



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: 04/07/2016

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 2016-17.

| 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,

Chairman

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 2016-17

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 2016-17, the health club plans to organize the following events –

- (i) Campaign on "Switch off your engine" at traffic signals – 5/10/2016
- (ii) Mega health camp – 22/11/2016
- (iii) Interaction on Women Malnutrition and its ill effects – 6/3/2017
- (iv) Essay competition on "climate change and its health effects" – 7/4/2017
- (v) International day of yoga – 21/6/2017


Convener


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

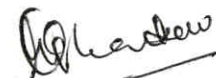



SAPTHAGIRI COLLEGE OF ENGINEERING


, Bangalore – 560057

HEALTH CLUB Strategic Perspective Plan for Health Club for 2016-17

| Sl. No. | Chronology | Plan | Description | Strategy | Funds/Budget | Remarks |
|---------|------------|--|---|---|--------------|---------|
| 1 | 10-05-2016 | Campaign on "Switch off your engine" at traffic signals | Discuss about Traffic issues at signals | To highlight the importance of switching off engines at signals to avoid pollution and save energy | NA | |
| 2 | 22/11/2016 | 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.4000 | |
| 3 | 03-06-2017 | Interaction on Women Malnutrition and its ill effects | To discuss the effects of malnutrition in women | To highlight the importance of proper nutrition for women | Rs.2000 | |
| 4 | 04-07-2017 | Essay competition on "climate change and its health effects" | To discuss the effects Climate change on health | To highlight the importance of climate change and its health effects to students | NA | |
| 5 | 21/6/2017 | International day of yoga | Conduction of Yoga day in the campus | Give the students a overview of Yoga and its benefits. | NA | |


Convener


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: 06/07/2016

This is to notify that a meeting of Health club will be convened on 08/07/2016 at 10.50AM at Principal's Chamber to discuss the following agenda:

Agenda: To appreciate and discuss the activities conducted during 2015-16 year

To plan the activities for year 2016-17 and for the coming semester.



CONVENER

(Ravishankar M N)



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

HEALTH CLUB

MINUTES OF THE MEETING

Date: 09-07-2016

Today on 08/07/2016 at 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 | 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 names:
 (Signature)
 S. J.
 Kushal
 Chaithra
 Sharath

Agenda : To appreciate and discuss the activities conducted during 2015-16 year

To plan the activities for year 2016-17 and for the coming semester.

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

To conduct health camp and switching off engine at traffic signals.

(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: 30/12/2016

This is to notify that a meeting of Health club will be convened on 4/01/2017 at 10.00AM at Principal's Chamber to discuss the following agenda:

Agenda: Appreciation for the previous semester

To discuss the conduction of international yoga day, etc...



CONVENER

(Ravishankar M N)



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

HEALTH CLUB

MINUTES OF THE MEETING

Date: 6-1-2017

Today on 4/01/2017 at 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 names next to the table rows: Ravishankar, Dhamodaran, Sanjay, Kushal, Chaithra, Sharath]

Agenda: Appreciation for the previous semester

To discuss the conduction of international yoga day, etc...

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

To conduct international yoga day.

To conduct a program on climate change and its health effects.

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

[Handwritten signature of Convener]

Convener

[Handwritten signature of Chairman]

Chairman

[Handwritten signature of Principal]
Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bangalore-560 057

PROF & HOD
Department of Electrical & Electronics Engineering
Sapthagiri College of Engineering
Bangalore - 560 057.

HEALTH CLUB

NAME OF THE EVENT: Switch off your engine

Date: 5/10/2016

| Sl No | Name | Signature |
|-------|---------------------|------------------|
| 1 | Puneeth . N . | Puneeth |
| 2 | Nishanth M G | M G Nish |
| 3 | Prajwal . S | Prajwal |
| 4 | AMITH SURAJ | AS |
| 5 | ALGOUTAM | AG |
| 6 | Dharmesh . S | Dharmesh |
| 7 | Ramya . P | Ramya |
| 8 | Vani V N | Vani |
| 9 | POOJA . C | Pooja |
| 10 | NIKITHA . K | Nikitha |
| 11 | Monika . N | Monika . N |
| 12 | Jyothi gaded | Jyothi |
| 13 | Kala N | Kala |
| 14 | Malathi . P | Malathi |
| 15 | Gagana . R | Gagana |
| 16 | Mouna . M | Mouna |
| 17 | Shruthi Chandra E | Shruthi |
| 18 | VINAY . R | Vinay |
| 19 | Neha Vijayananda | Neha Vijayananda |
| 20 | Vivek Kumar | Vivek |
| 21 | Satish Ranjan | Satish |
| 22 | Mohit kumar . | Mohit |
| 23 | BYRAVI . S | Byravi |
| 24 | Neha Sanjan . B . R | Neha Sanjan |
| 25 | Snaha Malav . | Snaha |
| 26 | Rachel Britto | Rachel Britto |
| 27 | Ankit Gupta | Ankit Gupta |
| 28 | Kitik . V . Gopal | Kitik |
| 29 | ROSHAN . S . OLATY | Roshan |

Principal

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

Principal Engineering
Sapthagiri College of Engineering
Chikkasandi, Bangalore
Bd.

REPORT

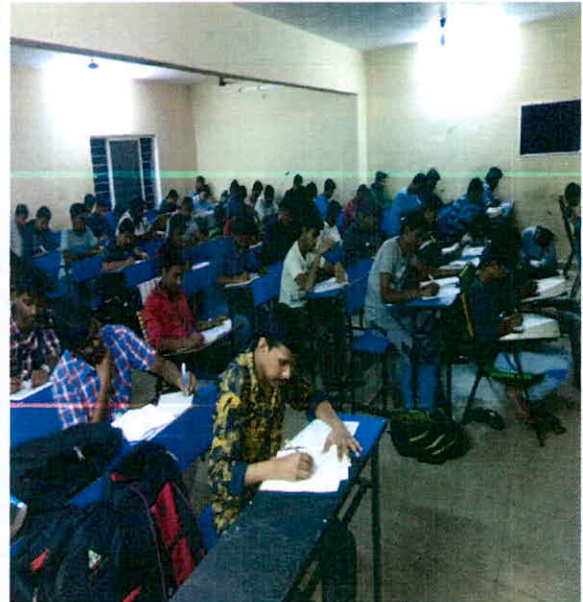
AY: 2016-17

| | |
|---|--|
| Name of the initiatives | "MEGA HEALTH CAMP" and "Career Guidance Talk- What after +2 ?" |
| Name and Address of PU College | Triveni PU College Bengaluru-560057 |
| Date and duration of the initiative | 22-11-2016 |
| Number of participating students and Staff | 500 |
| Issues addressed | Importance of Health and carrier after 12 th standard. |
| <p>Report:As per the directions of management and principal sir, a team of faculty and in association with <i>Sapthagiri Institute of Medical Sciences & Research centre (SIMS & RC) Bengaluru</i> has organized the "MEGA HEALTH CAMP" and "Career Guidance Talk- What after +2?" at Triveni P U College Bengaluru-57. The programme was inaugurated by the principal sir Triveni PU college. This event was Co-ordinated by Prof.Prashanthdept of Bio Technology and staff members Sapthagiri College of Engineering and doctors and nurses from SIMS were actively involved. The event was gone so nicely because heads of various departments, faculties and around 500 plus students were participated in it. Students were leaned about what next after 12th standard and importance of health, in particularly for students in academic institutions.</p> | |
| Faculty Coordinators | Prof.Ram Kumar- 9900847119, Prof.Jaydev-9964246932 Prof.Sanjay Kumar- 8861233349, Prof.Vijay FG-9739255544, Prof.Yousuf-9972214722 |

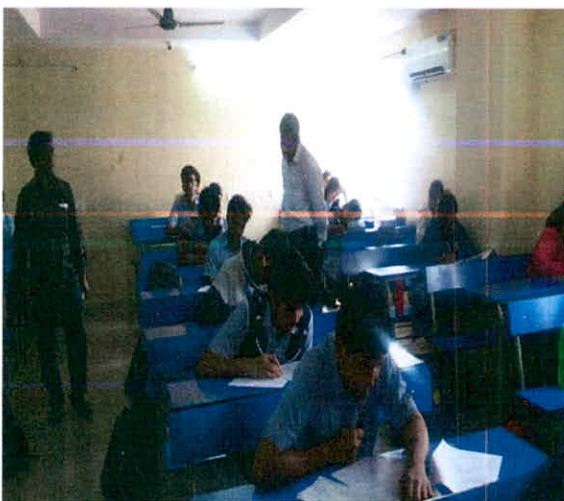

 Principal
 Sapthagiri College of Engineering
 Chikkasandra, Hesaraghatta Road,
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Professor Prashanth sir explaining about health for students.



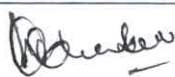
Students are writing MCQ TEST on the part carrier guidance program

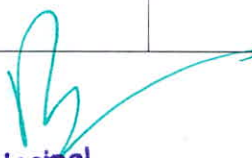


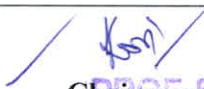
Invigilation by faculty at MCQ Test



Showing anatomy parts to students by SIMS doctors.


Convener


Principal
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Chairman
Department of Electrical & Electronics Engineering
Sapthagiri College of Engineering
Bangalore - 560 057.

HEALTH CLUB

NAME OF THE EVENT: Mega health camp

Date: 22/11/2016

| Sl No | Name | Signature |
|-------|-------------------|------------|
| 1 | Nishanth MG | MG Nish |
| 2 | Prajwal . s | Prajwal |
| 3 | ARGOV T A M | Argov |
| 4 | AMITH SURAJ | Amith |
| 5 | Puneeth . N . | Puneeth |
| 6 | Dhanush - S | Dhanush |
| 7 | Rameya . p | Rameya |
| 8 | Vani V N | Vani |
| 9 | POOJA . C | Pooja |
| 10 | NIPKITHA . C | Nipkitha |
| 11 | Monika . N | Monika . N |
| 12 | Jyothi gaded | Jyothi |
| 13 | Kala N | Kala |
| 14 | Gagana . R | Gagana |
| 15 | Molina . M | Molina |
| 16 | Malathi . R | Malathi |
| 17 | Bhuvan Reddy | Bhuvan |
| 18 | Kavya N G | Kavya |
| 19 | ADARSH M | Adarsh |
| 20 | Aditya Deep | Aditya |
| 21 | Aishwarya . S . | Aishwarya |
| 22 | Anagha . R . | Anagha |
| 23 | Ananya . R . | Ananya |
| 24 | Anjana . R . | Anjana |
| 25 | ANIRUTH KUMAR | Aniruth |
| 26 | Arpitha . B . Y . | Arpitha |
| 27 | BINDU . M . V . | Bindu |
| 28 | Ashwini . S . | Ashwini |
| 29 | Bindu . K . | Bindu |

Principal
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Principal
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HEALTH CLUB

MEETING NOTICE

Date: 01/03/2017

Following members are informed to attend the meeting on 2/3/2017, Thursday from 3:00 pm onwards a meeting of HEALTH CLUB committee held at the BT lab

Agenda:

Agenda 1: Selecting the Volunteers from College.

Agenda 2: Campus / Village/school selection for Interaction on Women Malnutrition and its ill effects

Agenda 3: Knowledge about Nutritional Values.

| 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: 2/3/2017

Today on 2/3/2017, Thursday from 3:00 pm onwards a meeting of HEALTH CLUB committee held at the BT lab to discuss the following agenda in presence of the following members.

Agenda 1: Selecting the Volunteers from College.

The Student Volunteers, were selected for the program.

Agenda 2: Campus / Village/school selection for Interaction on Women Malnutrition and its ill effects

Resolution: Decided the place Varakhanda pura village to run the program on Interaction of Women Malnutrition and its ill effects

Agenda 3: Knowledge about Nutritional Values.

Resolution: The Complete Knowledge about Nutritional Values was promised to give for students.

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





Miscellaneous items by the permission of the Chair

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 | 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
Chikkasandra, Hesaraghatta Road,
Bangalore-560 057

2016-17

HEALTH CLUB REPORT

| | |
|--|---|
| Name of the Event organised | Interaction on Women Malnutrition and its ill effects |
| Date and Day | 6/03/17 |
| Collaboration or Association | Community club |
| Issues addressed | Women Malnutrition and its ill effects |
| Place of the event conducted | village |
| Report: <p>As per the direction of Principal, a team of faculty and student volunteers organized an event "Interaction on Women Malnutrition and its ill effects" at village .</p> <p>Malnutrition, defined as ill health caused by deficiencies of calories, protein, vitamins, and minerals interacting with infections and other poor health and social conditions, saps the strength and well-being of millions of women and adolescent girls around the world. In this brief, the term malnutrition will refer to conditions of nutritional deficiency, including undernutrition and micronutrient deficiencies, though malnutrition actually also relates to problems of nutritional excess.</p> <p>Adequate nutrition, a fundamental cornerstone of any individual's health, is especially critical for women because inadequate nutrition wreaks havoc not only on women's own health but also on the health of their children. Children of malnourished women are more likely to face cognitive impairments, short stature, lower resistance to infections, and a higher risk of disease and death throughout their lives</p> <p>The Program was organised and co-ordinated by Prof.Tulsidas (Community club) in association with along with students from both health club and Community club.</p> <p>The Health club has helped spread the message of Women Malnutrition and its ill effects through their words & action.Students also participated in interaction session 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.</p> | |
| Impact & Sensitization | Good information on Nutritional values were given to students |
| Faculty Coordinators | Prof.Tulsidas |

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



[Signature]
Convener

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

[Signature]
PROF & HOD
Chairman
Department of Electrical & Electronics Engineering
Sapthagiri College of Engineering
Bangalore - 560 057

HEALTH CLUB

NAME OF THE EVENT: Women Malnutrition and its ill effects

Date: 6/3/2017

| Sl No | Name | Signature |
|-------|-----------------|-------------|
| 1 | Prajwal . S | Prajwal |
| 2 | Nishanth MG | MG Nishanth |
| 3 | Puneeth . N | Puneeth |
| 4 | Jhanush . S | Jhanush |
| 5 | AMITH SURAJ | Amith |
| 6 | GOUTAM | Goutam |
| 7 | Ramya . P | Ramya |
| 8 | Vani V.N | Vani |
| 9 | POOJA . C | Pooja |
| 10 | Alfredha | Alfredha |
| 11 | Monika . N | Monika . N |
| 12 | Jyothi gaded | Jyothi |
| 13 | Kala N | Kala |
| 14 | Malathi R | Malathi |
| 15 | Gagan . R | Gagan |
| 16 | Mouna . M | Mouna |
| 17 | BAIRAJ | Bairaj |
| 18 | Kanya . N . G | Kanya |
| 19 | Adarsh . R . H | Adarsh |
| 20 | Anagha . R | Anagha |
| 21 | Ananya . R | Ananya |
| 22 | Kishu . N . K | Kishu |
| 23 | Charvi . V | Charvi |
| 24 | Divij . N | Divij |
| 25 | Divya . | Divya |
| 26 | Jayanth . G | Jayanth |
| 27 | Jeelan B . K | Jeelan |
| 28 | Kaithi . L | Kaithi |
| 29 | Faustina . Bhat | Faustina |
| 30 | Faustina . Bhat | Faustina |

Convener

Principal
Sapthagiri College of Engineering
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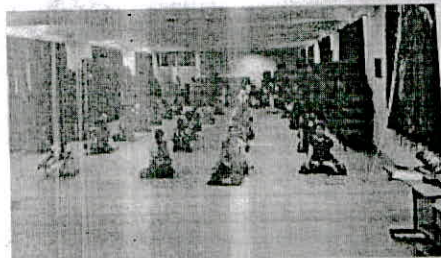


Sapthagiri College of Engineering

Chikkasandra, Hesaraghatta Main Road, Bangalore-57

International Day of Yoga-2017

Staff and students at Sapthagiri College of Engineering have participated in one hour session (in two batches) of yoga specifically with expert on the occasion of International day of Yoga on June 21, 2017 along with National Service Scheme (NSS) cadets. Yoga is beneficial to everyone and everybody has enjoyed it.



Principal, SCE

Dr. G. Suresh,
NSS Ho

Dr.

14/5, Chikkasandra, Hesaraghatta Main Road, Bangalore-57, www.sapthagiri.edu.in

Dr.

Principal

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

Prof.

PROF & HOD

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

Report of the activities of Health club for 2016-17

The first Health club committee meeting for the academic year 2016-17 was held on 8th July 2016 at 10.50 am. The agenda of meeting was to discuss about the activities to be conducted from Health club for the academic year 2016-17 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 4th January 2017 at 10.00 am to discuss the events conducted in the previous semester and the events to be conducted in the coming semester like women malnutrition, yoga day and other activities.


The following events were conducted during the year 2016-17 –

- (i) Campaign on "Switch off your engine" at traffic signalson 5th October 2016.
- (ii) Mega health camp on 22nd November 2016.
- (iii) Interaction on Women Malnutrition and its ill effects 6th March 2017.
- (iv) "Climate change and its health effects" on 11th April 2017.
- (v) International Yoga day on 21st June 2017.

All the events were conducted successfully to sensitize the students and the community in large about importance of switching off engines at signals to avoid pollution and save energy. To inform the students about importance of health camp and motivating students to have a healthy life.




Convener


Principal
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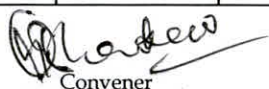


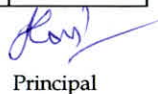
Sapthagiri College of Engineering

Bengaluru - 560057

HEALTH CLUB ACTION TAKEN REPORT FOR THE YEAR 2016-17

| Sl. No. | Event/ Activity Proposed in SPP | | Action Taken | | Remarks |
|---------|---------------------------------|--|--------------|---|---------|
| | Date | Title | Date | Brief of the event | |
| 1 | 10-05-2016 | Campaign on "Switch off your engine" at traffic signals | 10-05-2016 | Discuss about Traffic issues at signals | |
| 2 | 22/11/2016 | Mega health camp | 22/11/2016 | Discuss the conduction of mega health camp | |
| 3 | 03-06-2017 | Interaction on Women Malnutrition and its ill effects | 03-06-2017 | To discuss the effects of malnutrition in women | |
| 4 | 04-07-2017 | Essay competition on "climate change and its health effects" | 04-07-2017 | To discuss the effects Climate change on health | |
| 5 | 21/6/2017 | International day of yoga | 21/6/2017 | Conduction of Yoga day in the campus | |
| | | | | | |
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| | | | | | |
| | | | | | |


Convener


Principal


Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
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Principal
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