco-free and shall also motivate my colleagues for the same.



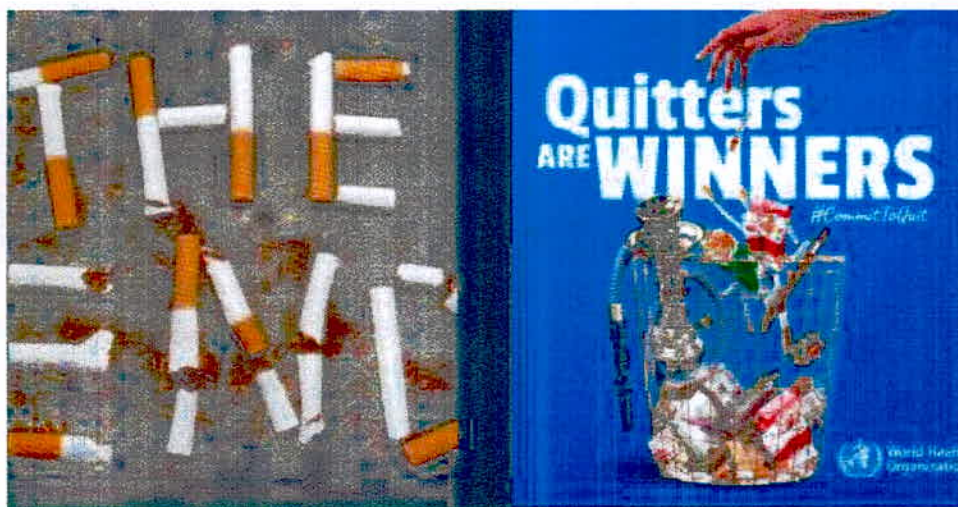
Students ready to take pledge in Virtual mode



Students taking pledge in Virtual mode



Students are addressed to spread the awareness of NO Tobacco



Quotes of No Tobacco

NSS Convener

Principal

Principal

Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bangalore-560 057

'7th INTERNATIONAL YOGA DAY-2021'

Yoga plays a significant role in allaying fears and anxiety. The practitioners use a mix of physical and breathing exercises and meditation to improve their overall well-being. When Covid emerged, no country was prepared. At this time yoga became a source of inner strength. Yoga helps in self-discipline, it inculcated faith in people that they could fight this virus. The United Nations, recognising the importance of the Indian practice in these trying times, has decided to celebrate the day this year by focusing on "Yoga for well-being".

The '7th INTERNATIONAL YOGA DAY-2021' was inaugurated by Dr. H.Ramakrishna Principal, Dr.Tulsidas D, NSS Program Officer, Mr.Ashok, Dept. of Physical education in association with Health club, ECO club , women empowerment cell & Various Dept HoD's, SCE on **21st June 2021 at 9:30 am in CIVIL BLOCK 4th Floor Drawing Hall . Yoga Workshop** was organized under the guidance of our proud Alumni (2020 batch) Miss.Ambika.M, Department of Biotechnology, Sapthagiri College of Engineering, Bengaluru. Around 40 Participants were participated in '7th INTERNATIONAL YOGA DAY-2019'.

Introductory speech by Dr.Tulsidas D, NSS Program officer

1. Welcome speech by Principal Dr.H.Ramakrishna

YOGASANAS:

1. Standing Posture: Tadasana, Vriksasana, Padahasthasana, Arda Chakrasana, Trikonasana.

2.Sitting Postures: Bhadrasana,Vajrasana,Ardha Utrasana, Utrasana,Sasakasana, Uttanmandukarasana, Vakrasana.

5. Prone Posture: Makarasana, Bhujangasana Salbhasana,

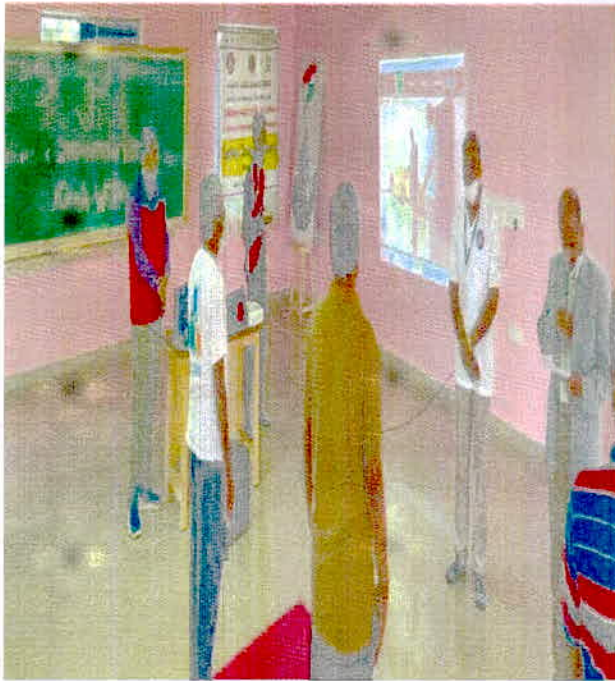
6. Kapalabhati

7. Pranayama

8. Shavasana

Vote of thanks by Dr.Raghavendra G, Health club convener

Number of Participants: 40



Introductory speech by NSS Program Officer



Welcome speech by Principal



Participants watching the online presentation and doing the asanas



Online presentation by the alumni



Yoga practice by the staff

Convener 

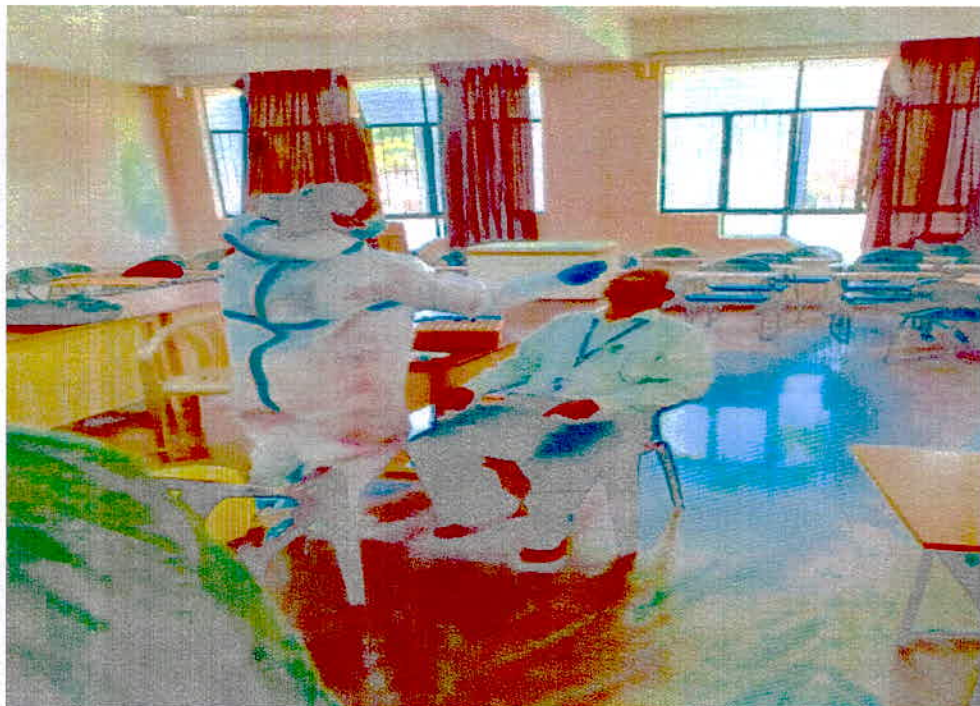
Chairman
Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bangalore-560 057

HEALTH CLUB REPORT

Name of the Event organised	Covid testing drive
Date	20/11/2020,21/11/2020, 27/11/2020,28/11/2020, 17/12/2020, 18/12/2020, 19/12/2020, 03/02/2021, 26/03/2021,16/04/2021
Collaboration or Association	NSS,ECO
Issues addressed	covid testing
Place of the event conducted	Sapthagiri College of Engineering, Bengaluru
<p>Report: A team of doctors from BBMP along with Principal inaugurated the covid testing drive. The Program was organized and co-ordinated by Prof. Prashanth Kumar, Dr .Tulsi Das and Dr.Raghavendra, the conveners of ECO club, Health Club and NSS. Coronavirus disease (COVID-19), is an infectious disease caused by a newly discovered coronavirus (SARS-CoV-2), which has spread rapidly throughout the world. In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic. The pandemic has severely ravaged health systems, and economic and social progress globally. Sapthagiri college took an initiative for the covid testing and contributed in eradicating this dangerous disease from the country.</p> <p>Around 30 faculties and their family members got vaccinated successfully.</p>	
Impact & Sensitization	Vaccination drive
Faculty Coordinators	Prof. Prashanth Kumar Dr.G.Raghavendra Dr. Tulsi Das

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Convener

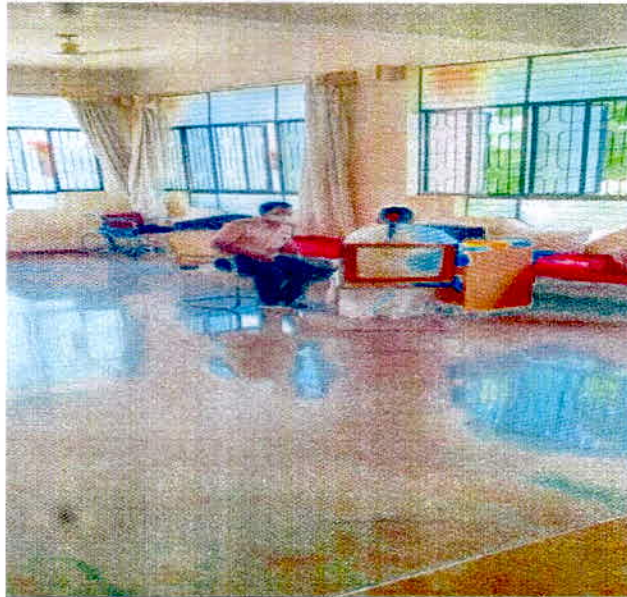
Chairman
Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bangalore-560 057

HEALTH CLUB REPORT

Name of the Event organised	Vaccination drive
Date	09/04/2021
Collaboration or Association	NSS,ECO
Issues addressed	Vaccination for faculties
Place of the event conducted	Sapthagiri College of Engineering, Bengaluru
<p>Report: A team of doctors from BBMP along with Principal inaugurated the vaccination drive. The Program was organized and co-ordinated by Prof. Prashanth Kumar, Dr .Tulsi Das and Dr.Raghavendra, the conveners of ECO club, Health Club and NSS. Coronavirus disease (COVID-19), is an infectious disease caused by a newly discovered coronavirus (SARS-CoV-2), which has spread rapidly throughout the world. In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic. The pandemic has severely ravaged health systems, and economic and social progress globally. Sapthagiri college took an initiative for the vaccination drive and contributed in eradicating this dangerous disease from the country.</p> <p>Around 30 faculties and their family members got vaccinated successfully.</p>	
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Faculty Coordinators	Prof. Prashanth Kumar Dr.G.Raghavendra Dr. Tulsi Das

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Convener

Chairman

Principal
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HEALTH CLUB REPORT

Name of the Event organised	Vaccination drive
Date	28/06/2021
Collaboration or Association	NSS,ECO
Issues addressed	Vaccination for faculties and students
Place of the event conducted	Sapthagiri College of Engineering, Bengaluru
<p>Report: A team of doctors from BBMP along with Principal inaugurated the vaccination drive. The Program was organized and co-ordinated by Prof. Prashanth Kumar, Dr .Tulsi Das and Dr.Raghavendra, the conveners of ECO club, Health Club and NSS. Coronavirus disease (COVID-19), is an infectious disease caused by a newly discovered coronavirus (SARS-CoV-2), which has spread rapidly throughout the world. In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic. The pandemic has severely ravaged health systems, and economic and social progress globally. Sapthagiri college took an initiative for the vaccination drive and contributed in eradicating this dangerous disease from the country.</p> <p>Around 30 faculties and their family members got vaccinated successfully.</p>	
Impact & Sensitization	Vaccination drive
Faculty Coordinators	Prof. Prashanth Kumar Dr.G.Raghavendra Dr. Tulsi Das



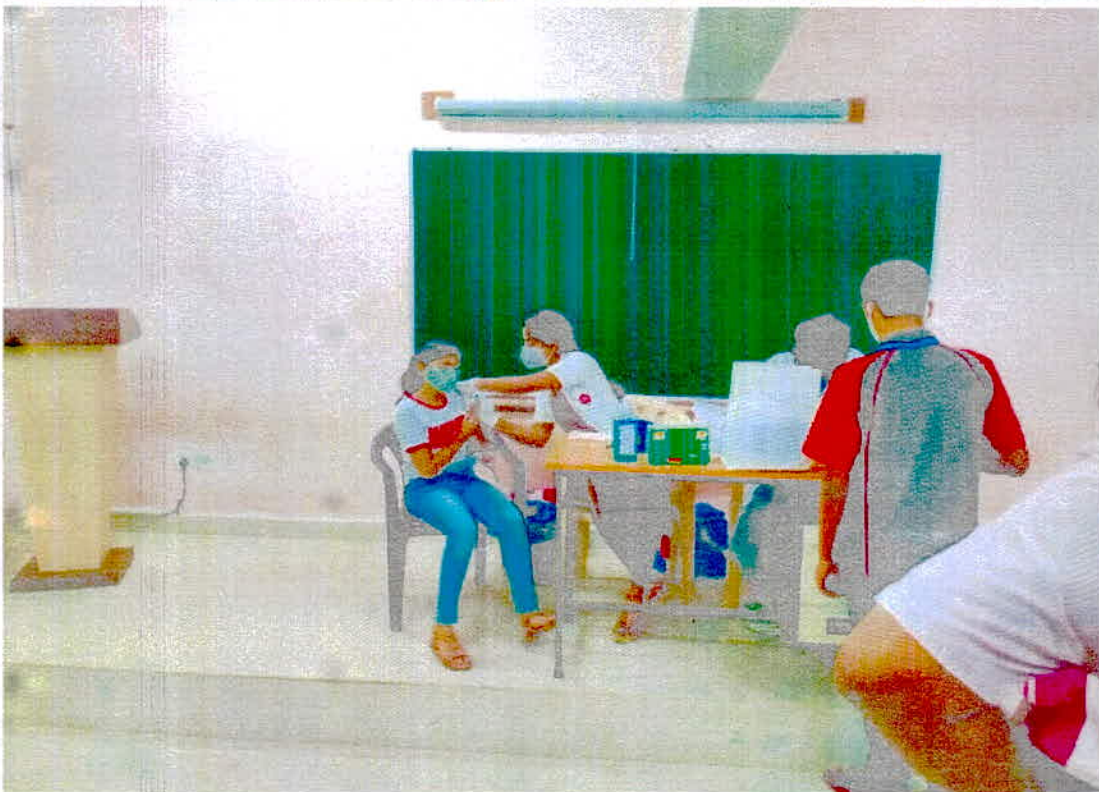
Convener 

Chairman

Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
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HEALTH CLUB REPORT

Name of the Event organised	Vaccination drive
Date	01/07/2021
Collaboration or Association	NSS,ECO
Issues addressed	Vaccination for faculties and students
Place of the event conducted	Sapthagiri College of Engineering, Bengaluru
<p>Report: A team of doctors from BBMP along with Principal inaugurated the vaccination drive. The Program was organized and co-ordinated by Prof. Prashanth Kumar, Dr .Tulsi Das and Dr.Raghavendra, the conveners of ECO club, Health Club and NSS. Coronavirus disease (COVID-19), is an infectious disease caused by a newly discovered coronavirus (SARS-CoV-2), which has spread rapidly throughout the world. In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic. The pandemic has severely ravaged health systems, and economic and social progress globally. Sapthagiri college took an initiative for the vaccination drive and contributed in eradicating this dangerous disease from the country.</p> <p>Around 30 faculties and their family members got vaccinated successfully.</p>	
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Faculty Coordinators	Prof. Prashanth Kumar Dr.G.Raghavendra Dr. Tulsi Das



Convener 

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HEALTH CLUB REPORT

Name of the Event organised	Vaccination drive
Date	03/07/2021
Collaboration or Association	NSS,ECO
Issues addressed	Vaccination for faculties and students
Place of the event conducted	Sapthagiri College of Engineering, Bengaluru
<p>Report: A team of doctors from BBMP along with Principal inaugurated the vaccination drive. The Program was organized and co-ordinated by Prof. Prashanth Kumar, Dr .Tulsi Das and Dr.Raghavendra, the conveners of ECO club, Health Club and NSS. Coronavirus disease (COVID-19), is an infectious disease caused by a newly discovered coronavirus (SARS-CoV-2), which has spread rapidly throughout the world. In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic. The pandemic has severely ravaged health systems, and economic and social progress globally. Sapthagiri college took an initiative for the vaccination drive and contributed in eradicating this dangerous disease from the country.</p> <p>Around 30 faculties and their family members got vaccinated successfully.</p>	
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