

# 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                           |
| 2015-2016     | Consolidated List of activities, Annual Report, Reports of individual activities, Minutes of Meeting, Member List, Appointment Order | 2                           |
| 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     | <del>26-04-2020</del> | 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

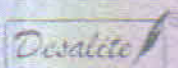
We thank Dr.Farah Fathima, Dr.Avita Johnson and the team from Community Health for this valuable service to our institution.

PRINCIPAL  
St. Francis de Sales College  
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2021.09.17 12:15



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To,  
Dr Rammakrishna 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

PRINCIPAL

St. Francis de Sales College  
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2021.09.17 12:15



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

## 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 Menstrual 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  | BRINDA JENIFFER SANTINER R       |
| 2     | 20MEC002K  | DEVI SHREE R V                   |
| 3     | 20MEC003K  | HARSHA KUMAR V                   |
| 4     | 20MEC004K  | LAVANYA G <i>Lavanya G</i>       |
| 5     | 20MEC005TE | MALLESH N <i>Mallesha N</i>      |
| 6     | 20MEC006K  | MANIKANTA R <i>Manikanta R</i>   |
| 7     | 20MEC007H  | SAHIL MOLLAH                     |
| 8     | 20MEC008H  | RENTALA V M SREEJA <i>Sreeja</i> |
| 9     | 20MEC009K  | MADHAN P S                       |
| 10    | 20MEC010K  | HARSHITH S                       |
| 11    | 20MEC012E  | NITHIN M                         |
| 12    | 20MEC013K  | VYSHALIH N <i>Vishalini N</i>    |
| 13    | 20MEC014K  | HAMSAVENI M                      |

38/10/21

*Devi Shree R V*  
*Harsha V*

*Lavanya G*  
*Mallesha N*

*Manikanta R*  
*Sahil Mollah*

*Sreeja*  
*Madhan P S*

*Harshith S*  
*Nithin M*

*Vishalini N*  
*Hamsaveni M*

*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 | CHALLA 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 | PU NIHA R              |
| 11                               | 19MEC011K | RUJA 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

Pashmi

Kalavathi S

Manoj

Navya

Puniha

Ruja

Sandhya

Sandrose

Sanjay

Shashikiran

Soniya

Soundar

Srimanigan

Sujin

Sumiksha

Vandana

Yogasathish

Pashmi



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

## 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

## Session on Awareness of COVID



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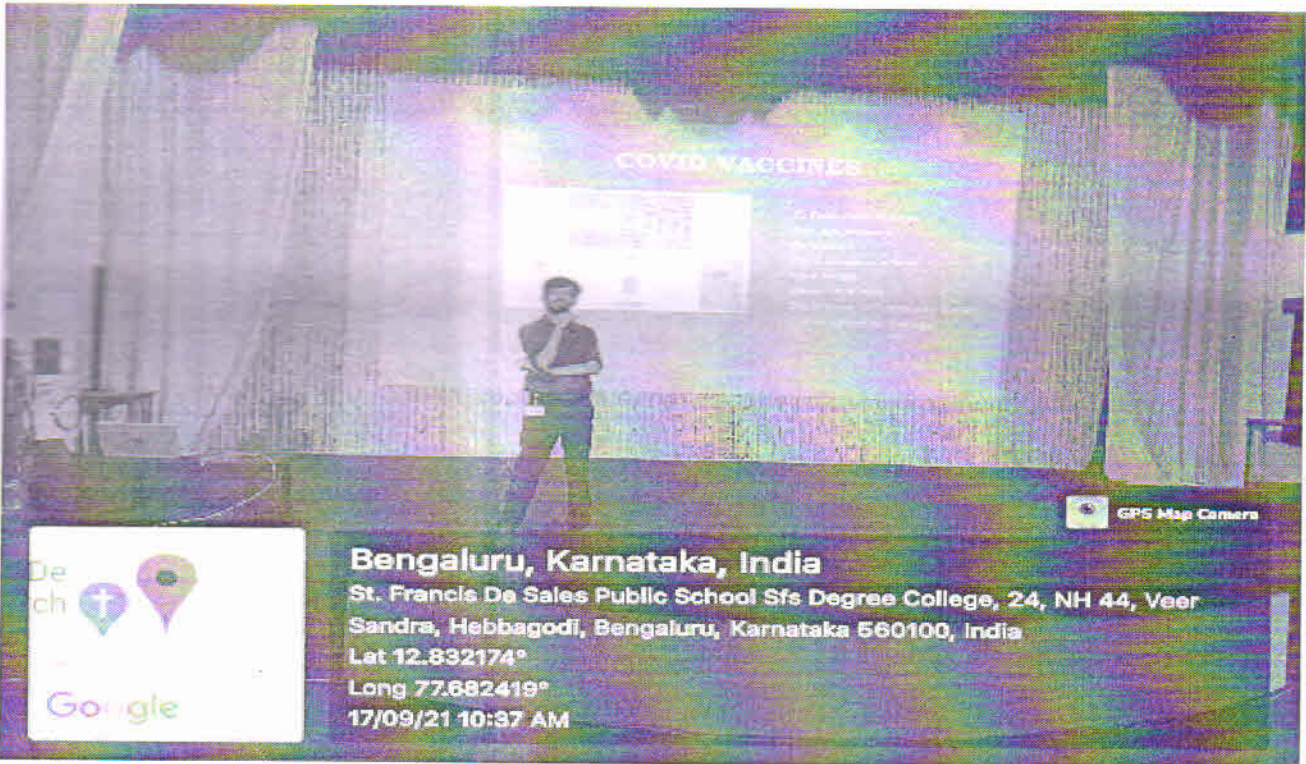




**Bengaluru, Karnataka, India**

St. Francis De Sales Public School Sfs Degree College, 24, NH 44, Veer Sandra, Hebbagodi, Bengaluru, Karnataka 560100, India  
Lat 12.831879°  
Long 77.682116°  
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.S.C (MEC) - III SEM |            |                                  |
| SL.NO                                | ROLL NO.   | NAME <i>28/10/21</i>             |
| 1                                    | 20MEC00TA  | BRINDA JENIFFER SANTINER R       |
| 2                                    | 20MEC002K  | DEVI SHREE R V                   |
| 3                                    | 20MEC003K  | HARSHA KUMAR V                   |
| 4                                    | 20MEC004K  | LAVANYA G <i>Lavanya G</i>       |
| 5                                    | 20MEC005TE | MALLESH N <i>Mallesha N</i>      |
| 6                                    | 20MEC006K  | MANIKANTAR <i>Manikanta</i>      |
| 7                                    | 20MEC007II | SAHIL MOLLAH                     |
| 8                                    | 20MEC008H  | RENTALA V M SREEJA <i>Sreeja</i> |
| 9                                    | 20MEC009K  | MADHAN P S                       |
| 10                                   | 20MEC010K  | HARSHITH S                       |
| 11                                   | 20MEC012E  | NITHIN M                         |
| 12                                   | 20MEC013K  | VYSHALI H N <i>Vishali H N</i>   |
| 13                                   | 20MEC014K  | HAMSAVENI M                      |

*28/10/21*

*Devi Shree R V*

*Harsha V*

*Lavanya G*

*Mallesha N*

*Manikanta*

*Sahil Mollah*

*Sreeja*

*Madhan P S*

*Harshith S*

*Nithin M*

*Vishali H 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 | CHALI A 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 | PUNITHA R               |
| 11      | 19MEC011K | ROJA E                  |
| 12      | 19MEC012K | SANDHYA V               |
| 13      | 19MEC013M | SANDROSE ALEXANDER      |
| 14      | 19MEC014H | SANJAY SINGH            |
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| 20      | 19MEC020K | SUMIKSHA S              |
| 21      | 19MEC021K | VANDANA V               |
| 22      | 19MEC022K | YOGASATHISH S           |

23 19MEC023H Libin S

24 19MEC024R Rashi

27/10/21

Libin S

Rashi

Rashi

Harshitha K

Harshitha K

Kalavathi S

Kalavathi S

Manoj Kumar G

Manoj Kumar G

Navya G

Navya G

Punitha R

Punitha R

Roja E

Roja E

Sandhya V

Sandhya V

Sanjay Singh

Sanjay Singh

Shashikiran A

Shashikiran A

Sonya V

Sonya V

Soundar R

Soundar R

Srimanigandan N

Srimanigandan N

Sujin Paul S

Sujin Paul S

Sumiksha S

Sumiksha S

Vandana V

Vandana V

Yogasathish S

Yogasathish S

Rashi



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

## 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 helps 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.

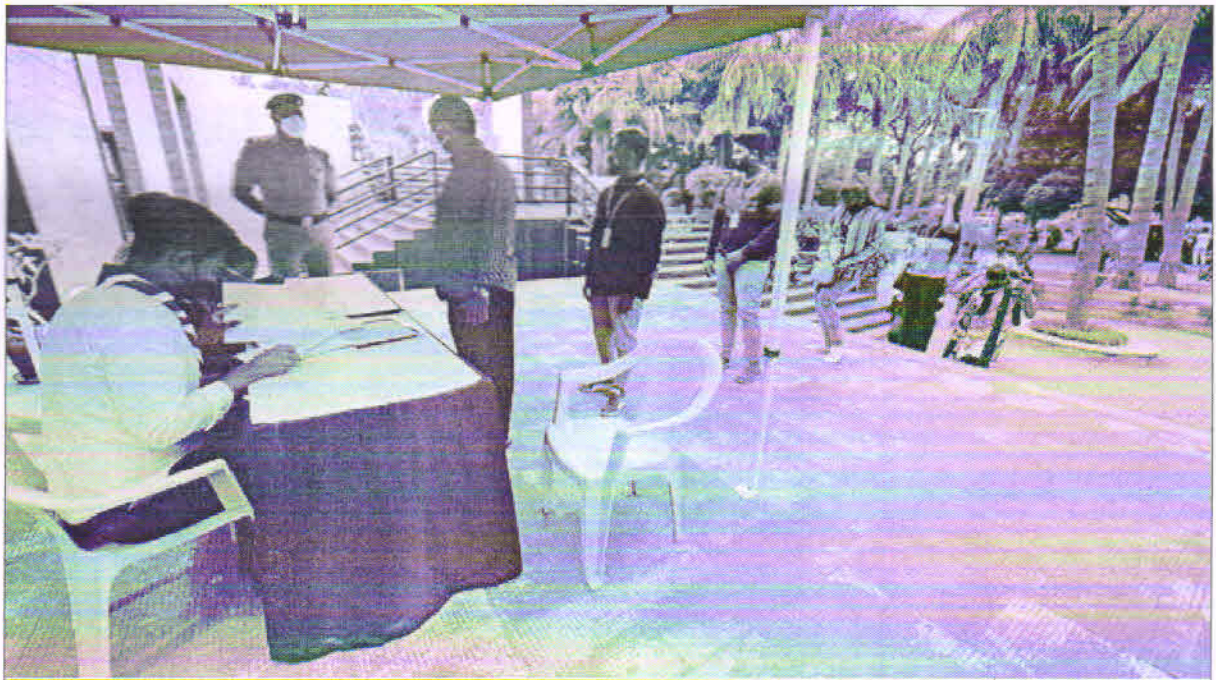
The program was organised under the able leadership of Rev Dr Roy, the Principal and Rev Fr Tony, the Administration and coordinated by Rev Fr Jijo, the Vice Principal and Lt Sampath Kumar, the ANO of the NCC and Nodal Officer of the Vaccination Programme. The vaccination drive was facilitated by the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

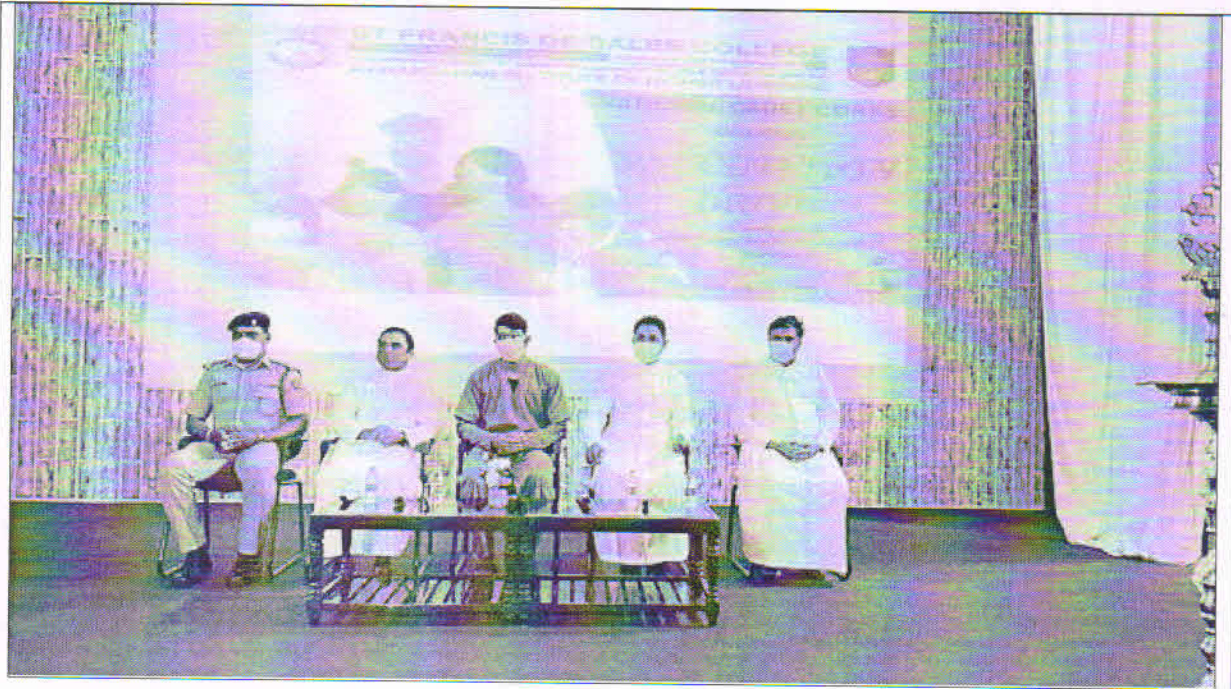
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|                                    |   |
|------------------------------------|---|
| <b>Title</b>                       | <b>Drawing Competition on Awareness of Corona</b> |
| <b>Date &amp; Time of Event(s)</b> | <b>1-06-2021</b>               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

## 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 1<sup>st</sup> 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.

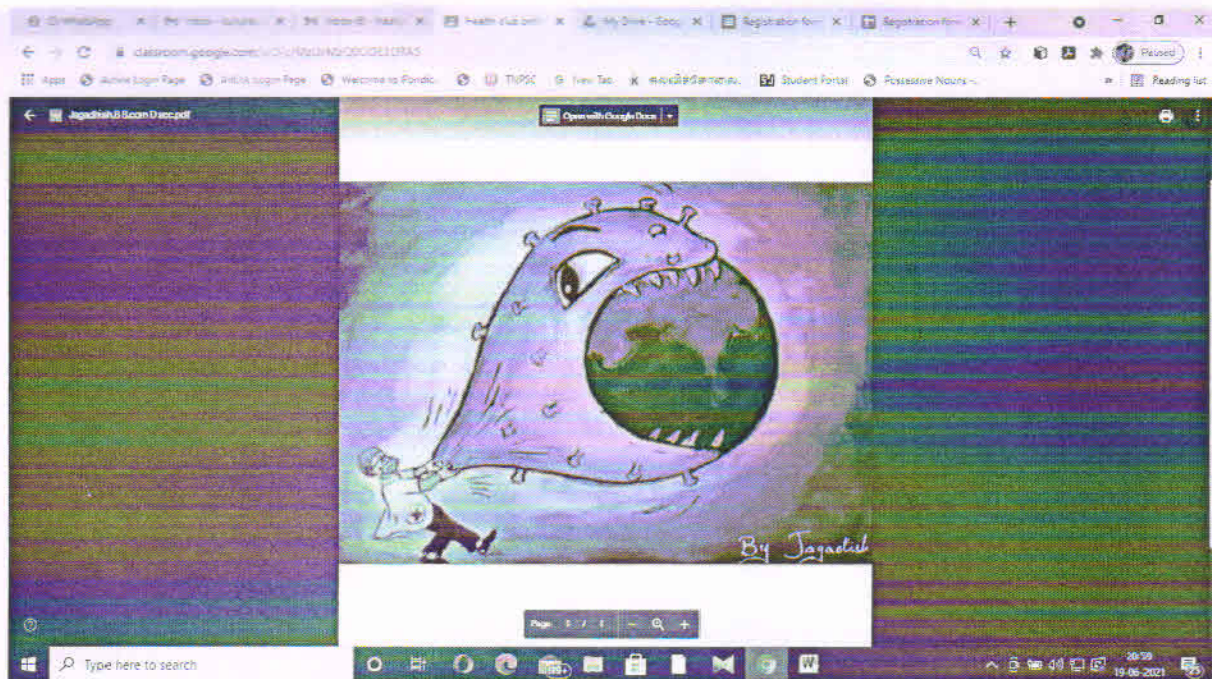
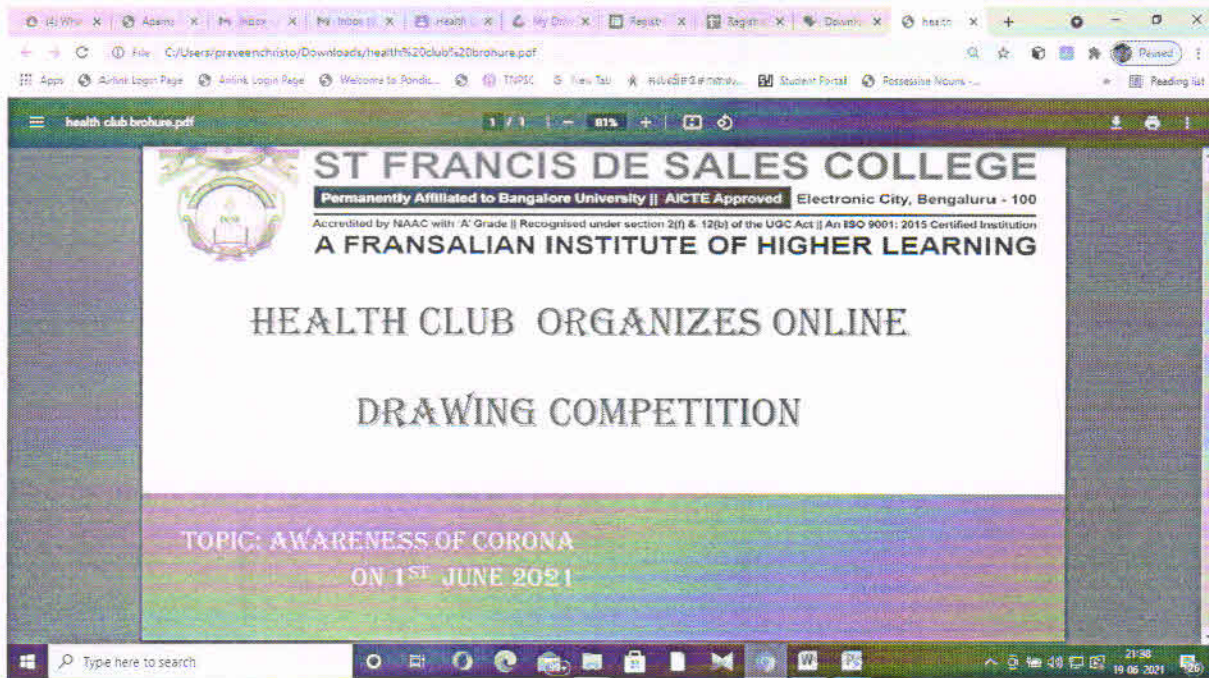
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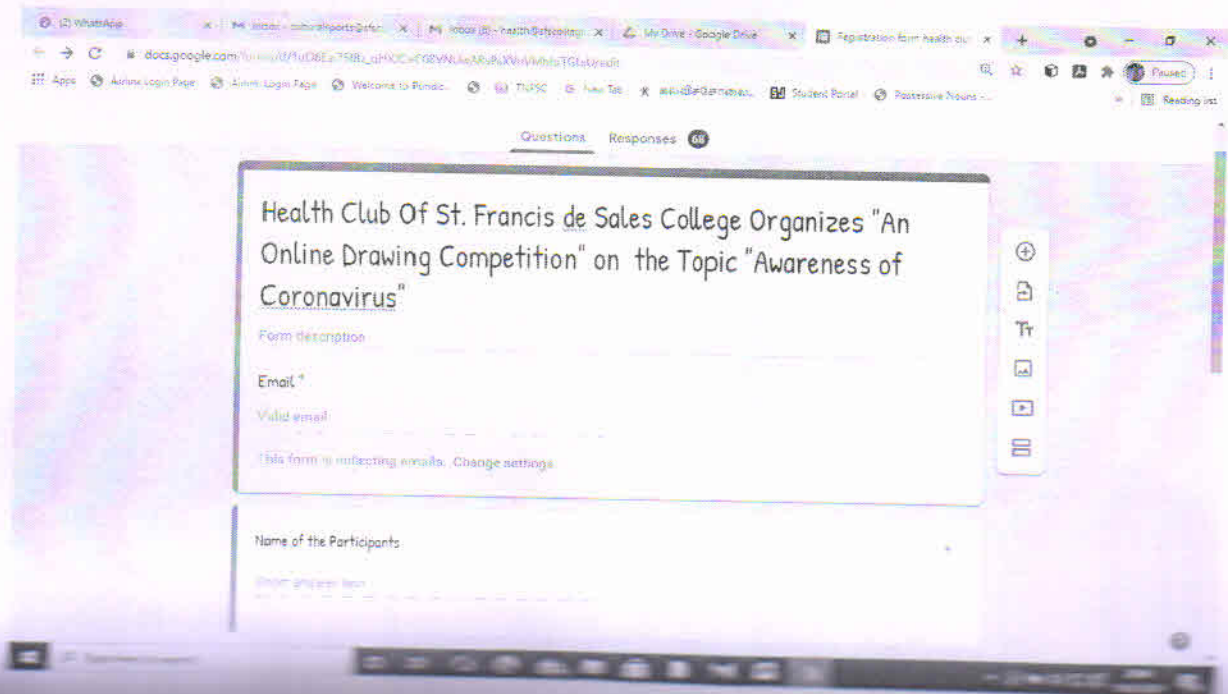
Tel : 080-27836065 / 27834611, Fax : 080-27832299, Email : sfscollege.ecity@gmail.com | sfscollege@rediffmail.com

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## Photos of the Event





9886674028

9620304398

7338146560

Kindly Join Google classroom using the link for participation  
<https://classroom.google.com/c/MzUxMzQ0ODE3OTAs7cjc=xqphed3>

58 responses

97.1%

● Yes  
● No

### Participant List:

Registration form health club (Responses)

| A1 | Timestamp         | Email Address            | Name of the Participants class & Section | Roll no   | Contact no  | Kindly Join Google classroom using |
|----|-------------------|--------------------------|--|-----------|-------------|------------------------------------|
| 2  | 6/1/2021 9:40:20  | meghana_421@sfscolle     | III B SC (PCIV)                          | 18PCM026K | 9845178654  | yes                                |
| 3  | 6/1/2021 9:41:45  | pushpashree_425@sfscolle | 6th sem bsc com                          | 18PCM006K | 7676190183  | yes                                |
| 4  | 6/1/2021 9:45:55  | kanaka_3556@sfscolle     | Bsc pcm                                  | 20PCM014K | 80503 16641 | yes                                |
| 5  | 6/1/2021 9:46:32  | shakthi_3140@sfscolle    | B.Com. (B - sec)                         | 20C150K   | 9632651991  | yes                                |
| 6  | 6/1/2021 9:48:48  | kanaka_3556@sfscolle     | Bsc pcm                                  | 20PCM014K | 80503 16641 | yes                                |
| 7  | 6/1/2021 9:49:39  | sandeep_1466@sfscolle    | 4th SEM BScipcm                          | 19pcm021k | 9806735268  | yes                                |
| 8  | 6/1/2021 9:53:39  | aishwarya_3595@sfscolle  | CJP. A. Second sem                       | 20CJP005E | 9886741084  | yes                                |
| 9  | 6/1/2021 9:58:01  | javadev_3579@sfscolle    | BSC(CJP)                                 | 20CJP019K | 8217671878  | yes                                |
| 10 | 6/1/2021 9:58:48  | roshni_3593@sfscolle     | Bsc 2 SEM                                | 20pcm011H | 9606202327  | yes                                |
| 11 | 6/1/2021 10:00:03 | navya_1426@sfscolle      | IVSem Bsc cjp                            | 19cjp017k | 9645282769  | yes                                |
| 12 | 6/1/2021 10:00:06 | manoj_561@sfscolle       | 8th sem B. Com D section                 | 18C250K   | 7696615483  | yes                                |
| 13 | 6/1/2021 10:01:00 | akshathac153@gmail       | 2nd sem bsc pcm and A                    | 20PCM001K | 7453201977  | No                                 |
| 14 | 6/1/2021 10:01:28 | rajeshuc525@gmail        | B.com E section                          | 19C359H   | 6368107016  | yes                                |
| 15 | 6/1/2021 10:01:59 | niraj_1212@sfscolle      | 4 semester 'E'                           | 19c384H   | 7764040867  | yes                                |
| 16 | 6/1/2021 10:05:31 | sandhyasandysurya123     | Bcom A section                           | 20C047K   | 6364140763  | yes                                |
| 17 | 6/1/2021 10:05:42 | priyadarshini_3259@sfs   | 1st year b.com section D                 | 20C265K   | 8310718669  | 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)                 | 19PCM035K  | 8066804360 yes                     |
| 6/1/2021 10:08:08 | wicky_3280@sfscollege  | Micky Prakash Raj J                      | B. com (I) D              | 20C309E    | 9906106545 yes                     |
| 6/1/2021 10:10:30 | pradeepa_3590@sfscolli | M. Pradeepa                              | Bsc CJP                   | 20CJP030E  | 8920692088 yes                     |
| 6/1/2021 10:12:17 | sandhya_1459@sfscolle  | Sandhya M                                | Bsc MEC 4th sem           | 18mec012k  | 6300880554 yes                     |
| 6/1/2021 10:16:19 | vandana_1468@sfscolle  | Vandana V.                               | 4th SEM B. sci(MEC)       | 18MEC021K  | 9632425407 yes                     |
| 6/1/2021 10:22:17 | monisha_1201@sfscolli  | MONISHAA SRI D                           | 4th sem B.com E           | 18C353E    | 6058991866 yes                     |
| 6/1/2021 10:27:49 | shobitha_1039@sfscolle | Shobitha S                               | 4th sem BCA               | 19C004K    | 8310815082 yes                     |
| 6/1/2021 10:40:02 | keerthana_3647@sfscol  | Keerthana                                | BA                        | 20JPE004K  | 8361016803 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.krishna9487890  | AJITH KRISHNA S                          | IV BCOM D sec             | 18C242K    | 9296609648 yes                     |
| 6/1/2021 10:53:39 | shruthi_853@sfscollege | SHRUTHI D                                | B.com 6th sem             | 18C059K    | 6095240902 yes                     |
| 6/1/2021 10:55:42 | lyswarya_916@sfscolleg | lyswarya M                               | BA(HEP)                   | 19HEP009TA | 9666209534 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 | sojanya.shaiu@gmail.c  | Sojanya Grace                            | 6th Sem 'D'               | 18C279E    | 8553367671 yes                     |
| 6/1/2021 11:16:06 | sandhya_3046@sfscolle  | Sandhya K                                | B.com A section           | 20C047K    | 9304140763 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                                 | B.COM (P.A)- 1st year & i | 20C246E    | 9840879561 yes                     |
| 6/1/2021 11:34:02 | sanjay_3571@sfscollege   | Sanjay M                                 | Bsc CJP 2A                | 20CJP011K  | 7259355298 yes                     |
| 6/1/2021 11:47:32 | manojmanu332299@gm       | Manoj M                                  | B.com Exec                | 18C053K    | 7892026064 yes                     |
| 6/1/2021 11:51:52 | ritni_1459@sfscollege.in | Ritni Sarkar                             | Bsc(PCM)-iVsem            | 19PCM032E  | 7857307226 yes                     |
| 6/1/2021 11:54:15 | pushpa_p5000@gmail.co    | Pushpa G                                 | B.com 6th 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     | Monisha BR                               | B.com A                   | 18C039K    | 8818263711 yes                     |
| 6/1/2021 12:04:32 | rakshinak731@gmail.co    | Rakshina K                               | Bsc(CJP)                  | 20CJP036K  | 8762813484 yes                     |
| 6/1/2021 12:13:26 | hemalatha_3085@sfscol    | Hemalatha M                              | B.COM B section 2 Sem     | 20C0094K   | 9591869341 yes                     |
| 6/1/2021 12:14:52 | rakshitha_3598@sfscolle  | Rakshitha K                              | Bsc(CJP) 2A               | 20CJP036K  | 8752813484 yes                     |
| 6/1/2021 12:23:02 | kanaka_3556@sfscolleg    | Kanaka                                   | Bsc pcm                   | 20 PCM014K | 8050318641 yes                     |
| 6/1/2021 12:23:06 | sahil_3538@sfscollege    | Sahil Mollath                            | BSC MEC                   | 20MEC007H  | 7889683305 yes                     |
| 6/1/2021 12:26:23 | nethravathi_508@sfscolli | Nethravathi S                            | 6th sem B. com D          | 18C280E    | 9908715341 yes                     |
| 6/1/2021 12:36:09 | kpunith493@gmail.com     | Punith Kumar                             | 5th sem b.com D           | 18C283K    | 6816480641 yes                     |
| 6/1/2021 12:41:59 | tejaswini_883@sfscolleg  | Tejaswini S                              | 3rd year 6th sem d sec    | 18C282K    | 6362631948 yes                     |
| 6/1/2021 13:26:20 | pavitra_3254@sfscolleg   | Pavitra 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_3191@sfscollege  | Sowmya S M                               | B com "C"              | 20C209K    |                                    |
| 6/1/2021 13:38:25 | kavyashakar732@gmail    | Kavya S                                  | 8th sem bcom "D" sec   | 18C241K    | 8296381294 yes                     |
| 6/1/2021 13:43:50 | monicechin271@gmail     | Monice                                   | Bcom D sec             | T18C297H   | 7022706267 yes                     |
| 6/1/2021 13:59:47 | sahana2sg@gmail         | Sahana p.s                               | B com 6 sem A          | 18C049K    | 6301193631 yes                     |
| 6/1/2021 14:12:08 | preethi_010@sfscollege  | Preethi c                                | Bcom 8th sem Dsec      | 18C0262K   | 8548929961 yes                     |
| 6/1/2021 14:36:56 | nikna_976@sfscollege    | Nikitha S                                | B A(JPE)               | 19JPE004K  | 9811481652 yes                     |
| 6/1/2021 14:43:15 | marydivya73@gmail       | Mary divya P                             | B COM 4sem "D" Section | 19C163K    | 7338146890 yes                     |
| 6/1/2021 14:46:47 | divya_1193@sfscollege   | Mary Divya P                             | B COM 4sem "C" section | 19C183K    | 9620304380 yes                     |
| 6/1/2021 15:07:19 | sneha_966@sfscollege    | Sneha S                                  | B com 3A               | 18C055K    | 9620304380 yes                     |
| 6/1/2021 15:22:29 | antonymary451@gmail     | Antony mary D                            | 8th sem B com "A" sec  | 18C012K    | 7338697322 yes                     |
| 6/1/2021 15:36:58 | akshaya_3420@sfscolle   | Akshaya P                                | BBA- base c 1 year     | 20B062H    | 9731329106 yes                     |
| 6/1/2021 16:09:09 | aw4464@gmail            | Jagadish B                               | B Com "D"              | 19C256K    | 8722640618 yes                     |
| 6/1/2021 16:42:18 | preethi010@sfscollege   | Preethi c                                | Bcom 8th sem D sec     | 18C0262K   | 7862624679 yes                     |
| 6/1/2021 16:54:03 | bhavyaa_9221@sfscolle   | Bhavyaa A N                              | B com D                | 20C249     | 9511481652 yes                     |
| 6/1/2021 16:04:47 | jennifer_525@sfscollege | Jennifer A                               | B COM 3rd yr A sec     | 18C026K    | 6385368482 yes                     |
| 6/1/2021 16:05:59 | jennifer_525@sfscollege | Jennifer A                               | B COM 3rd yr A sec     | 18C026K    | 9899674028 yes                     |
| 6/1/2021 16:05:59 | jennifer_525@sfscollege | Jennifer A                               | B COM 3rd yr A sec     | 18C026K    | 9899674028 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 16:29:02 | 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 16:51:58 | binda_1098@sfscollege | Binda Rosaline                           | B com and 4th sem D se | 19C248K    | 9019517690 yes                     |
| 6/1/2021 16:49:09 | andrews139@gmail      | Andrews willam                           | Bca                    | 19C051K    | 8864586401 yes                     |

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This is to certify that \_\_\_\_\_ of Sfs degree college  
has Participated in the , Online Drawing Competition on Awareness of Corona Organised by Health Club  
of St Francis de Sales College, Bangalore-100 on 1st, June 2021

IQAC Coordinator

Principal

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# HEALTH CLUB

## AWARENESS ABOUT COVID-19 VIRUS

**ನೇಪಾಳ ಸರ್ಕಾರದಿಂದ**  
**ಸಂವಿಧಾನ ಸಚಿವಾಲಯ**  
**(COVID-19)**

**ಸಂವಿಧಾನ ಸಚಿವಾಲಯ, ಕಾಠ್ಮಂಡು**  
ನೇಪಾಳ ಸರ್ಕಾರದಿಂದ ಸಂವಿಧಾನ ಸಚಿವಾಲಯ

**ದಯವಿಟ್ಟು**

**ಸಂವಿಧಾನ ಸಚಿವಾಲಯ**  
ನೇಪಾಳ ಸರ್ಕಾರದಿಂದ ಸಂವಿಧಾನ ಸಚಿವಾಲಯ

**240 ಸಂವಿಧಾನ ಸಚಿವಾಲಯ**  
ನೇಪಾಳ ಸರ್ಕಾರದಿಂದ ಸಂವಿಧಾನ ಸಚಿವಾಲಯ

### CORONAVIRUS PRECAUTION

10 WAYS TO MAKE SURE YOU DID NOT CATCH THE DISEASE  
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 distance between yourself and anyone who is coughing or sneezing.
2. Avoid touching your eyes, nose, and mouth.
3. Use hand sanitizer or soap.
4. Cover your cough or sneeze with tissues. Throw them away after use.
5. Clean and disinfect frequently touched objects and surfaces using a regular household disinfecting spray or wipe.
6. Avoid touching animals. If you are taking care of an infected person, the Centers for Disease Control (CDC) also recommends that you should avoid close contact with the animal.
7. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after sharing your food, coughing, or sneezing.
8. If you and others are in a crowded public place, use a cloth face mask whenever you have any difficulty breathing.
9. If you have a fever, cough, and difficulty breathing, seek medical attention immediately.
10. Stay at home if you have symptoms caused by the flu or a cold.

### WHAT IS CORONAVIRUS?

According to the WHO, 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. SARS, for instance, was transmitted from civets to humans while MERS originated from camels to a type of human.

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

The novel coronavirus came from the 2019 novel coronavirus (2019-nCoV), which was a highly contagious form of coronavirus that had not been previously identified in humans. It is a novel coronavirus, although it is a member of the coronavirus family.

The novel coronavirus, identified by Chinese scientists on January 7 and since named COVID-19, is a novel disease that had not been previously identified in humans. It is a novel coronavirus, although it is a member of the coronavirus family.

### WHAT ARE THE SYMPTOMS?

According to the WHO, signs of infection include fever, cough, shortness of breath and loss of taste or smell.

Common symptoms include fever, cough, and shortness of breath.

Several symptoms of the respiratory period. The period of time between infection and the onset of symptoms (incubation period) is 2-14 days. Most infected people show symptoms within five to six days.

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

**Reduce your risk of COVID-19 infection**

**Clean hands with soap and water for 20 seconds.**

**Cover your nose and mouth when coughing and sneezing with tissue or elbow.**

**Avoid close contact with people who are sick.**

**Wash your hands with soap and water.**

**Avoid touching your face.**

**Use hand sanitizer.**

**Stay at home if you are sick.**

**Wash your hands with soap and water.**

**Use hand sanitizer.**

**Stay at home if you are sick.**

**Protect others from getting sick**

**When coughing and sneezing, cover your nose and mouth with a tissue.**

**Throw tissues away immediately after use.**

**Use hand sanitizer with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick.**

**Protect others from getting sick**

**When laughing and talking, cover your mouth and nose with a tissue.**

**Throw tissues away immediately after use.**

**Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick.**



OPPO A1k