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### Report of Extension Activities Carried out

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## COMMUNITY CLUB REPORT

<b>Name of Event</b>	Awareness on Menopausal problems and distribution of sanitary pads
<b>Date</b>	6.08.2015
<b>Issues addressed</b>	Awareness on the effect of menopause and maintaining the body hygiene and taking care of personal health
<b>Place of the event conducted</b>	Aivarakandapura

**Report:** A good number of villagers had gathered to understand the effect of menopause. The event conducted along with community club and eco club. The team led by Prof. Ravishankar along with the student volunteers spoke to them in the native language to enlighten them. The contents discussed there was

### After effects of menopause:

Approaching middle age often brings increased stress, anxiety, and fear. This can partially be attributed to physical changes, such as decreasing levels of estrogen and progesterone. During menopause, the body stops producing estrogen. Estrogen is essential for cardiac, skin and bone health, and many women have complications around these. The bones get weaker, and the person experiences backaches, and shoulder and joint pains. Some women experience stress incontinence, which they may be embarrassed about.

Most women report problems with sleeping; they find it hard to fall asleep or have trouble sleeping through the night. (A gynecologist in Bangalore says that at least 20-25 per cent of her patients complain of insomnia during this period).

### TO stay healthy during menopause

Go for regular health check-ups and visit your gynecologist to rule out the possibility of a thyroid malfunction or a disease of the reproductive organs.

Exercise.. Yoga and pranayama can help you stay flexible and maintain your bone health. Get enough exposure to sunlight.

Understand that your body is changing; and set your expectations accordingly.

Pay attention to your diet; eat more frequent meals in smaller quantities. Increase your intake of fiber, natural vitamins and minerals.

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<p>Most importantly, take time out for self care. ‘</p> <p>Pursue on your hobby or activity you enjoy..</p> <p>Finally the event ended with the distribution of sanitary pads for a healthy and hygienic life.</p>	
<b>Impact &amp; Sensitization</b>	<p>Regular health check-ups</p> <p>Wise use of time for self</p> <p>Use of sanitary pads</p>
<b>Faculty Coordinators</b>	<b>Prof.Ravishankar</b>



  
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## COMMUNITY CLUB REPORT

<b>Name of the Event organised</b>	Swachh Bharat Abhiyan
<b>Date and Day</b>	4/12/15
<b>Collaboration or Association</b>	Eco club
<b>Issues addressed</b>	Impact of waste on human society
<b>Place of the event conducted</b>	Around the Campus
<b>Report:</b> <p>As per the direction of Principal, a team of faculty and student volunteers organized an event "Swachh Bharat Abhiyan" at College premises and surroundings</p> <p>A clean India would be the best tribute India could pay. The Swachh Bharat Abhiyan is the most significant cleanliness campaign by the Government of India. A sense of responsibility has been evoked among the people through the Clean India Movement. The Program was organised and co-ordinated by Prof. Ramkumar (Community club) in association with Prof. Prashanth (ECO Club) along with students from both health club and Eco club.</p> <p>The Health club has helped spread the message of Swachh Bharat by urging people through their words &amp; action. Students also participated in cleaning the village and were happy for the act of college students. Members appreciated our students for their honest hard work towards social responsibility and commitment towards the community. The waste materials were collected and handed over to college members for proper disposal.</p>	
<b>Impact &amp; Sensitization</b>	Clean the surroundings and stay healthy.
<b>Faculty Coordinators</b>	Prof. Ramkumar, Prof. Prashanth

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Students cleaning the waste materials



Students collecting the waste plastic bottles



Removing the things which can store water and causes diseases

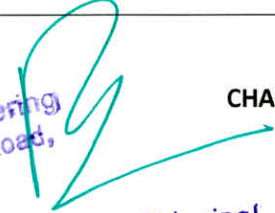


Cleaning near school

  
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## SAPTHA-SAMATHA FOR EQUAL OPPORTUNITIES COMMITTEE (EOC) REPORT ON

### **Awareness on Usage of Internet “ANTHARAJALA”**

**Date: 16/01/2016**

#### **Agenda:**

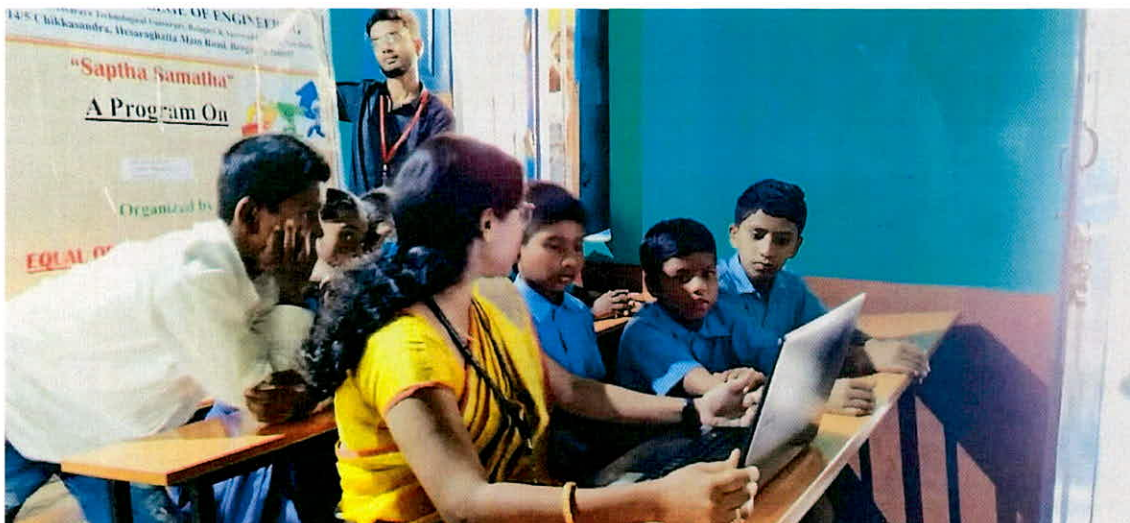
To conduct awareness on Usage of Internet “ANTHARAJALA” for Economically, Socially backward Students by Equal Opportunity Committee (EOC).

#### **Objective:**

The objective of the Program is to provide basic awareness about Internet Usage for Education purpose and basic needs.

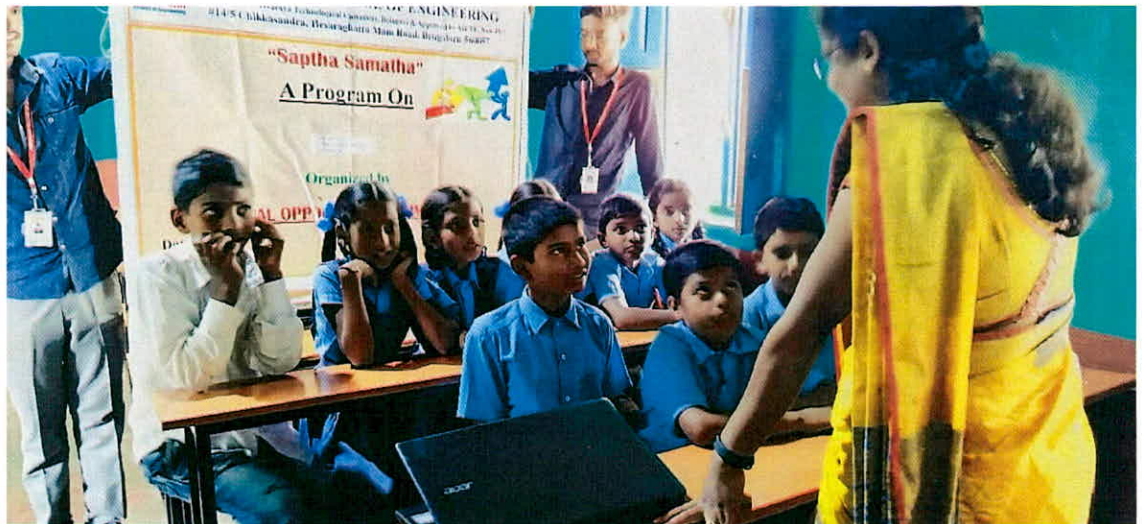
#### **Resolution:**

*Internet* plays a very vital role in *education*. It is no doubt that in this modern era everyone prefers Google for their queries, problems or doubts. Popular search engines like Yahoo, Google, etc. are the topmost choice of people as this offer an easy and instant reach to the vast amount of information in just a few seconds. It contains a wealth of knowledge that can be searched at any time. The internet has introduced improvements in technology, communication.



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The EOC of Sapthagiri college engineering has planned and conducted a program on How to use Internet for education purpose and day to day life for the benefits of Social Backward school students. Our team of Staff and students were conducted the program and taught the students on,

- How to create E-mail ID
- How to search a question or doubt in Google Search Engine
- Learning through Internet.

  
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Students were shown much interest on learning it for knowledge boost up.



Convener



Principal



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## COMMUNITY CLUB REPORT

<b>Name of the Event organised</b>	<b>Interacting with Govt. School students on paper and waste management.</b>
<b>Date and Day</b>	08/04/2016 and Friday
<b>Collaboration</b>	Eco and Health Clubs
<b>Issues addressed</b>	Paper and waste management
<b>Place of the event conducted</b>	Govt. School, Bengaluru
<b>Report:</b> <p>As per the direction of Principal, a team of faculty and student volunteers organized an event “Interacting with Govt. School students on paper and waste management” at Government school, Bengaluru. The Program was organised and co-ordinated by Prof. Ram kumar (NSS Club) in association with Prof. Dhamodharan (Health club), Prof. Ramya (ECO Club) along with students from Community, Eco and Health clubs. There was a good interaction with the students. Basically if the papers are not reused then more number of trees are again made to cut, that leads to deforestation and there by affects the Eco- System. Also by recycling the paper financial burden can be reduced upto some extent. In the same way by waste management including E-waste, chemical waste so on all these waste has to treated or if possible converted to usable form. This will help in keeping the environment healthy and finance too. In this way we addressed the school children and we were successful in winning the mind and heart of the students with this regard.</p>	
<b>Impact &amp; Sensitization</b>	It will help lot to the patient who needs the blood in time.
<b>Faculty Coordinators</b>	Prof. Dhamodharan, Prof. Ramya, Prof. Ram Kumar.

  
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## COMMUNITY CLUB REPORT

<b>Name of the Event organized</b>	Computer awareness program to govt. school children
<b>Date and Day</b>	09/05/ 2016
<b>Collaboration</b>	Human Rights Club
<b>Issues addressed</b>	Importance and necessity of advance education system
<b>Place of the event conducted</b>	Govt. School, Bengaluru.
<b>Report:</b> <p>As per the direction of Principal, a team of faculty and student volunteers organized an event <b>"Computer awareness program"</b> at Govt. school. The Program was organized and co-ordinated by Mr.Ravi.T (HR Club) in association with NSS &amp; Community club along with students from NSS, HR and Community club. There are students who doesn't known about computers, types of computers and utilization computer in education. particularly in Govt. Schools for different reasons, one particular reason is lack of financial support to them also because of uneducated parents, Hence we have selected on village and planned day long program for all classes we thought about computers and computer usage in education and also how we can get information from smart phone too. In these areas our team as put light and made a good impact over the students by giving various examples. Our team members have also informed to the students that, government has introduced so many benefits for the good students, even laptop also be provided by the government in higher education system. The students are happy and they asked few questions and were happy with the answers.</p>	
<b>Impact</b>	Students came to know that the information in fingertip and few have known little bit about information search through Google using their parents phone and they are very much familiar with phone games.
<b>Faculty Coordinators</b>	Prof. Rekha S.N and Prof. Madhushree

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Computer Teaching using Laptops

  
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