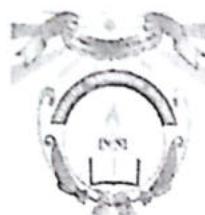


HEALTH CLUB OBJECTIVES

- 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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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	ROLL NO.
1	20MEC001A	BRENDA JENIFER SANTHINI R	20MEC001A
2	20MEC002K	DEVESHREE R V	20MEC002K
3	20MEC003K	HARSHA KUMAR V	20MEC003K
4	20MEC004K	LAVANYA G	20MEC004K
5	20MEC005TE	MALLESH N	20MEC005TE
6	20MEC006K	MANKANTAR	20MEC006K
7	20MEC007H	SAHIL MOLLAH	20MEC007H
8	20MEC008H	RENTALA V M SREEJA	20MEC008H
9	20MEC009K	MADHIAN P S	20MEC009K
10	20MEC010K	HARSHITH S	20MEC010K
11	20MEC012E	NITHIN M	20MEC012E
12	20MEC013K	VYSHALI H N	20MEC013K
13	20MEC014K	HAMSAVENI M	20MEC014K

ST FRANCIS DE SALES COLLEGE NOMINAL ROLL - 100% MECHANICAL ACADEMIC YEAR 2021-22		
SL. NO.	ROLL NO.	NAME
1	18MEC001	ABHIJIT K. JELLINE
2	18MEC002	ANISHA KUMAR P
3	18MEC003	CHAITRA R
4	18MEC004	DEEPAK KUMAR CHOWDHARY
5	18MEC005	DEEPMALA K.
6	18MEC006	DEEPTI SHR
7	18MEC007	DEEPAK SHARMA
8	18MEC008	DEEPMALA KUMAR S
9	18MEC009	DEEPTI SHR
10	18MEC010	DEEPTIMA R
11	18MEC011	DEEPTI S
12	18MEC012	DEEPTI S
13	18MEC013	DEEPMALA ALEXANDRA
14	18MEC014	DEEPTI SHR
15	18MEC015	DEEPMALA R
16	18MEC016	DEEPTI V
17	18MEC017	DEEPTI R
18	18MEC018	DEEPMALIKA N
19	18MEC019	DEEPTI S
20	18MEC020	DEEPMALA S
21	18MEC021	DEEPTIMA V
22	18MEC022	DEEPMALA S

23 18MEC023 100% S

24 18MEC024 100% S

25 100% S

26 100% S

27 100% S

28 100% S

29 100% S

30 100% S

31 100% S

32 100% S

33 100% S

34 100% S

35 100% S

36 100% S

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41 100% S

42 100% S

43 100% S

44 100% S

45 100% S

46 100% S

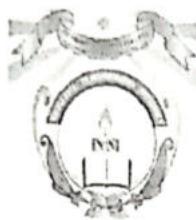
47 100% S

48 100% S

49 100% S

50 100% S

R. Balaji



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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.

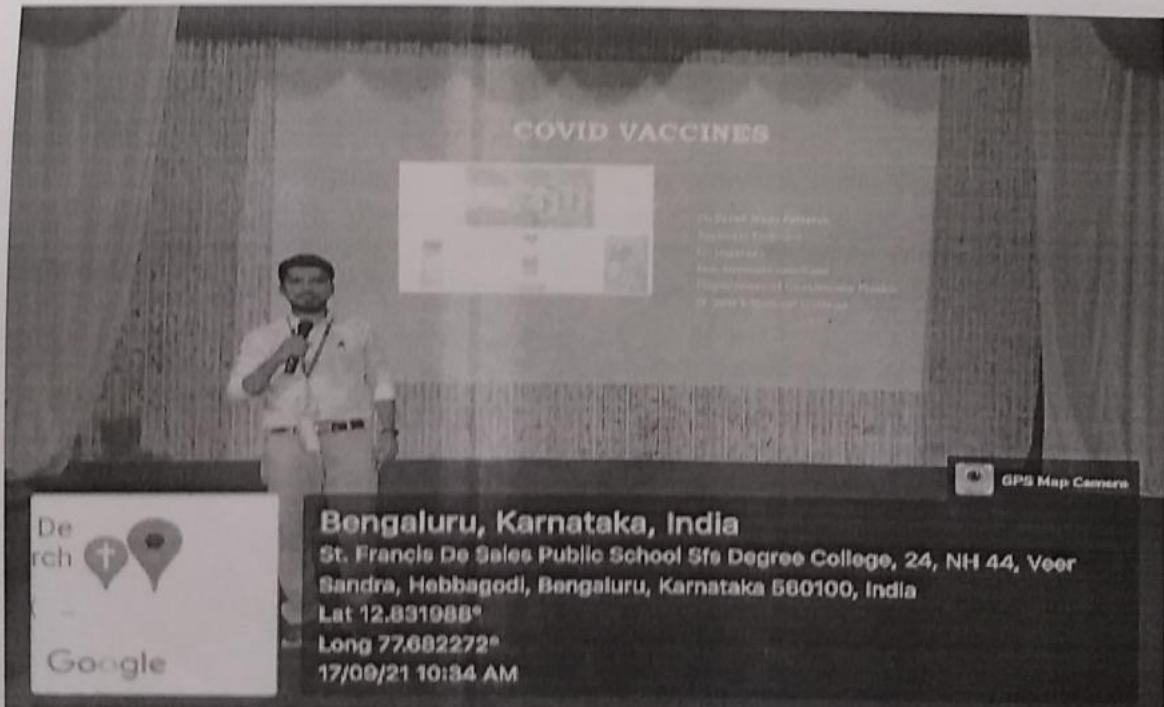
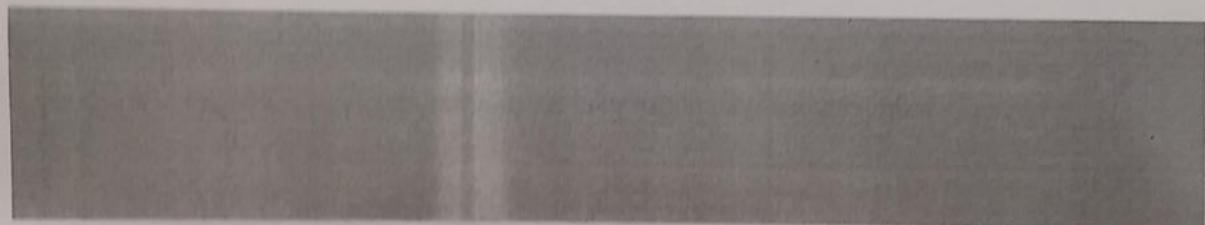
These were the points discussed by the Doctor Ensure that all eligible groups receive the vaccine with confidence. All people get correct information and are not influenced by mis/disinformation, myths or misconceptions. Hesitancy of public is addressed on the COVID-19 vaccination process. Provide correct, 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.

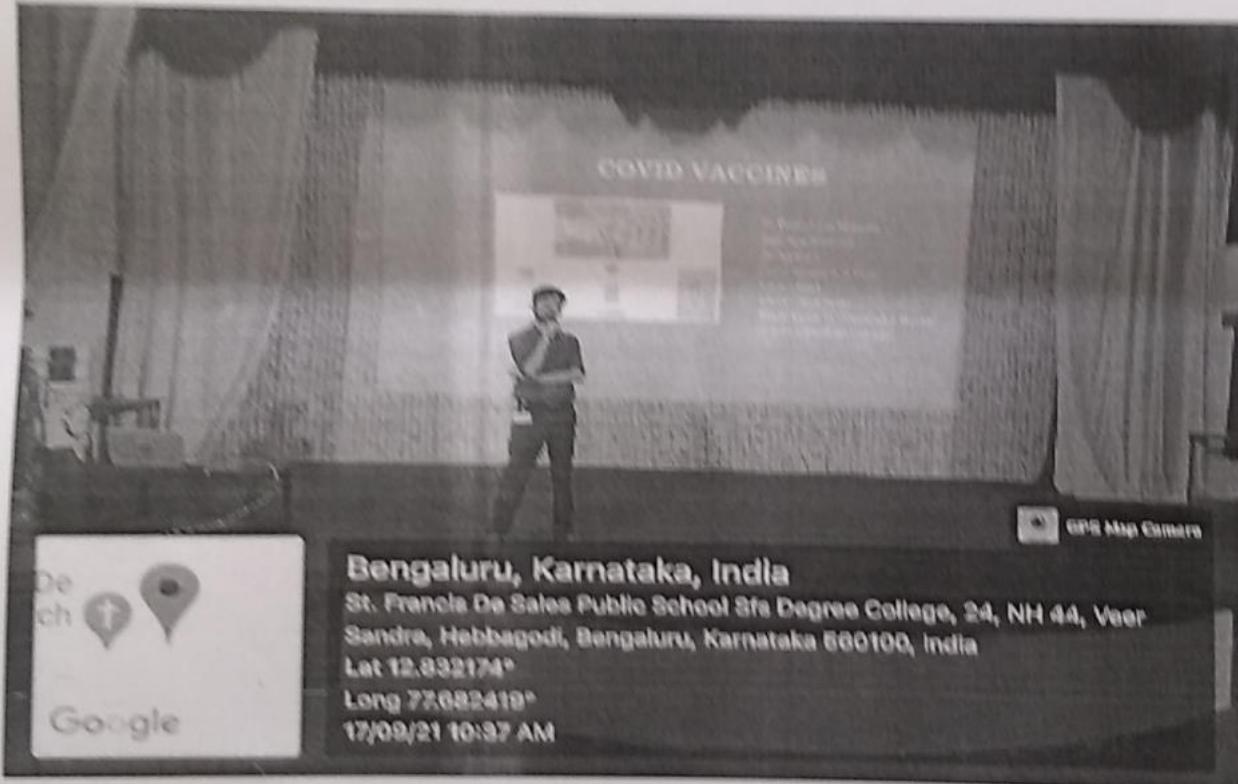
Almost 75 students attended the session. This session was conducted for the students for creating awateness about covid vaccination. It was noticed that 90% of students were vaccinated.

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





Participant List:

ST FRANCIS DE SALES COLLEGE		
NOMINAL ROLL : BSC (MEC) - III SEM		
SL.NO	ROLL NO.	NAME
1	20MEC001A	BRINDA JINIBER SANTHINER R
2	20MEC002K	DEEPMALA R V
3	20MEC003K	HARSHITA KUMAR V
4	20MEC004K	LAVANYA G
5	20MEC0051F	MALLESHI N
6	20MEC006K	MANIKANTA R
7	20MEC0071H	SAHIL MOLLAH
8	20MEC0081H	RENTALA V M SREEJA
9	20MEC009K	MADHAN P S
10	20MEC010K	HARSHITHA S
11	20MEC012E	NITHIN M
12	20MEC013K	VYSHALI H N
13	20MEC014K	HAMSAVENI M

ST FRANCIS DE SALES COLLEGE		
NOMINAL ROLL - BSC (MEC) - V SEM		
ACADEMIC YEAR 2021-22		
SE. NO.	ROLL NO.	NAME
1	19MEC001K	ANRU CHAK
2	19MEC002L	ANSHOK KUMAR B
3	19MEC003K	CHALDRAR
4	19MEC004F	CHALLA KISHAN CHOWDARY
5	19MEC005K	CHARSHITHA K
6	19MEC006K	CHITHESER
7	19MEC007K	KAJAVATHES
8	19MEC008L	MANOJ KUMAR G
9	19MEC009K	NAVYAG
10	19MEC010K	PUNITHAR
11	19MEC011K	ROOAE
12	19MEC012K	SANDHYAV
13	19MEC013M	SANDROSE ALEXANDER
14	19MEC014H	SANJAY SINGH
15	19MEC015K	SHASHIKIRANA
16	19MEC016K	SONIYAV
17	19MEC017K	SOUNDAR R
18	19MEC018E	SRIMANIGANDAN N
19	19MEC019K	SUJINPAULS
20	19MEC020K	SUMIKSHA S
21	19MEC021K	VANDANA V
22	19MEC022K	YOGASATHISH S
23	19MEC023H	LIBIN S
24	19MEC024P	Varshini

25



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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 Councillor. 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

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www.sfscollege.in









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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 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.

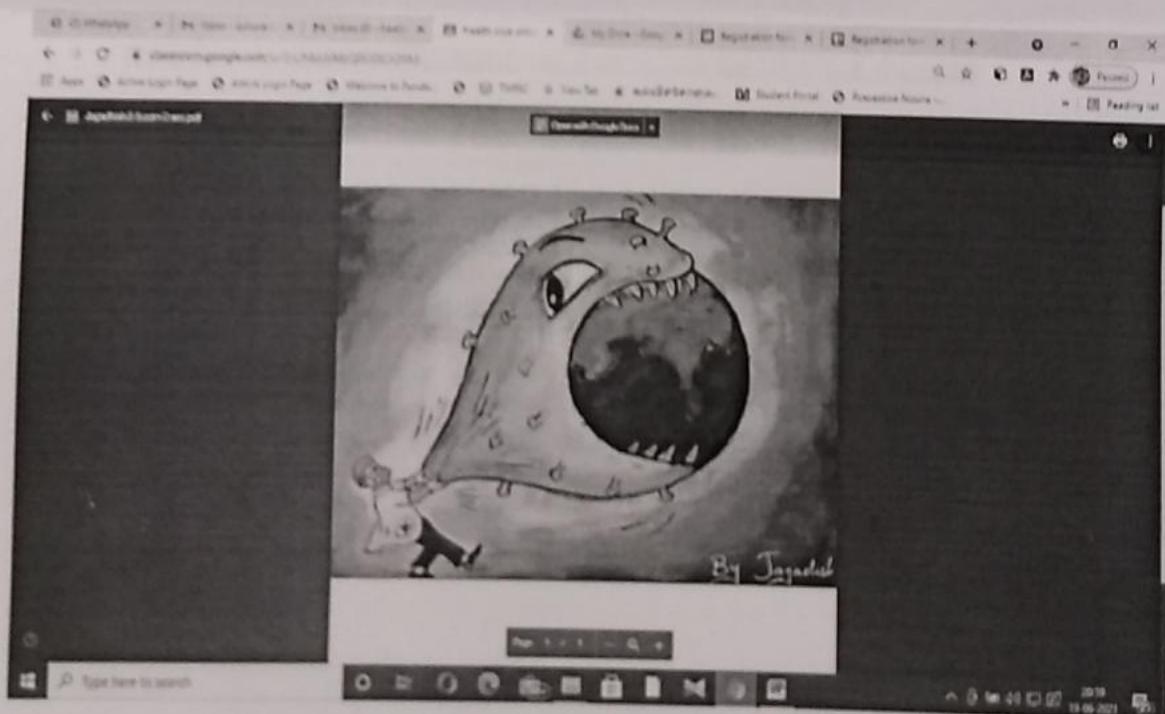
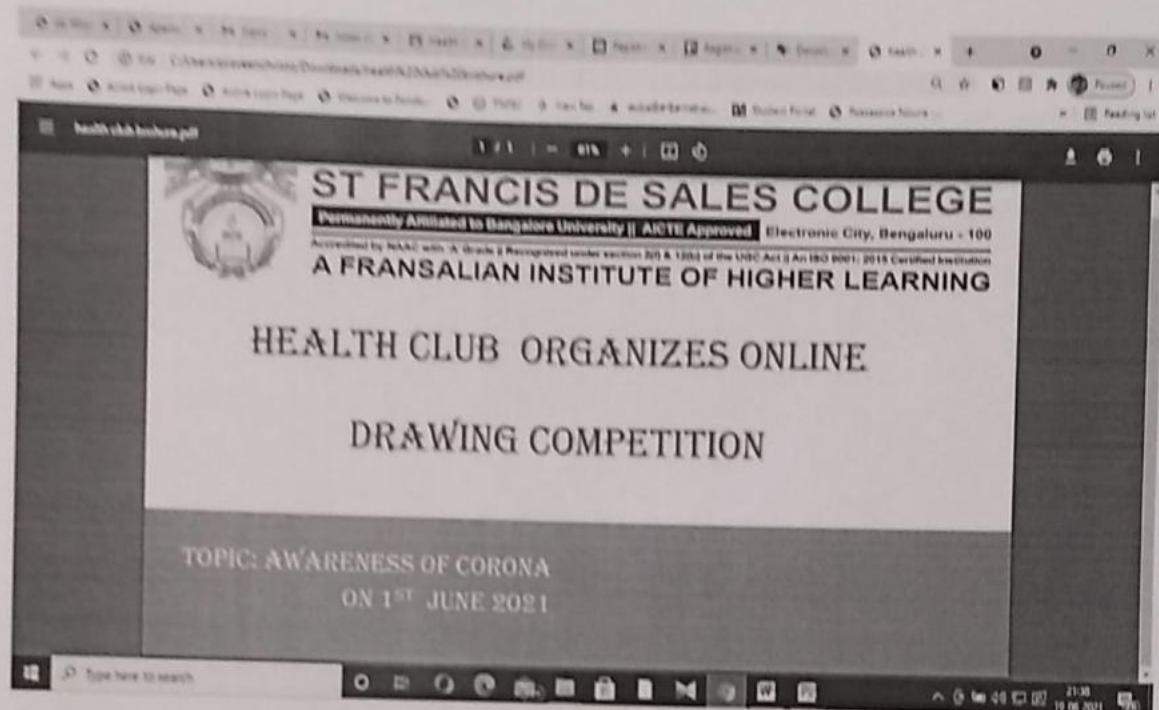
This activity was conducted keeping in mind that it would enable students to think from different angles or simply 'to think out of the box' and it would also help them to improve their creativity skills.

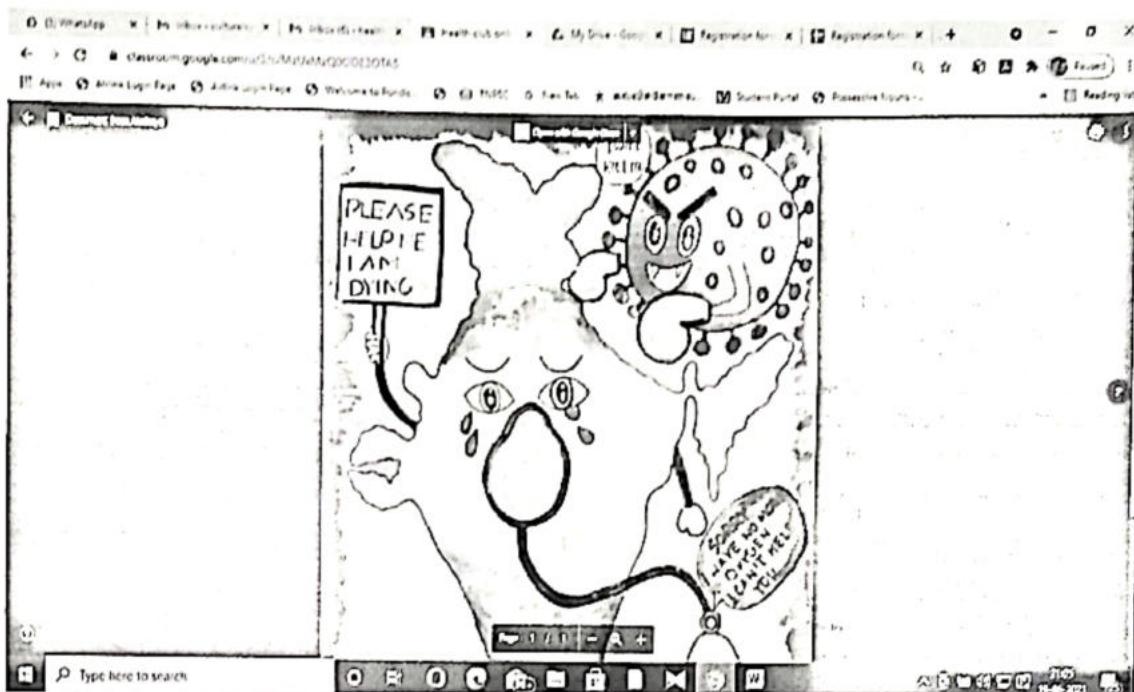
Electronics City P.O., Bengaluru - 560 100

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



Photos of the Event





Questions Responses 4

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

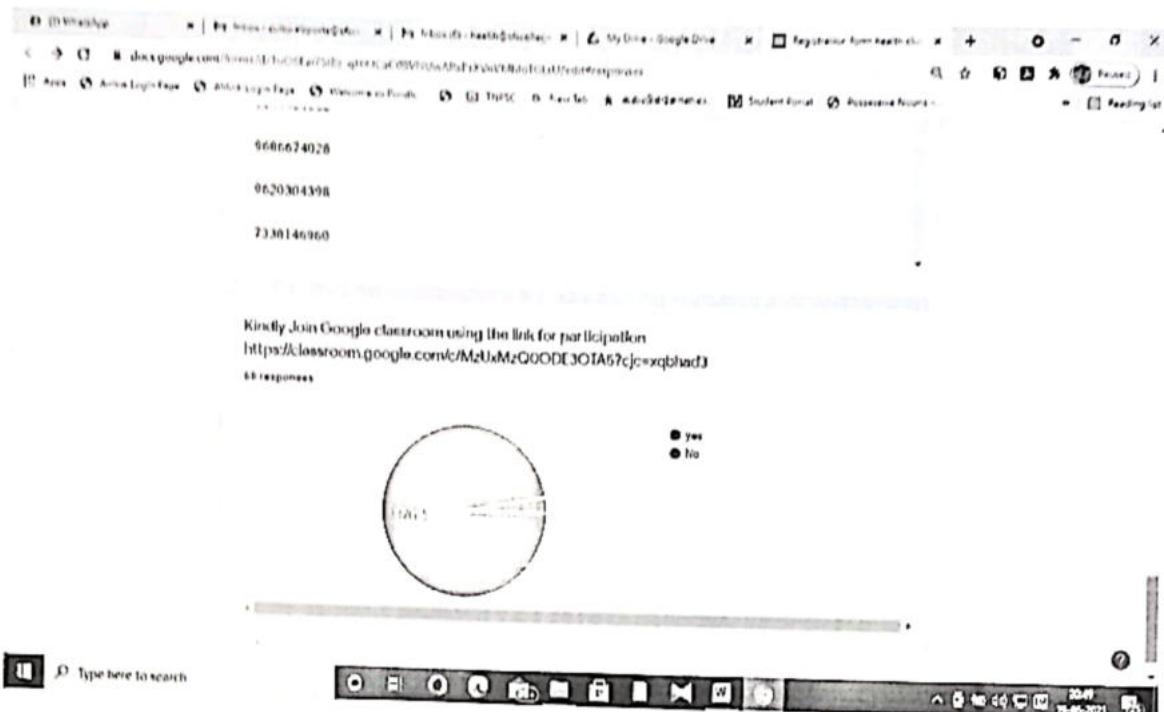
Form description

Email* Valid email

This form is collecting emails. Change settings

Name of the Participants

Short answer text



Participant List:

Timestamp	Email Address	Name of the Participants	class & Section	Roll no	Contact no	Kindly Join Google classroom using
6/1/2021 9:40:23	meghana_421@sfcollege.MEGHANA.LI		III B SC [PCM]	18PCM028K	0045170654	yes
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6/1/2021 10:01:00	akshathac153@gmail.co Akshatha.C		2nd sem bsc pcm and A	20PCM001K	7453201977	No
6/1/2021 10:01:20	rajeshnu26@gmail.co.Rajesh		B com E section	18C359H	8368107019	yes
6/1/2021 10:01:59	niraj_1212@sfcollege.e Niraj.Kumar		4 semester "E"	18C354H	7764040657	yes
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6/1/2021 10:05:42	priyadarshini_3256@sfcollege.Priyadarshini.R		1st year b.com section D	20C285K	8310710660	No

Registration form health club (Responses)

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

Timestamp Email Address Name of the Participants class & Section Roll no Contact no Kindly Join Google classroom using

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6/1/2021 10:09:08	vicky_2282@sfscollege.ac.in	Vicky Prakash Raj J	B. com II D	20C309E	8986105545	yes
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6/1/2021 10:27:49	shobhit_1039@sfscollege.ac.in	Shobhit S	4th sem ECA	19C034K	8310815532	yes
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6/1/2021 10:48:15	gaudarysurya@gmail.com	Uday Surya G S	2 year 4th semester B com	19C130K	8688859011	yes
6/1/2021 10:52:42	s.ajith.krishna04557290@ALTHERKRISHNA.SCHOOL	S.ajith krishna	IV ECOM D sec	19C242K	8296626648	yes
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6/1/2021 10:55:42	ryshavna_819@sfscollege.ac.in	Ryshavna M	BA(HEP)	18HEP009TA	8655209534	yes
6/1/2021 10:59:02	helen_3084@sfscollege.ac.in	Helen K	1st year B com B sec	200093K	8088891014	yes
6/1/2021 11:00:06	helen_3084@sfscollege.ac.in	Helen K	1st Year B com B sec	200093K	8088891014	yes
6/1/2021 11:11:03	soujanya.shanu@gmail.com	Soujanya Grace	6th Sem D'	18C279E	8550367871	yes
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Registration form health club (Responses)

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Timestamp Email Address Name of the Participants class & Section Roll no Contact no Kindly Join Google classroom using

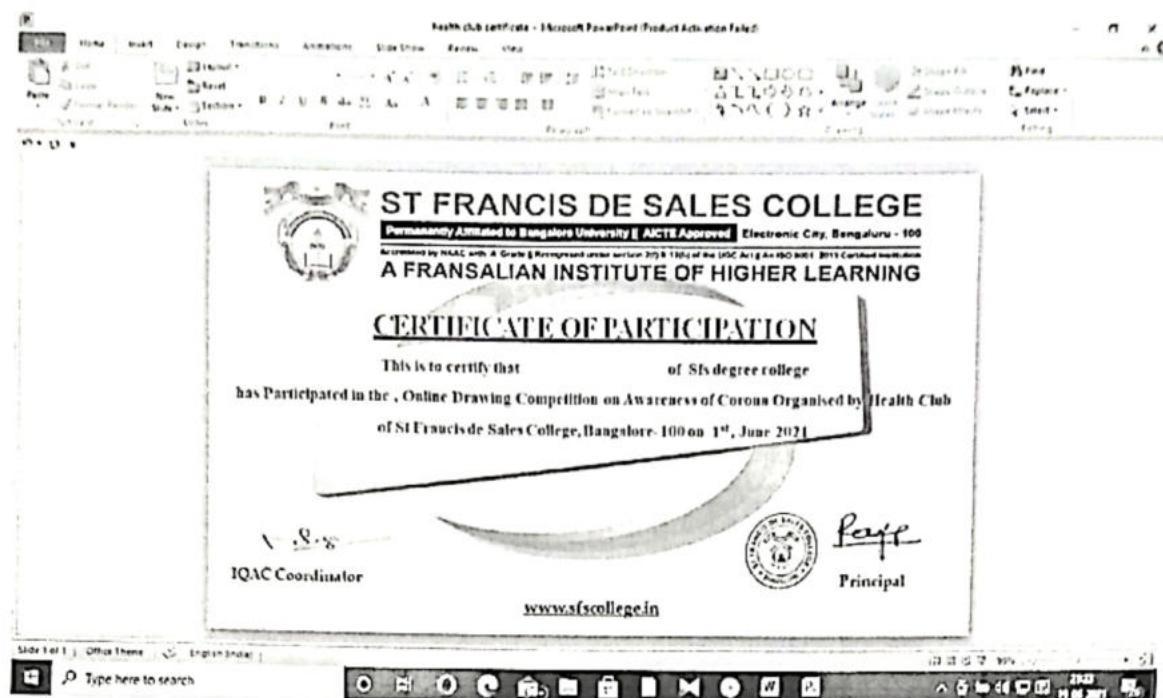
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6/1/2021 11:47:32	mancymanu333259@gmail.com	Manoj M	B com Exec	18C053A	7832025064	yes
6/1/2021 11:51:52	rim_1463@sfscollege.ac.in	Rim Sekar	Bsc(PCM)-IV sem	19PCM031E	7657307226	yes
6/1/2021 11:54:15	pushpa_p5000@gmail.com	Pushpa G	B com 8th sem D'	18C304K	8073762580	yes
6/1/2021 11:57:29	meenu_566@sfscollege.ac.in	Meenu R	B. Com (B)	18c108H	8390772760	yes
6/1/2021 12:00:09	monisha.ravish@gmail.com	Monisha R	Bcom A	18C039K	0616263711	yes
6/1/2021 12:04:32	rakshithak731@gmail.com	Rakshitha K	Bsc(CJP)	20CJP036K	8792813464	yes
6/1/2021 12:13:26	hemalatha_2085@sfscollege.ac.in	Hemalatha M	B.COM B section 2 Semester	20C094K	9551809341	yes
6/1/2021 12:14:52	rakshitha_3596@sfscollege.ac.in	Rakshitha K	Bsc(CJP) 2A	20CJP036K	8792813464	yes
6/1/2021 12:23:02	kanaka_3566@sfscollege.ac.in	Kanaka	Bsc por	20 PCM014K	8050316641	yes
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6/1/2021 12:28:23	neethravathi_550@sfscollege.ac.in	Neethravathi S	6th sem B com D	18C269E	9605715341	yes
6/1/2021 12:36:06	kpunith498@gmail.com	Punith kumar	6th sem bcom D	18C265K	9916480941	yes
6/1/2021 12:41:52	tejaswini_653@sfscollege.ac.in	Tejaswini S	3rd year 6th sem d sec	16C282K	6352631948	yes
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Registration form health club (Responses)

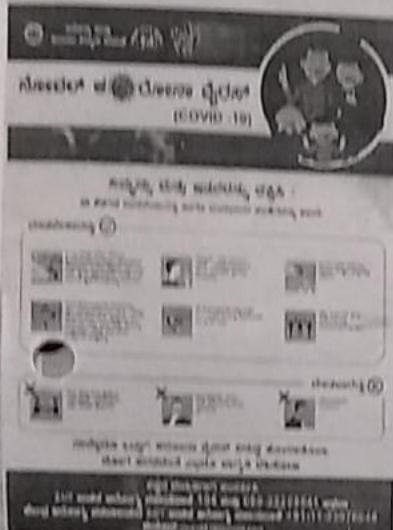
Timestamp	Email Address	Name of the Participants class & Section	Roll no	Contact no	Kindly Join Google classroom using
6/1/2021 13:27:45	sayomiya_3101@sfcollege.in	B com 'C'	18C209K	8206381264	yes
6/1/2021 13:30:23	kavyashreya732@gmail.com	Kavya S	6th sem Bcom 'D' sec	18C241K	7022706257
6/1/2021 13:43:50	monicajohn271@gmail.com	Monica	Bcom D sec	18C297H	0361193031
6/1/2021 13:53:47	sahana2sg@gmail.com	Sahana P S	B com 6th sem A	18C049K	8549929981
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6/1/2021 14:35:58	akthia_075@sfcollege.in	AKTHIA	B (A/P/E)	18CPE04K	7338140900
6/1/2021 14:43:13	marydivya73@gmail.com	Mary divya P	BCOM 4sem 'C' Section	18C183K	9820304398
6/1/2021 14:46:47	divya_1103@sfcollege.in	Mary Divya P	BCOM 4sem 'C' section	18C183K	9820304398
6/1/2021 15:07:18	sheha_066@sfcollege.in	Sheha S	B com 3A	18C055K	7338097322
6/1/2021 15:22:29	antonymary451@gmail.com	Antony Mary D	6th sem B com 'A' sec	18C012K	9731329100
6/1/2021 15:30:58	akshayaa_3420@sfcollege.in	Akshaya P	BBA-3sem 1year	20C092H	8722640518
6/1/2021 15:39:09	aviraj944@gmail.com	Jagatishi B	B Com 'D'	18C256K	7892624670
6/1/2021 15:42:10	preethi_610@sfcollege.in	Preethi	Bcom 6th sem D sec	18C202K	9311481652
6/1/2021 15:54:03	bhavyaa_2221@sfcollege.in	Bhavyaa A N	B com D	20C249	6385366482
6/1/2021 16:04:47	jennifer_523@sfcollege.in	Jennifer A	BCOM 3rd yr A sec	18C025K	8596674028
6/1/2021 16:05:59	jennifer_523@sfcollege.in	Jennifer A	BCOM 3rd yr A sec	18C025K	8596674028

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	divyadivya.m2556@gmail.com	Divya M	6th sem Bcom'D'	18C233K	9353009526
6/1/2021 16:30:03	divyadivya.m2556@gmail.com	Divya M	6th sem Bcom'D'	18C233K	9353009526
6/1/2021 16:51:20	brinda_1060@sfcollege.in	Brinda Roseline	B com and 4th sem D sec	18C248K	9019517998
6/1/2021 16:40:09	andrewsw130@gmail.com	Andrews William	Dca	18d051K	6864596401



HEALTH CLUB AWARENESS ABOUT COVID-19 VIRUS



CORONAVIRUS PRECAUTION

10 WAYS TO MAKE SURE YOU DO NOT GET THE DISEASE

Measures you need to take to keep the virus at bay.

1. Avoid close contact with people who are sick. Models of how MERS冠状病毒传播给动物和人类 who are infected or showing symptoms.
2. Avoid touching your eyes, nose, and mouth.
3. Wash hands often and thoroughly.
4. Avoid close contact with animals, other than keeping the house safely.
5. Avoid and maintain respiratory hygiene when coughing and sneezing using a tissue or elbow.
6. Disinfect a mask to avoid viruses when you are taking care of an infected person.
7. Wash your hands often with soap and water for at least 20 seconds especially after going to the restroom, before eating, and after touching your nose, mouth, or eyes.
8. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol with hands when soap and water are not available.
9. If you have a fever, cough and difficulty breathing, seek medical attention immediately.
10. Do not touch the mouth, nose or eye by the hands of patient and protect.

WHAT IS CORONAVIRUS?

Coronaviruses are a family of viruses that cause illnesses ranging from the common cold to more severe diseases such as severe acute respiratory syndrome (SARS) and the Middle East respiratory syndrome (MERS).

These viruses were originally transmitted between animals and people. MERS, for example, was transmitted from dromedary camels to humans while MERS spread to humans from a type of bat.

Several known coronaviruses are circulating in animals that have not yet infected humans.

The most recent comes from the 2019 novel coronavirus, causing severe acute respiratory syndrome (SARS-CoV-2), the source of the virus being a bat.

The novel coronavirus, described by Chinese authorities on January 7 and since named COVID-19, is a new virus that had not been previously identified in humans. Little is known about it, although Chinese researchers have been studying it.

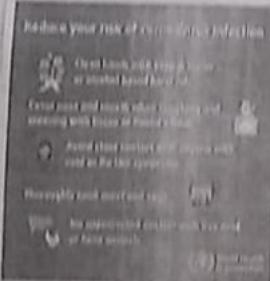
WHAT ARE THE SYMPTOMS?

According to the World Health Organization, the range of symptoms of COVID-19 include fever, cough, shortness of breath and breathing difficulties.

In more severe cases, it can lead to pneumonia, multiple organ failure and death.

Current estimates of the incubation period - the amount of time between infection and the onset of symptoms - range from one to 14 days. Most infected people show symptoms within five to 10 days.

However, infected patients can also be asymptomatic, meaning they do not display any symptoms despite having the virus in their systems.



Protect others from getting sick

When coughing and sneezing

Cover your mouth and nose with a tissue.

Then throw the tissue away.

Clean hands with alcohol-based hand rub or soap and water.

After coughing or sneezing and

when caring for the sick



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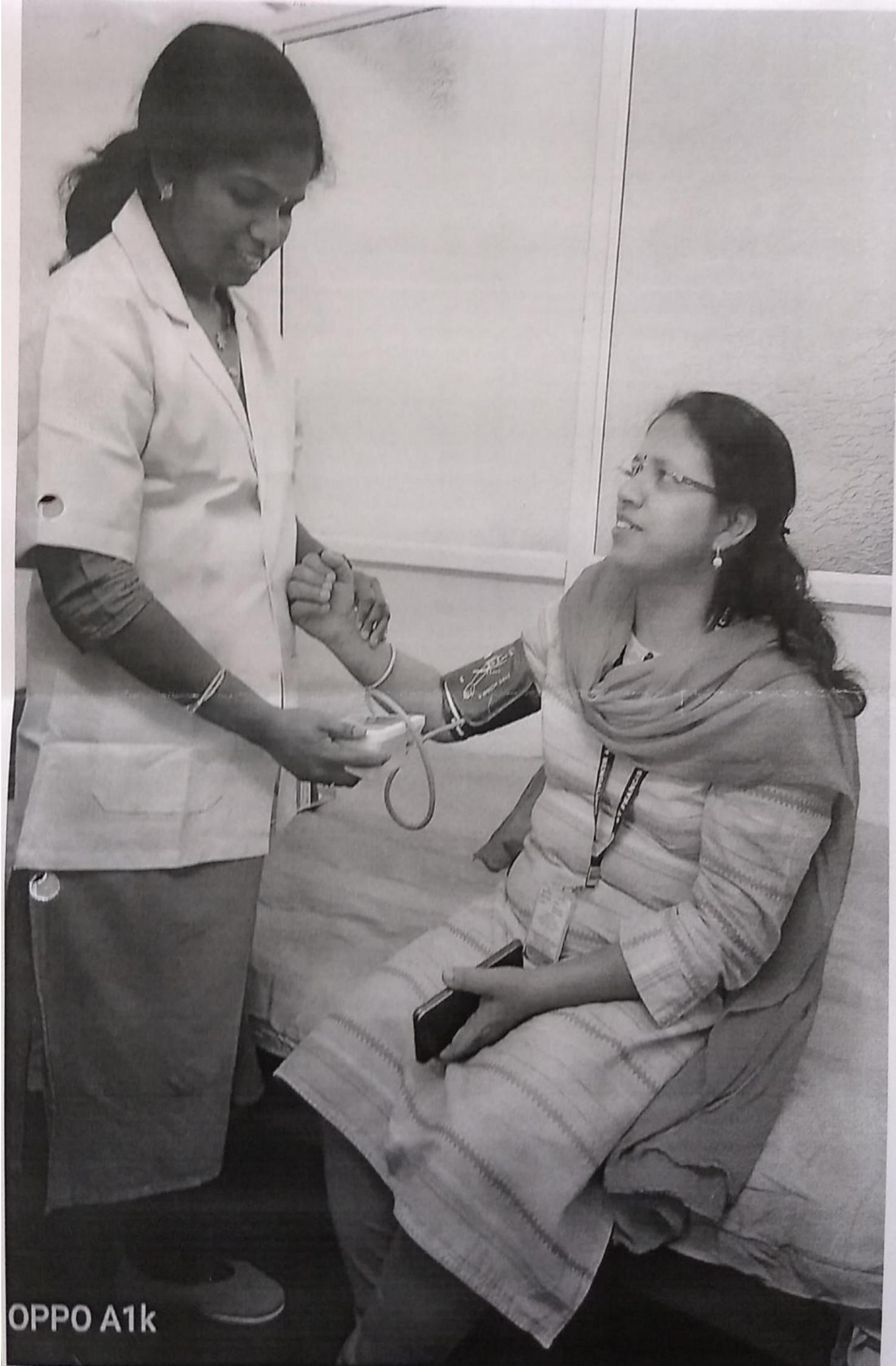
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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

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

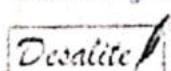
2021-22-Covid Vaccination

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, Bengaluru - 560 100

Electronics City P.O., Bengaluru - 560 100

Tel: 080-27836065 / 27834611, Fax: 080-27832293, Email: sfscollege.acct@gmail.com | sfscollege@rediffmail.com
www.sfscollege.in



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A FRANCISCAN INSTITUTE OF HIGHER LEARNING

To,
Dr. Kavitha Rani
Professor and Head
Department of Community Health
St. John's Medical College
Bangalore - 560 080

Subject: Permission to Conduct Study, Topic: "The impact of health education intervention on perceptions of Menstrual cup among college going Female students in Periods, than Bangalore" And "Awareness of Cervical 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 Periods, than Bangalore" And "Awareness of Cervical 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 and below 25 years of age. This is for the above mentioned research. I 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 me once you have completed this study and also conduct health education sessions for the students.

Looking forward to your confirmation/affirmation of the permission of health services to be given to St. Francis de Sales.

Yours Sincerely
Prof. Kavitha Rani
HOD, CPH
St. Francis de Sales College
Kadubeedu, Bangalore - 560 080

For more details, contact us at 080-22240800, 080-22240801, 080-22240802, Email: kavitha@sfsc.org.in or kavitha@sfsc.edu.in

20/02/2010
20/02/2010



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 contended 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.



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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

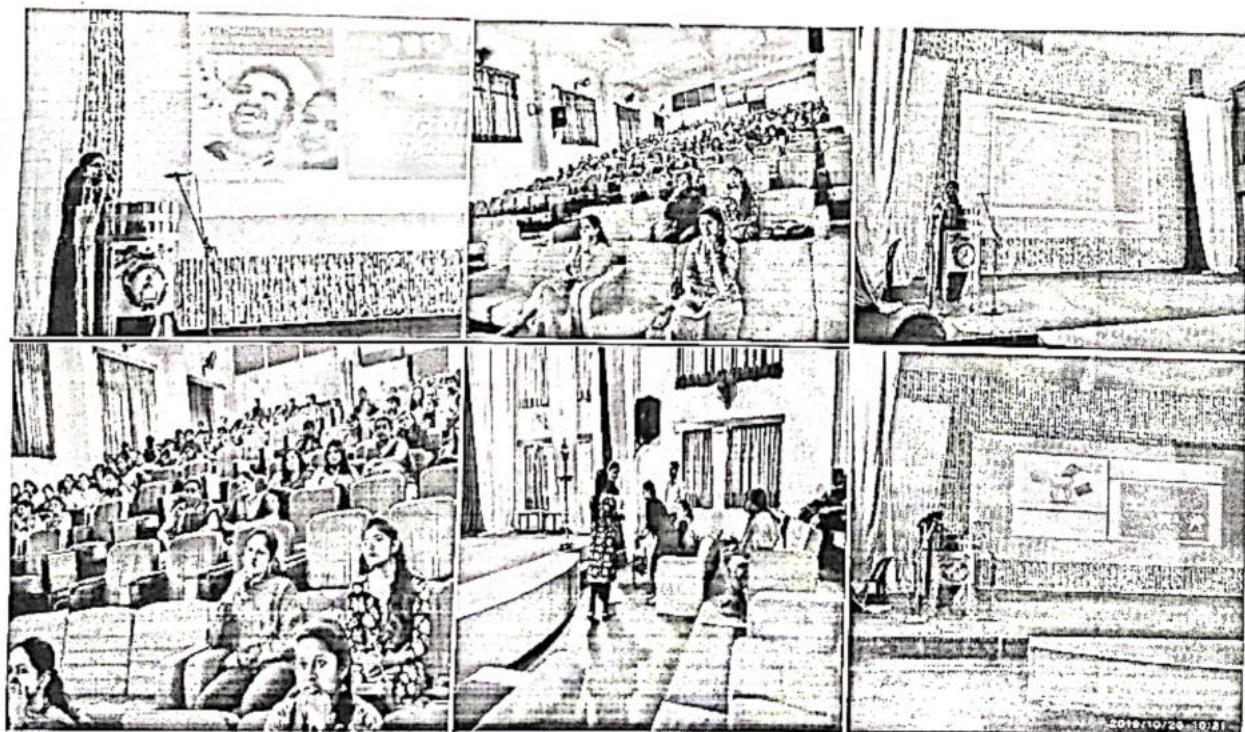
Report of the Event:

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.

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Photos:





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:

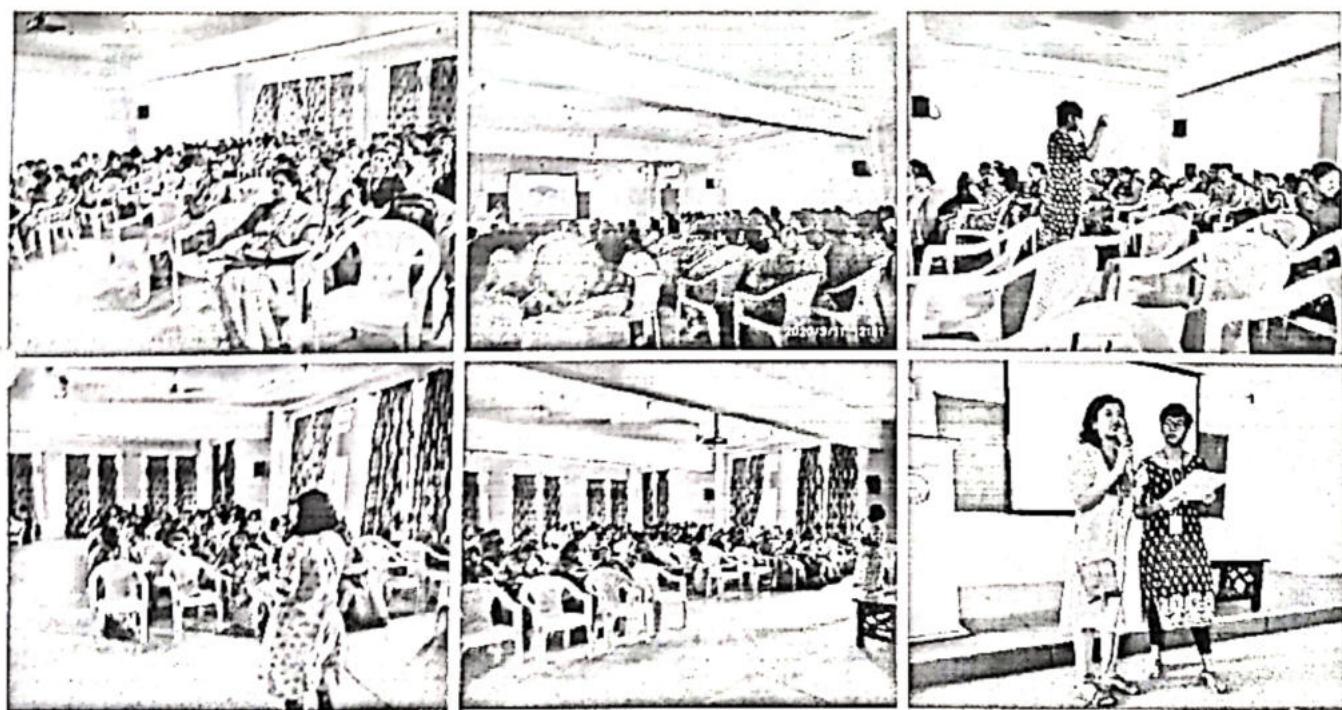
The Health Club of SFS college organised a session on 'Screen time usage and its effects for the students and faculty members of the various PG departments on 11th March 2020 at 11:45 am in the business lab. Around 120 students and faculty members attended the session.

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.

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Photos:





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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.