

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.



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

Accredited by NAAC with 'A' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

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
1	20MEC001A	BRENDA JENIFFER SANTINER R
2	20MEC002K	DEVI SHREE R V
3	20MEC003K	HARSHA KUMAR V
4	20MEC004K	LAVANYA G
5	20MEC005TE	MATTESH N
6	20MEC006K	MANIKANTAR
7	20MEC007H	SAHIL MOLLAH
8	20MEC008H	RENTALA V M SREEJA
9	20MEC009K	MADHAN P S
10	20MEC010K	HARSHITH S
11	20MEC012E	NITHIN M
12	20MEC013K	VYSHALI H N
13	20MEC014K	HAMSAVENI M

27/10/21

Devanar 20
Harsha V

Lavanya G
Mattesh N

Manikantar
Sahil Molla

Rentala V M Sreeja
Madhan P S

Harshith S
Nithin M

Vyshali H N
Hamshaveni M

ST FRANCIS DE SALES COLLEGE
NOMINAL ROLL - DMC (MEC-V SEM)
ACADEMIC YEAR 2021-22

Sl. No.	Roll No.	Name
1	19MEC001K	ABHIR ITIA K
2	19MEC002T	ABHIR KUMAR D
3	19MEC003K	CHAITANYA R
4	19MEC004C	CHAITANYA KIRAN C
5	19MEC005K	HARSHITHA K
6	19MEC006K	ISHITHA R
7	19MEC007K	KALAVATHI S
8	19MEC008T	MANOJ KUMAR G
9	19MEC009K	NANYA G
10	19MEC010K	PURNIMA R
11	19MEC011K	RISHA E
12	19MEC012K	SANDEHYA V
13	19MEC013M	SANDEHYA ALEXANDER
14	19MEC014H	SANJAY SINGH
15	19MEC015K	MEANIKIRAN A
16	19MEC016K	MOHITA V
17	19MEC017K	SOURINAR R
18	19MEC018E	SRIMANIGANDAN N
19	19MEC019K	SUDIPPAUL S
20	19MEC020K	SUMIKSHA S
21	19MEC021K	VANISHA V
22	19MEC022K	YOGANATHAN S

23 19MEC023M 19MEC023M

24 19MEC024K 19MEC024K

25 19MEC025K

26 19MEC026K

27 19MEC027K

28 19MEC028K

29 19MEC029K

30 19MEC030K

31 19MEC031K

32 19MEC032K

33 19MEC033K

34 19MEC034K

35 19MEC035K

36 19MEC036K

37 19MEC037K

38 19MEC038K

39 19MEC039K

40 19MEC040K

41 19MEC041K

42 19MEC042K

43 19MEC043K

44 19MEC044K

45 19MEC045K

46 19MEC046K

47 19MEC047K

48 19MEC048K

49 19MEC049K

50 19MEC050K



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

Accredited by NAAC with 'A' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

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

Ses s k e a n i c h a n a v a n a d i e n s r o z e s v i d

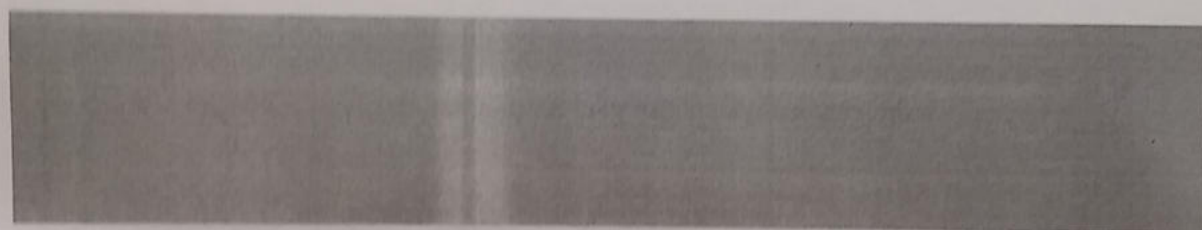


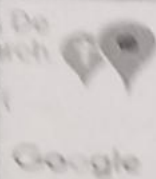
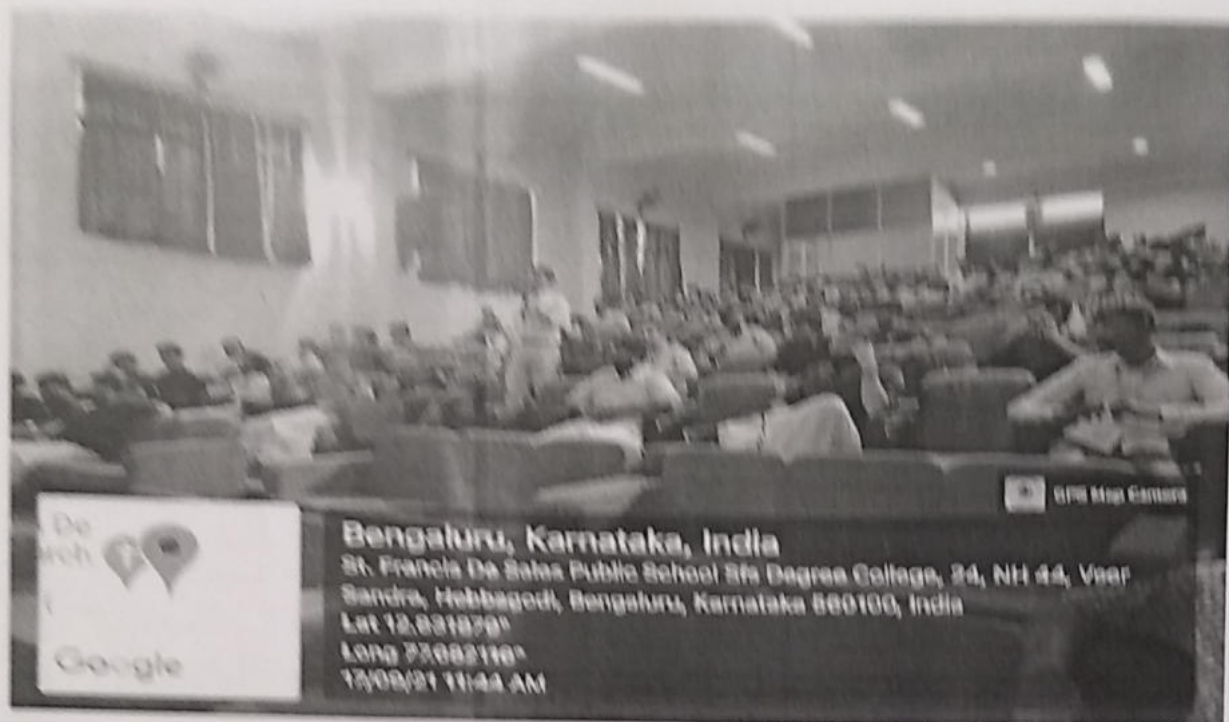
ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved | Electronic City, Bengaluru - 100

Reaccredited by NAAC with 'B++' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001:2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

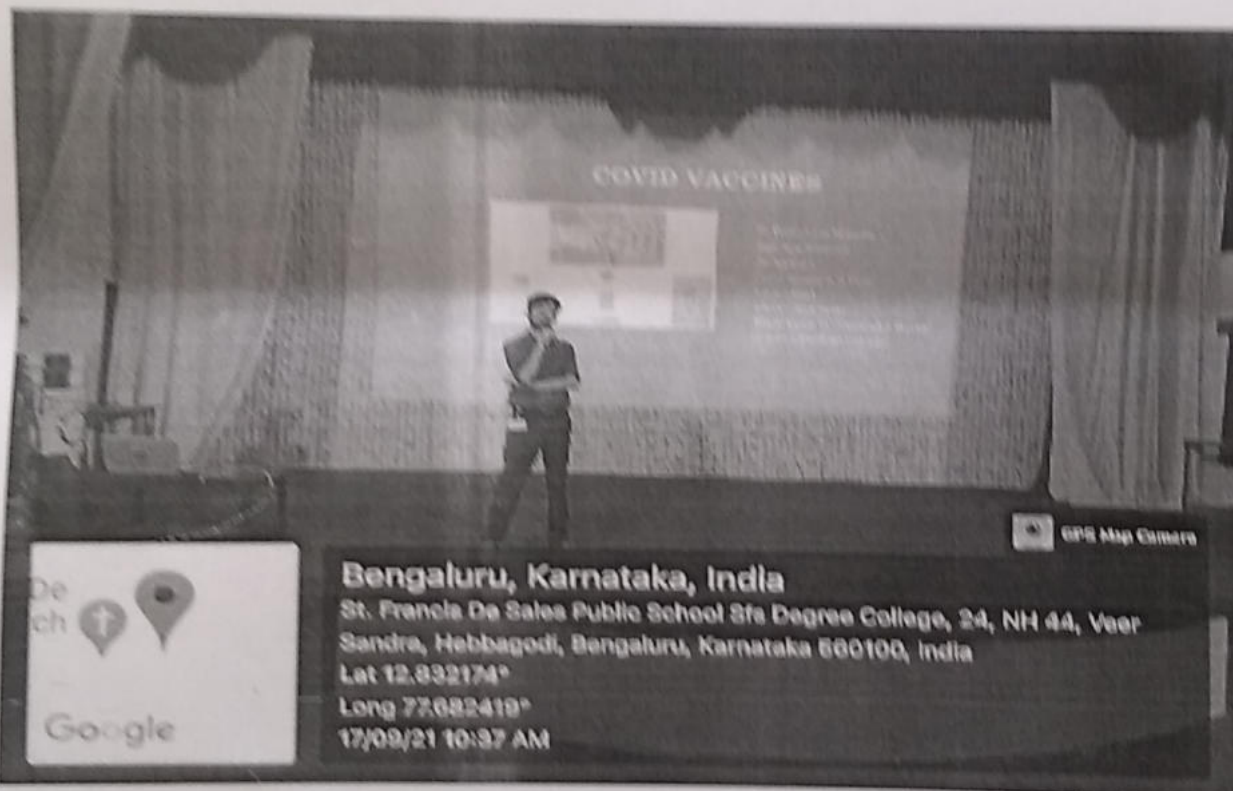




Bengaluru, Karnataka, India

St. Francis De Sales Public School Sfs Degree College, 24, NH 44, Veer
Sandra, Hebbagodi, Bengaluru, Karnataka 560100, India
Lat 12.831829°
Long 77.682110°
17/09/21 11:44 AM

GPS Map Camera



Bengaluru, Karnataka, India

St. Francis De Sales Public School Sfs Degree College, 24, NH 44, Veer
Sandra, Hebbagodi, Bengaluru, Karnataka 560100, India
Lat 12.832174°
Long 77.682419°
17/09/21 10:37 AM

GPS Map Camera

Participant List:

ST FRANCIS DE SALES COLLEGE		
NOMINAL ROLL : B.SC (MEC) - III SEM		
SL.NO	ROLL NO.	NAME
1	20MEC001A	BRINDA JENIFER SANTHNER R
2	20MEC002K	DEVASHREE R V
3	20MEC003K	HARSHA KUMAR V
4	20MEC004K	LAVANYA G
5	20MEC0051E	MALLESIN
6	20MEC006K	MANIKANTAR
7	20MEC007H	SAHIL MOHAMMAD
8	20MEC008H	RENTALA V M SREEJA
9	20MEC009K	MADHAN P S
10	20MEC010K	HARSHITH S
11	20MEC012E	NEETHIN M
12	20MEC013K	VYSHALI H N
13	20MEC014K	HAMSAVENI M

27/10/24

Devashree R V

Harsha V

Lavanya G

Mallesh H

Manikantar

Sahil M

Sreeja V M

Madhan P S

Harshith S

Neethin M

Vyshali H N

Hamsaveni M

ST FRANCIS DE SALES COLLEGE		
NOMINAL ROLL - BSC (MEC) - V SEM		
ACADEMIC YEAR 2021-22		
Sl NO	ROLL NO	NAME
1	19MEC001K	ANIRU THAK
2	19MEC002K	ANHOK KUMAR B
3	19MEC003K	CHATHIRAR
4	19MEC004K	CHALLAKISHAN CROWDARY
5	19MEC005K	HARSHITHA K
6	19MEC006K	THITHI SHER
7	19MEC007K	KALAVATHI S
8	19MEC008K	MANOJ KUMAR G
9	19MEC009K	NAVYA G
10	19MEC010K	PUNITHA R
11	19MEC011K	ROJAE
12	19MEC012K	SANDHYA V
13	19MEC013K	SANDROSE ALEXANDER
14	19MEC014K	SANJAY SINGH
15	19MEC015K	SILASHIKIRAN A
16	19MEC016K	SONYA V
17	19MEC017K	SOUNDAR R
18	19MEC018K	SRI MANIGANDAN N
19	19MEC019K	SUBINPAUL S
20	19MEC020K	SUMIKSHA S
21	19MEC021K	VANDANA V
22	19MEC022K	YOGASATHISH S

23 19MEC023K Libin S

24 19MEC024K Yashini

Perkins



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act
A FRANSALIAN INSTITUTE OF HIGHER LEARNING

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.

Electronics City P.O., Bengaluru - 560 100

Tel : 080-27836065 / 27834611, Fax : 080-27832299, Email : sfscollege.ecity@gmail.com | sfscollege@rediffmail.com

www.sfscollege.in









ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

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 sent 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.

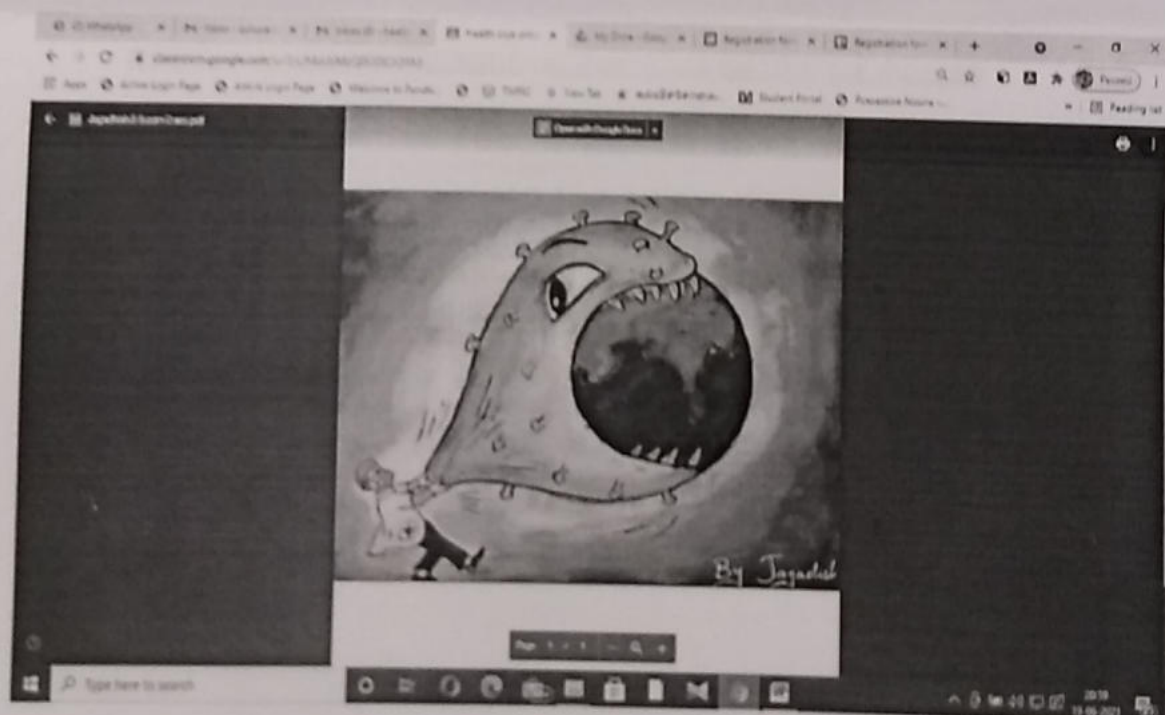
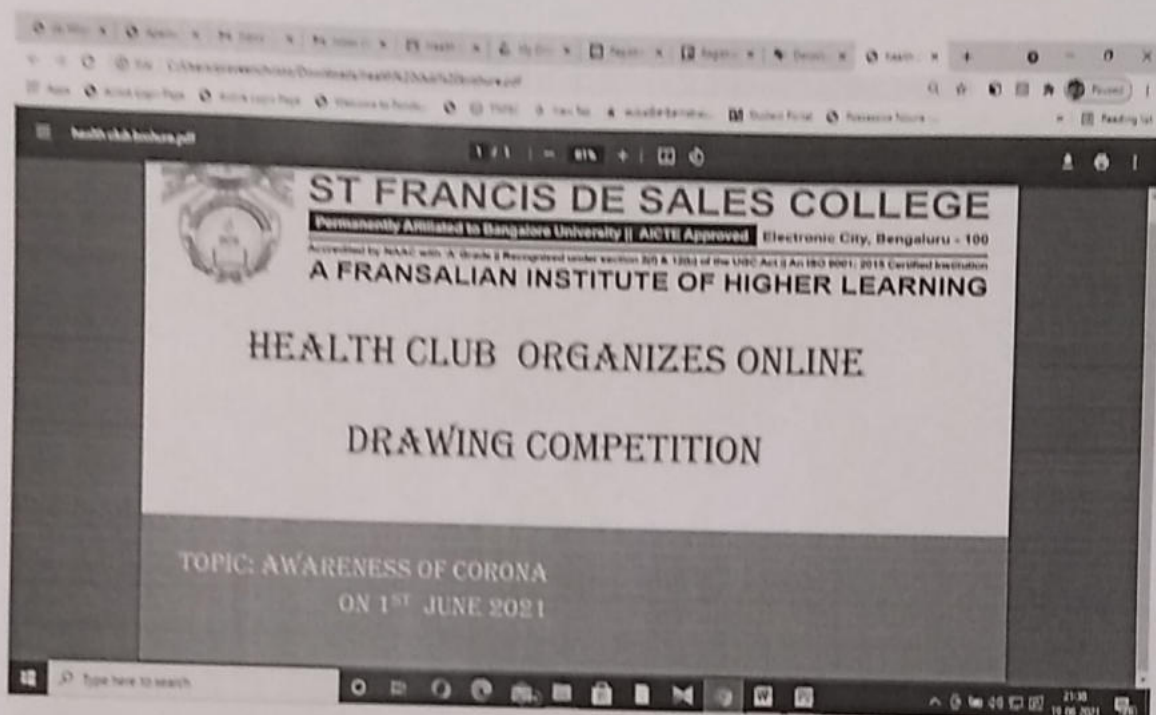
Electronics City P.O., Bengaluru - 560 100

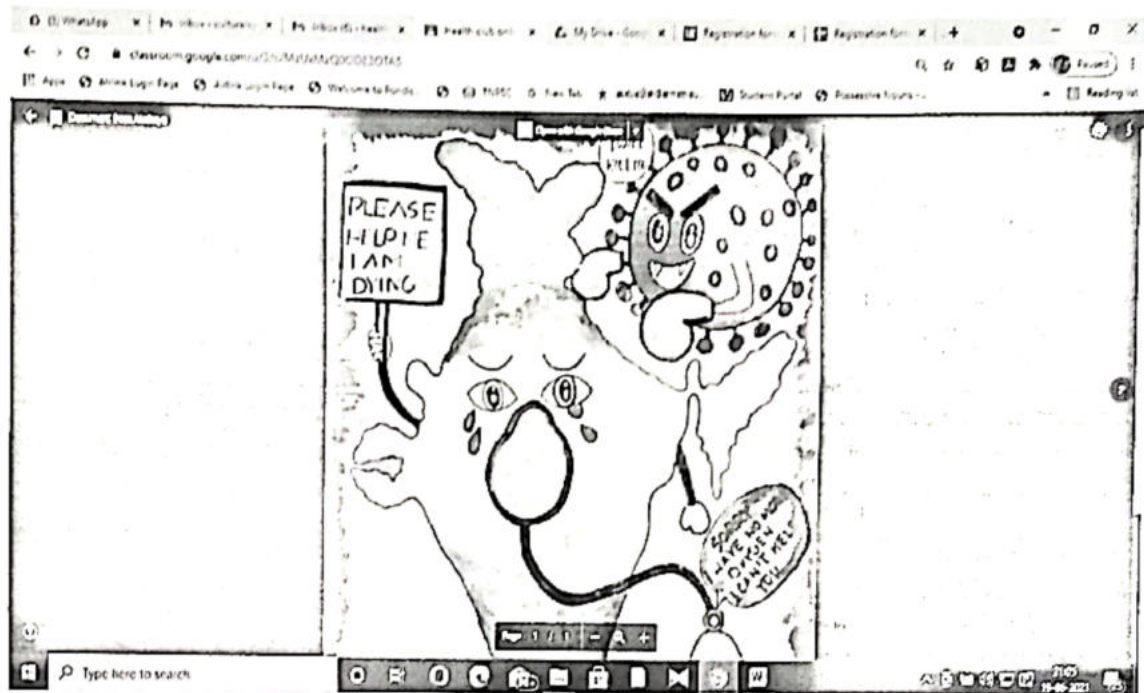
Tel : 080-27836065 / 27834611, Fax : 080-27832299, Email : sfscollege.ecity@gmail.com | sfscollege@rediffmail.com

www.sfscollege.in



Photos of the Event





Questions Responses 60

Health Club Of St. Francis de Sales College Organizes "An Online Drawing Competition" on the Topic "Awareness of Coronavirus"

Form description

Email *

Valid email

This form is collecting emails. [Change settings](#)

Name of the Participants

Short answer text

9686674028

9620304398

7338146960

Kindly Join Google classroom using the link for participation
<https://classroom.google.com/c/M2UxMzQ0ODE3OTA67cjcxcqbhad3>

68 responses

☐ Yes
☐ No

Type here to search

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@shicol	III B SC (PCM)	18PCM028K	6045178654	yes
6/1/2021 9:41:43	pushpashree_425@shicol	6th sem bsc pcm	18PCM008K	7070100183	yes
6/1/2021 9:45:55	kanaka_3556@shicol	Bsc pcm	20PCM014K	80503 10641	yes
6/1/2021 9:46:32	shakthi_3140@shicol	B Com (B - sec)	20C150K	9632051691	yes
6/1/2021 9:46:48	kanaka_3556@shicol	Bsc pcm	20PCM014K	80503 10641	yes
6/1/2021 9:49:26	sandeep_1496@shicol	4th SEM BSc(pcm)	19pcm021K	9600735258	yes
6/1/2021 9:53:39	ashwarya_2595@shicol	CJP. A. Second sem	20CJP03SE	9606741084	yes
6/1/2021 9:58:01	jayadev_3576@shicol	BSC(CJP)	20CJP016K	8217871870	yes
6/1/2021 9:58:49	roshni_3553@shicol	Bsc 2 SEM	20pcm011H	9606202327	yes
6/1/2021 10:00:03	navya_1426@shicol	IV Sem Bsc cjp	19cjp017K	9645282769	yes
6/1/2021 10:00:06	manoj_561@shicol	6th sem B Com D section	18C250K	7096615483	yes
6/1/2021 10:01:00	akshathac163@gmail	2nd sem bsc pcm and A	20PCM001K	7493201977	No
6/1/2021 10:01:29	rajeshwari26@gmail	B com E section	18C359H	8268107019	yes
6/1/2021 10:01:59	niraj_1212@shicol	4 semester "E"	18c354H	7764040697	yes
6/1/2021 10:05:31	sandhyasandhyas123@gmail	Bcom A section	20C047K	8364140763	yes
6/1/2021 10:05:42	pratyadharshini_3256@shicol	1st year b com section D	20C285K	8310710069	No

Type here to search

Registration form health club (Responses)

File Edit View Insert Format Data Tools Form Add-ons Help

100% 123+ Default (A-Z) 10 B I L A

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)	15PCM036K	6088804360 yes
6/1/2021 10:08:08	vicky_3202@scollegel	Vicky Prakash Raj J	B com II D	20C0309E	6096108545 yes
6/1/2021 10:10:30	pradeepa_3090@scollegel	M Pradeepa	Bsc CJP	20CJP030E	6020602088 yes
6/1/2021 10:12:17	sandhya_1459@scollegel	Sandhya V	Bsc MEC 4th sem	15mec012k	6330800584 yes
6/1/2021 10:16:19	vandana_1468@scollegel	Vandana V	4th SEM B sc MEC	15MEC021K	6032425407 yes
6/1/2021 10:22:17	monisha_1201@scollegel	MONISHA SR D	4th sem b com E	19C0303E	6058951896 yes
6/1/2021 10:27:49	shobana_1039@scollegel	Shobana S	4th sem BGA	15C034k	6310815083 yes
6/1/2021 10:40:02	keethana_2647@scollegel	Keethana	BA	20JPE004K	6361916803 yes
6/1/2021 10:48:15	psudhysurya@gmail.com	Uday Surya G S	2 year 4th semester B cor	19C130K	6058559011 yes
6/1/2021 10:52:42	sajith.krishna34567890@	AJITH KRISHNA S	IV BCOM D sec	19C242K	6296609648 yes
6/1/2021 10:53:59	shruti_653@scollegel	S-RUTHI D	B com 8th sem	18C063K	6056240902 yes
6/1/2021 10:55:42	swanya_815@scollegel	Swanya M	BA (HEP)	15HEP009TA	6655209534 yes
6/1/2021 10:59:02	helen_3084@scollegel	Helen K	1st year B com B sec	20C093K	6055591014 yes
6/1/2021 11:00:06	helen_3084@scollegel	Helen K	1st Year B com B sec	20C093K	6055591014 yes
6/1/2021 11:11:03	soujanya.shalu@gmail.com	Soujanya Grace	6th Sem D	18C279E	6553367871 yes
6/1/2021 11:16:06	sandhya_3045@scollegel	Sandhya K	Bcom A section	20C047K	6364140763 yes

Form Responses 1

Type here to search

Registration form health club (Responses)

File Edit View Insert Format Data Tools Form Add-ons Help

100% 123+ Default (A-Z) 10 B I L A

Timestamp	Email Address	Name of the Participants class & Section	Roll no	Contact no	Kindly Join Google classroom using
6/1/2021 11:28:45	ananya_3218@scollegel	ANANYA V	B COM (F A)- 1st year &	20C245E	6640876551 yes
6/1/2021 11:34:02	sanjay_3571@scollegel	Sanjay m	Bsc CJP 2A	20CJP011K	7259355296 yes
6/1/2021 11:47:32	manojmanu333399@gmail.com	Manoj m	B com Esec	18C053k	7892026064 yes
6/1/2021 11:51:52	rim_1493@scollegel	Rim Senior	Bsc (PCM)-IVsem	15PCM032E	7697307226 yes
6/1/2021 11:54:15	pudhpa_6500@gmail.com	Pudhpa G	B com 8th sem D	11SC304K	6073762580 yes
6/1/2021 11:57:29	meenu_565@scollegel	Meenu R	B Com (B)	15C108H	6380772780 yes
6/1/2021 12:00:05	monisharavi087@gmail.com	Monisha BR	Bcom A	16C039K	6815263711 yes
6/1/2021 12:04:22	raikshita731@gmail.com	Raikshita K	Bsc (CJP)	20CJP036K	8752813484 yes
6/1/2021 12:13:26	hemalatha_3035@scollegel	Hemalatha M	B COM B section 2 Seme	20C094K	9551899341 yes
6/1/2021 12:14:52	raikshita_3596@scollegel	Raikshita K	Bsc (CJP) 2A	20CJP036K	8752813484 yes
6/1/2021 12:23:02	kanaka_3556@scollegel	Kanaka	Bsc pcm	20 PCM014K	60502 16541 yes
6/1/2021 12:23:09	sahil_3596@scollegel	Sahil Molah	BSC MEC	20MEC007H	7889698905 yes
6/1/2021 12:28:23	netravathi_563@scollegel	Netravathi S	6th sem B com D	18C280E	9605715341 yes
6/1/2021 12:36:06	kpunith493@gmail.com	Punith kumar	6th sem bcom D	16C285K	6916480941 yes
6/1/2021 12:41:52	tejaswini_653@scollegel	Tejaswini S	3rd year 6th sem d sec	16C283K	6352631848 yes
6/1/2021 13:20:22	pavitra_3254@scollegel	Pavitra N	B COM D	20C283	7708487351 yes

Form Responses 1

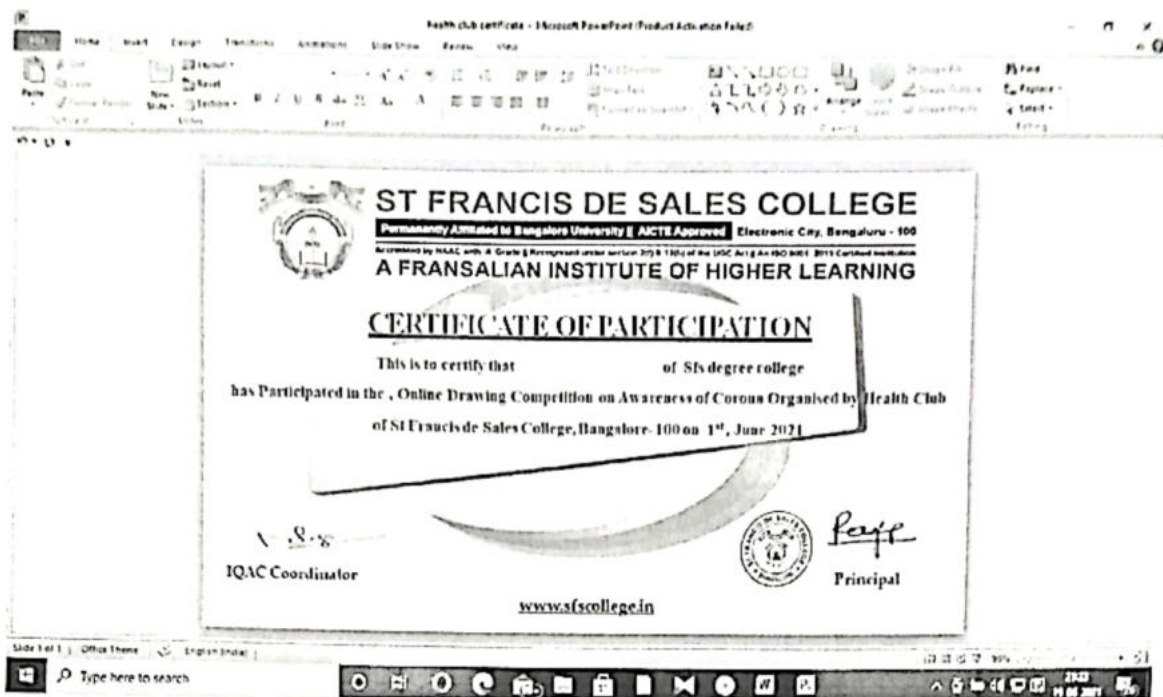
Type here to search

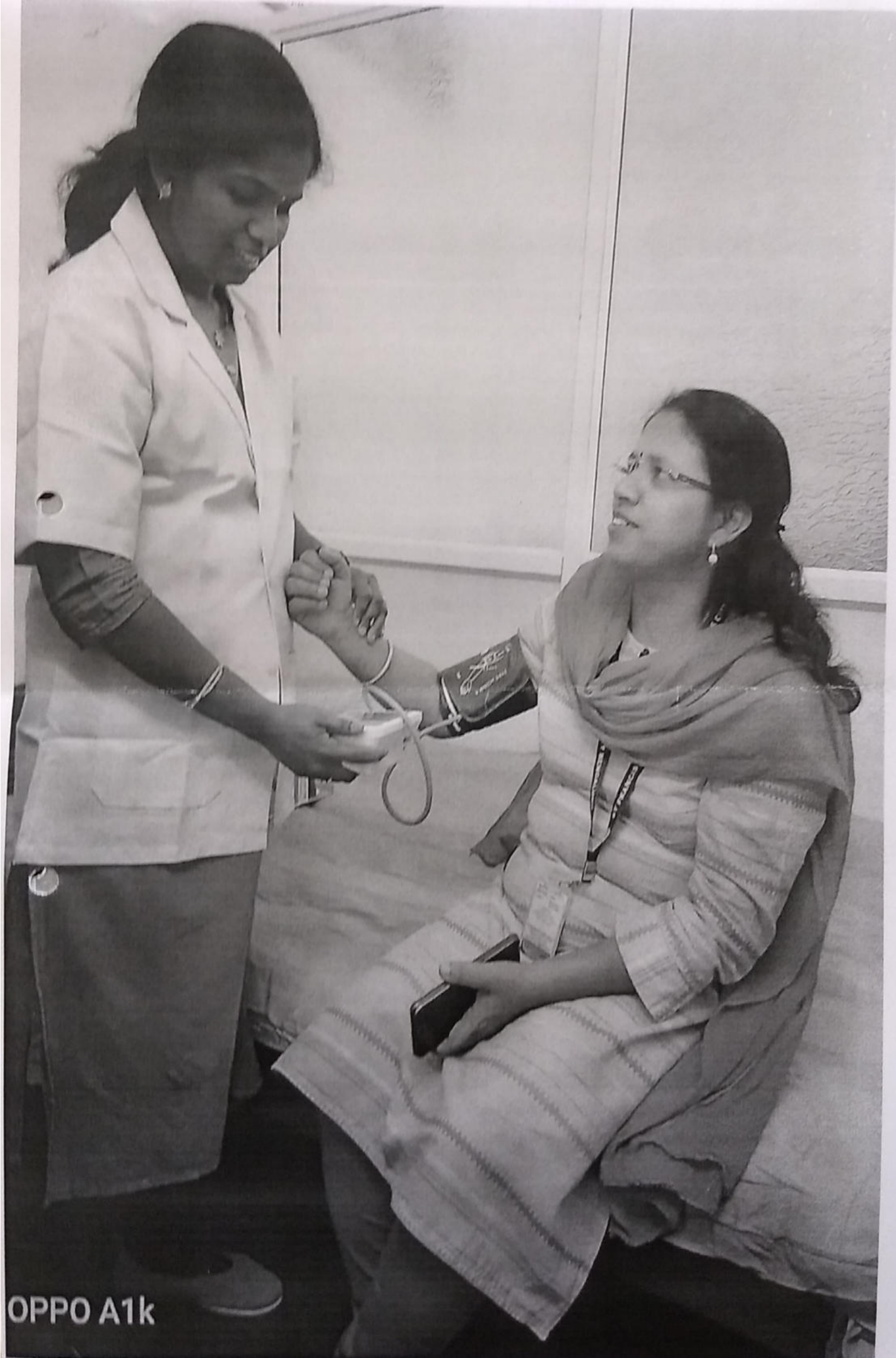
Registration form health club (Responses)

Timestamp	Email Address	Name of the Participants class & Section	Roll no	Contact no	Kindly Join Google classroom using
6/1/2021 13:27:44	soniya_3101@stcollege Soniya S M	B com "C"	20C209K	8296381264	yes
6/1/2021 13:30:23	kavyashika732@gmail Kavya S	6th sem Bcom "D" sec	18C241K	7022706257	yes
6/1/2021 13:43:50	monica221@gmail Monica	Bcom D sec	110C297H	0301192031	yes
6/1/2021 13:53:47	sahana29@gmail.com Sahana P	B com 6 sem A	18C049K	8549929981	yes
6/1/2021 14:12:00	preethi_610@stcollege Preethi C	Bcom 6th sem D sec	18C262K	9011481652	yes
6/1/2021 14:35:58	aksha_975@stcollege Aksha S	B A (JPE)	18CPE004K	7338149000	yes
6/1/2021 14:43:13	marydivya73@gmail.com Mary Divya P	B COM 4sem "C" Section	18C163K	9020304358	yes
6/1/2021 14:46:47	divya_1193@stcollege Divya P	B COM 4sem "C" section	18C163K	9620304358	yes
6/1/2021 15:07:18	aneha_666@stcollege Aneha S	B com 3A	18C055K	7338097332	yes
6/1/2021 15:22:20	antonymary451@gmail.com Antony Mary D	6th sem B com "A" sec	18C012K	9731329100	yes
6/1/2021 15:30:58	akshaya_2420@stcollege Akshaya P	BBA- base 1 year	20C002H	8722840518	yes
6/1/2021 15:39:09	avi4944@gmail.com Jagadish B	B Com "D"	18C256K	7852624670	yes
6/1/2021 15:42:18	preethi_610@stcollege Preethi C	Bcom 6th sem D sec	18C202K	9011481652	yes
6/1/2021 15:54:00	bhavyaa_3221@stcollege Bhavyaa A N	B com D	20C249	6365366482	yes
6/1/2021 16:04:47	jenifer_523@stcollege Jenifer A	B COM 3rd yr A sec	18C025K	8896674028	yes
6/1/2021 16:05:59	jenifer_523@stcollege Jenifer A	B COM 3rd yr A sec	18C025K	8896674028	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	divudhya m2556@gmail Divya M	6th sem Bcom "D"	18C233K	9353009526	yes
6/1/2021 16:39:03	divudhya m2556@gmail Divya M	6th sem Bcom "D"	18C233K	9353009526	yes
6/1/2021 16:51:30	binda_1090@stcollege Binda Roseline	B com and 4th sem D se	18C248K	9015517990	yes
6/1/2021 16:40:09	andrews130@gmail.com Andrews William	B com	18C051K	8884596401	yes







ST FRANCIS DE SALES COLLEGE

Electronics City, Bengaluru - 100

Accredited with NAAC 'A' Grade || Recognised under 2(f) & 12(b) of the UGC Act

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

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.Avita Johnson and the team from Community Health for this valuable service to our institution.

PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100

Electronics City P.O., Bengaluru - 560 100
Tel : 080-27836065 / 27834611, Fax : 080-27832295, Email : sfscollge.ecity@gmail.com | sfscollge@rediffmail.com
www.sfscollge.in

Devalite

2021/09/17/12:15



ST FRANCIS DE SALES COLLEGE

Electronics City, Bangalore - 560 075

Approved by AICTE, A Grade, Recognized under 2(f) & 12(b) of the UGC Act

A FRANCISIAN INSTITUTE OF HIGHER LEARNING

To,
Dr. K. Srinivasulu Reddy
Professor and Head
Department of Community Health
St. John's Medical College
Bangalore - 560 034

Sub: Permission to Conduct study titled "The impact of health Education intervention on perceptions of Menstrual cycle among college going female students in Perichur Bangalore" And Awareness on STD/ HIV Infection 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 cycle among college going female students in Perichur Bangalore" And Awareness on STD/ HIV Infection 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. I, the undersigned, have reviewed your request and understand that the students are under no compulsion to participate in this study.

I request you to please share the results of the study with us, since 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,

Prof. Dr. K. Srinivasulu Reddy

Principal, P.A.

St. Francis De Sales College
Electronics City, Bangalore - 560 075

St. Francis De Sales College, Bangalore - 560 075

For: St. Francis De Sales College, Bangalore - 560 075. Email: stfranciscollegebangalore@gmail.com or stfranciscollegebangalore@yahoo.com

St. Francis De Sales College

Dr. K. Srinivasulu Reddy



ST FRANCIS DE SALES COLLEGE

Graded 'A' by NAAC || Affiliated to Bangalore University
Electronics City Post, Bengaluru - 560 100 || www.sfscollege.in

Health Club

Annual Report 2019-20

Health club at St. Francis De Sales College has been organizing events with greatest benefit to participants. The care and concern taken for the stake holders is depicted in the events. With similar motto several events were planned for the academic year 2019-20.

Awareness on screen time usage and its effects was organized by health Club. Around 100 students and faculty members attended the session. A dental health team from Partha Dental comprising of two doctors and a health nurse were part of the event for the day. The resource person for the session was Dr. Aninditha Sharma, a post graduate in Dental health with a specialisation in Endodontics. She, along with her team has been conducting workshops on the importance of Oral health in and across various locations in Bangalore. The team has also been conducting dental health camps at various places in Bangalore. She has also attended many national and international workshops and presented papers on various topics related to oral health and hygiene. Dr. Ashley George and Mr. Roshan were also part of the team from Partha Dental.

The session began with Ms. Priyalakshmi welcoming the resource persons to the gathering. Dr. Aninditha began the session by mentioning about how a smile can light up the lives of people. She then went on to show a picture of a family and asked the students to talk about the most striking thing that they noticed in the picture. Many students mentioned about the happiness that was reflecting in the picture and the importance of bonding in the family.

One of the students from the audience shared that the person in the picture was missing a tooth. This created a lot of energy and laugh among the audience and then the resource person said that this shows how important a tooth is to have a happy and contented smile. She then went on to discuss in detail about the importance of oral hygiene, various dental diseases and how it can be prevented. This was followed by an activity. The students were divided into groups of 5 to 6 and each group was asked to discuss amongst themselves about how important is oral hygiene for an individual and what are the ways in which a person can maintain his oral hygiene. Each group was given ten minutes to discuss about it and come up with their thoughts on how to maintain oral hygiene. Following this, one representative from

each group was asked to share their thoughts to the audience and an interaction took place. Once the discussion ended, she also spoke about the treatments available for the dental diseases. She said that the people have false perceptions that dental caries and cavities need not be attended immediately. Any dental issue should be addressed immediately as oral health plays a major role in the overall well-being health and well-being of an individual.

Awareness on screen time usage and its effects was organized by health Club. The session was conducted by Dr. Philomina Zacharias and Dr. Mia George Kallumkal from the Post graduate Department of Community Health, St. John's Medical College. Dr. Philomina Zacharias completed her MBBS degree from St. Johns Medical College and is currently pursuing post- graduation in Community medicine from St. John's Medical College. Dr. Mia George Kallumkal, who completed her graduation in medicine from St. John's Medical College is also a post graduate student in Community Medicine. They, along with the team of Community Medicine from St. John's Medical College have been conducting training workshops for different schools and colleges across Bangalore.

Around 120 students and faculty members attended the session. Ms. Rabia from M.Sc Psychology welcomed the resource persons to the gathering. The session began with an activity where the students were asked to fill-up a questionnaire on Screen time usage. Dr. Mia explained the details of the questionnaire at length, following which the students were given time to complete it. Most of the students participated with a lot of enthusiasm and energy in this ice breaking activity. This was followed by an interactive game with a few internet logos to be identified. Dr. Philomina spoke about how the present generation spends more time on different types of screens and less on physical activities. She discussed about how screen time has become an indispensable part of every individual's life, be it for personal or social interactions.

Then she went on to give chance to students to talk about their experiences with screens. Many students shared their interesting experiences especially of their use of social media. The speaker dealt with both the benefits and the physical and mental ill effects of using screens. She also emphasized that it is important to know how to control screen time and discussed about various Android and IOS applications which can help control the usage of screen time. She then opened the session for questions from the audience. The students shared a lot of their queries on the use of screens and all their queries were taken up and explained in detail for the resource persons. The students participated with a lot of zeal and enthusiasm in the entire session.



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Post Graduate Centre

Health Club

Report of Session

Title	Dental diseases- Treatment & Prevention
Date of Event(s)	26 October, 2019
Department / Association	Health Club (UG & PG)
Venue	Closed Auditorium
Resource Person(s) with Qualification	Dr. Aninditha Sharma, MDS Dr. Ashley George, BDS

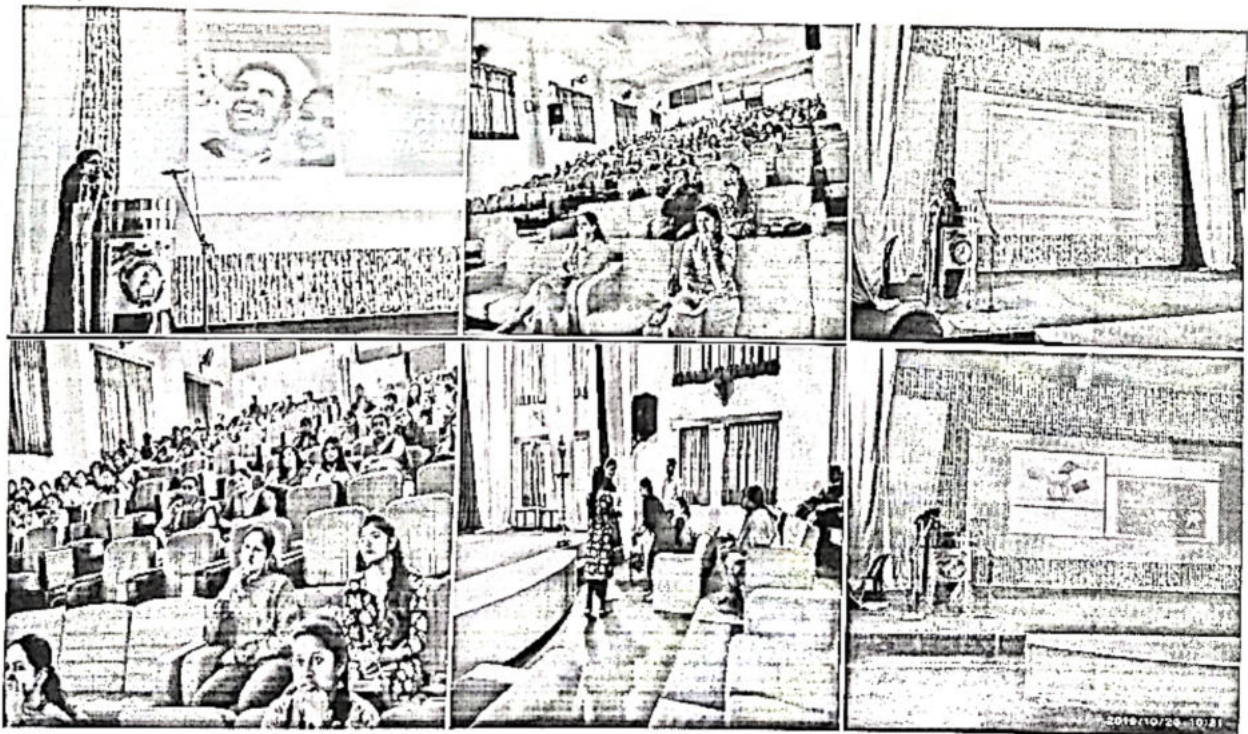
Report of the Event:

The Health Club of St Francis de Sales College organised a session on 'Dental health- Treatment & Prevention' for the students and faculty members of the various departments on 26 October 2019 at 10 am in the closed auditorium. Around 100 students and faculty members attended the session. A dental health team from Partha Dental comprising of two doctors and a health nurse were part of the event for the day. The resource person for the session was Dr. Aninditha Sharma, a post graduate in Dental health with a specialisation in Endodontics. She, along with her team has been conducting workshops on the importance of Oral health in and across various locations in Bangalore. The team has also been conducting dental health camps at various places in Bangalore. She has also attended many national and international workshops and presented papers on various topics related to oral health and hygiene. Dr. Ashley George and Mr. Roshan were also part of the team from Partha Dental.

The session began with Ms. Priyalakshmi welcoming the resource persons to the gathering. Dr. Aninditha began the session by mentioning about how a smile can light up the lives of people. She then went on to show a picture of a family and asked the students to talk about the most striking thing that they noticed in the picture. Many students mentioned about the happiness that was reflecting in the picture and the importance of bonding in the family. One of the students from the audience shared that the person in the picture was missing a tooth. This created a lot of energy and laugh among the audience

and then the resource person said that this shows how important a tooth is to have a happy and contented smile. She then went on to discuss in detail about the importance of oral hygiene, various dental diseases and how it can be prevented. This was followed by an activity. The students were divided into groups of 5 to 6 and each group was asked to discuss amongst themselves about how important is oral hygiene for an individual and what are the ways in which a person can maintain his oral hygiene. Each group was given ten minutes to discuss about it and come up with their thoughts on how to maintain oral hygiene. Following this, one representative from each group was asked to share their thoughts to the audience and an interaction took place. Once the discussion ended, she also spoke about the treatments available for the dental diseases. She said that the people have false perceptions that dental caries and cavities need not be attended immediately. Any dental issue should be addressed immediately as oral health plays a major role in the overall well-being health and well-being of an individual. The session was later opened up for questions from the audience. The session ended with a Vote of thanks by Prof.Dakshina .U.Kanthy.

Photos:





ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act
A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Post Graduate Centre

Health Club

Report on Screen time usage and its effects

Title	Screen time usage and its effects
Date of Event(s)	11 March 2020
Department / Association	Health Club (UG & PG)
Venue	Business Lab
Resource Persons	Dr.Philomina Zacharias, Dr. Mia George Kallumkal (St.John's Medical College, Department of Community Health)

Report of the Event:

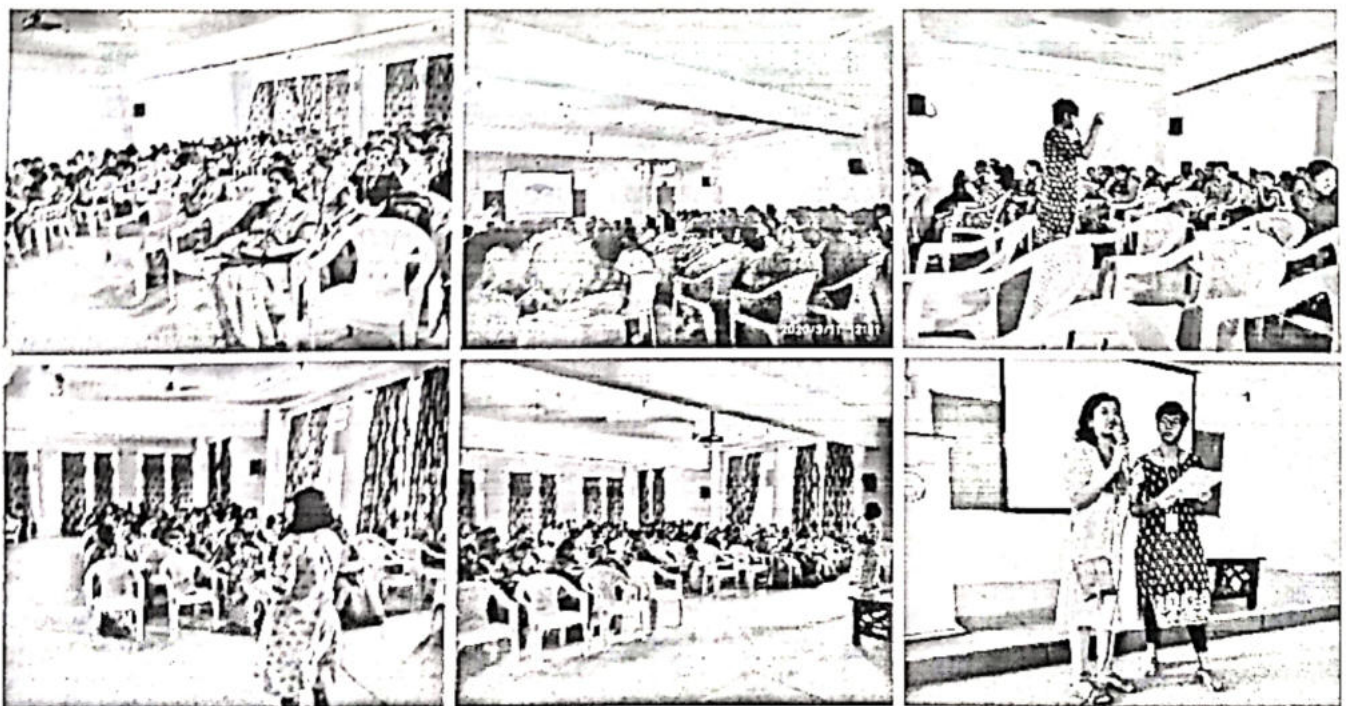
The Health Club of SFS college organised a session on 'Screen time usage and its effects for the students and faculty members of the various PG departments on 11th March 2020 at 11:45 am in the business lab. Around 120 students and faculty members attended the session.

The session was conducted by Dr. Philomina Zacharias and Dr. Mia George Kallumkal from the Post graduate Department of Community Health, St. John's Medical College. Dr. Philomina Zacharias completed her MBBS degree from St. Johns Medical College and is currently pursuing post- graduation in Community medicine from St. John's Medical College. Dr. Mia George Kallumkal, who completed her graduation in medicine from St. John's Medical College is also a post graduate student in Community Medicine. They, along with the team of Community Medicine from St. John's Medical College have been conducting training workshops for different schools and colleges across Bangalore.

Around 120 students and faculty members attended the session. Ms. Rabia from M.Sc Psychology welcomed the resource persons to the gathering. The session began with an activity where the students were asked to fill-up a questionnaire on Screen time usage. Dr. Mia explained the details of the questionnaire at length, following which the students were given time to complete it. Most of the students participated with a lot of enthusiasm and energy in this ice breaking activity. This was followed by an interactive game with a few internet logos to be identified. Dr. Philomina spoke about how the present

generation spends more time on different types of screens and less on physical activities. She discussed about how screen time has become an indispensable part of every individual's life, be it for personal or social interactions. Then she went on to give chance to students to talk about their experiences with screens. Many students shared their interesting experiences especially of their use of social media. The speaker dealt with both the benefits and the physical and mental ill effects of using screens. She also emphasized that it is important to know how to control screen time and discussed about various Android and IOS applications which can help control the usage of screen time. She then opened the session for questions from the audience. The students shared a lot of their queries on the use of screens and all their queries were taken up and explained in detail for the resource persons. The students participated with a lot of zeal and enthusiasm in the entire session. The session ended with a Vote of Thanks by Prof. Dakshina U Kanthy, Assistant Professor, Department of Psychology (PG).

Photos:





ST FRANCIS DE SALES COLLEGE

Graded 'A' by NAAC || Affiliated to Bangalore University
Electronics City Post, Bengaluru – 560 100 || www.sfscollege.in

Health Club

Minutes of Meeting

Date: 11.06.2019

Venue: Seminar Hall

Time: 12.00 p.m

Members:

- Dr. Ambika Nautiyal
- Mrs. Dakshina U kanthy

Agenda:

- Planning activities for the Academic Year 2019-20
- Discussion on execution of work

Discussion:

- Members of the Health club took the count of number of successful completion of activities for the previous academic year.
- Members discussed about the number of activities to be planned for the academic year 2019-20 A list was prepared after detailed discussion.
- Awareness on screen time usage and its effects, Dental Disease prevention and treatment was some of the identified activities.
- Duties of the members were allotted.