



Sri Srinivasa Educational & Charitable Trust  
**SAPTHAGIRI COLLEGE OF ENGINEERING**

(Affiliated to VTU, Belagavi, and Recognized by AICTE, New Delhi)  
(An ISO 9001-2015 and ISO 14001-2015 certified institute)

**Accredited by NBA & NAAC with 'A' Grade**

14/5, Chikkasandra, Hesaraghatta Main Road, Bengaluru-560057.

## INTERNATIONAL YOGA DAY

### EVENT REPORT

<b>Name of the Event organised</b>	International Yoga Day
<b>Date and Day</b>	21/06/2023
<b>Collaboration or Association</b>	HEALTH CLUB, NSS , PHYSICAL EDUCATION
<b>Issues addressed</b>	Awareness about Yoga
<b>Place of the event conducted</b>	Sapthagiri College of Engineering, Chikkasandra, Bangalore
<p><b>Report:</b> A team of faculty and student volunteers organised "International Yoga Day" at Sapthagiri College of Engineering, Chikkasandra, Bangalore.</p> <p>Many students and faculty members assembled in the basketball court for International Yoga Day. Trained Yoga students along with Physical Education Director Dr. Ashok Walekar Performed various important Yogasanas and demonstrated to the participants. Few students Repeated the Yogasanas with full enthusiasm and attentively listened to the talk about importance of yoga in our day to life.</p> <p>All the students were benefitted by the event. The students and teachers expressed their happiness and gratitude for the Coordinators of Sapthagiri college of Engineering for conducting the program.</p> <p>The students cleared all this doubts about the health benefits of Yoga.</p>	
<b>Impact &amp; Sensitization</b>	Awareness about Yoga and its usefulness
Faculty Coordinators	Dr.G.Raghavendra , Dr.Tulsidas, Dr.Ashok Walekar



  
 Principal  
 Sapthagiri College of Engineering  
 14/5, Chikkasandra, Hesarghatta Main Road  
 Bengaluru - 560 057

  
 Convener





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## YOGA DAY FOR WOMEN EVENT REPORT

<b>Name of the Event organised</b>	Yoga Day for Women
<b>Date and Day</b>	21/06/2023
<b>Collaboration or Association</b>	HEALTH CLUB, NSS , PHYSICAL EDUCATION, PRATHIRODHANA-Prevention of Sexual Harassment (POSH)
<b>Issues addressed</b>	Awareness about Yoga for women
<b>Place of the event conducted</b>	Sapthagiri College of Engineering, Chikkasandra, Bangalore
<p><b>Report:</b> A team of faculty and student volunteers organised "International Yoga Day" at Sapthagiri College of Engineering, Chikkasandra, Bangalore.</p> <p>The event was conducted by Dr Ashok Walikar Physical Director and coordinated by all members of POSH cell of SCE, Bangalore. The event was inaugurated by the Head of Institution Dr. H Ramkrishna in presence of all department heads at 9.30 am in Basket Ball Court.</p> <p>As now days many women are facing numerous health issues due to modern life style, age factor, stress at workplace and also due to lack of concentration towards their health. To address this, Prevention of Sexual Harassment (POSH) cell of Sapthagiri college of Engineering organized Yoga Day for Women with following objectives:</p>	
<b>Impact &amp; Sensitization</b>	<ul style="list-style-type: none"> <li>● To create an awareness about health benefits of Yoga for women faculty and students.</li> <li>● Benefits of Yoga at age of 40 to come out of the problems like arthritis anxiety obesity, menopause, endometriosis, polycystic ovary syndrome (PCOS), uterine fibroids, premenstrual syndrome (PMS) and pregnancy.</li> </ul>
<b>Faculty Coordinators</b>	Dr.G.Raghavendra , Dr.Tulsidas, Dr.Ashok Walekar





Principal Dr. H Ramakrishna witnessing Yoga Day for Women



Instructions given by Dr Ashok Walikar, Physical education director

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Sapthagiri College of Engineering  
14/6, Chikkasandra, Hesarghatta Main Road  
Bengaluru - 560 057

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## HEALTH CLUB

### EVENT REPORT

<b>Name of the Event organised</b>	Millets food walk
<b>Date and Day</b>	8/6/2023
<b>Collaboration or Association</b>	HEALTH CLUB
<b>Issues addressed</b>	Various types of dishes from millets
<b>Place of the event conducted</b>	Sapthagiri College of Engineering, Bangalore
<p><b>Report:</b> A team of faculty and student volunteers organised "Millet food walk" at Sapthagiri College of Engineering, Bengaluru.</p> <p>All the Participating students prepared various dishes from millets and conduction a food walk highlighting all the benefits of millets based dishes.</p> <p>The students explained their dishes, how they prepared, what are the health benefits, nutritional values of the millets based dishes.</p> <p>All the students were benefitted by the event. The students and faculty of Sapthagiri College of Engineering expressed their happiness and gratitude for the students and coordinators for conducting the program.</p> <p>The principal and faculty members graced the event and appreciated the students for their efforts.</p>	
<b>Impact &amp; Sensitization</b>	Awareness about millets and its usefulness
<b>Faculty Coordinators</b>	Dr.G.Raghavendra






**Principal**  
**Sapthagiri College of Engineering**  
 14/5, Chikkasandra, Hesaraghatta Main Road  
 Bengaluru - 560 057

  
**Convener**



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## HEALTH CLUB

### EVENT REPORT

<b>Name of the Event organised</b>	Millets awareness
<b>Date and Day</b>	14/07/2023
<b>Collaboration or Association</b>	HEALTH CLUB
<b>Issues addressed</b>	Awareness of millets and its health benefits
<b>Place of the event conducted</b>	Sapthagiri College of Engineering
<p><b>Report:</b> A team of faculty and student volunteers attended “Millet awareness event” at Sapthagiri College of Engineering, Bengaluru. All the students and faculty visited the awareness event.</p> <p>Different types of millets, its uses and benefits were explained by the doctors and medical students through videos, charts, display. They explained clearly and answered all the queries from the students and faculty members,</p> <p>All the students and faculties were benefitted by the event. The advantages of using millets in our daily lifestyle was highlighted and how to consume millets and the various dishes which can be prepared were told.</p> <p>The audience cleared all this doubts about the health benefits of millets.</p>	
<b>Impact &amp; Sensitization</b>	Awareness about millets and its usefulness
<b>Faculty Coordinators</b>	Dr.G.Raghavendra





  
 Principal  
 Sapthagiri College of Engineering  
 14/5, Chikkasandra, Hesaraghatta Main Road  
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 Convener





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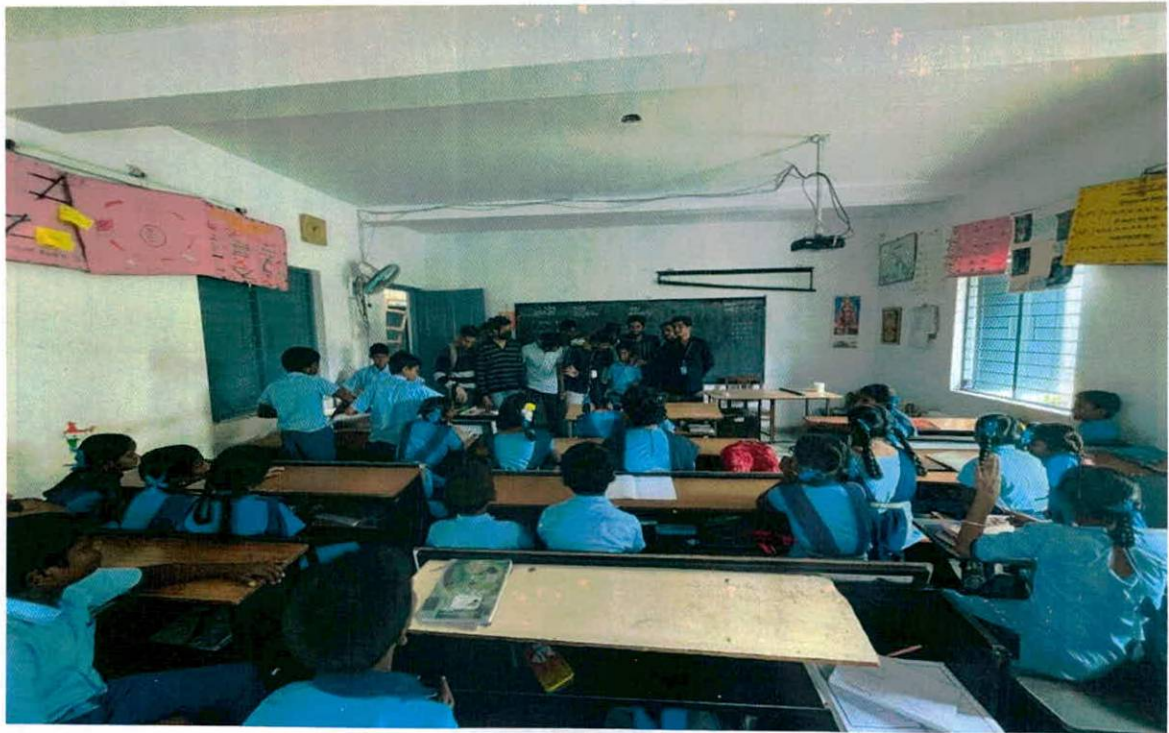
14/5, Chikkasandra, Hesaraghatta Main Road, Bengaluru-560057.

## HEALTH CLUB

### EVENT REPORT

<b>Name of the Event organised</b>	Millets awareness to school children
<b>Date and Day</b>	27/11/2023
<b>Collaboration or Association</b>	HEALTH CLUB
<b>Issues addressed</b>	Awareness of millets and its benefits
<b>Place of the event conducted</b>	Government school, Chikkasandra, Bangalore
<p><b>Report:</b> A team of faculty and student volunteers organised "Millet awareness event for school children" at Government school, Chikkasandra, Bengaluru. Few students and faculty visited the awareness event.</p> <p>All the school children were told about the benefits of millets. They were told about the proper usage of millets in their day to day life.</p> <p>Few students were told speak about the benefits of consuming millets in their food. The students shared their thoughts and conveyed their classmates about the various benefits of millets in their own language.</p> <p>All the students were benefitted by the event. The students and teachers of the government school expressed their happiness and gratitude for the students of Sapthagiri college of Engineering for conducting the program.</p> <p>The students cleared all this doubts about the health benefits of millets.</p>	
<b>Impact &amp; Sensitization</b>	Awareness about millets and its usefulness
<b>Faculty Coordinators</b>	Dr.G.Raghavendra





  
 Principal  
 Sapthagiri College of Engineering  
 14/5, Chikkasandra, Hesarghatta Main Road  
 Bengaluru - 560 057

  
 Convener





## SAPTHAGIRI COLLEGE OF ENGINEERING National Service Scheme (Swayam Seva)



### “Blood Donation Camp”

**National Service Scheme (SWAYAM SEVA)** - NSS UNIT and Health club of Sapthagiri College of Engineering organized “Blood Donation Camp” on 17<sup>th</sup> September 2022 in association with SIMS & RC Blood bank and Akhila Bharatiya Terapanth Yuvak Parishad, Bengaluru. The program involved with welcome speech by NSS Coordinator Dr. Tulsidas D. and Health club coordinator Dr. Raghavendra G, along with the Staff cordially supported by the management, Principal Dr. H. Ramakrishna, SCE, Bengaluru.

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#14/5, Chidkasandra, Hesaragatta Main Road, Bangalore 57

**NSS UNIT (SWAYAM SEVA) & HEALTH CLUB**  
in Association with  
**AKHILA BHARTIYA TERAPANTH YUVAK PARISHAD**  
SIMS & RC  
Organizing

**MEGA VOLUNTARY BLOOD DONATION CAMP**

Date: 17-09-2022 Time: 09 AM Venue: ACADEMIC BLOCK

**CHIEF PATRONS:**  
Sri. G. DAYANAND  
Chairman, SCE  
Sri. G. D. MANOJ  
Managing Director, SCE

Presided by  
Dr. H. RAMAKRISHNA  
Principal, SCE  
Dr. TULSIDAS .D  
NSS CO-ordinator  
Dr. RAGHAVENDRA  
HEALTH CLUB CO-ordinator

With best compliments from :  
Management, Staff & Students of SCE

Invitation



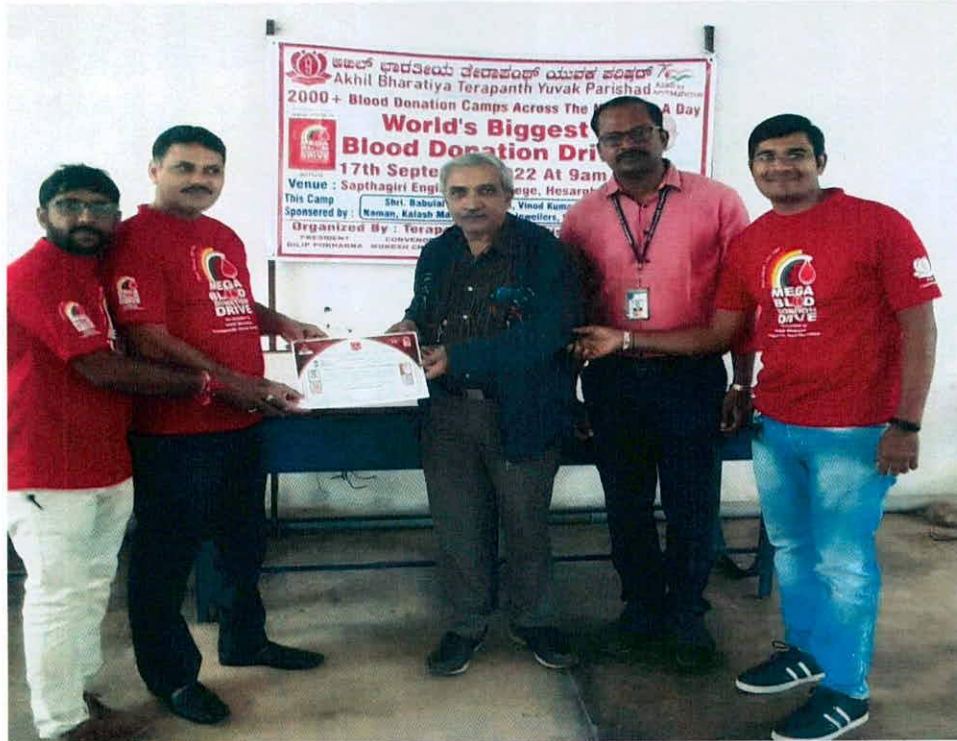
The blood donation camp started with guidelines and rules to donate blood, then the activity of blood donation was started by few of the faculties of the college and volunteers of the NSS UNIT, thereafter other donors joined the event. There was an overwhelming response from students around 120 registered and a total of 37 units were collected in the camp. Some of the donors who could not donate this time were assured for donation in the next camp.



### **Volunteer donating blood**

The event was successful with the effective working of the trained doctors and nurses, complete support by the volunteers and cooperation by the donors. In order to encourage and appreciate the donors, a Certificate of appreciation, donation card and refreshments was given to each donor and for volunteers.





Blood Donation Certificate given to the volunteer by ABTYP members

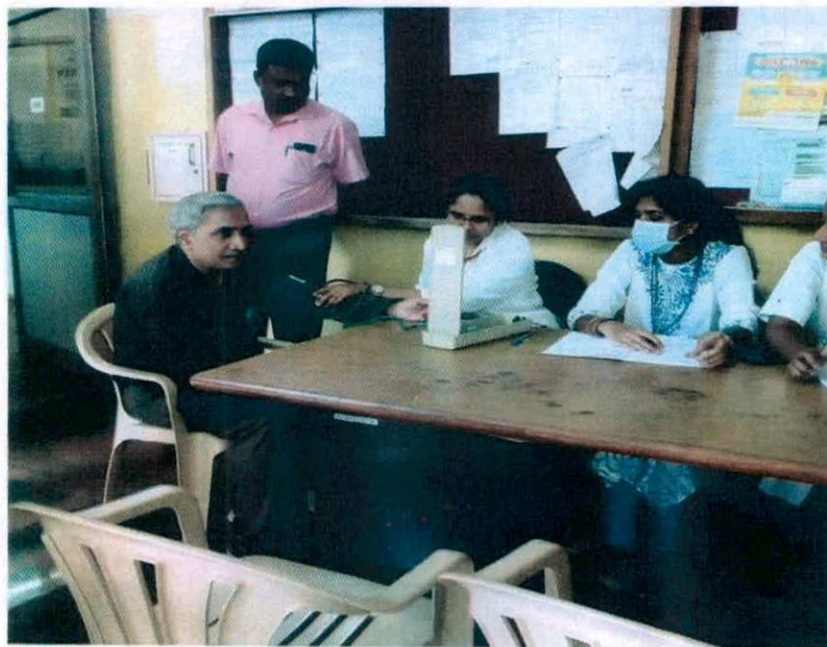


Group photo with ABTYP and SIMS & RC members





Volunteers registering for blood donation



General checkups before donating blood

  
Convener

NSS Program Officer  
Sapthagiri College Of Engineering

  
Principal

Principal  
Sapthagiri College of Engineering  
14/5, Chikkasandra, Hosuraghatta Main Road  
Bengaluru - 560 057





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## HEALTH CLUB REPORT

Name of the Event organized	Swachh Bharath Abhiyan
Date and Day	6 <sup>th</sup> October 2022
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 NSS, Health & Community clubs.

Swachh 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, Health club student volunteers collectively organized an event "**Swachh Bharath Abhiyan**" at Sapthagiri College of Engineering campus on ..... The program was inaugurated by the team of "**Swachh Karnataka**" Movie Team consisting of **Padmasri awardee Sri. Dodda Rangegowda 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. **Tulsidas** (Program Officer NSS & Convener, and **Dr. Raghavendra** (Convener, Health Club).

During the Inaugural function **Padmasri awardee Sri. Dodda Rangegowda ji**, spoke about the moral of Swachh 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 “Swachh Bharath 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 Swachh 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 “Swachh Bharath Abhiyan ”.

Impact & Sensitization	Call for plastic free campus
Faculty Coordinators	Dr.Tulsidas D Dr. Raghavendra

  
CONVENER

  
Principal  
Sapthagiri College of Engineering  
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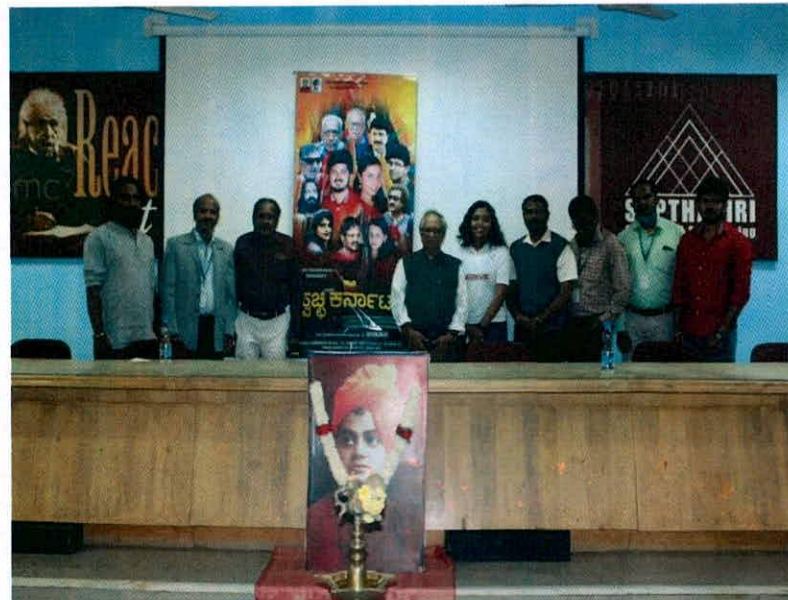
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## Photos



Inauguration of SWATCHH SAPTHAGIRI ABHIYAN

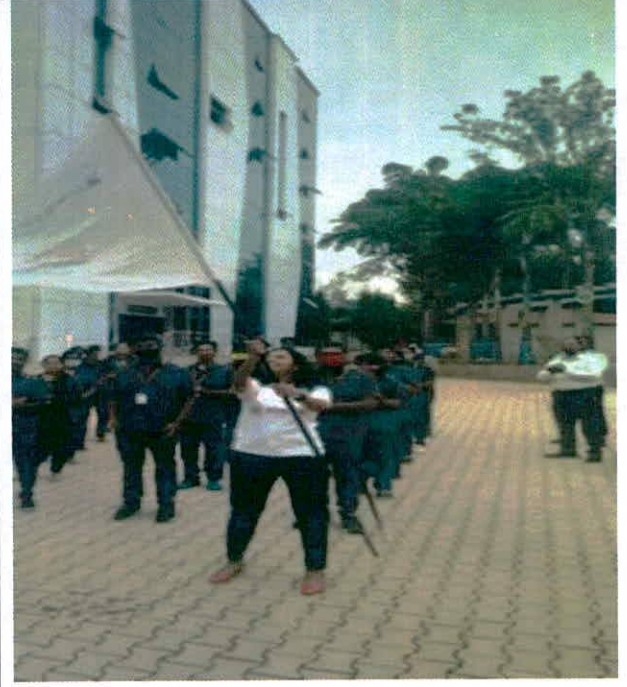


Group photo with SWATCHH KARNATAKA movie team





Planting of Sapling by Kum: Anjali



Flagging off the rally by Kum: Anjali



Collection of Waste materials in bags





*Date: 18/08/2022*

This is to notify that the college management has decided to constitute

**HEALTH CLUB**

Following persons are hereby nominated as the members of **HEALTH CLUB** for the Academic year 2022-23.

Sl. No.	Name	Designation	Role
1	Dr.H.Ramakrishna	Principal	Chairman
2	Dr.G.Raghavendra	Associate Professor	Convener
3	Pramod.K.R	Assistant Professor	Faculty Member
4	Pramod.S.V	Assistant Professor	Faculty Member
5	Gopinath .K	Assistant Professor	Faculty Member
6	Chaitanya.V	Assistant Professor	Faculty Member
7	Ganavi.L	Student	Student Member
8	Akshatha.B	Student	Student Member

**Roles**

- (i) To create health awareness among students and society.
- (ii) Hygiene education.
- (iii) To create awareness about ill effects of tobacco.
- (iv) To Keep the surroundings clean and provide green environment.

**Responsibilities**

- (i) To conduct health camps.
- (ii) To conduct awareness programs.
- (iii) To educate people by conducting outreach programs.

Wishing all the best,

Chairman

  
Principal  
Sapthagiri College of Engineering  
14/5, Chikkasandra, Hesaraghatta Main Road  
Bangalore - 560 057





## HEALTH CLUB

### SOP FOR 2022-23

The club's vision is to develop sensitivity among students in particular and the community in general regarding health and nutrition, awareness and maintenance of a healthy life style. The main responsibility of the Health Club is to take the initiative in creating awareness among the people regarding the major health hazards, the courses of many of the fatal diseases and their preventive measures. The members of this club organize cleaning campaigns, conduct informative classes for orphanages, Old Age Homes and remote villages are visited.

The college health club is a vehicle that empowers students to play an active role in deciding and implementing issues related to their health when they are in college and at home. The Club also affords the students and faculties the opportunity to become 'Agents of Change' who carry home and translate into action healthy habits and information they learn at health club and in this way influence their sibling, parents and friends.


#### **The objectives of the Health club are:**

1. To create awareness about health and hygiene.
2. To promote awareness about food safety.
3. To promote hygienic lifestyles.
4. To encourage outreach programs
5. Development of healthy attitudes and healthy behaviors by students

For the academic year 2022-23, the health club will conduct the following activities -

- (i) International Yoga Day - 21/6/2023
- (ii) Yoga Day for Women - 21/6/2023
- (iii) Millets food walk - 8/6/2023
- (iv) Millets awareness - 14/7/2023
- (v) Millets awareness to school children - 27/11/2023
- (vi) Blood Donation Camp - 17/9/2022
- (vii) Swachh Bharath Abhiyan - October 1st week 2022

  
**Convener**

  
**Principal**  
**Sapthagiri College of Engineering**  
14/5, Chikkasandra, Hesaraghatta Main Road  
Bengaluru - 560 057





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### **HEALTH CLUB**

#### MEETING NOTICE

*Date: 20/08/2022*

This is to notify that a meeting of Health club is convened on 24/08/2022 at 10.00AM at Principal's Chamber to discuss the following agenda:

Agenda 1: To discuss the events conducted during the previous semester.

Agenda 2: To discuss the activities for the current semester.

  
**CONVENER**

(Dr.G.Raghavendra)

  
Principal  
Sapthagiri College of Engineering  
14/5, Chikkasandra, Hesaraghatta Main Road  
Bangalore - 560 057





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### HEALTH CLUB

#### MEETING NOTICE

*Date: 09/02/2023*

This is to notify that a meeting of Health club is convened on 13/02/2023 at 10.50AM at Principal's Chamber to discuss the following agenda:

Agenda 1: To discuss the activities conducted during the previous semester and plan the activities for the coming semester.

Agenda 2: To discuss conduction of Health awareness program and dengue and malaria awareness program.

  
**CONVENER**

(Dr.G.Raghavendra)

  
Principal  
Sapthagiri College of Engineering  
14/5, Chikkasandra, Hesarahatta Main Road  
Bengaluru - 560 057





**HEALTH CLUB**

**MINUTES OF THE MEETING**

*Date: 24-8-2022*

Today on 24<sup>th</sup> August 2022 from 10.00AM onwards a meeting of the **HEALTH CLUB** was held at the Principal's Office to discuss the following agenda in presence of the following members.

Sl. No.	Name	Designation	Role
1	Dr.H.Ramakrishna	Principal	Chairman
2	Dr.G.Raghavendra	Associate Professor	Convener
3	Pramod.K.R	Assistant Professor	Faculty Member
4	Pramod.S.V	Assistant Professor	Faculty Member
5	Gopinath .K	Assistant Professor	Faculty Member
6	Chaitanya.V	Assistant Professor	Faculty Member
7	Ganavi.L	Student	Student Member
8	Akshatha.B	Student	Student Member

**Agenda:**

1. To discuss the events conducted during the previous semester.
2. To discuss the activities for the current semester.

Principal gave opening remarks to the members. The following resolutions were made

Agenda 1

Resolution

Agenda 2

Resolution

The meeting was concluded with the vote of thanks by the convener

  
**Convener**

  
**Chairman**  
Principal  
Sapthagiri College of Engineering  
14/5, Chikkasandra, Hesaraghatta Main Road  
Bangalore - 560 057





## HEALTH CLUB

### MINUTES OF THE MEETING

*Date: 13-02-2023*

Today on 13<sup>th</sup> February 2023 from 10.50AM onwards a meeting of the **HEALTH CLUB** was held at the Principal's Office to discuss the following agenda in presence of the following members.

Sl. No.	Name	Designation	Role
1	Dr.H.Ramakrishna	Principal	Chairman
2	Dr.G.Raghavendra	Associate Professor	Convener
3	Pramod.K.R	Assistant Professor	Faculty Member
4	Pramod.S.V	Assistant Professor	Faculty Member
5	Gopinath .K	Assistant Professor	Faculty Member
6	Chaitanya.V	Assistant Professor	Faculty Member
7	Ganavi.L	Student	Student Member
8	Akshatha.B	Student	Student Member

#### Agenda:

1: To discuss the activities conducted during the previous semester and plan the activities for the coming semester.

2: To discuss conduction of Health awareness program and dengue and malaria awareness program.

Principal gave opening remarks to the members. The following resolutions were made

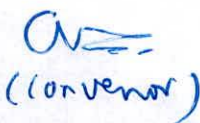
Agenda 1

Resolution

Agenda 2.

Place for conducting Health awareness program was discussed. Involvement all student coordinators.

The meeting was concluded with the vote of thanks by the convener

  
(Convener)

  
Principal  
Sapthagiri College of Engineering  
14/5, Chikkasandra, Hesarahatta Main Road  
Bengaluru - 560 057



**ANNUAL REPORT OF  
HEALTH CLUB  
2022-23**

**SAPTHAGIRI COLLEGE OF  
ENGINEERING BANGALORE**



## **Report of the activities of Health club for 2022-23**

The first Health club committee meeting for the academic year 2022-23 was held on 24<sup>th</sup> August 2022 at 10.00 am. The agenda of meeting was to discuss about the activities to be conducted from Health club for the academic year 2022-23 and to discuss about the various activities which were conducted during the previous year. The discussion was mainly on preparations to be made for Health club and to conduct events for the community and students benefit.

The second Health club committee meeting was held on 13<sup>th</sup> February 2023 at 10.50 am to discuss the events conducted in the previous semester and the events to be conducted in the coming semester like millet program, yoga day and other activities.

The following events were conducted during the year 2022-23 –

- (i) International Yoga Day - 21/6/2023
- (ii) Yoga Day for Women - 21/6/2023
- (iii) Millets food walk - 8/6/2023
- (iv) Millets awareness – 14/7/2023
- (v) Millets awareness to school children – 27/11/2023
- (vi) Blood Donation Camp – 17/9/2022
- (vii) Swachh Bharath Abhiyan – October 1st week 2022

Events were conducted successfully to sensitize the students and the community. To motivate the students to use millets. To sensitize the people about the yoga and its benefits. To create awareness about blood donation and its usefulness.

  
Convener

  
Principal  
Sapthagiri College of Engineering  
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