



SRI SRINIVASA EDUCATIONAL & CHARITABLE TRUST (R)  
**SAPTHAGIRI COLLEGE OF ENGINEERING, BANGALORE-560057**  
( Affiliated to Visvesvaraya Technological University, Belgaum & Approved by AICTE-New Delhi)  
14/5, Chikkasandra, Hesaraghatta Main Road, Bangalore-560057

Date: 08/07/2014

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 2014-15.

Sl. No.	Name	Designation	Role
1	Dr. Ravi K N	Professor	Chairman
2	Ravishankar M N	Associate Professor	Convener
3	Dhamodaran.A	Associate Professor	Faculty Member
4	Sanjay Kumar J H	Assistant Professor	Faculty Member
5	Kushal S	Student	Student Member
6	Chaithra V.	Student	Student Member
7	Sharath C	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,

**PROF & HOD**

Department of Electrical & Electronics Engineering  
Sapthagiri College of Engineering  
Bangalore - 560057.

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

## **HEALTH CLUB**

### **SOP FOR 2014-15**

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 the health status of staff and students in the campus.
2. To provide counseling for the various health problems of the respondents by a team of doctors.
3. To promote awareness about food safety.
4. To promote hygienic lifestyles.
5. To encourage outreach programs
6. Development of healthy attitudes and healthy behaviors by students



**Convener**



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



# SAPTHAGIRI COLLEGE OF ENGINEERING

Bangalore – 560057

## HEALTH CLUB

### Strategic Perspective Plan for Health Club for 2014-15

Sl. No.	Chronology	Plan	Description	Strategy	Funds/Budget	Remarks
1	17/9/2014	Program on health and hygiene	Discuss the conduction of health and hygiene program	To motivate the students to participate in health and hygiene activities. The students should tell the importance to the neighbours and society	NA	
2	14/11/2014	World diabetics day	Conduction of diabetics day in the campus	To enlighten the students about the adverse effects of diabetics and the necessary precautions to be taken	NA	
3	19/11/2014	Mega health camp	Discuss the conduction of mega health camp	To Inform the students about importance of health camp and motivating students to have a healthy life	Rs.3000	

Convener

Principal

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

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

## HEALTH CLUB

### MEETING NOTICE

Date: 04/08/2014

This is to notify that a meeting of Health club is convened on 6/08/2014 at 10.00AM at Principal's Chamber to discuss the following agenda:

Agenda 1: To discuss the events to be conducted under health club.

Agenda 2: To discuss the conduction of health awareness program.



**CONVENER**

(Ravishankar M N)



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



## HEALTH CLUB

### MINUTES OF THE MEETING

Date: 6-08-2014

Today on 6th August 2014 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	Ravishankar M N	Associate Professor	Convener
2	Dhamodaran.A	Associate Professor	Faculty Member
3	Sanjay Kumar J H	Assistant Professor	Faculty Member
4	Kushal S	Student	Student Member
5	Chaithra V.	Student	Student Member
6	Sharath C	Student	Student Member

*[Handwritten signatures and initials next to the table rows]*

### Agenda:

Agenda 1: To discuss the events to be conducted under health club.

Agenda 2: To discuss the conduction of health 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

*[Signature]*  
Convener

*[Signature]*  
Principal  
Sapthagiri College of Engineering  
Chikkasandra, Hesaraghatta Road,  
Bangalore-560 057

*[Signature]*  
Chairman  
PROF & HOD  
Department of Electrical & Electronics Engineering  
Sapthagiri College of Engineering  
Bangalore - 560057.

## HEALTH CLUB

### MEETING NOTICE

Date: 4/9/2014

Following members are informed to attend the meeting of health club on 5/9/2014, Tuesday at 3:00pm to be held at the BT lab.

#### Agenda:

**Agenda 1:** To discuss about the event "Talk on health and hygiene"

**Agenda 2:** To discuss venue and the speaker for the event.

Sl. No.	Name	Designation	Role
1	Ravishankar M N	Associate Professor	Convener
2	Dhamodaran. A	Associate Professor	Faculty Member
3	Sanjay Kumar J H	Assistant Professor	Faculty Member
4	Kushal S	Student	Student Member
5	Chaithra V.	Student	Student Member
6	Sharath C	Student	Student Member

Wishing all the best,



Convener



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

## HEALTH CLUB

### MINUTES OF THE MEETING

Date: 5-09-2014

Today on 5-09-2014, Tuesday from 3:00 pmonwards a meeting of HEALTH CLUB committee held at the BT lab to discuss the following agenda in presence of the following members.

#### **Agenda 1: To discuss about the event "Talk on health and hygiene"**

Principal gave an opening remark and Discussion about the conduction of the event was done.

#### **Agenda 2: To discuss venue and the speaker for the event.**

It was decided to conduct event at the seminar hall and the speaker was identified.

Sl. No.	Name	Designation	Role
1	Ravishankar M N	Associate Professor	Convener
2	Dhamodaran. A	Associate Professor	Faculty Member
3	Sanjay Kumar J H	Assistant Professor	Faculty Member
4	Kushal S	Student	Student Member
5	Chaithra V.	Student	Student Member
6	Sharath C	Student	Student Member



Convener

Principal  
Sapthagiri College of Engineering  
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## HEALTH CLUB

### MEETING NOTICE

Date: 20/01/2015

This is to notify that a meeting of Health club is convened on 22/01/2015 at 1.30 PM 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 events for the semester.



CONVENER

(Ravishankar M N)



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

### MINUTES OF THE MEETING

Date: 22-1-2015

Today on 22nd January 2015 from 1.30PM 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.

#### 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 events for the 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



Principal  
Sapthagiri College of Engineering  
Chikkasandra, Hesaraghatta Road,  
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Chairman

PROF & HOD  
Department of Electrical & Electronics Engg  
Sapthagiri College of Engineering  
Bengaluru - 560057.

2014-15

## HEALTH CLUB REPORT

<b>Name of Event</b>	Talk on health and hygiene
<b>Date</b>	17.09.2014
<b>Issues addressed</b>	Importance of food, exercise, habits for a healthy life and importance of cleanliness to maintain hygiene
<b>Place of the event conducted</b>	SCE college Campus
<b>Report:</b> <p>The talk started with the quote "Cleanliness becomes more important when godliness is unlikely.". The talk was addressed to the students and faculty as well. This was conducted under the banner of health along with student members. Prof. Dhamodaran.A and Prof. Sanjay Kumar J H were in charge for the event.</p> <p>Good health is necessary for a good life style and society. Good health is a result of good hygiene. Good personal hygiene is important for both health and social reasons. It entails keeping your hands, head and body clean so as to stop the spread of germs and illness. Your personal hygiene benefits your own health and impacts the lives of those around you, too.</p> <p><b>Good personal hygiene habits include:</b></p> <p>We need to wash the body often. For this, a swim or a wash all over the body with a wet sponge or cloth will do.</p> <p>We need to clean the teeth at least twice a day.</p> <p>We need to wash the hair with soap or shampoo at least once a week.</p> <p>We need to wash hands with soap after going to the toilet.</p> <p>We should be careful when we are down with any ailments.</p> <p>We should keep our surroundings clean.</p> <p>We should drink plenty of water everyday especially in summer.</p>	
<b>Impact &amp; Sensitization</b>	A word of good health is spread across the campus and consumption of healthy food has increased
<b>Faculty Coordinators</b>	Prof. Dhamodaran.A and Prof. Sanjay Kumar J H

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Convener



Principal

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Chairman




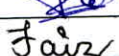



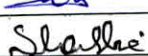

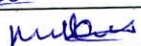

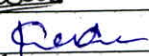

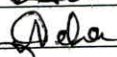












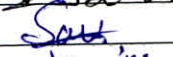

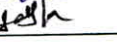

PROF & HOD

Department of Electrical & Electronics Engineering  
Sapthagiri College of Engineering  
Bangalore - 560057.


## HEALTH CLUB

**NAME OF THE EVENT: Talk on health and hygiene**

**Date: 17/9/2014**

Sl No	Name	Signature
1	Yuvaraj. M	
2	Shilpha. L	
3	Rohit Ranjan	
4	Faiza Ahmad	
5	Deepak Kant	
6	Chandan. K	
7	Vipin Raj. P	
8	Shashikumar	
9	Nikita Kishore	
10	Mukund Kumar.	
11	Shalini Mishra	
12	Keerthana Reddy.	
13	Bhavya. B	
14	Neha. P. J	
15	Ranya. M	
16	Prabhanth. G	
17	Akshay. P. L.	
18	Kanyashee. A	
19	Sandhya. C	
20	Hemanth Kumar	
21	Gaurav Raj	
22	Kiran Kumar. K	
23	Sathyam.	
24	Rajghendra Das Gupta	
25	Archana. M.	
26	Meghana. K	
27	Raj Bhanu	
28	Soundarya. P	
29	Kanishka	
30	Yateesh	


  
Convener

  
Principal  
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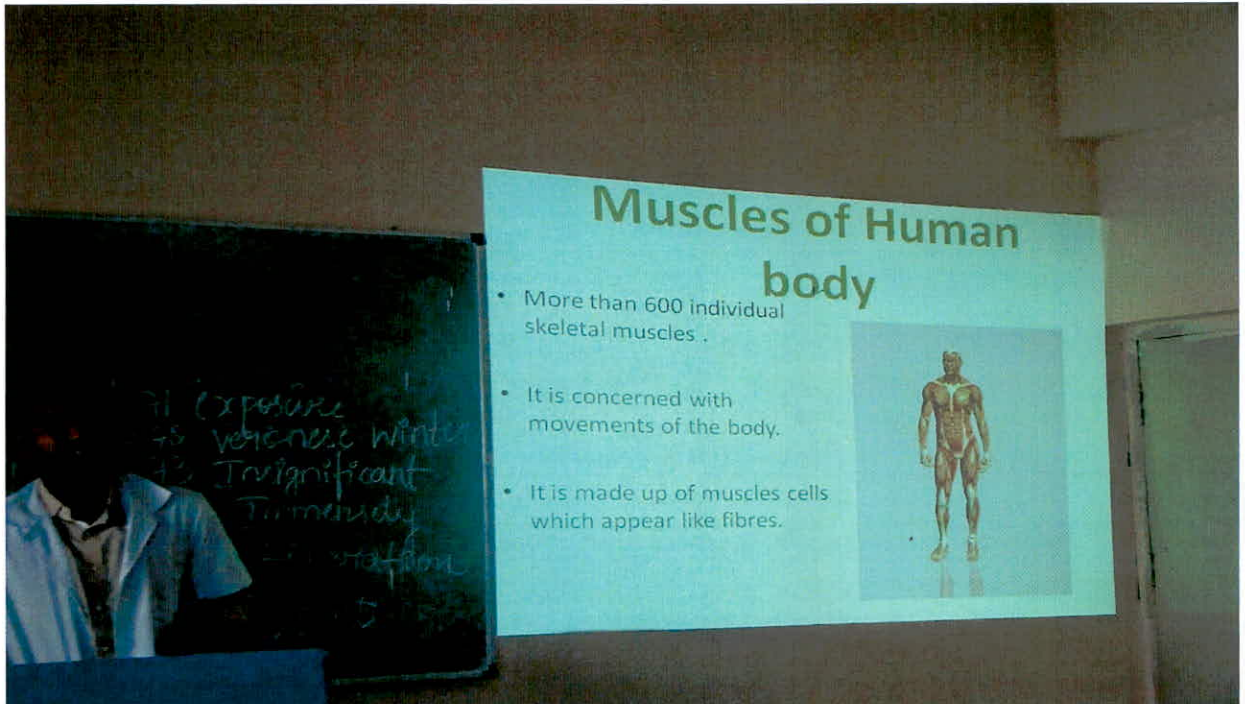


## COMMUNITY CLUB REPORT


<b>Name of Event</b>	World Diabetes Day
<b>Date</b>	14.11.2014
<b>Issues addressed</b>	Causes of Diabetes, ill-effects of diabetes & Preventive measures of Diabetes
<b>Place of the event conducted</b>	Sapthagiri College of Engineering, Bengaluru
<b>Report:</b> <p>As per the direction of Principal, a team of faculty and student volunteers organized an event “<b>World Diabetes day</b>” at Sapthagiri College of Engineering, Bengaluru. The Program was organised and co-ordinated by Prof. Tulsidas (Community club) in association with Prof. Ravishankar (Health Club) along with students from both Community and Health club. The staff members and public also participated in the event and were happy in understanding about Diabetes. The medical students and doctors from Sapthagiri Institute of Medical Sciences and Research hospital also participated and checked the diabetes status of the public participated as well as the staff. The public were shared with the knowledge about diet to be followed by the people during diabetic patient from the doctors.</p> <p>The doubts from the public as well as the staff regarding the diabetes were clarified by the doctors and further the public were created with the awareness regarding the diabetes.</p>	
<b>Impact &amp; Sensitization</b>	Awareness for public, staff and students regarding the diabetes.
<b>Faculty Coordinators</b>	<b>Prof. Tulsidas , Ravishankar</b>




Principal  
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Convener

  
Principal  
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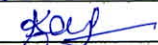










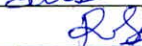







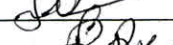




  
Chairman  
PROF & HOD  
Department of Electrical & Electronics Engineering  
Sapthagiri College of Engineering  
Bangalore - 560057.



# HEALTH CLUB

**NAME OF THE EVENT: World diabetics day**

**Date: 14/11/2014**

Sl No	Name	Signature
1	Rajashree Das Gupta	
2	Kanishka	
3	Kavyashree	
4	Yuvraj	
5	Deepak Kant	
6	Ramya . M	
7	Bhavya . M	
8	Aradhana	
9	Sandhya . G	
10	Yatesh	
11	Shalini mishra	
12	Vipin Pat	
13	Satyam	
14	Raj Suman	
15	Akashay . P. L	
16	Kiran Kumar	
17	Chandan	
18	Prabhanth	
19	Keesadthara Reddy	
20	Neha . P. J	
21	Mukund Kumar	
22	Hemant Kumar	
23	Shashikumar	
24	Rohit Ranjan	
25	Shelpha . L	




**Convener**

**Principal**  
Sapthagiri College of Engineering  
Chikkasandra, Hesaraghatta Road,  
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AY: 2014-15

Name of the initiatives	"MEGA HEALTH CAMP"
Name and Address of PU College	Triveni School , Bengaluru
Date and duration of the initiative	19-11-2014
Issues addressed	Importance of Health
<p><b>Report:</b>As per the directions of management and principal sir a team of faculty and in association with <i>Sapthagiri Institute of Medical Sciences &amp; Research centre (SIMS &amp; RC) Bengaluru</i> has organized the "<b>MEGA HEALTH CAMP</b>" at <b>Pragathi P U College Bengaluru</b>. The programme was inaugurated by the principal sir Trivenischool and it was Co-ordinated by Prof.Prashanthdept of Bio Technology and staff members Sapthagiri College of Engineering and doctors and nurses from SIMS. The event was gone so nicely because heads of various departments, faculties and around 500 plus students participated in it. Students were leaned about the importance of health that to in particular for students in academic institutions. Students were benefitted from this Health camp event.</p>	
Faculty Coordinators	Prof.Ram Kumar- 9900847119, Prof.Jaydev- 9964246932 Prof.Sanjay Kumar- 8861233349,

  
 Principal  
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Professor Prashanth sir explaining about health for students.



SIMS Doctors are displaying anatomy parts to students



General health check-up for students by SIMS Doctors.



General health check-up for staff by SIMS Doctors



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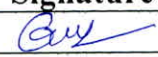
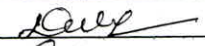
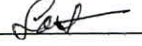


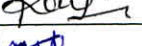
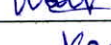

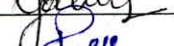



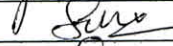

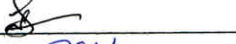



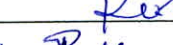


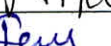


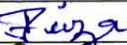





PROF & HOD  
 Department of Electrical & Electronics Engineering  
 Sapthagiri College of Engineering  
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## HEALTH CLUB

NAME OF THE EVENT: Mega health camp

Date: 19/11/2014

Sl No	Name	Signature
1	Ganray Raj	
2	Deepak Kauth	
3	SATHYAM	
4	Bhavya . B	
5	Neha . P . J	
6	Rohith Rayjan	
7	Mukund Kumar	
8	Keerthana Reddy	
9	Yallesh	
10	Raj Suman.	
11	Archana . M	
12	Yuvarej . M	
13	Yipin Raj R	
14	Sowndarya . P	
15	Shilpa . L	
16	Sandhya . C	
17	Prabhat . G	
18	Heemath Kumar	
19	Shalini Mishra.	
20	Kirankumar . K	
21	Rajashree Das Gupta	
22	Ramya . M	
23	Nikita Kishore	
24	Kanishka.	
25	CHANDAN K	
26	Kavyashree . A	
27	Faiz Ahmad.	
28	Meghana . K	
29	Shashi Kumar	
30	AKSHAT P. L	



Convener



Principal

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

## Report of the activities of Health club for 2014-15

The first Health club committee meeting for the academic year 2014-15 was held on 6<sup>th</sup> August 2014 at 10.00 am. The agenda of meeting was to discuss about the activities to be conducted from Health club for the academic year 2014-15. 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 22<sup>nd</sup> January 2015 at 1.30 pm to discuss the events conducted in the previous semester and the events to be conducted in the coming semester.

The following events were conducted during the year 2014-15 –


- (i) Talk on health and hygiene was conducted on 17<sup>th</sup> September 2014.
- (ii) World diabetics day was celebrated on 14<sup>th</sup> November 2014.
- (iii) Mega health camp was conducted on 19<sup>th</sup> November 2014.

All the events were conducted successfully to sensitize the students and the community in large about healthy habits, importance of diabetes and its prevention. Mega health camp was conducted to inform the students about importance of health camp and motivating students to have a healthy life.



  
Convener



  
Principal  
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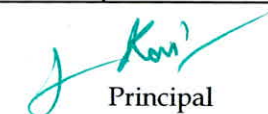
## HEALTH CLUB

### ACTION TAKEN REPORT FOR THE YEAR 2014-15

Sl. No.	Event/ Activity Proposed in SPP		Action Taken		Remarks
	Date	Title	Date	Brief of the event	
1	17/9/2014	Program on health and hygiene	17/9/2014	Program to sensitize students about health and hygiene	
2	14/11/2014	World diabetics day	14/11/2014	To enlighten the students about the adverse effects of diabetics and the necessary precautions to be taken	
3	19/11/2014	Mega health camp	19/11/2014	Discuss the conduction of mega health camp	

  
Convener

  
Principal  
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Principal  
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