



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: 18/07/2017

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 2017-18.

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

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 2017-18

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 2017-18, the health club will conduct the following activities -

(i) Campaign on "healthy eating habits" at schools– 20/9/2017

(ii) Drive on "Tobacco ill effects"– 16/10/2017

(iii) Mega health camp– 6/12/2017


(iv) Blood donation camp– 28/2/2018

(v) World water day – 24/4/2018

(vi) Health camp – 26/4/2018

(vii) International day of yoga – 21/6/2018

Convener



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



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

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HEALTH CLUB

Strategic Perspective Plan for Health Club for 2017-18

Sl. No.	Chronology	Plan	Description	Strategy	Funds/Budget	Remarks
1	20/9/2017	Campaign on " healthy eating habits" at schools	Discuss about the importance of food habits	To motivate the students to eat healthy food and avoid junk foods.	Rs.3000	
2	16/10/2017	Drive on "Tobacco ill effects"	Discuss the adverse effects of tobacco consumption on health	To sensitize the people about the adverse effects and cause of cancer due to tobacco consumption	NA	
3	12-06-2017	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.3500	
4	28/2/2018	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	
5	24/4/2018	World water day	Discuss the need for saving water	To tell the importance of water saving and proper use of water resources.	NA	
6	26/4/2018	health camp	Discuss the conduction of mega health camp	To Inform the students about importance of health camp and motivating students to have	Rs.3000	
7	21/6/2018	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,
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Principal
Sapthagiri College of Engineering
14/5, Chikkasandra, Hesaraghatta Main Road
Bengaluru - 560 057

HEALTH CLUB

MEETING NOTICE

Date: 27/07/2017

This is to notify that a meeting of Health club is convened on 31/07/2017 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

(Ravishankar M N)



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

HEALTH CLUB

MINUTES OF THE MEETING

Date: 31-7-2017

Today on 31st July 2017 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

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

Principal

Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
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Chairman

PROF & HOD

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

HEALTH CLUB

MEETING NOTICE

Date: 20/01/2018

This is to notify that a meeting of Health club is convened on 24/01/2018 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 Free health camp and blood donation camp.



CONVENER

(Ravishankar M N)



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

HEALTH CLUB

MINUTES OF THE MEETING

Date: 24-01-2018

Today on 24th January 2018 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

Handwritten signatures:
Dhamodaran
Sanjay
Kushal
Chaithra

Agenda:

- 1: To discuss the activities conducted during the previous semester and plan the activities for the coming semester.
- 2: To discuss conduction of Free health camp and 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

Handwritten signature of Convener

Convener

Handwritten signature of Principal

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

Handwritten signature of Chairman

Chairman

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

Health Club

MEETING NOTICE

Date: 15/09/2017

Following members are informed to attend the meeting on 18/09/2017, Thursday from 3:30 pm onwards a meeting of HEALTH CLUB committee held at the BT lab.

Agenda1: To Select the name of the event.


Agenda2: Selecting the Place to conduct 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

Wishing all the best,



Convener



Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
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2017-18

HEALTH CLUB REPORT

Name of the Event organised	Healthy Eat Habits at Schools
Date and Day	20/09/2017
Collaboration or Association	COMMUNITY CLUB
Issues addressed	Awareness of eating Healthy Habbits
Place of the event conducted	Government School, Ivar Kandapura Hesaraghatta
<p>Report: As per the direction of Principal, a team of faculty and student volunteers organized an event "Healthy Eat Habbits at Schools" at Ivar Kandapura Hesaraghatta. The Program was organised and co-ordinated by Prof. Prashanth (ECO Club) along with students from both Community and Eco club. Awareness of eating health foods at School. Teacher who makes healthy choices – including healthy eating and regular physical activity – can have a good influence on the health of students, others and most importantly, yourself. Schools and teachers can model healthy eating and being active at school by: Packing a healthy lunch and taking the time to eat it. Build Healthy Eating Habits. Eat a variety of vegetables, especially dark green, red, and orange vegetables (3 or more servings a day). Eat a variety of fruits (2 or more servings a day). Eat whole-grain, high-fiber breads and cereals (3 to 6 servings a day). Drink fat-free or low-fat milk and eat low-fat dairy products.</p>	
Impact & Sensitization	Students got the awareness of Healthy Eat Habbits
Faculty Coordinators	Ravishankar M N, Associate Professor, Dhamodaran.A, Associate Professor



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Convener



Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bangalore



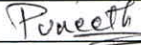
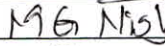


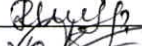
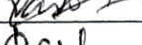







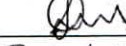
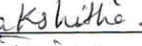
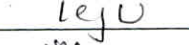

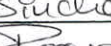
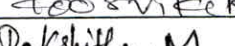
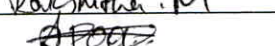
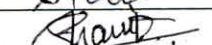
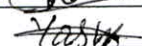






Chairman

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

HEALTH CLUB

NAME OF THE EVENT: Healthy eating habits

Date: 20/9/2017

Sl No	Name	Signature
1	Dhanush - S	
2	AMITH SURAJ	
3	Puneeth . N .	
4	Nishanth MG	
5	GOVATAM	
6	Prajwal . S	
7	Ramya . P	
8	Vani V . N	
9	POOJA - C	
10	NIKITHA . K	
11	MONIKA . N	
12	Jyothi gaded	
13	Kala N	
14	Malathi . R .	
15	Gagana . R	
16	Mouna . M	
17	Swathi . c	
18	Rakshitha - GM	
19	TEJU	
20	Vidya	
21	Suchana . R	
22	POORVIKA . R	
23	RAKSHITHA . M	
24	SPOORTHY D . K	
25	SHANI PRADEEP	
26	YASHASWINI S	
27	THANUJA . N	
28	Vijayalakshmi . G	
29	VINODA	


Convener

30. Preksha . S


Principal

2016-17 to 2018-19

ECO CLUB REPORT

Name of the Event organised	Drive on Tobacco ill effects
Date and Day	16/10/2017, Monday
Collaboration or Association	Health club and community club
Issues addressed	Impact of ill effects like health causing problems and environment causing problems
Place of the event conducted	Chikkasandra
Report: <p>As per the direction of Principal, a team of faculty and student volunteers organized an event "Drive on Tobacco ill effects" at seminar hall, SCE. The Program was organised and co-ordinated by Prof. prashanth (ECO Club) in association with Prof. Ravishankar M N (Health club) and Dr.TulsiDas D (Community club) along with students from the commiteess like Community, Health and Eco club. All non teaching staff were participated in Drive on Tobacco ill effects and were happy for the act of college students. All Non-teaching staff were came to know about the causing effects of tobacco on health and environment.</p>	
Impact & Sensitization	Awareness about tobacco eating were clarified
Faculty Coordinators	Prof. Chaitra and Prof. Varshini K


CONVENER


Principal
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Photos



Posters by Students



Awareness to Public




Awareness inside the Campus



Posters Presentation to public


Convener


Chairman


Principal
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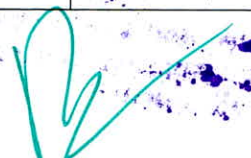
HEALTH CLUB

NAME OF THE EVENT: Tobacco ill effects

Date: 16/10/2017

Sl No	Name	Signature
1.	AMITH SURAJ	Ad
2	Dhanush.S	Dhanush
3.	A.R. GOUTAM	AR
4	Puneeth.N.	Puneeth
5	Nishanth.MG	MG Nish
6	Prajwal.S	Prajwal
7	Vani V.N	Vani
8.	Ramya.p	Ramya
9.	Pooja.C	Pooja
10	Niketha.K	Niketha
11	Monika.N	Monika.N
12	Tyathir gaded	Tyathir
13	Kala.N	Kala
14	Gagana.R	Gagana
15	Mouna.M	Mouna
16	Marathu.R	Marathu
17	Swathi.C	Swathi
18	Rakshitha.GM	Rakshitha
19	Teju	Teju
20	Vidya	Vidya
21	Sinetha	Sinetha
22	POORNIKA.R	Poornika
23	RAKSHITHA.M	Rakshitha.M
24	POORNIKA D.K	Poornika
25	SHANI PRADEEP	Shani


Convener



Principal
Sapthagiri College of Engineering
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Bangalore-560 057



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AY: 2017-18

Name of the initiatives	"MEGA HEALTH CAMP" and "Career Guidance Talk- What after +2?"
Name and Address of PU College	Govt. PU College (Peenya) Bengaluru-560058
Date and duration of the initiative	06-12-2017
Issues addressed	Importance of Health
Report: As per the directions of management and principal sir, A.O 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 Government P U College Peenya ,Bengaluru-58. The programme was inaugurated by the principal sir Govt. PU college Peenya. This event was Co-ordinated by Prof. Prashanth dept 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 400 plus students were participated in it. Students were leaned about the "what next after +2" standard and importance of health.	
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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Photos



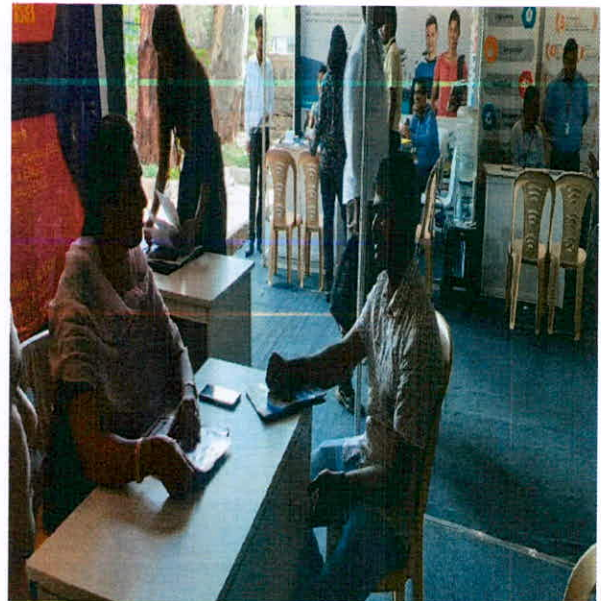
Dr. Nagabhushan, Administrative Officer discussing with SIMS doctors.



Students are writing MCQ TEST on the part carrier guidance program



Invigilation by faculty at MCQ Test



General Health check-up for staff

Chenken

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PROF & HOD
 Department of Electrical & Electronics Engineering
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 Bangalore



NAME OF THE EVENT: Mega health camp


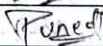
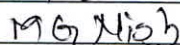
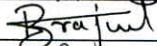


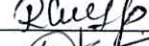
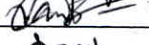


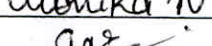


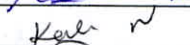
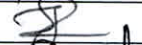

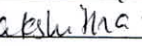
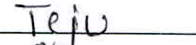
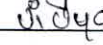
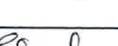
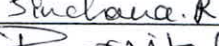
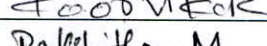
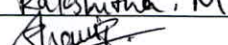

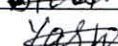



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Principal
Sapthagiri College of Engineering
Chikkasandra, Hosuraghatta Road,
Bangalore-560087

HEALTH CLUB

NAME OF THE EVENT: Mega health camp

Date: 6/12/2017

Sl No	Name	Signature
1	ARGHOUTAM	
2	Puneeth N.	
3	Nishanth MG	
4	Prajwal S	
5	Amith Surg	
6	Dhanush S	
7	Ramya P	
8	Vani V.N	
9	POOJA-C	
10	Xlikethole	
11	MONIKA M	
12	Gagana R	
13	Mouna M	
14	Malathi R	
15	Kala N	
16	Tyler gaded	
17	Swathi C	
18	Rakshitha GM	
19	Teju	
20	Vidya J	
21	Pooja K	
22	Srinanu R	
23	Poojika R	
24	RAKSHITHA M	
25	SHANI PRADEEP	
26	SPOORTHY D.K	
27	YASHASWINI	
28	THANUJA X	
29	Vijayalakshmi Y	

Principal

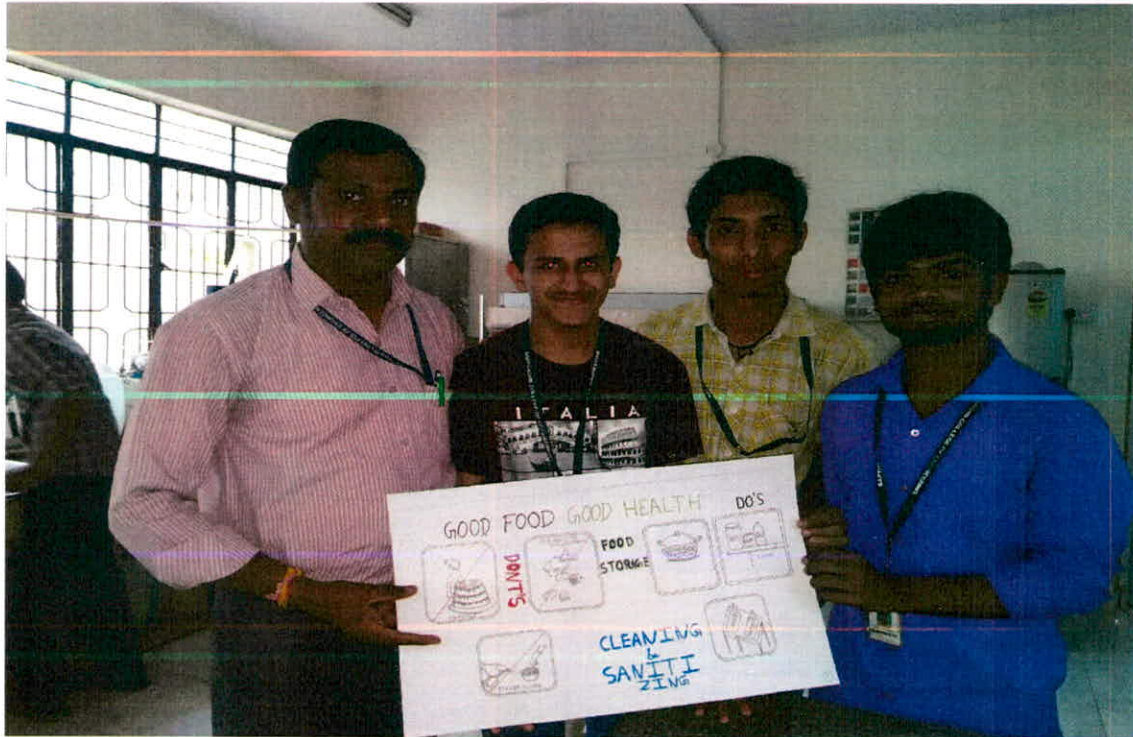
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bangalore-560067

2018-19

HEALTH CLUB REPORT

Name of the Event organised	World Food Day at College Premises
Date and Day	16/10/2018
Collaboration or Association	COMMUNITY CLUB
Issues addressed	Awareness of Food
Place of the event conducted	Sapthagiri College of Engineering, Bengaluru
<p>Report:As per the direction of Principal, a team of faculty and student volunteers organized an event “World Food Day” atSapthagiri College of Engineering, Bengaluru. The Program was organized and co-ordinated by Prof.Prashanth (ECO Club) along with students from both Community and Eco club. World Food Day is an international day celebrated every year around the world on 16 October in honor of the date of the founding of the Food and Agriculture Organization of the United Nations in 1945. The day is celebrated widely by many other organizations concerned with food security, including the World Food Programme and the International Fund for Agricultural Development. World Food Day each year on 16 October to commemorate the founding of the Organization in 1945. These events promote worldwide awareness and action for those who suffer from hunger and for the need to achieve Zero Hunger, ensuring food security and nutritious diets for all. Awareness of global food problem given to students. The total number of people suffering from a lack of food is over one billion people worldwide. The fact is that population growth outpaces agricultural production and the development of agricultural technologies.Information on the Five Food Groups are given to Students. The five food groups are Vegetables and legumes/beans, Fruits, Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans, Milk, yoghurt cheese and/or alternatives, mostly reduced fat.</p>	
Impact & Sensitization	Students got the awareness of Healthy Eat Habbits
Faculty Coordinators	Dr.Tulsidas D, Associate Professor, Ravishankar M N, Associate Professor.

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Bangalore-560 057

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

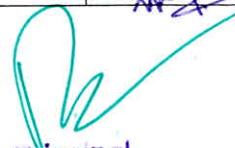
HEALTH CLUB

NAME OF THE EVENT: World food day

Date: 16/10/2018

Sl No	Name	Signature
1.	Ramya . P	Ramya . P
2.	VANI . V . N	Vani . V . N
3.	Nikitha . C	Nikitha . C
4.	Pooja . C	Pooja . C
5.	Puneeth . N .	Puneeth . N .
6.	AMITH SURAJ	Amith . S
7.	Dhanush . S	Dhanush . S
8.	Goutam	Goutam
9.	Nishanth . MG	MG Nishanth
10.	Brajwal . S	Brajwal . S
11.	Monika . N	Monika . N
12.	Kala . N	Kala . N
13.	Jyothi . gaded	Jyothi . gaded
14.	Malathi . R	Malathi . R
15.	Gagan . R	Gagan . R
16.	Monna . M	Monna . M
17.	Swathi . C	Swathi . C
18.	Rakshithe . GM	Rakshithe . GM
19.	Teju	Teju
20.	Udaya . S	Udaya . S
21.	Pooja . K	Pooja . K
22.	Sinchana . R	Sinchana . R
23.	Poorvika . R	Poorvika . R
24.	RAKSHITHA . M	Rakshithe . M
25.	SPOORTHY . D . K	Spoorthy . D . K
26.	SHANI PRADEEP	Shani . P
27.	YASHASWINI	Yashaswini
28.	THANUJA . N	Thanuja . N
29.	vijayalakshmi . y	Vijayalakshmi . y


Convener


Principal
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Report of the activities of Health club for 2017-18

The first Health club committee meeting for the academic year 2017-18 was held on 31st July 2017 at 10.00 am. The agenda of meeting was to discuss about the activities to be conducted from Health club for the academic year 2017-18 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 24th January 2018 at 10.50 am to discuss the events conducted in the previous semester and the events to be conducted in the coming semester like tobacco adverse effects, world water day, yoga day and other activities.

The following events were conducted during the year 2017-18 –

- (i) Campaign on "healthy eating habits" at schoolson 20th September 2017.
- (ii) Drive on "Tobacco ill effects" on 16th October 2017.
- (iii) Mega health camp on 6th December 2017.
- (iv) Blood donation camp on 28th February 2018.
- (v) World water day on 24th April 2018.
- (vi) Health camp on 26th April 2018.
- (vii) International Yoga day on 21st June 2018.

All the events were conducted successfully to sensitize the students and the community. To motivate the students to eat healthy food and avoid junk foods. To sensitize the people about the adverse effects and cause of cancer due to tobacco consumption.



[Signature]
Convenor

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Sapthagiri College of Engineering

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HEALTH CLUB

ACTION TAKEN REPORT FOR THE YEAR 2017-18

Sl. No.	Event/ Activity Proposed in SPP		Action Taken		Remarks
	Date	Title	Date	Brief of the event	
1	20/9/2017	Campaign on " healthy eating habits" at schools	20/9/2017	To motivate the students to eat healthy food and avoid junk foods.	
2	16/10/2017	Drive on "Tobacco ill effects"	16/10/2017	Discuss the adverse effects of tobacco consumption on health	
3	12-06-2017	Mega health camp	12-06-2017	To Inform the students about importance of health camp and motivating students to have a healthy life	
4	28/2/2018	Blood donation camp	28/2/2018	To motivate the students to donate blood for the needy and know its health benefits	
5	24/4/2018	World water day	24/4/2018	To tell the importance of water saving and proper use of water resources.	
6	26/4/2018	health camp	26/4/2018	To Inform the students about importance of health camp and motivating students to have a healthy life	
7	21/6/2018	International day of yoga	21/6/2018	Give the students a overview of Yoga and its benefits.	


Convener


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