



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: 15/07/2015

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 2015-16.

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 2015-16

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

For the academic year 2015-16, the health club will conduct the following activities -

- (i) Awareness on menuposal problems and distribution of sanitary pads- 6/8/2015
- (ii) SwachhBharathAbhiyan- 4/12/2015
- (iii) Voluntary blood donation camp – 24/2/2016
- (iv) International yoga day – 21/6/2016



**Convener**



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



# SAPTHAGIRI COLLEGE OF ENGINEERING

Bangalore – 560057

## HEALTH CLUB

### Strategic Perspective Plan for Health Club for 2015-16

Sl. No.	Chronology	Plan	Description	Strategy	Funds/Budget	Remarks
1	08-06-2015	Awareness on menuposal problems and distribution of sanitary pads			Rs.3000	
2	12-04-2015	Swachh Bharath Abhiyan	To clean the campus	Encourage students to keep the surroundings clean	NA	
3	24/2/2016	Voluntary blood donation camp	Discuss about the importance of blood donation	To motivate the students to donate blood for the needy and know its health benefits	NA	
4	21/6/2016	International yoga day	Conduction of Yoga day in the campus	Give the students a overview of Yoga and its benefits.	NA	

  
Convener

  
Principal

Principal

Sapthagiri College of Engineering  
14/6, Chikkasandra, Hosuraghatta Main Road  
Bangalore - 560 057

  
Principal

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

## HEALTH CLUB

### MEETING NOTICE

Date: 27/07/2015

This is to notify that a meeting of Health club is convened on 29/07/2015 at 9.30 AM 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

(Ravishankar M N)



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



## HEALTH CLUB

### MINUTES OF THE MEETING

Date: 29-7-2015

Today on 29th July 2015 from 9.30AM 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:

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

*[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: 20/01/2016

This is to notify that a meeting of Health club is convened on 22/01/2016 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 blood donation camp.



CONVENER

(Ravishankar M N)

ECC



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

## HEALTH CLUB

### MINUTES OF THE MEETING

Date: 22-01-2016

Today on 22nd January 2016 from 10.50 AM 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:

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

2: To discuss conduction of blood donation camp.

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

Agenda 1

Resolution

Agenda 2.

Place for conducting health camp was discussed. Involvement all student coordinators.

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

*[Signature]*  
Convener

*[Signature]*  
Chairman

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

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

## HEALTH CLUB

### MEETING NOTICE

Date: 31/7/2015

Following members are informed to attend the meeting of HEALTH/ECO/COMMUNITY club on 1/8/2015, Saturday at 11:00am to be held at EEE lab.

#### Agenda:

**Agenda 1:** To discuss about the event "Awareness on menopausal problems and distribution of sanitary pads"

**Agenda 2:** To discuss venue and details of the conduction of 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,  
Bangalore-560 057



## HEALTH CLUB

### MINUTES OF THE MEETING

Date: 1/8/2015

Today on 1/8/2015 from 11:00 onwards a meeting of HEALTH /ECO/COMMUNITY club committee held at the EEE lab to discuss the following agenda and the result of discussion is as follows

**Agenda 1: To discuss about the event "Awareness on menopausal problems and distribution of sanitary pads"**

Convener for the event was identified as Prof. Ravishankar M N and the targeted village was Aivarakandapura. The event is to be organized along with ECO and COMMUNITY clubs.

**Agenda 2: To discuss venue and details of the conduction of the event.**

A brain storming session was conducted and the events to be conducted 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

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

*[Handwritten signature of the Principal]*

Principal  
Sapthagiri College of Engineering  
Chikkasandra, Hesaraghatta Road,  
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*[Handwritten signature of the Convener]*  
Convener

2015-16

## HEALTH 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.

Most importantly, take time out for self care.

Pursue on your hobby or activity you enjoy



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life.	
Impact & Sensitization	Regular health check-ups
	Wise use of time for self
Faculty Coordinators	Use of sanitary pads
	<b>Prof.Ravishankar</b>



  
Convener













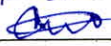








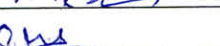

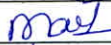





  
Principal  
Sapthagiri College of Engineering  
Chikkasandra, Hesaraghatta Road,  
Bangalore-560 057

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

## HEALTH CLUB


**NAME OF THE EVENT:** Awareness on menstrual problems and distribution of sanitary pads

**Date:** 6/8/2015

Sl No	Name	Signature
1	Anitha . B	
2	Kaushal . M.	
3	Geethanjali . K	
4	Manoj . M . G	
5	Pallavi . S	
6	Priyanshu . S	
7	Narayan . Jee	
8	Jyothi . M	
9	Meghana . K . L	
10	Prasanna . S	
11	Deepak . Kaut	
12	Kanishka	
13	Padmini . R	
14	Guru prasad . M	
15	Koupa . H . R	
16	Mayimath	
17	Pooja . H	
18	Rachana . R	
19	Kaushik . V	
20	Kavya .	
21	Sushroitha . L	
22	Saniya . Arjun . P	
23	Mishal . Raj	
24	Shashi . Kumar	
25	Somathi . G	
26	MADHUSHREE . S	
27	Arjun . R	
28	Aditya . M	
29	Sonika . S	

  
Convener

30 Ishani Sharma.  
31 Divya . M.  
32 ALKA YAGNI  
33 Shilpa . L  
34 Neha . P . J  
35 Anroitha Kaur


  
Principal  
Sapthagiri College of Engineering  
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Bangalore-560 057



## HEALTH CLUB

### MEETING NOTICE

Date: 01/12/2015

Following members are informed to attend the meeting on 2/12/2015, Wednesday from 3:00 pmonwards a meeting of HEALTH CLUB committee held at the room no.306

#### Agenda:

**Agenda 1: Selecting the Volunteers from College.**

**Agenda 2: Campus and surroundings selection for Swachh Bharath Abhiyan**

**Agenda 3: Segregation of waste and Proper disposal.**

Sl. No	Name	Designation	Role
1	Ravishankar M N	Associate Professor	Convener
2	Dhamodaran.A	Assistant 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,  
Bangalore-560 057

## HEALTH CLUB

### MINUTES OF THE MEETING

Date: 2-12-2015

Today on 2-12-2015, Wednesday from 3:00 pmonwards a meeting of HEALTH CLUB committee held at room no.306 to discuss the following agenda in presence of the following members.

#### Agenda : To Organize Swachhbharathabhiyan

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

#### **Agenda 1: Selecting the Volunteers from College.**

The Student Volunteers, were selected for the program.

#### **Agenda 2: Campus and surroundings selection for Swachh Bharath Abhiyan**

Resolution: Decided the place Swachh Bharath Abhiyan

#### **Agenda 3: Segregation of waste and Proper disposal.**

Resolution: The proper collection of waste and segregation was discussed.

It was decided in the meeting that activity to be conducted in collaboration with ECO club

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

Sl. No	Name	Designation	Role
1	Ravishankar M N	Associate Professor	Convener
2	Dhamodaran.A	Assistant 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  
Chikkasandra, Hesaraghatta Road,  
Bangalore-560 057

2015-16

## HEALTH 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>	College and surroundings
<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. Tulsidas (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. Tulsidas, 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

  
**Convener**

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

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



# HEALTH CLUB

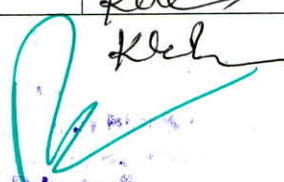
**NAME OF THE EVENT: Swachh Bharath Abhiyan**

**Date: 4/12/2015**

Sl No	Name	Signature
1	Amittha . B	Amittha
2	padamini . R	padu
3	AIK Yagin	AIK
4	RACHANA . R	Ror
5	Divya . m	Divy
6	Arneutha Kumar	Ar
7	Jothi . m	Jyotha
8	Tejas . S	Tejas
9	Kanishka .	Kanishka
10	Shani Sharma .	Shani
11	Shilpa .	Shilpa
12	Shanvi Anjan . P	Shanvi
13	Neha . P . S	Neha
14	Kavya .	Kavya
15	madhusree . S .	madhusree
16	Narayan . j . e	Narayan
17	Shashikumar .	Shashikumar
18	Manoj . m . G	Manoj
19	Guruprasad . M	Guruprasad
20	Pallavi . S .	Pallavi
21	Deepak Sant	Deepak
22	Meghana . K . L	Meghana
23	Pooja . H .	Pooja
24	Devin . R	Devin
25	GEETHANJALI K	Geetha
26	Sneha . S	Sneha
27	Raj Suman	Raj
28	Manjunath	Manjunath
29	Kushal . m	Kushal
30	Krupa . H . R	Krupa



**Convener**



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

## Voluntary Blood Donation Camp



**Indian Red Cross Society**  
**Karnataka State Branch**  
# 26, Red Cross Bhavan, 1st Floor, Race Course Road, Bengaluru - 560001.  
080-1052 (Toll Free) / 22340844 / 22268435 / 22264205  
E-mail : ircskarnataka@yahoo.in; ircskar@gmail.com; ircskar@vsnl.net

**Certificate of Appreciation**

*This Certificate is presented to*


**Sapthagiri College of Engineering**


in recognition of the institution's outstanding efforts  
in organizing Voluntary Blood Donation Camp on **24/02/2016**

**This gesture will save thousands of lives.**

**Basrur Rajeev Shetty** Chairman  
**Madhura Ashok Kumar** Vice-Chairperson  
**M. Manjunatha Gupta** Hon. Treasurer  
**S. Ashok Kumar Shetty** General Secretary

  
Convener

  
Principal  
Sapthagiri College of Engineering  
Chikkasandra, Hesaraghatta Road,  
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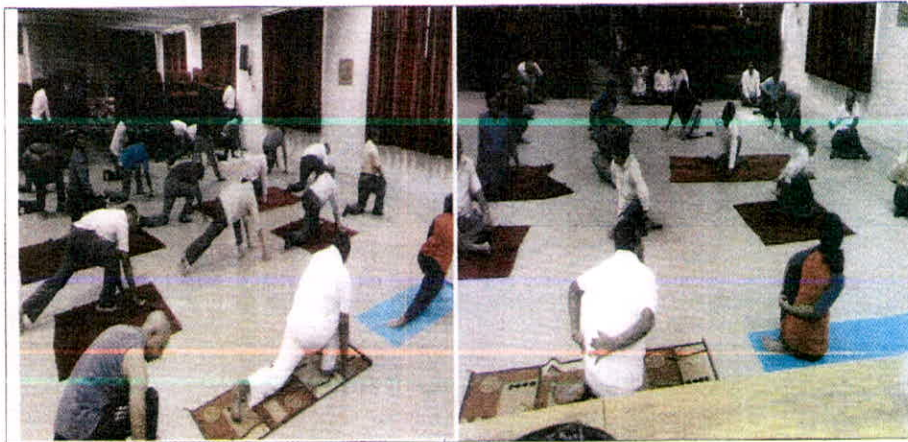
## **SAPTHAGIRI COLLEGE OF ENGINEERING**

### **INTERNATIONAL YOGA DAY, 21st JUNE 2016**

**Yoga is a Healing Art.** Yoga practiced on daily basis helps in keeping the body and mind fresh. To bring awareness and benefits of yoga among faculties and students, a small interactive session was held on June 21st, universally celebrated as Yoga Day.

#### **Session 1- 9:00am to 10:30 am (Gents Batch)**

Asanas practiced were primarily focused on common health issues like Back pain, variations in BP and Sugar level, obesity, Gastric and Acidity, Breathing problems like Asthma, migraine and frequent headaches.



Asanas namely:

- Surya Namaskara( Hatha yoga Style)
- Pawanamuktasana
- Naukasana
- Sarpasana

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- Veerabadrasana
- Rajakapotasana
- Setu Bandasana
- Matsyasana
- Paschimotanasana

Pranayama namely:

- Kapalabathi
- Anuloma viloma

### **Session 2- 10:30am to 12:00 pm (Ladies Batch)**

A special interactive session was held exclusively for ladies to overcome some commonly faced problems like irregular periods, thyroid, PCOD.

Suitable diet on day to day basis was also suggested with expert opinion.



*[Signature]*

*[Signature]*

Principal  
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*[Signature]*

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



## Report of the activities of Health club for 2015-16

The first Health club committee meeting for the academic year 2015-16 was held on 29<sup>th</sup> July 2015 at 9.30 am. The agenda of meeting was to discuss about the activities to be conducted from Health club for the academic year 2015-16 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 22<sup>nd</sup> January 2016 at 10.50 am to discuss the events conducted in the previous semester and the events to be conducted in the coming semester like blood donation camp and other activities.


The following events were conducted during the year 2015-16 –

- (i) Awareness on menopausal problems and distribution of sanitary pads on 6<sup>th</sup> August 2015.
- (ii) SwachhBharathAbhiyanon 4<sup>th</sup> December 2015.
- (iii) Voluntary blood donation camp was conducted on 24<sup>th</sup> February 2016.
- (iv) International yoga day was celebrated on 21st June 2016.

All the events were conducted successfully to sensitize the students and the community in large about healthy habits, importance of cleanliness and keeping the surrounding clean. Voluntary blood donation camp was conducted to inform the students about importance of donating blood and motivating students to do regular exercise by celebrating international yoga day.



  
Convened

  
Principal  
Sapthagiri College of Engineering  
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# Sapthagiri College of Engineering


Bengaluru - 560057

## HEALTH CLUB

### ACTION TAKEN REPORT FOR THE YEAR 2015-16

Sl. No.	Event/ Activity Proposed in SPP		Action Taken		Remarks
	Date	Title	Date	Brief of the event	
1	08-06-2015	Awariness on menuposal problems and distribution of sanitary pads	08-06-2015	To discuss women hygiene and saftey	
2	12-04-2015	Swachh Bharath Abhiyan	12-04-2015	To clean the campus	
3	24/2/2016	Voluntary blood donation camp	24/2/2016	Discuss about the importance of blood donation	
4	21/6/2016	International yoga day	21/6/2016	Conduction of Yoga day in the campus	

  
Convener

  
Principal  
Sapthagiri College of Engineering  
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Bangalore-560 057

  
Principal  
Sapthagiri College of Engineering  
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