

HEALTH CLUB

Content

Academic Year	Content	No. of Activities Conducted
	Objectives of the Cell/Committee	
2020-2021	Consolidated List of activities, Annual Report, Reports of individual activities, Minutes of Meeting, Member List, Appointment Order	1
2019-2020	Consolidated List of activities, Annual Report, Reports of individual activities, Minutes of Meeting, Member List, Appointment Order	2
2018-2019	Consolidated List of activities, Annual Report, Reports of individual activities, Minutes of Meeting, Member List, Appointment Order	4
2017-2018	Consolidated List of activities, Annual Report, Reports of individual activities, Minutes of Meeting, Member List, Appointment Order	3
2016-2017	Consolidated List of activities, Annual Report, Reports of individual activities, Minutes of Meeting, Member List, Appointment Order	4
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2014-2015	Consolidated List of activities, Annual Report, Reports of individual activities, Minutes of Meeting, Member List, Appointment Order	4

HEALTH CLUB

ACADEMIC YEAR	DATE	EVENTS CONDUCTED
① 2020-21	07.07.2021	COVID VACCINATION DRIVE
② 2020-21	1.06.2021	DRAWING COMPETITION ON AWARENESS OF CORONA
③ 2020-21	10-04-2021	AWARENESS ABOUT COVID-19.
④ 2019-20	26-04-2020	SCREEN TIME USAGE AND ITS EFFECTS
⑤ 2019-20	26-10-2019	DENTAL DISEASES - TREATMENT & PREVENTION.

HEALTH CLUB

OBJECTIVES

- THE CLUB REGULARLY CONDUCT AWARENESS PROGRAMS ON VARIOUS DISEASES AND ARE IN CHARGE OF COORDINATING WITH DOCTORS FROM VARIOUS HOSPITALS FOR THE SAME.
- THE CLUB ALSO TAKES CARE OF THE MAINTENANCE OF THE SICK ROOM.
- TO PROVIDE MEDICAL AID IN TIMES OF NEED.
- THE CLUB IS RESPONSIBLE TO HAVE THE FIRST AID BOX IN THE INSTITUTION.



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This letter is to acknowledge the efforts of the Department of Community Health, St. John's Medical College, Bangalore for conducting health education sessions for undergraduate students at St. Francis de Sales College, Hebbagodi, Bangalore Urban District.

We appreciate the wide variety of health education topics that have been thus far covered during the previous academic years.

2015-16- Lifestyle and behavioural risk factors for Cardiovascular diseases

2016-17 - Sexually transmitted diseases and HIV

2016-17- First Aid

2017-18- Menstrual hygiene

2017-18- Breastfeeding

2019-20- Tobacco

2020-21-Screen Addiction

2021-22-Covid Vaccination

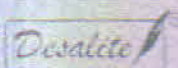
We thank Dr.Farah Fathima, Dr.Avin Johnson and the team from Community Health for this valuable service to our institution.

PRINCIPAL
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Electronics City, Bengaluru - 560 100

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To,
Dr Ramakrishna Goud
Professor and head
Department of Community Health
St John's Medical College
Bangalore-560034

Sub: Permission to Conduct study Titled "The impact of health Education intervention on perceptions of Menstrual cup among college going Female students in Peri-Urban Bangalore" And "Awareness in COVID Vaccination among College going Students"

Dear Doctor,

You are hereby permitted to conduct the study titled "The impact of health Education intervention on perceptions of Menstrual cup among college going Female students in Peri-Urban Bangalore" And "Awareness in COVID Vaccination among College going Students" at St. Francis de Sales College.

You are permitted to collect information from students attending degree courses aged above 18 years, using questionnaires, after taking their written informed Consent. I understand that the students are under no compulsion to participate in this study.

I request you to please share the results of this study with us, once you have completed this study and also conduct health education sessions for our students.

Looking forward to your continued co-operation in the provision of health Services to St. Francis de Sales.

Yours Sincerely,

Principal

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Tel: 080-27836065 / 27834811, Fax: 080-27832299, Email: sfscollge.ecity@gmail.com | sfscollge@rediffmail.com
www.sfscollge.in

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Title	Awareness in Mensutral Cups
Date& Time of Event(s)	17-09-2021
Department / Association	Health Club
Venue	Google Classroom
Number of Participants	75

Report

Health club of St Francis de Sales College organized Awareness in Covid Vaccination on 17th September 2021 for all the UG students of the college. Brochure and circular were send to the students through the Class Coordinators. students were asked to assemble in the business lab for the session. Session was conducted by Dr Jishy, Ciril and Diya from St.John's hospital,Bangalore.

These were the points discussed by the Doctor The small, flexible cup is made of silicone or latex rubber. Instead of absorbing your flow, like a tampon or pad, it catches and collects it. Just before your period begins, tightly fold the menstrual cup and insert it like a tampon without an applicator. Used correctly, you shouldn't feel it. It's similar to putting a diaphragm or birth control ring in place.

Your cup will spring open (you may need to rotate it first) and rest against the walls of your Vagina. It forms a seal to prevent leaks. The blood then simply drips into the cup. Some types are disposable, but most are reusable. To remove it, you pull the stem sticking out the bottom and pinch the base to release the seal. Then you just empty, wash with soap and water, and replace. At the end of your cycle, you can sterilize your cup in boiling water.

Almost 75 students attended the session. This session was conducted for the students for creating awareness about Mensutral Cups for Girl Students. It was noticed that only 2% of students were using this Menstural Cups.

This session was conducted keeping in mind that it would enable girl students to seek and to build trust and enable greater confidence in using menstrual Cups during their periods for tension free Periods.

Photos of the Event





Participant List:

ST FRANCIS DE SALES COLLEGE		
NOMINAL ROLL : B.SC (MEC) - III SEM		
SL.NO	ROLL NO.	NAME 38/10/21
1	20MEC00TA	BRENDA JENIFFER SANTINER R
2	20MEC002K	DEVI SHREE R V
3	20MEC003K	HARSHA KUMAR V
4	20MEC004K	LAVANYA G Lavanya G
5	20MEC005TE	MALLESH N Malleesh N
6	20MEC006K	MANIKANTA R Manikanta R
7	20MEC007H	SAHIL MOLLAH
8	20MEC008H	RENTALA V M SREEJA Rentala V M Sreeja
9	20MEC009K	MADHAN P S
10	20MEC010K	HARSHITH S
11	20MEC012E	NITHIN M
12	20MEC013K	VYSHALIH N Vyshali N
13	20MEC014K	HAMSAVENI M Hamsaveni M

38/10/21

Devi Shree R V

Harsha V

Lavanya G

Malleesh N

Manikanta R

Sahil M

Rentala V M Sreeja

Madhan P S

Harshith S

Nithin M

Vyshali N

Hamsaveni M

ST FRANCIS DE SALES COLLEGE		
NOMINAL ROLL - B.SC (MEC)- V SEM		
ACADEMIC YEAR 2021-22		
SL.NO.	ROLL NO.	NAME
1	19MEC001K	AMRUTHA K
2	19MEC002T	ASHOK KUMAR B
3	19MEC003K	CHAITHRA R
4	19MEC004E	CHAILA KISHAN CHOWDARY
5	19MEC005K	HARSHITHA K
6	19MEC006K	HITHESH R
7	19MEC007K	KALAVATHI S
8	19MEC008T	MANOJ KUMAR G
9	19MEC009K	NAVYA G
10	19MEC010K	PNITHA R
11	19MEC011K	RUMA E
12	19MEC012K	SANDHYA V
13	19MEC013M	SANDROSE ALEXANDER
14	19MEC014H	SANJAY SINGH
15	19MEC015K	SHASHIKIRAN A
16	19MEC016K	SONIYA V
17	19MEC017K	SOUNDAR R
18	19MEC018E	SRIMANIGANDAN N
19	19MEC019K	SUJINPAUL S
20	19MEC020K	SUMIKSHA S
21	19MEC021K	VANDANA V
22	19MEC022K	YOGASATHISH S

23 19MEC023H Libin S

24 19MEC024P Pashmi

27/10/21

Libin S

Pashmi

Pashmi

19MEC004E & 19MEC005K

Kalavathi S

Manoj

Navya

PNitha R

Ruma E

Sandhya V

Sandrose

Sanjay V

Soniyav

Soundar R

Srimanigandan N

Sujin Paul S

Sumiksha S

Vandana V

Yogasathish S

Yogasathish S

Yogasathish S

Yogasathish S



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Title	Awareness in Covid Vaccination
Date& Time of Event(s)	17-09-2021
Department / Association	Health Club
Venue	Google Classroom
Number of Participants	75

Report

The coronavirus continue to be a global challenge for people and healthcare systems Around the world. In the joint fight against the pandemic, Protecting oneself and others by adhering to safety and hygiene concepts and promoting preventive measures remains important.

The communication strategy that supports the COVID-19 vaccines rollout in India seeks to disseminate timely, accurate and transparent information about the vaccine(s) to alleviate apprehensions about the vaccine, ensure its acceptance and encourage uptake. The strategy will also serve to guide national, state and district level communication activities, so that the information on the COVID-19 vaccines and vaccination process reaches all people, across all states in the country

Keeping this in mind, Health club of St Francis de Sales College organized Awareness in Covid Vaccination on 17th September 2021 for all the UG students of the college. Brochure and circular were send to the students through the Class Coordinators. students were asked to assemble in the college auditorium for the session. Session was conducted by Dr.Jagadish from St.John's hospital, Bangalore.

These were the points discussed by the Doctor Ensure that all eligible groups receive the vaccine with confidence. All people get correct information and are not influenced by mis/disinformation, myths or misconceptions. Hesitancy of public is addressed on the COVID-19 vaccination process. Provide correct, consistent and timely information on the new COVID-19 vaccine(s) (availability, safety, and timelines) and vaccination processes. Generate awareness and understanding of the phased approach of prioritizing target groups. Address low-risk perception of the infection amongst people and build an enabling environment to adopt and maintain COVID appropriate behaviours to reduce any risks of infection.

Almost 75 students attended the session. This session was conducted for the students for creating awateness about covid vaccination.It was noticed that 90% of students were vaccinated.

This session was conducted keeping in mind that it would enable students to seeks to

build trust and enable greater confidence in the COVID-19 vaccine amongst all people by employing transparency in communication, while also managing any mis/disinformation and rumours around it.

Photos of the Event

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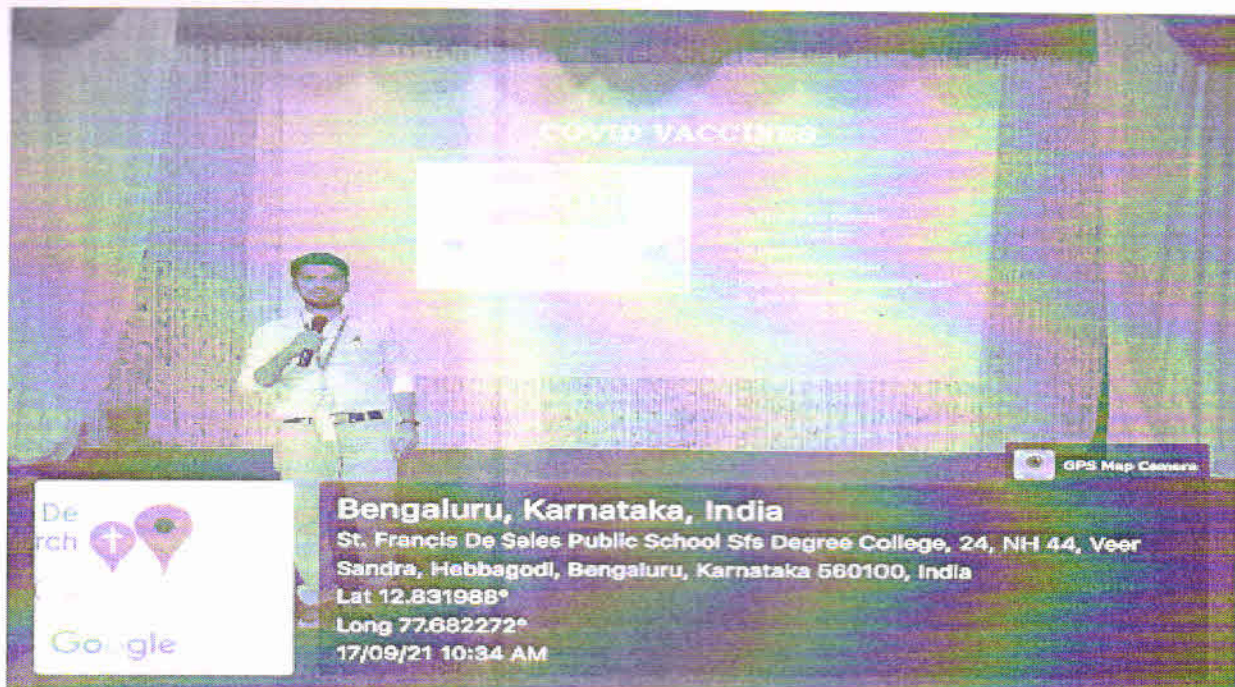


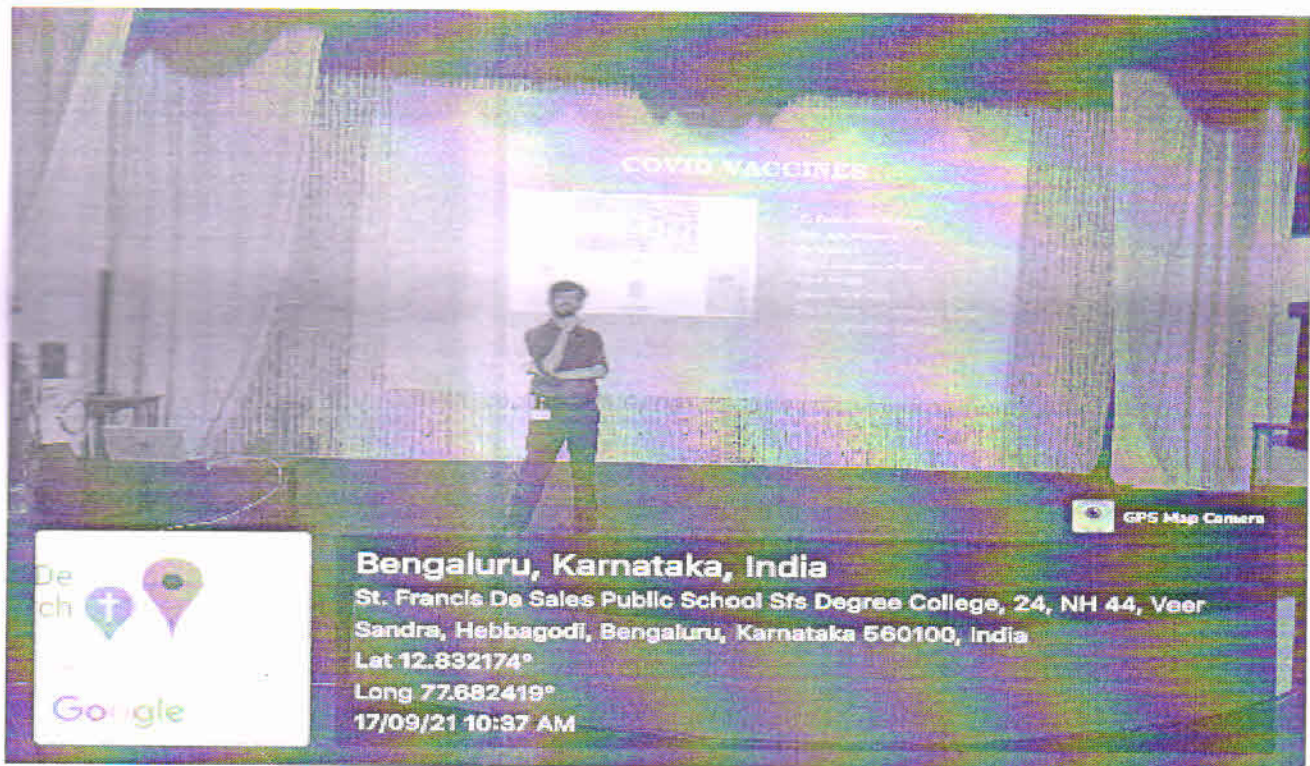
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Participant List:

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Lavanya G

Mallesh N

Manikantar

Sahil Mollah

Sreeja

Madhan P S

Harshith S

Nithin M

Vyshali H N

Hamsaveni M

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Date: 01.12.2020

Letter of Appointment

The College Management is pleased to appoint the following as the members of Health Club for the academic year 2020-2021. The members of this Health Club are entrusted with managing the Club as well as planning and executing the programs/events for the development of the students as well as the college.

Sl. No.	Name	Designation
1	Prof Jenifer Sujith G	Coordinator
2	Prof Ronita R	Member
3	Dr. Gurubasavaraja	Member
4	Prof Mamatha Ravi	Member

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List of Members of the Health Club for the Academic Year 2020-2021

Sl. No.	Name	Designation
1	Prof Jenifer Sujith G	Coordinator
2	Prof Ronita R	Member
3	Dr. Gurubasavaraja	Member
4	Prof Mamatha Ravi	Member

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Title	Covid Vaaccination Drive
Date& Time of Event(s)	9-07-2021
Department / Association	Health Club
Venue	College Campus
Number of Participants	200

Report

Covid vaccination drive for nearly 200 people at St Francis de Sales College on behalf of health club and NCC cadets. COVID 19-vaccines are effective and can keep you from getting and spreading the virus that causes COVID-19. The vaccine also help keep you from getting seriously ill even if you contract COVID-19. If you get vaccinated it can also protect people around you, particularly people at increased risk for severe illness from COVID-19.

A Covid Vaccination Drive was held at St Francis de Sales College on July 09, 2021. The vaccination drive reached out to nearly 200 stakeholders of St Francis de Sales College including the staff (teaching and non-teaching) and the students of UG, PG and MBA.

The vaccination drive was decorated with the presence of Mr Shivanna, the MLA of Anekal Constituency and Mr Munikrishnappa, the Counciller. They oversaw the arrangements and greatly appreciated the efforts of the College in reaching out in service of the society.

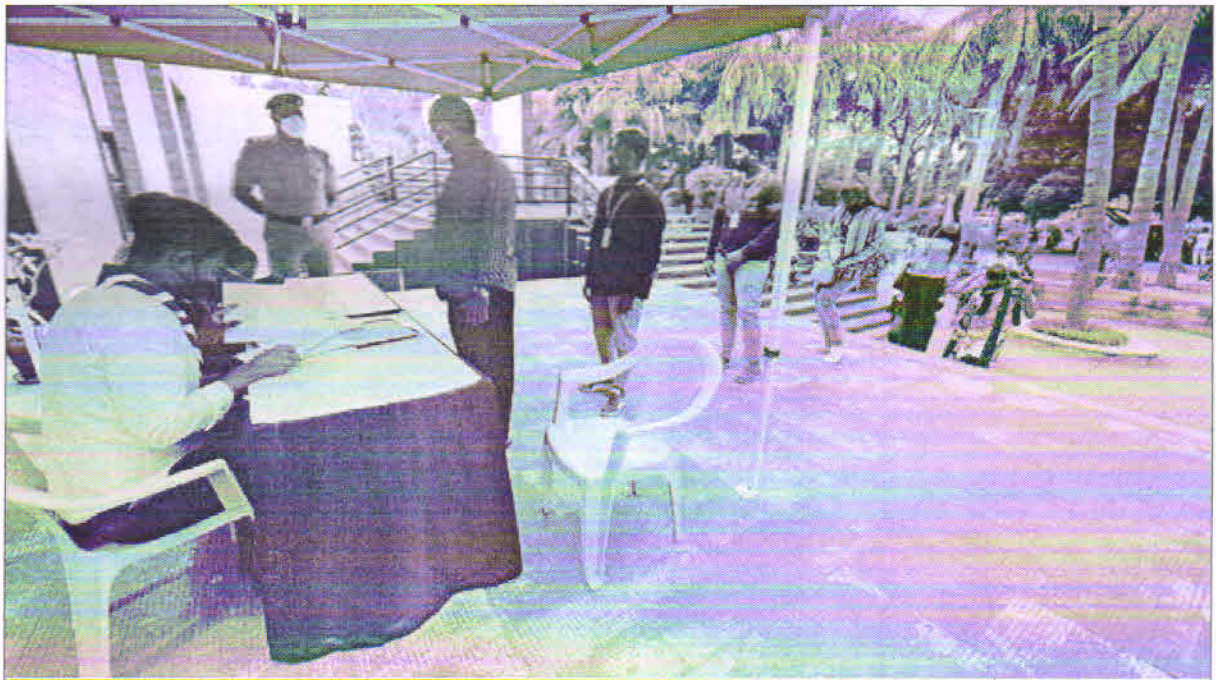
The program was organised under the able leadership of Rev Dr Roy, the Principal and Rev Fr Tony, the Administration and coordinated by Rev Fr Jijo, the Vice Principal and Lt Sampath Kumar, the ANO of the NCC and Nodal Officer of the Vaccination Programme. The vaccination drive was facilitated by the Public Health Centre, Hebbagodi, Health club and the NCC Cadets of St Francis de Sales College.

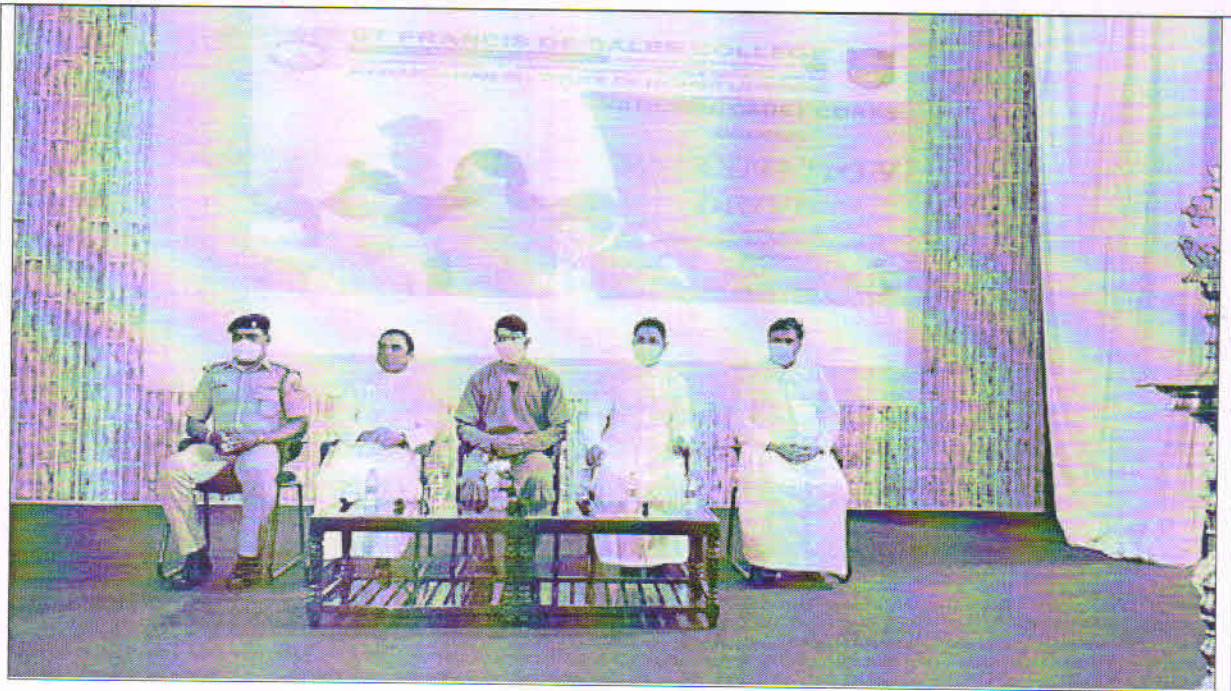
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Title	Drawing Competition on Awareness of Corona
Date& Time of Event(s)	1-06-2021
Department / Association	Health Club
Venue	Google Classroom
Number of Participants	68

Report

The coronavirus continue to be a global challenge for people and healthcare systems Around the world. In the joint fight against the pandemic, Protecting oneself and others by adhering to safety and hygiene concepts and promoting preventive measures remains important.

With the COVID 19 pandemic on rise, the need of the hour is universal adoption of Safety Measures. As Prevention is better than cure, it is essential to strictly follow precautionary measures Such as Washing hands at frequent interval, maintain social distancing, wearing masks at Public places all the time. However, it has been observed that there are still many individuals who are reluctant to follow the safety measures, thereby, not only putting themselves at risk, but also the society at large.

Keeping this in mind, Health club of St Francis de Sales College organized online Drawing Competition on Awareness of Corona on 1st June 2021 for all the UG students of the college. Brochure and circular were send to the students through the Class Coordinators. students were asked to fill the registration through Google Form link and asked to submit the sketchings through Google classroom by the scheduled Time.

Almost 68 students registered for the event. 33 students send their beautiful and fantastic drawings in given specified Time. This Event was conducted for the students for fun and relaxing themselves apart from online classes and overcoming students from stress and anxiety during this pandemic.. It was learning with activity which was useful to students in enhancing their creativity and expressing their thoughts through drawings.

This activity was conducted keeping in mind that it would enable students to think from different angles or simply 'to think out of the box' and it would also help them to improve their creativity skills.

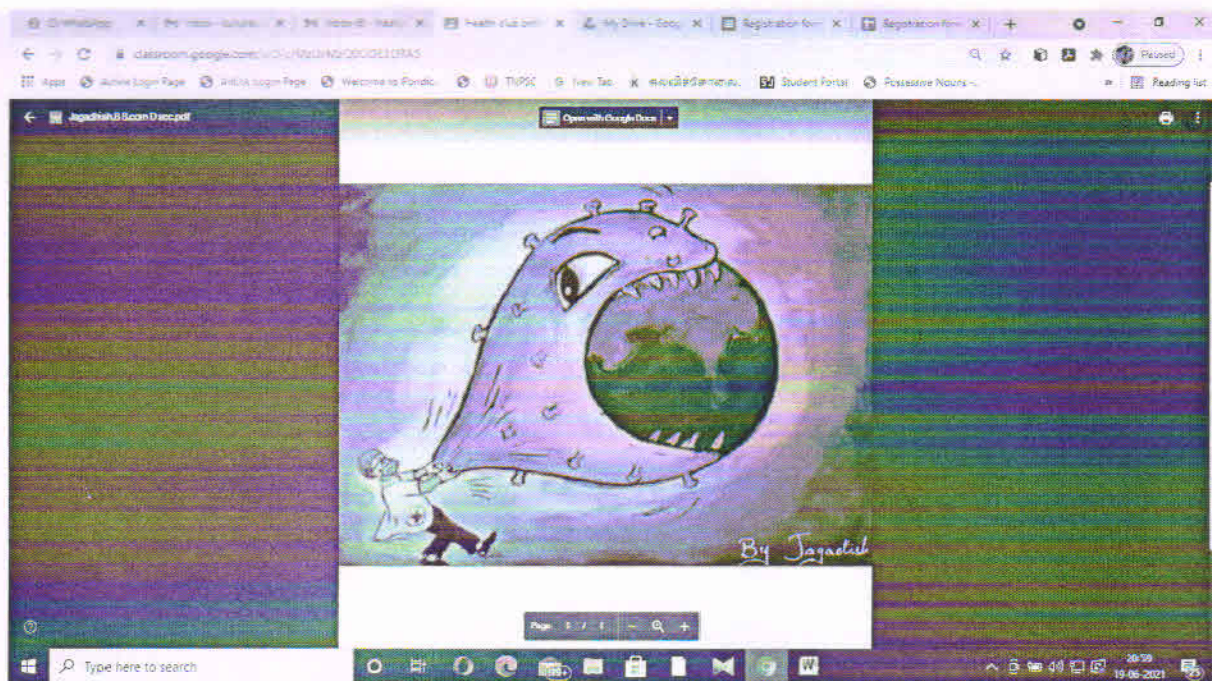
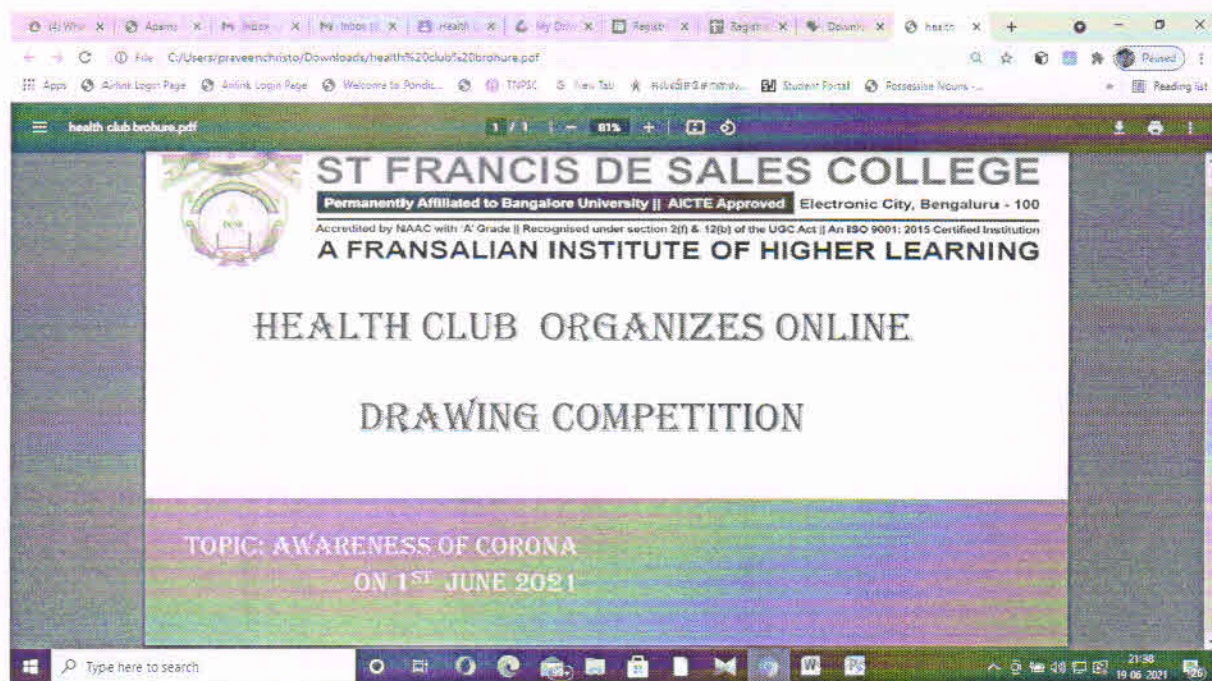
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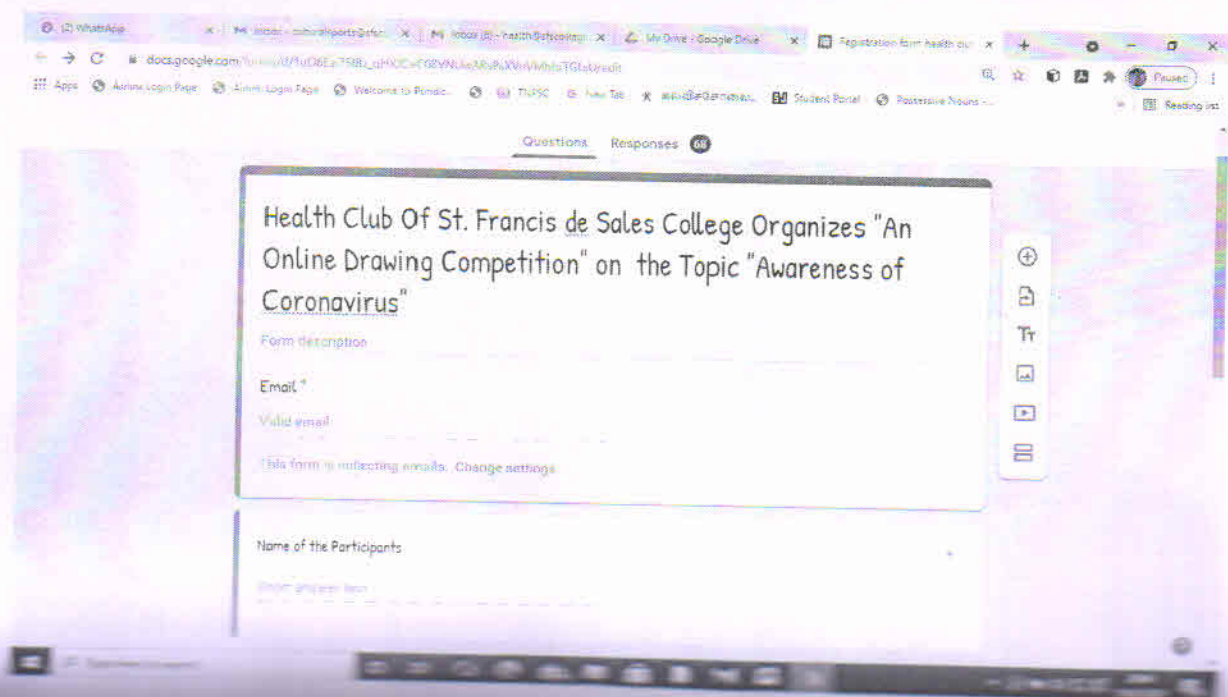
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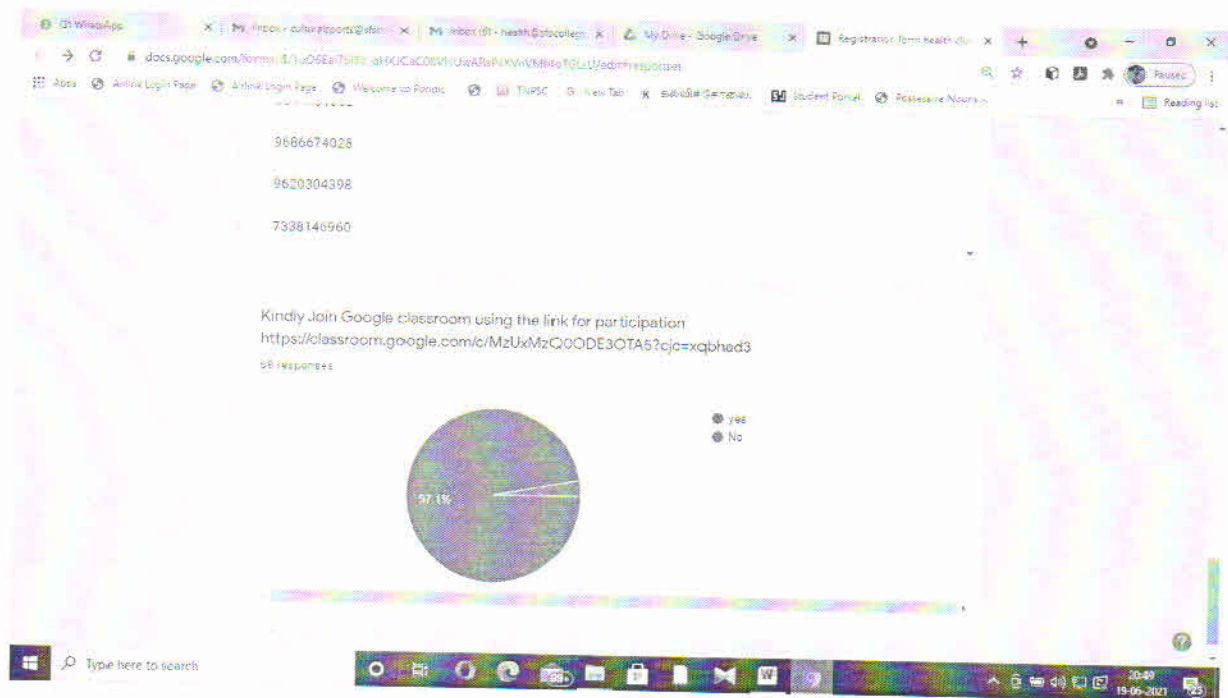
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Photos of the Event







Participant List:

Registration form health club (Responses)

Timestamp	Email Address	Name of the Participants class & Section	Roll no	Contact no	Kindly Join Google classroom using
6/1/2021 9:40:20	meghana_421@sfscollege	MEGHANA M	18PCM028K	9845178554	yes
6/1/2021 9:41:45	pushpashree_425@sfscollege	PUSHPASHREE HK	18PCM008K	7676160183	yes
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6/1/2021 9:58:01	javadev_3579@sfscollege	JAYADEVV	BSC(CJP)	8217671878	yes
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6/1/2021 10:00:06	manoj_561@sfscollege	Manoj NR	8th sem B. Com D section	7996615483	yes
6/1/2021 10:01:00	akshathac153@gmail.com	Akshatha C	2nd sem bsc pom and A. 20PCM001K	7493201977	No
6/1/2021 10:01:28	rajeshhu525@gmail.com	Rajesh	B.com E section	6368107016	yes
6/1/2021 10:01:59	niraj_1212@sfscollege	Niraj Kumar	4 semester 'E'	7764040867	yes
6/1/2021 10:05:31	sandhyasandhyuriya123	Sandhya K	Bcom A section	8364140763	yes
6/1/2021 10:05:42	priyadharshini_3259@sfscollege	Priyadharshini R	1st year b.com section D 20C265K	8310718699	No

Registration form health club (Responses)

Timestamp	Email Address	Name of the Participants class & Section	Roll no	Contact no	Kindly Join Google classroom using
6/1/2021 10:07:30	varun_1504@gmail.com	Varun H D	Bsc (PCM)	15PCM038K	8055804360 yes
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6/1/2021 10:10:36	pradeepa_3590@sfscolli	M Pradeepa	Bsc CJP	20CJP030E	8920692088 yes
6/1/2021 10:12:17	sandhya_1459@sfscolle	Sandhya V	Bsc MEC 4th sem	18mec012k	6300890554 yes
6/1/2021 10:15:19	vandana_1468@sfscolle	Vandana V	4th SEM B sc(MEC)	18MEC021K	9632425407 yes
6/1/2021 10:22:17	monisha_1201@sfscolli	MONISHA SR D	4th sem B.com E	18C053E	6058991866 yes
6/1/2021 10:27:49	shobitha_1039@sfscolle	Shobitha S	4th sem BCA	15C004K	8310815082 yes
6/1/2021 10:40:02	keerthana_3647@sfscol	Keerthana	BA	20JPE004K	6361016803 yes
6/1/2021 10:48:15	psudaysurya@gmail.com	Uday Surya G S	2 year 4th semester B.com	19C130K	9698859011 yes
6/1/2021 10:52:42	sajith.krishna54687890	SAJITH KRISHNA S	IV BCOM D sec	18C242K	9296609646 yes
6/1/2021 10:53:39	shruthi-853@sfscollege	SHRUTHI D	B.com 8th sem	18C053K	6055240902 yes
6/1/2021 10:55:42	lyswarya_816@sfscolleg	lyswarya M	BA(HER)	19HEP009TA	9656209534 yes
6/1/2021 10:59:02	helen_3084@sfscollege	Helen K	1st year B.com B' sec	20C093K	8068591014 yes
6/1/2021 11:00:08	helen_3084@sfscollege	Helen K	1st Year B.com B' sec	20C093K	8068591014 yes
6/1/2021 11:11:03	soujanya.shalu@gmail.c	Soujanya Grace	6th Sem D	18C279E	8553367671 yes
6/1/2021 11:16:06	sandhya_3046@sfscolle	Sandhya K	B.com A section	20C047K	6304140765 yes

Registration form health club (Responses)

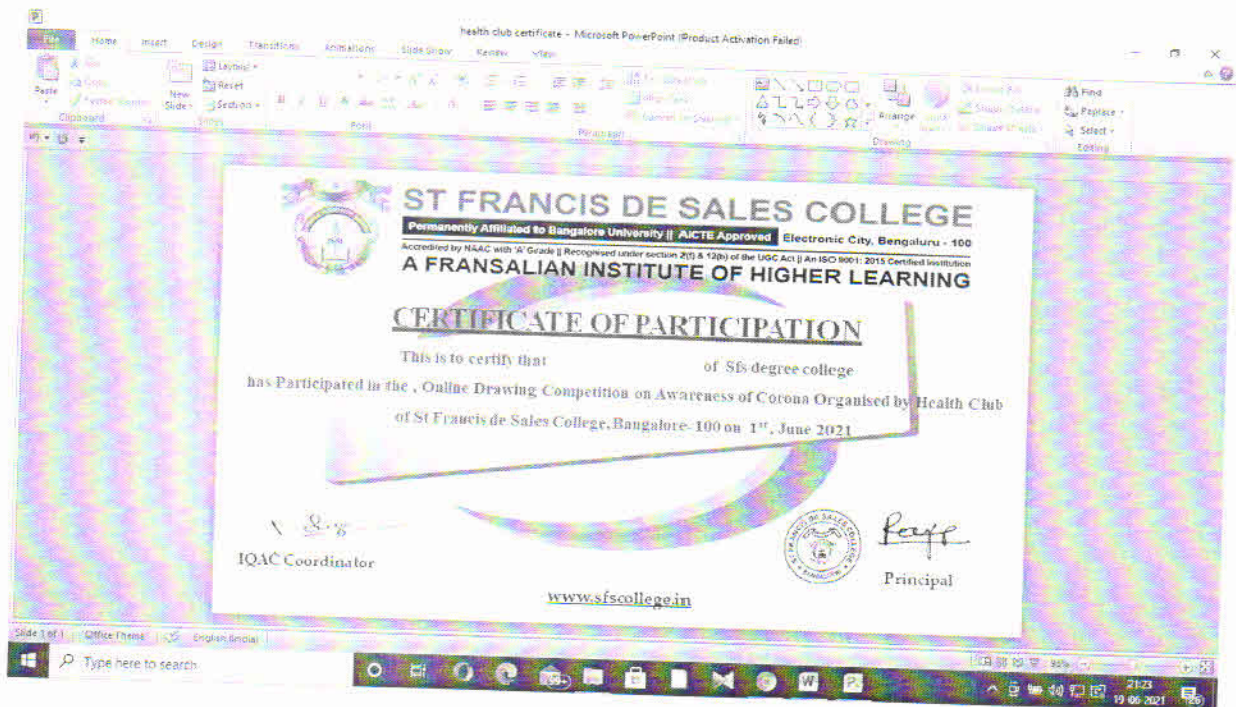
Timestamp	Email Address	Name of the Participants class & Section	Roll no	Contact no	Kindly Join Google classroom using
6/1/2021 11:26:45	ananya_3218@sfscolleg	ANANYA V	BCOM (F.A)- 1st year & i	20C246E	9940879551 yes
6/1/2021 11:34:02	sanjay_3571@sfscollege	Sanjay m	Bsc CJP 2A	20CJP011K	7256935529 yes
6/1/2021 11:47:32	manojmanu333299@gm	Manoj m	B.com Esec	18C053K	7892026064 yes
6/1/2021 11:51:52	rini_1459@sfscollege.in	Rini Sarkar	Bsc(PCM)-IVsem	15PCM032E	7657307226 yes
6/1/2021 11:54:15	pushpa_65000@gmail.co	Pushpa G	B.com 8th sem D	T18C304K	8073762580 yes
6/1/2021 11:57:29	meenu_565@sfscollege	Meenu R	B. Com (B)	18C108H	6390772780 yes
6/1/2021 12:00:09	monisharavi987@gmail.c	Monisha BR	B.com A	18C039K	8618263711 yes
6/1/2021 12:04:32	rakshitak731@gmail.co	Rakshita K	Bsc(CJP)	20CJP036K	8762813464 yes
6/1/2021 12:13:26	hemalatha_3085@sfscol	Hemalatha M	BCOM B section 2 Seme	20C094K	9591869341 yes
6/1/2021 12:14:52	rakshitha_3590@sfscolle	Rakshitha K	Bsc(CJP) 2A	20CJP036K	8762813464 yes
6/1/2021 12:23:02	kanaka_3556@sfscolleg	Kanaka	Bsc pcm	20 PCM014K	8050316641 yes
6/1/2021 12:23:06	sahil_3538@sfscollege	Sahil Mollah	BSC MEC	20MEC007H	7689663905 yes
6/1/2021 12:28:23	nethravathi_508@sfscolli	Nethravathi S	6th sem B.com D	18C280E	9608715341 yes
6/1/2021 12:36:06	kpunith493@gmail.com	Punith kumar	6th sem bcom D	18C283K	6016460941 yes
6/1/2021 12:41:59	tejaswini_863@sfscolleg	Tejaswini S	3rd year 6th sem d sec	18C283K	6362631948 yes
6/1/2021 13:26:20	pavithra_3254@sfscolleg	Pavithra N	B.COM D	20C283	7708467351 yes

Registration form health club (Responses)

Timestamp	Email Address	Name of the Participants class & Section	Roll no	Contact no	Kindly Join Google classroom using
6/1/2021 13:27:44	sowmya_3181@sfscollege	Sowmya S M	B com "C"	200209K	8286381264 yes
6/1/2021 13:38:25	kavyashekar732@gmail	Kavya S	8th sem bcom "D" sec	18C241K	7022708257 yes
6/1/2021 13:43:50	monicaohn271@gmail	Monica	Bcom D sec	T18C267H	6361193631 yes
6/1/2021 13:53:47	sahana259@gmail.com	Sahana p.s	B com 6 sem A	18C049K	8548829961 yes
6/1/2021 14:12:08	preethi_010@sfscollege	Preethi c	Bcom 8th sem D sec	18C262K	9811481652 yes
6/1/2021 14:36:56	liksha_975@sfscollege	Liksha s	B A (JPE)	18JPE04K	7338146650 yes
6/1/2021 14:43:15	marydivya73@gmail.com	Mary divya p	B COM 4sem "D" Section	19C103K	9620304386 yes
6/1/2021 14:48:47	divya_1193@sfscollege	Mary Divya P	B COM 4sem "C" section	19C183K	9620304386 yes
6/1/2021 15:07:18	sneha_966@sfscollege	Sneha S	B com 3A	18C055K	7338697322 yes
6/1/2021 15:22:29	antonymary451@gmail	Antonymary D	8th sem B com A sec	18C012K	9731329106 yes
6/1/2021 15:36:58	akshaya_3420@sfscollege	Akshaya P	BBA- bsec 1 year	205062H	8722640618 yes
6/1/2021 16:39:09	avi4464@gmail.com	Jagadish B	B Com "D"	18C256K	7852624679 yes
6/1/2021 16:42:18	preethi_610@sfscollege	Preethi c	Bcom 8th sem D sec	18C262K	9511481652 yes
6/1/2021 16:54:00	bhavyaa_9221@sfscollege	Bhavyaa A N	B com D	20C249	6385368482 yes
6/1/2021 16:04:47	jennifer_525@sfscollege	Jennifer A	B COM 3rd yr A sec	18C025K	9896674028 yes
6/1/2021 16:05:59	jennifer_525@sfscollege	Jennifer A	B COM 3rd yr A sec	18C025K	9896674028 yes

Registration form health club (Responses)

Timestamp	Email Address	Name of the Participants class & Section	Roll no	Contact no	Kindly Join Google classroom using
6/1/2021 16:29:32	divudivya.m2556@gmail	Divya M	8th sem Bcom "D"	18C253K	9353009526 yes
6/1/2021 16:39:03	divudivya.m2556@gmail	Divya M	8th sem Bcom "D"	18C253K	9353009526 yes
6/1/2021 16:51:38	brinda_1099@sfscollege	Brinda Roseline	B com and 4th sem D sec	19C248K	9019517696 yes
6/1/2021 16:48:09	andrews.w139@gmail	Andrews William	Bba	19C051K	9864586401 yes





ಕರ್ನಾಟಕ ಸರ್ಕಾರ
KARNATAKA GOVT

ನೀವರೇ ಕೊರೋನಾ ವೈರಸ್ (COVID-19)



ನಿಮ್ಮನ್ನು ಮತ್ತು ಪರವರನ್ನು ರಕ್ಷಿಸಿ

Be Safe! Stay Healthy! Don't compromise on safety!

ವಿರೋಧಿಸಬೇಕಾದ ❌

 ❌ ಸಾಮಾನ್ಯ ಜನರೊಂದಿಗೆ ದೂರವಿಲ್ಲದೇ ಸಂಪರ್ಕಿಸುವುದು	 ❌ ಸಾಮಾನ್ಯ ಜನರೊಂದಿಗೆ ದೂರವಿಲ್ಲದೇ ಸಂಪರ್ಕಿಸುವುದು	 ❌ ಸಾಮಾನ್ಯ ಜನರೊಂದಿಗೆ ದೂರವಿಲ್ಲದೇ ಸಂಪರ್ಕಿಸುವುದು
 ❌ ಸಾಮಾನ್ಯ ಜನರೊಂದಿಗೆ ದೂರವಿಲ್ಲದೇ ಸಂಪರ್ಕಿಸುವುದು	 ❌ ಸಾಮಾನ್ಯ ಜನರೊಂದಿಗೆ ದೂರವಿಲ್ಲದೇ ಸಂಪರ್ಕಿಸುವುದು	 ❌ ಸಾಮಾನ್ಯ ಜನರೊಂದಿಗೆ ದೂರವಿಲ್ಲದೇ ಸಂಪರ್ಕಿಸುವುದು

ನಿರ್ದೋಷವಾಗಿ ✅

Be Safe! Stay Healthy! Don't compromise on safety!

ನಿರ್ದೋಷವಾಗಿ ✅

 ✅ ಸಾಮಾನ್ಯ ಜನರೊಂದಿಗೆ ದೂರವಿಲ್ಲದೇ ಸಂಪರ್ಕಿಸುವುದು	 ✅ ಸಾಮಾನ್ಯ ಜನರೊಂದಿಗೆ ದೂರವಿಲ್ಲದೇ ಸಂಪರ್ಕಿಸುವುದು	 ✅ ಸಾಮಾನ್ಯ ಜನರೊಂದಿಗೆ ದೂರವಿಲ್ಲದೇ ಸಂಪರ್ಕಿಸುವುದು
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ನಿಮ್ಮನ್ನು ಮತ್ತು ಪರವರನ್ನು ರಕ್ಷಿಸಿ ಮತ್ತು ಕೊರೋನಾ ವೈರಸ್ ಅನ್ನು ಹಿಡಿದುಕೊಳ್ಳುವುದನ್ನು ತಡೆಗಟ್ಟಿ

24x7 ಹೆಚ್ಚಿನ ಮಾಹಿತಿ

112 ಅಥವಾ 101

ಆರೋಗ್ಯ ಸೇವಾ ಕೇಂದ್ರ

101 ಅಥವಾ 102

ಹೆಚ್ಚಿನ ಮಾಹಿತಿ

101 ಅಥವಾ 102

ಕರ್ನಾಟಕ ಸರ್ಕಾರ
KARNATAKA GOVT

Measures you need to take to keep the virus at bay

1. Avoid close contact with people who are sick. Maintain at least three feet.
2. Cough into your elbow and always wear a mask or covering.
3. Avoid touching your eyes, nose, and mouth.
4. Stay home when you are sick.
5. Cover your nose and mouth with a mask, bandana, or the elbow of the sleeve safely.
6. Clean and Disinfect Frequently Touching Objects on surfaces using a regular household disinfectant or bleach solution.
7. Routinely wash hands for 20 seconds with soap and water.
8. Routinely use a mask if in someone's vehicle who are having signs of an influenza illness. The Centers for Disease Control (CDC) also recommend that you get influenza shots every year to protect yourself from the spread of the virus.
9. Wash your hands often with soap and water for 20 seconds. Remember, always going to the restroom, before eating, and after blowing your nose, coughing, or sneezing.
10. If cough and/or cold is noticeably improving, use an alcohol-based hand sanitizer.
11. Avoid touching your face with your hands, especially your nose, mouth, and eyes. Avoid touching health care workers and others when hands are already dirty.
12. If you have a fever, cough, or difficulty breathing, seek medical attention. Remember, stay home!
13. Keep in mind the travel advice issued by the Ministry of Health and Welfare.

According to the WHO, cancer is also one of the leading causes of death worldwide, with the number of deaths increasing steadily over the years. In 2019, there were approximately 10 million deaths due to cancer globally, with an estimated 29.8 million new cases diagnosed. The WHO also reports that the number of deaths due to cancer is expected to increase significantly in the coming years, with an estimated 25.4 million deaths by 2030.

Plasma glucose levels were significantly increased between animals and people. SGLT₂ inhibition was demonstrated from 100 mg/day treatment while AEDs caused no increase from a 12.5 mg dose.

Recent studies have shown that some diseases are spreading in animals that have not yet infected humans.

The word *deceit* comes from the Latin word *decepi*, meaning to cheat or trick. Under our English definition, the usage of the word *deceit* is more extreme.

The second paragraph of paragraph 4 of Chinese authorities on January 7 and while stated that it is a rural area that had not been previously reported as having a mine (a report about it, although because the mine is dangerous has been avoided).

According to the WHO, signs of malnutrition include being too thin, wasting of muscle and wasting of fat, and

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Expected estimates of the contribution profile: The element of time between submission and the receipt of symptoms (range from zero to 14 days). Most reflected mainly those submissions which due to the delay

However, delirious patients can also be asymptomatic, meaning they do not display any symptoms. It is the feeling that comes in their mind.

Reduce your risk of a heart attack with 5 actions:

1. **Check blood sugar levels** regularly. **Don't smoke.**
2. **Control meat and dairy intake** and **eat vegetables** with **flax** or **omega-3** oils.
3. **Keep cholesterol** and **blood pressure** under control.
4. **Don't drink** (alcohol) **more than 1** drink a day.
5. **Don't forget** to **exercise** and **eat healthy**.

For important information, visit www.heart.org

Protect others from getting sick

Wash your hands and sneeze or cough into your elbow.

Don't touch your face.

Throw away tissues after use.

Cover your mouth with a cloth when you cough or sneeze.

Don't spit or sneeze and while caring for the sick.



Protect Others from getting sick

When coughing and sneezing, wear
Cover mouth and nose with
Tissue or elbow or sleeve

 Throw away tissues in the
trash can immediately

Cover hands with alcohol-based
hand-to-hair sanitizer and water
after coughing or sneezing and
before eating or skin touch

 (CDC) Hand Hygiene



OPPO A1k