



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: 04/07/2018

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 2018-19.

Sl. No.	Name	Designation	Role
1	Dr. Ravi K N	Professor	Chairman
2	Dr. Tulsidas D.	Associate Professor	Convener
3	Ravishankar M N	Associate Professor	Faculty Member
4	Devaraja C	Assistant Professor	Faculty Member
5	Rishabshetty	Student	Student Member
6	Nikhil G	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
Sapthagiri College of Engineering
Bangalore - 560057.

Principal

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

HEALTH CLUB

SOP FOR 2018-19

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 2018-19, the health club will conduct the following activities -

- (i) World food day– 16/10/2018
- (ii) No fireworks for healthy and safe deepavali– 31/10/2018
- (iii) Mega health camp– 10/11/2018
- (iv) "No honking" drive at traffic – 16/11/2018
- (v) Awareness on pollution and its effects in government school – 2/3/2019
- (vi) Village, temple, lake cleaning - 25/2/2019 to 3/3/2019
- (vii) Swachh Sapthagiri Abhiyan – 14/3/2019
- (viii) Awareness on dengue and malaria – 2/4/2019
- (ix) Health awareness program in village– 16/4/2019
- (x) International yoga day – 21/6/2019



Convener



Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
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#14/5, Chikkasandra, Hesaraghatta Main Road, Bengaluru- 560057

Phone:080-28372800/1/2

www.sapthagiri.edu.in

Fax: 080-28372797

HEALTH CLUB

Strategic Perspective Plan for Health Club for 2018-19

Sl. No.	Chronology	Plan	Description	Strategy	Funds/Budget	Remarks
1	16/10/2018	World food day	Discuss the nutritional values of healthy food	To sensitize the students about the importance of food and not to waste food	Rs.2000	
2	31/10/2018	No fireworks for healthy and safe deepavali	Discuss the celebration of deepavali festival safely	To Inform the students about controlling noise and air pollution by using green crackers	NA	
3	11-10-2018	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	
4	16/11/2018	"No honking " drive at traffic	Discuss the importance of no honking at traffic	To tell the importance of avoiding unnecessary honking and not to use loud honking	NA	
5	03-02-2019	Awareness on pollution and its effects in government school	Discuss the importance of no pollution	To inform the school students to help in avoiding pollution	Rs.2000	
6	25/2/2019 to 3/3/2019	Village ,temple,lake cleaning	Discuss the importance of cleanliness	To sensitize the villagers about clean environment	Rs.3000	
7	14/3/2019	Swachh Sapthagiri Abhiyan	To clean the campus	Encourage students to keep the surroundings clean	NA	
8	04-02-2019	Awareness on dengue and malaria	To discuss the effects of dengue and malaria	To sensitize the people about prevention cure of dengue and malaria	Rs.2000	
9	16/4/2019	Health awareness program in village	Discuss the awareness of health	To sensitize the health benefits to villages	Rs.3000	
10	21/6/2019	International day of yoga	Conduction of Yoga day in the campus	Give the students a overview of Yoga and its benefits.	NA	

Convenor

Principal

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Principal

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14/5, Chikkasandra, Hesaraghatta Main Road
Bengaluru - 560 057

HEALTH CLUB

MEETING NOTICE

Date: 03/08/2018

This is to notify that a meeting of Health club is convened on 6/08/2018 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

(Dr. Tulsidas D.)



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

HEALTH CLUB

MINUTES OF THE MEETING

Date: 6-8-2018

Today on 6th August 2018 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	Dr. Tulsidas D.	Associate Professor	Convener
2	Ravishankar M N	Associate Professor	Faculty Member
3	Devaraja C	Assistant Professor	Faculty Member
4	Rishabshetty	Student	Student Member
5	Nikhil G	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


Chairman

PROF & HOD

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


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

MEETING NOTICE

Date: 18/01/2019

This is to notify that a meeting of Health club is convened on 21/01/2019 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 Health awareness program and dengue and malaria awareness program.



CONVENER
(Dr. Tulsidas D.)



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

MINUTES OF THE MEETING

Date: 21-01-2019

Today on 21st January 2019 from 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	Dr. Tulsidas D.	Associate Professor	Convener
2	Ravishankar M N	Associate Professor	Faculty Member
3	Devaraja C	Assistant Professor	Faculty Member
4	Rishabshetty	Student	Student Member
5	Nikhil G	Student	Student Member

Agenda:

- 1: To discuss the activities conducted during the previous semester and plan the activities for the coming semester.
- 2: To discuss conduction of Health awareness program and dengue and malaria 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


Convener


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


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

HASIRU- ECO CLUB REPORT

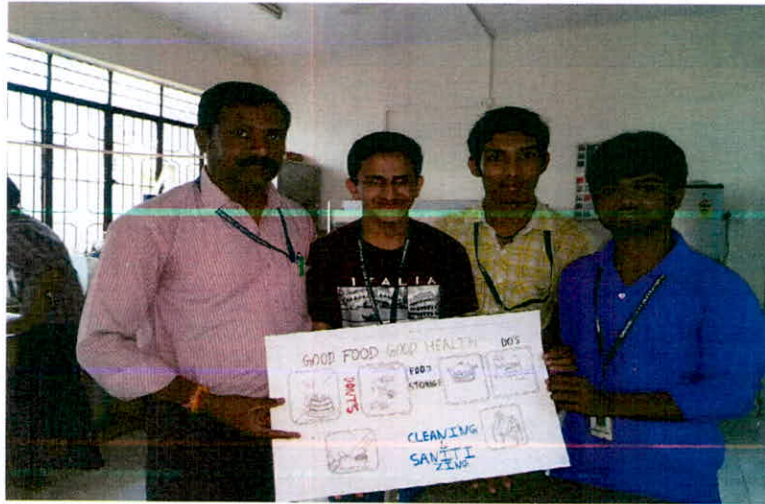
Name of the Event organised	World Food Day at College Premises
Date and Day	16/10/2018
Collaboration or Association	COMMUNITY CLUB
Issues addressed	Awareness of Food, wastage of food and farmer problems
Place of the event conducted	Sapthagiri College of Engineering, Bengaluru
<p>Report: A team of faculty and student volunteers organized an event "World Food Day" at Sapthagiri 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	Awareness of farmers' problems, proper usage of food, healthy food habits, No wastage of foods.
Faculty Coordinators	Prof. Prashanth

Principal

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SAPTHAGIRI COLLEGE OF ENGINEERING

14/5, Chikkasandra, Hesaraghatta main road, Bengaluru-560057




Convener


Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bengaluru-560057


Chairman
PROF. K. M. D.
Department of Electrical & Electronics Engineering
Sapthagiri College of Engineering
Bengaluru - 560057

02/11/2018

COMMUNITY CLUB REPORT

Name of the Event organised	No fireworks for healthy and safe deepavali
Date and Day	31/10/2018 Wednesday
Issues addressed	Impact of crackers pollution and waste on aquatic organism, animals and human society
Place of the event conducted	Govt School
Report: <p>The community club team of faculty and student volunteers organized an event “No fireworks for safe and healthy deepavali” at Govt School. The Program was organised and co-ordinated by Prof.Tulsidas (Community club) along with students from Community club. Students and Teachers of Govt School were informed about the impact about the pollution and waste produced by burning the crackers and was happy for the active participation of college students. Teachers appreciated our students for their honest hard work towards social responsibility and commitment towards the community. The awareness is created among the students and Teachers for proper disposal. A special ‘Say No to Crackers’ Campaign was organised with the aim of creating awareness among the masses about the tremendous air pollution caused due to bursting of crackers. With the noble aim of celebrating ‘Green Diwali’ students pledged to say ‘No’ to crackers and ‘Yes’ to pollution free environment. A Special Slogan was Designed – ‘LETS CELEBRATE GREEN DIWALI’. The Speech saw lots of enthusiasm among the students as they vociferated slogans and distributed pamphlets to the students by, encouraging them to gift our Mother Earth a tree this Diwali instead of harmful smoke of crackers.</p>	
Impact & Sensitization	Clean Area/Village without pollution of crackers is available for Villagers, animals and aquatic animals.
Faculty Coordinators	Dr.Tulsidas D & Prof.Prashanth Kumar H P

Principal
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Photos

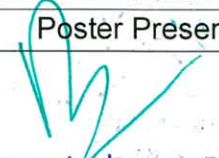



Awareness to Govt school students on No Crackers



Poster Presentations on No Crackers


Convener


Principal
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Chairman
PROF. HOD
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AY: 2018-19

Name of the initiatives	"MEGA HEALTH CAMP"
Name and Address of PU College	Ganga International school Bengaluru
Date and duration of the initiative	10-11-2018
Number of participating students and Staff	580
Issues addressed	Importance of Health
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 " at Ganga International PU college. The programme was inaugurated by the principal sir Ganga International PU college and it was Co-ordinated by Prof. Prashanth dept of Bio Technology. Staff coordinators of Sapthagiri College of Engineering and doctors and nurses from SIMS were involved in the program to guide students. The event was gone so nicely because heads of various departments, faculties and around 580 plus students were participated in it. Students were leaned about the importance of health for students in academic institutions. Students were benefitted from this Health camp event.	
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
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Students discussion with doctors



Students are under gone for free health check-up by SIMS doctors.



Students curiously looking at antomical parts



P U faculty curiously looking at antomical parts

Convener

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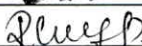
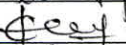
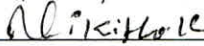
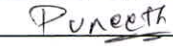
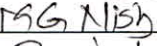
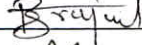



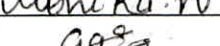

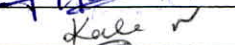



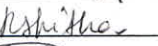
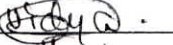
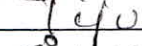

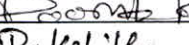
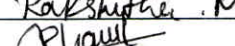
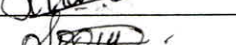
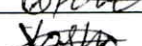


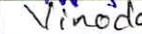


Chairman

PROF. S. M. DOD
 Department of Electrical & Electronics Engineering
 Sapthagiri College of Engineering
 Bangalore - 560057.

HEALTH CLUB

NAME OF THE EVENT: Mega health camp

Date: 10/11/2018

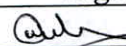
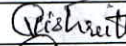


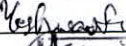

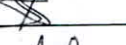

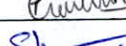

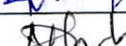
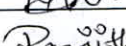
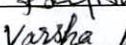
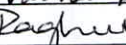

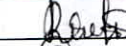





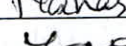



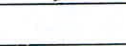

Sl No	Name	Signature
1	VANI . V . N	
2.	Ramya . p	
3.	POOJA . C	
4)	Alrikitha . C	
5	Puneeth . N.	
6	Nishanth MG	
7	Prajwal . S	
8	Amith . Sug	
9	A R GOUTAM	
10	Dhanush . S	
11	Monika . N	
12	Gagan . R	
13	Mouna . M	
14.	Kala . N	
15	Jyothi gaded	
16)	Malathi . R	
17	Swarthi . C	
18	Rakshithe . M	
19	Vidya	
20	Tiji	
21	Srinidhi . R	
22	Poojika . R	
23	RAKSHITHA . M	
24	SHANI PRADEEP	
25	SPDORTHY D.K	
26	YASHASWINI S	
27	THANUJA . N	
28	Vijayalakshmi . Y	
29	VINOBA	


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

HEALTH CLUB

NAME OF THE EVENT: Mega health camp

Date: 10/11/2018

Sl No	Name	Signature
30	Chhay. J	
31	Vishruth. B.R	
32	Vishwas. S	
33	Niranjana. B.A	
34	Yeshwanth. S	
35	Vikas. L	
36	Kanthana	
37	Naveen Kumar. S	
38	PRASHANTH. YL	
39	Shivangi. N.P	
40	Ramya. PVS	
41	Nishitha. R	
42	Ranjitha. B.R	
43	Varsha Kumari	
44	RAGHUVeer. B.J	
45	THILAK. B.T	
46	Pooja	
47	Rakshith. S	
48	Subramanya	
49	Ninanda	
50	Srinivasa	
51	Chandra shekar	
52	Manasa	
53	Yogesh. S	
54	Siddhant. D.C	
55	Sudheep. R	
56	Neha. T.R	


Convener


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

2018-19

COMMUNITY CLUB REPORT

Name of the Event organised	No honking drive in traffic.
Date and Day	16/11/2018, Friday
Collaboration or Association	Health club and Community club
Issues addressed	Noise pollution caused by use of car horns without any reason
Place of the event conducted	Traffic signal near college campus
<p>Report:</p> <p>As per the direction of Principal, a team of faculty and student volunteers organized "NO HONKING DRIVE IN TRAFFIC" at traffic signal near college. The Program was organised and co-ordinated by Prof. Prashanth (ECO Club) in association with Health club and Community club along with students from both Community and Eco club.</p> <p>According to the Karnataka State Pollution Control Board (KSPCB), the sound levels of horns should not exceed 84 decibels.</p> <ul style="list-style-type: none"> • A car horn's average decibel level is nearly 110dB, which is a serious health hazard as any sound above 60–70dB can result in gradual loss of hearing. • Noise pollution has become such a serious problem in cities that ENT specialists say that most of the urban population suffers from 20dB hearing loss. • If a person has chronic exposure to sound above 55dB, the risk of heart disease and stroke increases. As per a WHO study, "One million healthy life years are lost due to traffic noise." • The problem is worst at traffic signals where drivers start honking without waiting for the signal to turn green or for traffic to move. Drivers show no respect to the law that prohibits the use of horn at traffic signals and other silent zones such as areas near hospitals, schools, religious places and residential areas. Vehicular honking in cities has reached at an alarming level and contributes approximately 70% of the noise pollution in our environment. <p>According to an recent article of TOI, Four years ago, the city traffic police launched a campaign to get Bengalurean's to start every week sans loud, unnecessary honking.</p>	
Impact & Sensitization	SCE organizing public awareness campaigns to eliminate noise pollution has been appreciated by good Samaritan's.

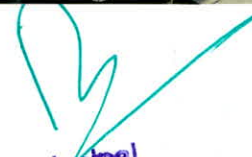
Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bangalore-560 057

Faculty Coordinators

Prof.Prashanth




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.



NAME OF THE EVENT: "No honking" drive at traffic

Convener

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

HEALTH CLUB

NAME OF THE EVENT: "No honking" drive at traffic

Date: 16/11/2018

Sl No	Name	Signature
1)	Pooja.C	Pooja.C
2	VANI. V.N	Vani.V.N
3	Ramya.P	Ramya.P
4)	ALIKITHA.R	Alakitha.R
5)	Puneeth.N.	Puneeth
6	Nishanth M G	MGN13
7	Prajwal.S	Prajwal
8	Goutam	Goutam
9.	AMITH SURAJ	Amith
10	Dhanush.S	Dhanush
11.	Pooja.C	Pooja.C
12)	MLKITHA.R	Alakitha.R
13	Monika.N	Monika.N
14	Jyoti gaded	Jyoti
15	Kala.N	Kala.N
16	Malathi.R	Malathi
17.	Gagana.R	Gagana
18.	Mouna.M	Mouna
19	Swathi.C	Swathi
20	Rakshita.G.M	Rakshita
21	Teju	Teju
22	Vidya.T	Vidya
23	Sindhu.R	Sindhu
24	POORVIKA.R	Poorvi
25	RAKSHITHA.M	Rakshitha.M
26	SPPOORTHY D.K	SpPoorthy
27	SHANI PRADEEP	Shani
28	THANUJA.N	Thanuja
29	Vijayalakshmi.E	Vijayalakshmi

Principal


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COMMUNITY CLUB REPORT

Name of Event	Awareness of Pollution and its effects in govt schools.
Date	3.2.2019
Issues addressed	Causes of pollution, ill-effects of Pollution & Preventive measures of Pollution
Place of the event conducted	Govt School Ivarakhandapura
Report: <p>As per the direction of Principal, a team of faculty and student volunteers organized an event "Awareness of Pollution and its effects in govt schools". 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 causes and preventive measures of pollution. The students and children of government schools also participated and were created with awareness about the pollution. The public were shared with the knowledge about pollution causes and preventive measures to be followed by the people to prevent pollution.</p> <p>The doubts from the public as well as the students regarding the pollution were clarified by the experts and further the public were created with the awareness regarding the pollution.</p> <p>Further the ideas regarding the diseases to be occurred by the pollution for the students were addressed and the impact of these diseases on the children were addressed.</p>	
Impact & Sensitization	Awareness for public, staff and students regarding the pollution.
Faculty Coordinators	Prof.Tulsidas


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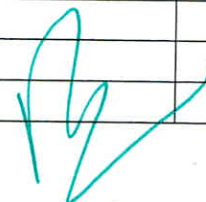

Chairman
PROF & HOD
Department of Electrical & Electronics Engineering
Sapthagiri College of Engineering
Bangalore - 560057.

HEALTH CLUB

NAME OF THE EVENT: Pollution and its effects in government school

Date: 2/3/2019

Sl No	Name	Signature
1	MONIKA . N	Monika . N
2	JYOTHI GADED	Jyothir
3	KALA N	Kala N
4	GAGANA . K	Gaga
5	Mouna . M	Mouna
6	Malathi . R	Malathi
7	Niketha . R	Niketha
8	POOJA . C	Pooja
9	Ramya . P	Ramya
10	Vani . V . N	Vani
11	Puneeth . N	Puneeth
12	Nishant . MG	MG Nishant
13	Prajwal . S	Prajwal
14	GOUTAM	Goutam
15	Arith . Suraj	Arith
16	Dhanush . S	Dhanush
17	Swathi . C	Swathi
18	Rakshitha . GM	Rakshitha
19	Teju	Teju
20	Vidya . R	Vidya
21	Srinidhi . R	Srinidhi
22	POORVIKA . R	Poorvi
23	RAKSHITHA . M	Rakshitha . M
24	SPPOORTHY D . K	Spporty
25	SHANI PRADEEP	Shani



Principal

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Convener

HEALTH CLUB

MEETING NOTICE

Date: 07/03/2019

Following members are informed to attend the meeting on 11/03/2019, Monday from 3:30 pm onwards a meeting of Health CLUB committee held at the Room no 306.

Agenda 1: To discuss about the event “Swachh Sapthagiri abhiyan”

Agenda 2: To discuss the details of the event.

Sl. No.	Name	Designation	Role
1	Dr.Tulsidas D.	Associate Professor	Convener
2	Ravishankar M N	Associate Professor	Faculty Member
3	Devaraja C	Assistant Professor	Faculty Member
4	Rishabh shetty	Student	Student Member
5	Nikhil Gowda	Student	Student Member

Wishing all the best,



Convener



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

HASIRU

MINUTES OF THE MEETING

Date: 11-03-2019

Today on 11-03-2019, Thursday from 3:30 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: To discuss about the event “Swachh Sapthagiri abhiyan”

Principal gave opening remarks to the members. Discussion about the conduction of the event was done.

Agenda 2: To discuss the details of the event.

Planned activities of Swachh Sapthagiri abhiyan with the help of NSS Wing.

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

Sl. No.	Name	Designation	Role
1	Dr. Tulsidas D.	Associate Professor	Convener
2	Ravishankar M N	Associate Professor	Faculty Member
3	Devaraja C	Assistant Professor	Faculty Member
4	Rishabh shetty	Student	Student Member
5	Nikhil Gowda	Student	Student Member


Convener


Principal
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Bangalore-560 057

2018-19

HEALTH CLUB REPORT

Name of the Event organised	Swachh Sapthagiri abhiyan
Date and Day	14.03.2019
Collaboration or Association	ECO CLUB & NSS
Issues addressed	Cleanliness of surroundings
Place of the event conducted	Sapthagiri College of Engineering and surroundings, Bengaluru
<p>Report: A campus cleaning programme was conducted by Health club in collaboration with eco club and NSS wing on 14th march, 2019 at the Sapthagiri college of engineering. A total of 100 health club volunteers participated in the programme. Dr. K N Ravi HOD of electrical department initiated cleaning activities among volunteers. He motivated students towards 'Clean India' by his inspirational talk. The volunteers cleaned the entire campus wearing gloves and collected all the litter in big bags for disposal. The volunteers were instructed to clean their hands with soap at the end. Refreshments were distributed to volunteers. Programme officers carried out all the arrangements along with the Programme Coordinators for the smooth conduct of the programme.</p>	
Impact & Sensitization	Students got the awareness on keeping the surroundings and environment clean.
Faculty Coordinators	Dr. Tukaram D, Associate Professor, Ravishankar M N, Associate Professor.

Principal

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SAPTHAGIRI COLLEGE OF ENGINEERING

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Principal

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Chikkasandra, Hesaraghatta Road,
Bangalore-560 057



Principal



Chairman

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

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Chikkasandra, Hesarghatta Road,
Bangalore-560 057

HEALTH CLUB

NAME OF THE EVENT: Swachh Sapthagiri Abhiyan

Date: 14/3/2019

Sl No	Name	Signature
1	Malathi . R	Malathi . R
2	KALA N	Kala N
3	Jyothi Gaded	Jyothi
4	1. MONIKA . N	Monika . N
5	Gagana . R	Gaga
6	Mouna . M	Mouna
7	NIKITHA . K	Nika
8	Vani V . N	Vani
9	Ramya . P	Ramya
10	POOJA . C	Pooja
11	NIKITHA . K	Nika
12	Dhanush . S	Dhanush
13	Amith . Ing	Amith
14	A.R. GOUTAM	Goutam
15	Puneeth . N .	Puneeth
16	Nishanth MG	Nishanth MG
17	Praywal . S	Praywal
18	Swathi . C	Swathi
19	Rakshitha . M	Rakshitha
20	Teju	Teju
21	Shruthi	Shruthi
22	Shrutha . R	Shrutha
23	POORVIKA . R	Poorvika
24	RAKSHITHA . M	Rakshitha . M
25	SPOORTHY D . K	Spoorthy
26	SHANI PRADEEP	Shani
27	VASHASWINI . S	Vashaswini
28	THANUJA . N	Thanuja
29	vijayalakshmi . y	Vijayalakshmi


Principal
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Bangalore-560 057

HASIRU-ECO CLUB REPORT

Name of the Event organised	Awareness on Dengue and Malaria
Date and Day	02/04/2019 Tuesday
Issues addressed	Prevention of Dengue and Malaria
Place of the event conducted	Govt School
Report: <p>A team of student volunteers organized an event “Awareness on Dengue and Malaria” at Govt School. The Program was organised and co-ordinated by Dr. Tulsidas (Community club) along with students from Community club. Students and Teachers of Govt School were given information about the cleanliness to be maintained for preventing Dengue and Malaria. The teachers were happy for the active participation of college students. Teachers appreciated our students for their honest hard work towards social responsibility and commitment towards the community. The awareness is created among the students and Teachers by conducting a session on dengue and malaria prevention, will learn more about measures to stay healthy and what all to do in case of infection. The students are taking active steps to spread awareness, participating in making a change, and practicing preventive measures in their daily lives.</p> <p>The awareness programs can deeper only in schools. School students are better equipped to understand the reasons behind the preventive steps they are to take than the general public out there. They can better understand the difference in species that lead to the spread of those diseases, how they fly around at different times of the day and how fever along with headaches are symptoms on one disease but not the other. School students are in a better place to persuade their parents or anyone in the society to visit a clinic for they know the science that goes on in the backdrop and can put forth logical arguments to anyone</p>	
Impact & Sensitization	Clean Area/Village with proper measures to prevent Dengue and Malaria
Faculty Coordinators	Dr.Tulsidas D & Prof. Prashanth Kumar H P



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

Photos




Awareness session for students



Places of causes of diseases



Places of main causes of diseases


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




Convener


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

MEETING NOTICE

Date: 05/04/2019

Following members are informed to attend the meeting on 08/04/2019, Monday from 3:30 pm onwards a meeting of Health CLUB committee held at the BT lab.

Agenda:

Agenda : Health awareness program

Sl. No.	Name	Designation	Role
1	Dr. Tulsidas D.	Associate Professor	Convener
2	Ravishankar M N	Associate Professor	Faculty Member
3	Devaraja C	Assistant Professor	Faculty Member
4	Rishabh shetty	Student	Student Member
5	Nikhil Gowda	Student	Student Member

Wishing all the best,



Convener



Principal
Sapthagiri College of Engineering
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Bangalore-560 057

HEALTH CLUB

MINUTES OF THE MEETING

Date: 08-04-2019

Today on 08-04-2019, Thursday from 3:30 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 : Health awareness program

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


Agenda : 1. To plan activities of Health awareness program

2. The arrangement of medical doctors including required facilities and transportation are discussed.

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

Sl. No.	Name	Designation	Role
1	Dr. Tulsidas D.	Associate Professor	Convener
2	Ravishankar M N	Associate Professor	Faculty Member
3	Devaraja C	Assistant Professor	Faculty Member
4	Rishabh shetty	Student	Student Member
5	Nikhil Gowda	Student	Student Member


Convener


Principal
Sapthagiri College of Engineering
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Bangalore-560 057

AY: 2018-19

Name of the initiatives	Free Health Camp for Villagers
Name and Address of village	Government School, Ivarakandapura. Hesaraghatta hobli Bengaluru north-560091
Date and duration of the initiative	16-04-2019
Issues addressed	Importance of Health
<p>Report: As per the direction of Management and Principal, a team of faculty, student volunteers and in association with <i>Sapthagiri Institute of Medical Sciences & Research centre (SIMS & RC) Bengaluru</i> were organized an event "Free Health Camp for Villagers" for local people and nearby villagers.</p> <p>The Program was Co-ordinated by Prof. Tulsidas Mechanical Department and Team Sapthagiri College of Engineering. Doctors from SIMS, Faculties and few students of SCE were participated. Village peoples were came happily and took treatment also followed suggestion given by the doctors for their future health issues follow-ups. Village peoples were benefitted from this Health camp event.</p>	



Principal
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Banner of SCE helthcamp



General Health check-up for aged women's



General Health check-up villagers by our SIMS Doctors and nurses.



General Health check-up for formers.


Convener


Principal
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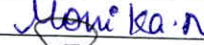



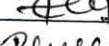

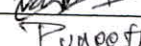
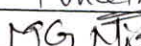
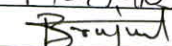



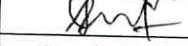
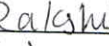


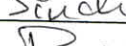
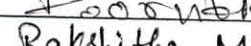
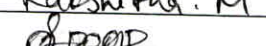



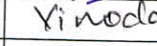





Chairman

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

HEALTH CLUB

NAME OF THE EVENT: Health awarness program in village

Date: 16/4/2019

Sl No	Name	Signature
1.	Mouna . M	
2.	Giagana . R	
3.	Malathi . R	
4.	MONIKA . N	
5.	Tyathi gaded	
6.	Kala N	
7.	Nikitha . K	
8.	POOJA . C	
9.	Ramya . P	
10.	Vani V . N	
11.	Puneeth . N	
12.	Nishanth MG	
13.	Prajwal . S	
14.	Gow . S	
15.	Amith . S	
16.	Dhanush . S	
17.	Swa . M . C	
18.	Rakshitha . M	
19.	Teju	
20.	Vidya	
21.	Santhana . R	
22.	POORVIKA . R	
23.	RAKSHITHA . M	
24.	SPPOORTHY D . K	
25.	YASHWINI . S	
26.	THANUJA . N	
27.	Vijayalakshmi . Y	
28.	VINODA . M . O	
29.	Preksha . S	
30.	Ramya PVS	


Convener


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

'5th INTERNATIONAL YOGA DAY-2019'

The '5th INTERNATIONAL YOGA DAY-2019' was inaugurated by Dr. K. L Shivabasappa Principal, Dr. K. R Nagabhushana Administrative Officer & Various Dept HoD's, SCE on 21st June 2019 at 8:30 am in CIVIL BLOCK 4th Floor Drawing Hall. 40 Participants were participated in '5th INTERNATIONAL YOGA DAY-2019'.

Inauguration: At 8:30am

1. Prayer
2. Loosening Practice

YOGASANAS:

1. Standing Posture: Tadasana, Vriksasana, Padahastanasana, Arda Chakrasana, Trikonasana.
2. Sitting Postures: Bhadrasana, Vajrasana, Ardha Utrasana, Utrasana, Sasakasana, Uttanmandukarasana, Vakrasana.
5. Prone Posture: Makarasana, Bhujangasana Salbhasana,
6. Supine Postures
7. Surya Namskara
8. Kapalabhati
9. Pranayama
10. Prayer



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



Principal
Sathagiri College of Engineering
Chikkasandra, Hebbal Road,
Bangalore-560075




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




Convener


Chairman

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



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

Report of the activities of Health club for 2018-19

The first Health club committee meeting for the academic year 2018-19 was held on 6th August 2018 at 10.00 am. The agenda of meeting was to discuss about the activities to be conducted from Health club for the academic year 2018-19 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 21st January 2019 at 10.50 am to discuss the events conducted in the previous semester and the events to be conducted in the coming semester like no honking, world food day, etc.

The following events were conducted during the year 2018-19 –

- (i) World food day on 16th October 2018.
- (ii) No fireworks for healthy and safe deepavali on 31st October 2018.
- (iii) Mega health camp on 10th November 2018.
- (iv) "No honking" drive at traffic on 16th November 2018.
- (v) Awareness on pollution and its effects in government school on 3rd February 2019.
- (vi) Village, temple, lake cleaning from 25th February 2019 to 3rd March 2019.
- (vii) SwachhSapthagiriAbhiyanon 14th March 2019.
- (viii) Awareness on dengue and malaria on 2nd April 2019.
- (ix) Health awareness program in village 16th April 2019.
- (x) International day of yoga on 21st June 2019.

All the events were conducted successfully to sensitize the students and the community.



[Signature]
Convenor

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



Sapthagiri College of Engineering

(Affiliated to Visvesvaraya Technological University, Belagavi & Approved by AICTE, New Delhi)

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

Phone:080-28372800/1/2

www.sapthagiri.edu.in

Fax: 080-28372797


HEALTH CLUB

ACTION TAKEN REPORT FOR THE YEAR 2018-19

Sl. No.	Event/ Activity Proposed in SPP		Action Taken		Remarks
	Date	Title	Date	Brief of the event	
1	16/10/2018	World food day	16/10/2018	Discuss the nutritional values of healthy food	
2	31/10/2018	No fireworks for healthy and safe deepavali	31/10/2018	Discuss the celebration of deepavali festival safely	
3	11-10-2018	Mega health camp	11-10-2018	Discuss the conduction of mega health camp	
4	16/11/2018	"No honking " drive at traffic	16/11/2018	Discuss the importance of no honking at traffic	
5	03-02-2019	Awariness on pollution and its effects in government school	03-02-2019	Discuss the importance of no pollution	
6	25/2/2019 to	Village ,temple,lake cleaning	25/2/2019 to	Discuss the importance of cleanliness	
	3/3/2019				
7	14/3/2019	Swachh Sapthagiri Abhiyan	14/3/2019	To clean the campus	
8	04-02-2019	Awariness on dengue and malaria	04-02-2019	To discuss the effects of dengue and malaria	
9	16/4/2019	Health awariness program in village	16/4/2019	Discuss the awariness of health	
10	21/6/2019	International day of yoga	21/6/2019	Conduction of Yoga day in the campus	


Convener


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


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