

# 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

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

<b>Title</b>	Awareness in Mensutral Cups
<b>Date&amp; Time of Event(s)</b>	17-09-2021
<b>Department / Association</b>	Health Club
<b>Venue</b>	Google Classroom
<b>Number of Participants</b>	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 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
1	20MEC001A	BRENDA JENIFFER SANTINER R
2	20MEC002K	DEVI SHREE R V
3	20MEC003K	HARSHA KUMAR V
4	20MEC004K	LAVANYA G
5	20MEC0051E	MALLESH 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

Devi Shree R V  
Harsha V

Lavanya G  
Malleesh N

Manikantar

Sahil Mollah

Rentala V M Sreeja

Madhan P S

Harshith S

Nithin M

Vyshali H N

Hamsaveni M

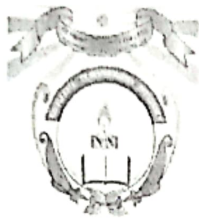
ST FRANCIS DE SALES COLLEGE  
 NOMINAL ROLL - BSC (MEC) - V SEM  
 ACADEMIC YEAR 2021-22

Sl. No.	Roll No.	NAME	Signature	Signature
1	19MEC001K	AMRI TEJA K	[Signature]	[Signature]
2	19MEC002T	ANURU KUMAR D	[Signature]	[Signature]
3	19MEC003K	CHAITHRA R	[Signature]	[Signature]
4	19MEC004E	CHAITA KIRAN CHOWDARY	[Signature]	[Signature]
5	19MEC005K	HARSHITHA K	[Signature]	[Signature]
6	19MEC006K	IBITHI SRI R	[Signature]	[Signature]
7	19MEC007K	KAJAVATHI S	[Signature]	[Signature]
8	19MEC008T	MANU KUMAR G	[Signature]	[Signature]
9	19MEC009K	NAVYA G	[Signature]	[Signature]
10	19MEC010K	PURNIMA R	[Signature]	[Signature]
11	19MEC011K	ROHAE	[Signature]	[Signature]
12	19MEC012K	SANDHYA V	[Signature]	[Signature]
13	19MEC013M	SANJIB ALEXANDER	[Signature]	[Signature]
14	19MEC014H	SANJAY SINGH	[Signature]	[Signature]
15	19MEC015K	MEANIKIRAN A	[Signature]	[Signature]
16	19MEC016K	SONYA V	[Signature]	[Signature]
17	19MEC017K	SOURNAR R	[Signature]	[Signature]
18	19MEC018E	SRI MANGANDAN N	[Signature]	[Signature]
19	19MEC019K	SUJINPAUL S	[Signature]	[Signature]
20	19MEC020K	SUMIKSHA S	[Signature]	[Signature]
21	19MEC021K	VANDANA V	[Signature]	[Signature]
22	19MEC022K	YOGASATHISH S	[Signature]	[Signature]

23 FRANCIS COLLEGE - LIBIN S

24 19MEC023K - PASHANTH

[Signature]



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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

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

Sessikanigamavala amigaz eovid

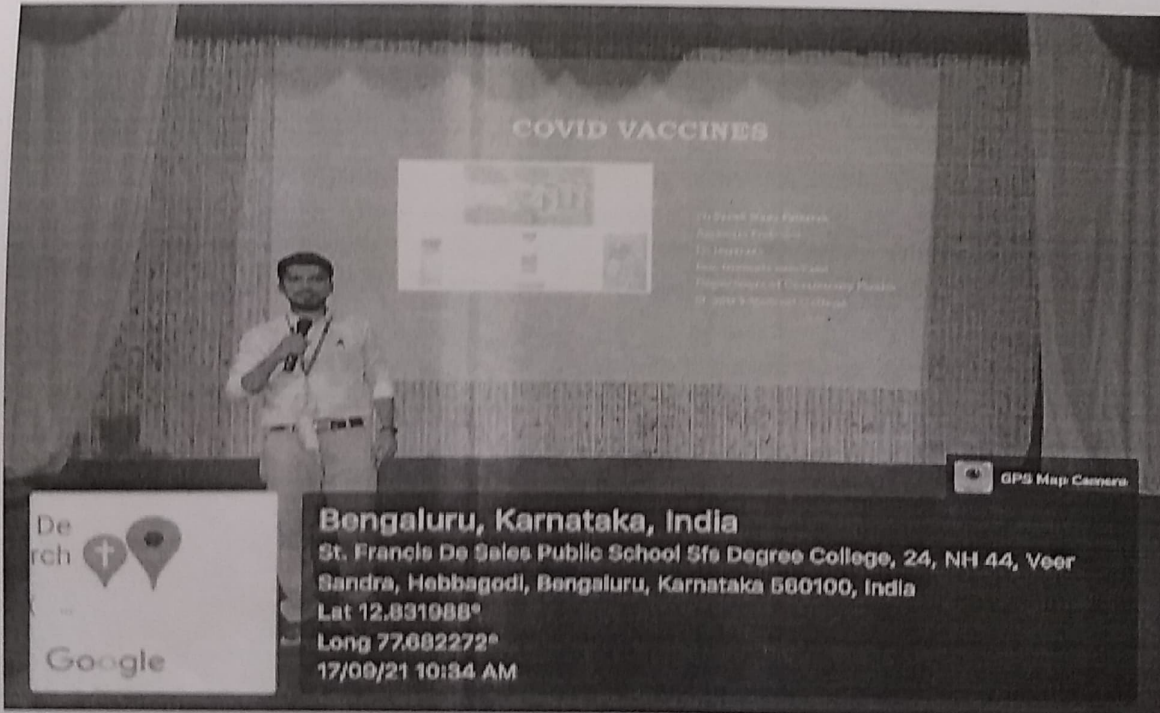
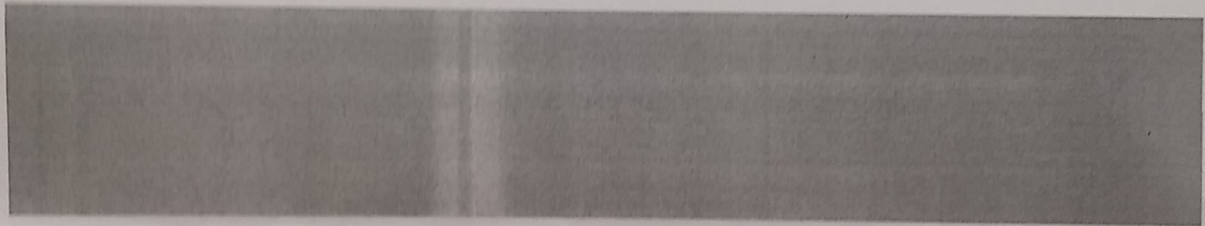


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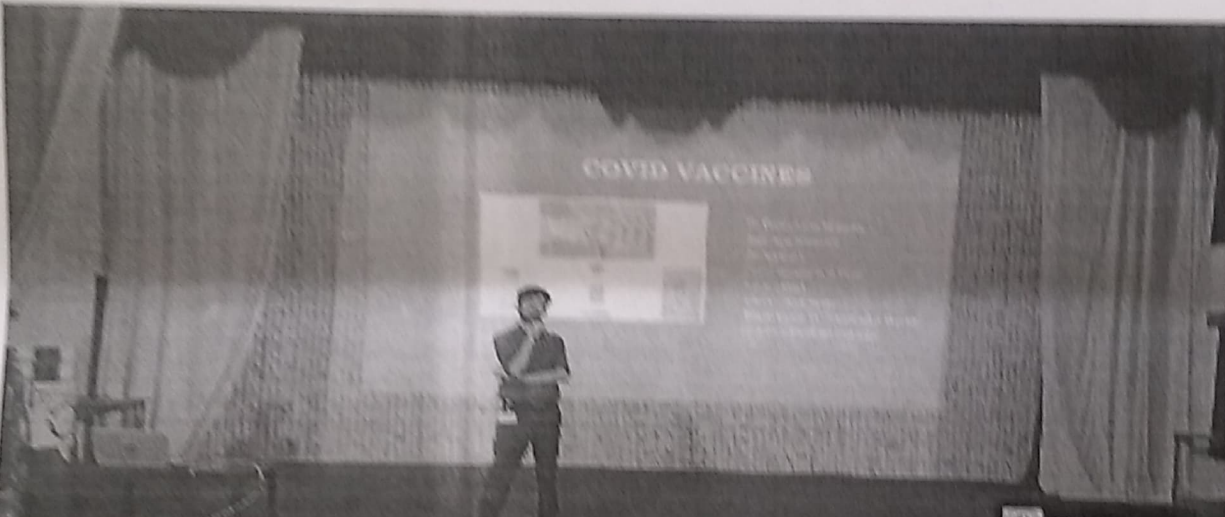
GPS Map Camera



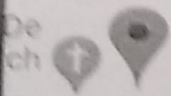
Google

**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 77.682110°  
17/09/21 11:44 AM



GPS Map Camera



Google

**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

Participant List:

ST FRANCIS DE SALES COLLEGE		
NOMINAL ROLL : B.SC (MEC) - III SEM		
SL.NO	ROLL NO.	NAME <i>25/10/21</i>
1	20MEC001A	BRINDA JENIFER SANTINER R
2	20MEC002K	DEVISHREE R V
3	20MEC003K	HARSHA KUMAR V
4	20MEC004K	LAVANYA G <i>Lavanya G.</i>
5	20MEC0051E	MALLESIN <i>Mallesin</i>
6	20MEC006K	MANIKANTAR <i>S. Manikantar</i>
7	20MEC007H	SAHIL MOHAMMAD
8	20MEC008H	RENTALA V M SREEJA <i>Sreeja</i>
9	20MEC009K	MADHAN P S
10	20MEC010K	HARSHITH S
11	20MEC012E	NEETHAN M
12	20MEC013K	VYSHAL H N <i>Vyshal H.N.</i>
13	20MEC014K	HAMSAVENI M <i>Hamsaveni M.</i>

*27/10/21*

*Devishree R V*

*Harsha V*

*Lavanya G*

*Mallesin*

*S. Manikantar*

*Sahil*

*Sreeja*

*Madhan P S*

*Harshith S*

*Neethan M*

*Vyshal H N*

*Hamsaveni M*

**ST FRANCIS DE SALES COLLEGE**  
**NOMINAL ROLL - BSC (MECE) - V SEM**  
**ACADEMIC YEAR 2021-22**

SI NO	ROLL NO.	NAME	Signature
1	19MEC001K	AMRUTHA K	[Signature]
2	19MEC002K	ASHOK KUMAR B	[Signature]
3	19MEC003K	CHATHRA R	[Signature]
4	19MEC004K	CHAI AKISHAN CROWDARY	[Signature]
5	19MEC005K	HARSHITHA K	[Signature]
6	19MEC006K	ITHISHR	[Signature]
7	19MEC007K	KALAVATHI S	[Signature]
8	19MEC008K	MANOJ KUMAR G	[Signature]
9	19MEC009K	NAVYA G	[Signature]
10	19MEC010K	PUNITHA R	[Signature]
11	19MEC011K	ROJAE	[Signature]
12	19MEC012K	SANDHYA V	[Signature]
13	19MEC013M	SANDROSE ALEXANDER	[Signature]
14	19MEC014H	SANJAY SINGH	[Signature]
15	19MEC015K	SILASHIKIRAN A	[Signature]
16	19MEC016K	SONYA V	[Signature]
17	19MEC017K	SOUNDAR R	[Signature]
18	19MEC018E	SRI MANIGANDAN N	[Signature]
19	19MEC019K	SUBINPAUL S	[Signature]
20	19MEC020K	SUMIKSHA S	[Signature]
21	19MEC021K	VANDANA V	[Signature]
22	19MEC022K	YOGASATHISH S	[Signature]

09 19MEC023H Libin S  
 04 19MEC024P Yashini

[Signature]



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Title	Covid Vaccination 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

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www.sfscollege.in









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

## Report

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

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

Keeping this in mind, Health club of St Francis de Sales College organized online Drawing Competition on Awareness of Corona on 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.

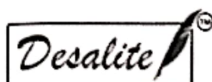
Almost 68 students registered for the event. 33 students send their beautiful and fantastic drawings in given specified Time. This Event was conducted for the students for fun and relaxing themselves apart from online classes and overcoming students from stress and anxiety during this pandemic.. It was 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.

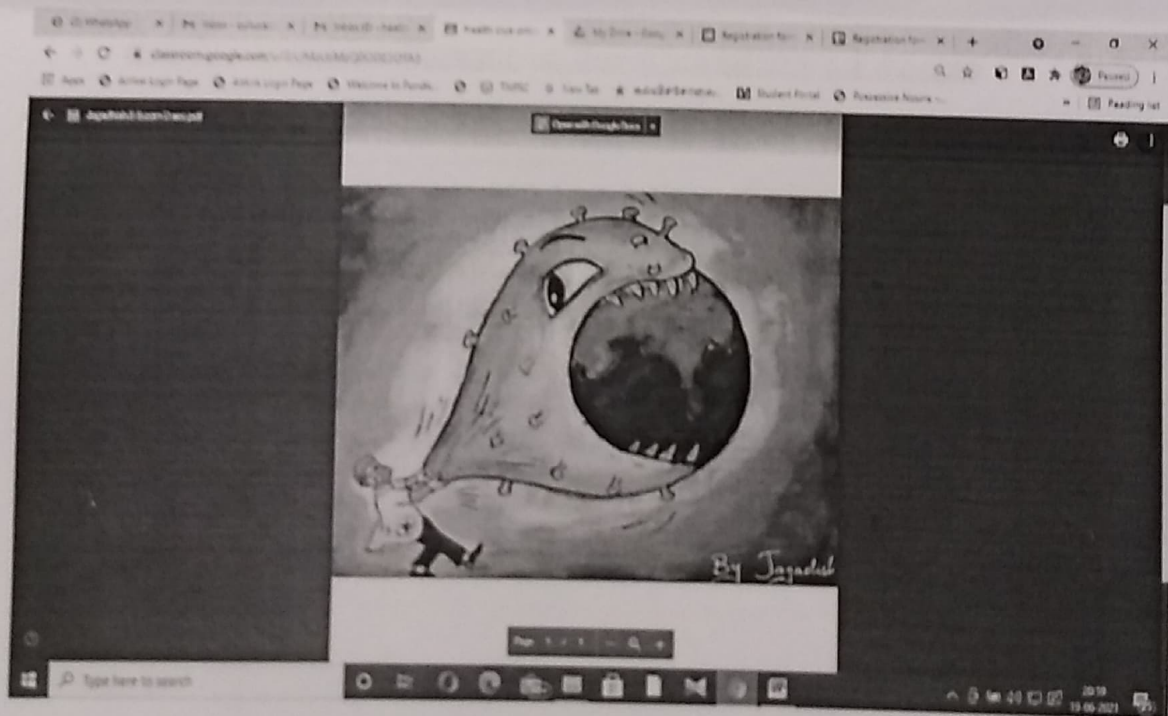
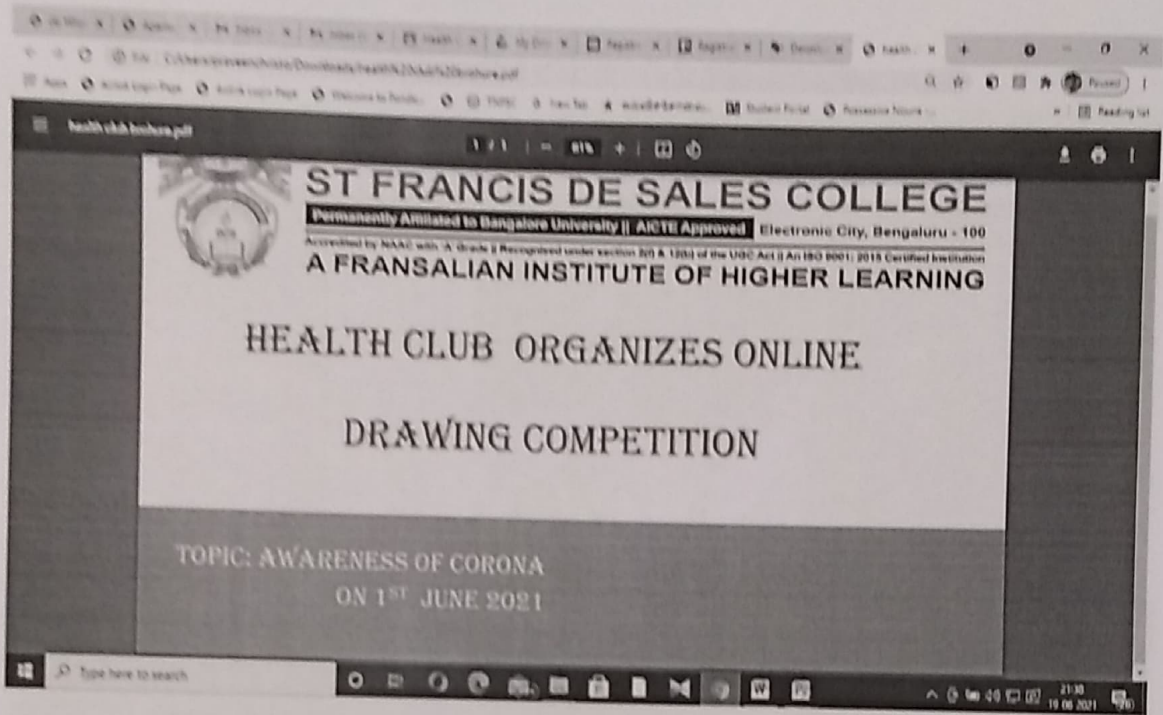
Electronics City P.O., Bengaluru - 560 100

Tel : 080-27836065 / 27834611, Fax : 080-27832299, Email : [sfscollge.ecity@gmail.com](mailto:sfscollge.ecity@gmail.com) | [sfscollge@rediffmail.com](mailto:sfscollge@rediffmail.com)

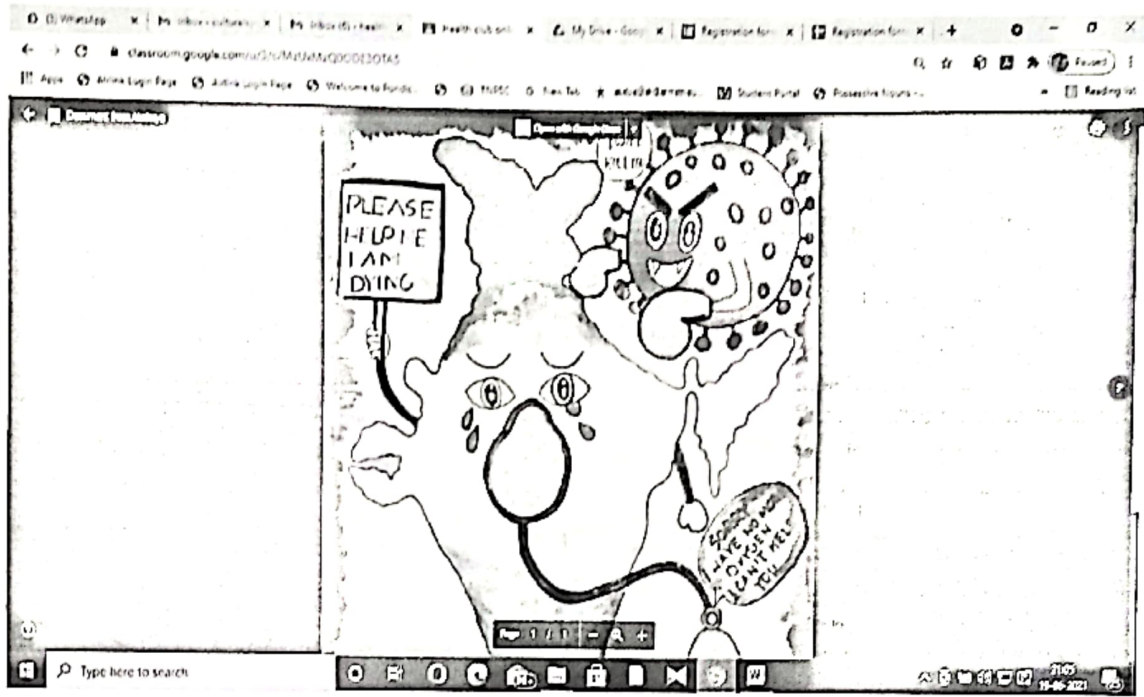
[www.sfscollge.in](http://www.sfscollge.in)



# Photos of the Event







Questions Responses

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

Form description

Email \*

Valid email

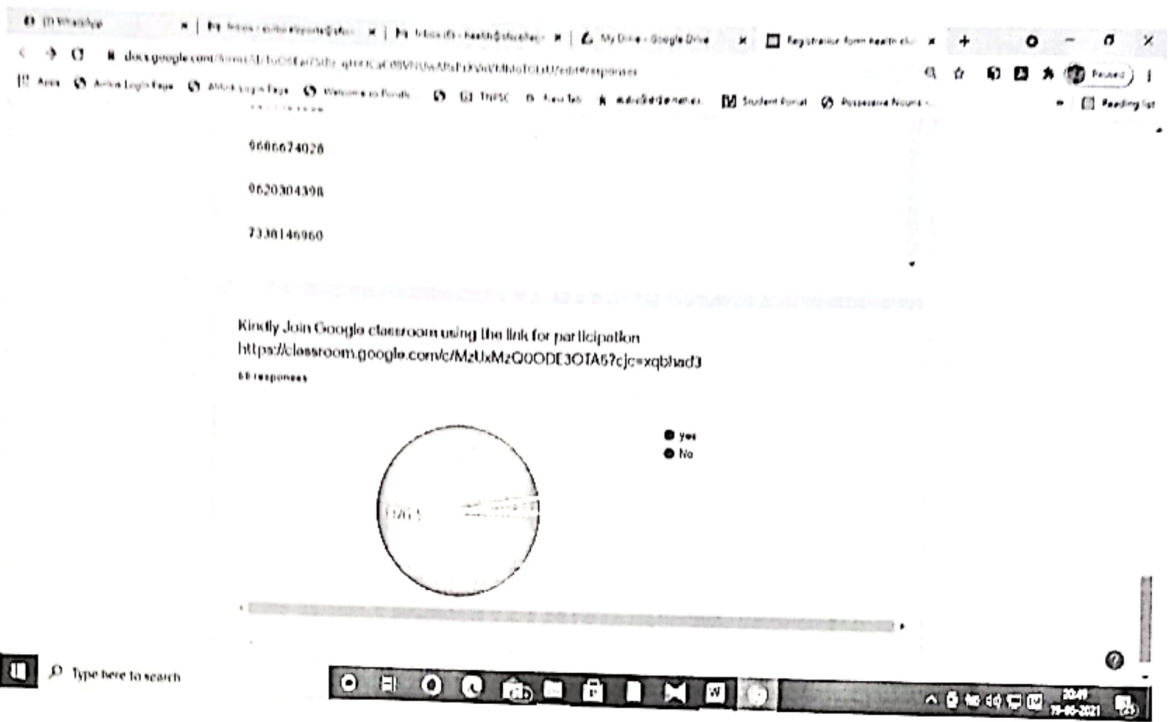
This form is collecting emails. [Change settings](#)

Name of the Participants

Short answer text

Type here to search

2:46 19-06-2021



### Participant List:

Timestamp	Email Address	Name of the Participants	class & Section	Roll no	Contact no	Kindly Join Google classroom using
6/1/2021 9:40:20	meghana_421@sfscollege	MEGHANA LI	III B SC (PCM)	18PC11028K	6945178654	yes
6/1/2021 9:41:43	pushpashree_425@sfscollege	Pushpashree HK	6th sem bsc pcm	18PC11008K	7070160183	yes
6/1/2021 9:45:55	kanaka_3556@sfscollege	Kanaka	Bsc pcm	20PC1014K	8050316641	yes
6/1/2021 9:46:32	shakthi_3140@sfscollege	shakthi karayanan j	B Com (B - sec)	20C150K	9632051691	yes
6/1/2021 9:46:48	kanaka_3556@sfscollege	Kanaka	Bsc pcm	20PC1014K	8050316641	yes
6/1/2021 9:49:26	sandeep_1496@sfscollege	Sandeep kurah	4th SEM BSc(pcm)	19pcm021k	9600735258	yes
6/1/2021 9:53:29	ashwarya_2695@sfscollege	Ashwarya	CJP. A. Second sem	20CJF035E	6826741084	yes
6/1/2021 9:58:01	javadev_3578@sfscollege	JAYADEVV	BSC(CJP)	20CJF019K	8217871870	yes
6/1/2021 9:58:49	reshmi_3553@sfscollege	Reshmi kolkar	Bsc 2 SEM	20pcm011H	9006202327	yes
6/1/2021 10:00:03	navya_1426@sfscollege	Navya R	IVSem Bsc cjp	18cjp017k	6945262769	yes
6/1/2021 10:00:06	manoj_616@sfscollege	Manoj MR	6th sem B Com D section	18C250K	7096615483	yes
6/1/2021 10:01:00	akshathac163@gmail.com	Akshatha C	2nd sem bsc pcm and A	20PC11001K	7483201977	No
6/1/2021 10:01:28	rajeshwari26@gmail.com	Rajesh	B com E section	18C359H	6368107019	yes
6/1/2021 10:01:58	nraj_1212@sfscollege	Niraj Kumar	4 semester "E"	18c354H	7764040697	yes
6/1/2021 10:05:31	sandhyasandhyasurya123@gmail.com	Sandhya k	Bcom A section	20CD47K	6364140753	yes
6/1/2021 10:05:42	priyadarshini_3256@sfscollege	Priyadarshini R	1st year b com section D	20C285K	8310716669	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)	15PCM036K	6088804360 yes
6/1/2021 10:08:08	vicky_3200@sfscollege	Vicky Prakash Raj J	B com II D	20C039E	6996108545 yes
6/1/2021 10:10:35	pradeepa_3590@sfscolli	M Pradeepa	Bsc CJP	20CJP030E	8920620283 yes
6/1/2021 10:12:17	sandhya_1459@sfscolle	Sandhya V	Bsc MEC 4th sem	15mec012k	6330802554 yes
6/1/2021 10:15:19	vandana_1468@sfscolle	Vandana V	4th SEM B sc(MEC)	15MEC021K	6612425407 yes
6/1/2021 10:22:17	monshaa_1201@sfscol	MONISHAA SRJ D	4th sem b com E	15C0393E	8058991896 yes
6/1/2021 10:27:49	shobha_1039@sfscolle	Shobha S	4th sem ECA	15C034K	8310815083 yes
6/1/2021 10:40:02	keethana_2647@sfscol	Keethana	EA	20JPE004K	6361916803 yes
6/1/2021 10:43:15	psudasyaya@gmail.com	Uday Surya G S	2 year 4th semester B cor	15C130K	965859011 yes
6/1/2021 10:52:42	s ajith krishna34587890j	AJITH KRISHNA S	IV BCOM D sec	15C242K	6296609648 yes
6/1/2021 10:53:59	shruni-653@sfscolleg	i S-RUTHI D	B com 8th sem	15C063K	8055240902 yes
6/1/2021 10:55:42	swanya_815@sfscolleg	yswanya M	BA(HEP)	15HEP009TA	9655209534 yes
6/1/2021 10:59:02	helen_3084@sfscolleg	Helen K	1st year B com B sec	20C093K	805591014 yes
6/1/2021 11:00:05	helen_3084@sfscolleg	Helen K	1st Year B com B sec	20C093K	805591014 yes
6/1/2021 11:11:03	soujanya_shahu@gmail.c	Soujanya Grace	6th Sem D	16C279E	8553367871 yes
6/1/2021 11:16:05	sandhya_3045@sfscolle	Sandhya k	Bcom A section	20C047K	6364140763 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 11:28:45	ananya_3218@sfscolleg	ANANYA V	B COM (F A)- 1st year & I	20C245E	99-0876551 yes
6/1/2021 11:34:02	sanjay_3571@sfscolleg	Sanjay m	Bsc CJP 2A	20CJP011K	7259355296 yes
6/1/2021 11:47:32	manojmanu333299@gm	Manoj m	B com Esec	16C053k	7892026264 yes
6/1/2021 11:51:52	rini_1493@sfscolleg	i Rini Senkar	Bsc(PCM)-IVsem	15PCM032E	7957307226 yes
6/1/2021 11:54:15	pushpa_p5000@gmail.co	Pushpa G	B com 6th sem D	T15C304K	8073762580 yes
6/1/2021 11:57:29	meenu_565@sfscolleg	Meenu R	B Com (B)	16C108H	6380772780 yes
6/1/2021 12:00:05	monshara1087@gmail.c	Monisha BR	Bcom A	16C039K	6916263711 yes
6/1/2021 12:04:22	rakshitak731@gmail.co	Rakshitra K	Bsc(CJP)	20CJP036K	8752813484 yes
6/1/2021 12:13:26	hemalatha_3035@sfscol	Hemalatha M	B COM B section 2 Sem	20C094K	9551899341 yes
6/1/2021 12:14:52	rakshitna_3596@sfscolle	Rakshitna K	Bsc(CJP) 2A	20CJP036K	8752813484 yes
6/1/2021 12:23:02	kanaka_3556@sfscolleg	Kanaka	Bsc pcm	20 PCM014K	60502 16641 yes
6/1/2021 12:23:09	sahil_3596@sfscolleg	i Sahil Molah	BSC MEC	20MEC007H	7899689305 yes
6/1/2021 12:26:23	netravathi_563@sfscol	Netravathi S	6th sem B com D	16C269E	9605715341 yes
6/1/2021 12:36:06	kpunith493@gmail.com	Punith kumar	6 th sem bcom D	16C263K	6916460941 yes
6/1/2021 12:41:52	tejaswini_653@sfscolleg	Tejaswini S	3rd year 6th sem d sec	16C282K	6322631948 yes
6/1/2021 13:26:20	parvitra_3254@sfscolleg	Parvitra 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_3101@sfccollege	Sowmya S M	B com 'C'	20C209K	8206381204 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	c Monica	Bcom D sec	118C297H	0361193031 yes
6/1/2021 13:53:47	sahas29@gmail	com Sahana p s	B com 6 sem A	18C049K	8549929981 yes
6/1/2021 14:12:08	preethi_610@sfccollege	Preethi c	Bcom 5th sem Dsec	18C262K	9311481652 yes
6/1/2021 14:35:58	aktha_875@sfccollege	aktha s	B(AJPE)	18JPE004K	7338140990 yes
6/1/2021 14:43:13	marydivya73@gmail	com Mary divya p	B COM 4sem 'C' Section	18C163K	9620304398 yes
6/1/2021 14:46:47	divya_1193@sfccollege	l Mary Divya P	B COM 4sem 'C' section	18C163K	9620304398 yes
6/1/2021 15:07:18	sneha_666@sfccollege	l Sneha S	B com3A	18C055K	7338097332 yes
6/1/2021 16:22:29	antonymary451@gmail	c Antony mary D	6th sem B com 'A' sec	18C012K	9731329100 yes
6/1/2021 16:30:58	akshaya_3420@sfccollege	Akshaya P	BBA- basec 1year	20B062H	8722840518 yes
6/1/2021 16:30:09	avi41644@gmail	com Jagadish B	B Com 'D'	18C266K	789264670 yes
6/1/2021 16:42:18	preethi_610@sfccollege	Preethi c	Bcom 6th sem D sec	18C282K	9511481652 yes
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6/1/2021 16:04:47	jenifer_523@sfccollege	l Jennifer A	B COM 3rd yr A sec	18C025K	0696674028 yes
6/1/2021 16:05:59	jenifer_523@sfccollege	l Jennifer A	B COM 3rd yr A sec	18C025K	0696674028 yes

Registration form health club (Responses)

Timestamp	Email Address	Name of the Participants class & Section	Roll no	Contact no	Kindly Join Google classroom using
6/1/2021 16:29:32	divudivya m2556@gmail	Divya M	6th sem Bcom'D'	18C233K	9353009526 yes
6/1/2021 16:30:03	dnudivya m2556@gmail	Divya M	6th sem Bcom'D'	18C233K	9353009526 yes
6/1/2021 16:51:26	brinda_1090@sfccollege	Brinda Rossaline	B com and 4th sem D se	18C248K	9019517990 yes
6/1/2021 16:40:09	andrewsw130@gmail	com Andrews william	Dca	18C051K	6864596401 yes

Health club certificate - Microsoft PowerPoint (Product Activation Failed)

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Slide 1 of 1 | Office Theme | English (India) | 100% | 11:43 AM 19/06/2021

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**CERTIFICATE OF PARTICIPATION**

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 1<sup>st</sup>, June 2021

IQAC Coordinator

Principal

[www.sfcollge.in](http://www.sfcollge.in)

# HEALTH CLUB AWARENESS ABOUT COVID-19 VIRUS

**Needlet of Corona Virus (COVID-19)**

**ആഗിര്യം ചെയ്യേണ്ട രോഗം**  
ഒരു മനുഷ്യനെ മറ്റൊരു മനുഷ്യനോടോ പശുവോടോ ബന്ധപ്പെട്ട് പരക്കുന്നു.

**ആഗിര്യം ചെയ്യേണ്ട രോഗം**  
ഒരു മനുഷ്യനെ മറ്റൊരു മനുഷ്യനോടോ പശുവോടോ ബന്ധപ്പെട്ട് പരക്കുന്നു.

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2111 222 2222 2222 2222 2222 2222 2222 2222 2222

## CORONAVIRUS PRECAUTION

### 10 WAYS TO MAKE SURE YOU DO 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 face, nose, and mouth.
3. Stay home whenever you are sick.
4. Cover your cough or sneeze with a tissue, the elbow of the sleeve, or your bent elbow.
5. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
6. Wash your hands by using hand sanitizer if you are taking care of an infected person. The Centers for Disease Control says more disinfectant than early infected people were using to prevent the spread of the virus.
7. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
8. If you are sick and you are unable to avoid close contact with family and friends, wear a mask and avoid close contact with family and friends who have not been sick.
9. If you have a fever, cough, and difficulty breathing, seek medical attention immediately.
10. Stay at home if you are advised to do so by the Ministry of Health and Welfare.

**WHAT IS CORONAVIRUS?**  
According to the World Health Organization, it is 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 discovered between animals and people. SARS, for instance, was transmitted from fruit bats to humans while MERS spread to humans from a type of camel.

Some other coronaviruses are circulating in animals that have not yet infected humans.

The most common source from the Latin word corona, meaning crown or halo. Under an electron microscope, the shape of the virus looks like a solar corona.

The most common source, identified by Chinese authorities in January 2020 and since named COVID-19, is a novel virus that had not been previously identified in humans. This is known about it, although human-to-human transmission has been confirmed.

**WHAT ARE THE SYMPTOMS?**  
According to the World Health Organization, the main symptoms of COVID-19 include fever, cough, and difficulty breathing. In some severe cases, it can lead to pneumonia, multiple organ failure and even 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 six days.

However, infected patients can show no symptoms, meaning they do not display any symptoms despite having the virus in their systems.

### Reduce your risk of coronavirus infection

- Clean hands with soap & water or alcohol based hand rub.
- Cover your nose and mouth when coughing and sneezing with tissue or elbow's sleeve.
- Avoid close contact with anyone who has had or has the symptoms.

Thoroughly wash your face and hands.

Do not use hand sanitizer on your face and hands.

### Protect others from getting sick

When coughing and sneezing, cover mouth and nose with tissue, elbow or sleeve.

Thoroughly wash your face and hands immediately afterwards.

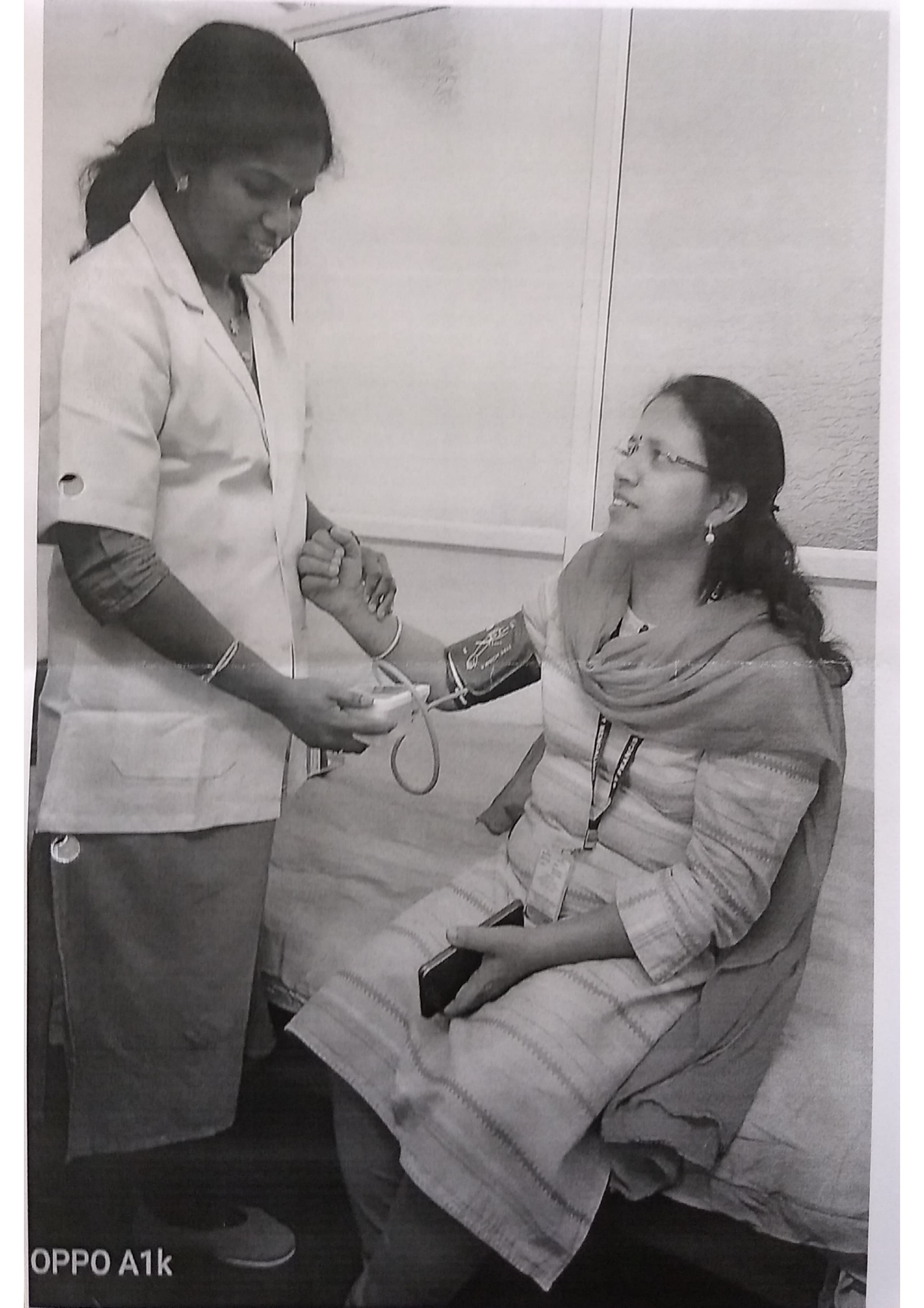
Clean hands with alcohol based hand rub or soap and water after coughing or sneezing and when caring for the sick.

### Protect others from getting sick

When coughing and sneezing, cover mouth and nose with tissue, elbow or sleeve.

Thoroughly wash your face and hands immediately afterwards.

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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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 : 080-27832293, Email : sfscollege.ecity@gmail.com | sfscollege@rediffmail.com  
www.sfscollege.in

Devalite

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Electronics City, Bangalore - 560 090

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To,  
Dr. Karunkrishna Gopal  
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 Perichanakal Bangalore" And "Awareness to STD/STI 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 Perichanakal Bangalore" And "Awareness to STD/STI 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 only. You are requested to get written informed consent of students and 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 once you have completed the study and also conduct health education sessions for our students.

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

Yours Sincerely,  
Prof. Dr. P. S. Ramesh  
Principal  
St. Francis de Sales College  
Electronics City, Bangalore - 560 090

Electronics City, Bangalore - 560 090

For: St. Francis de Sales College, Bangalore  
www.sfscollege.org

St. Francis de Sales

Dr. Karunkrishna Gopal



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## 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.



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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

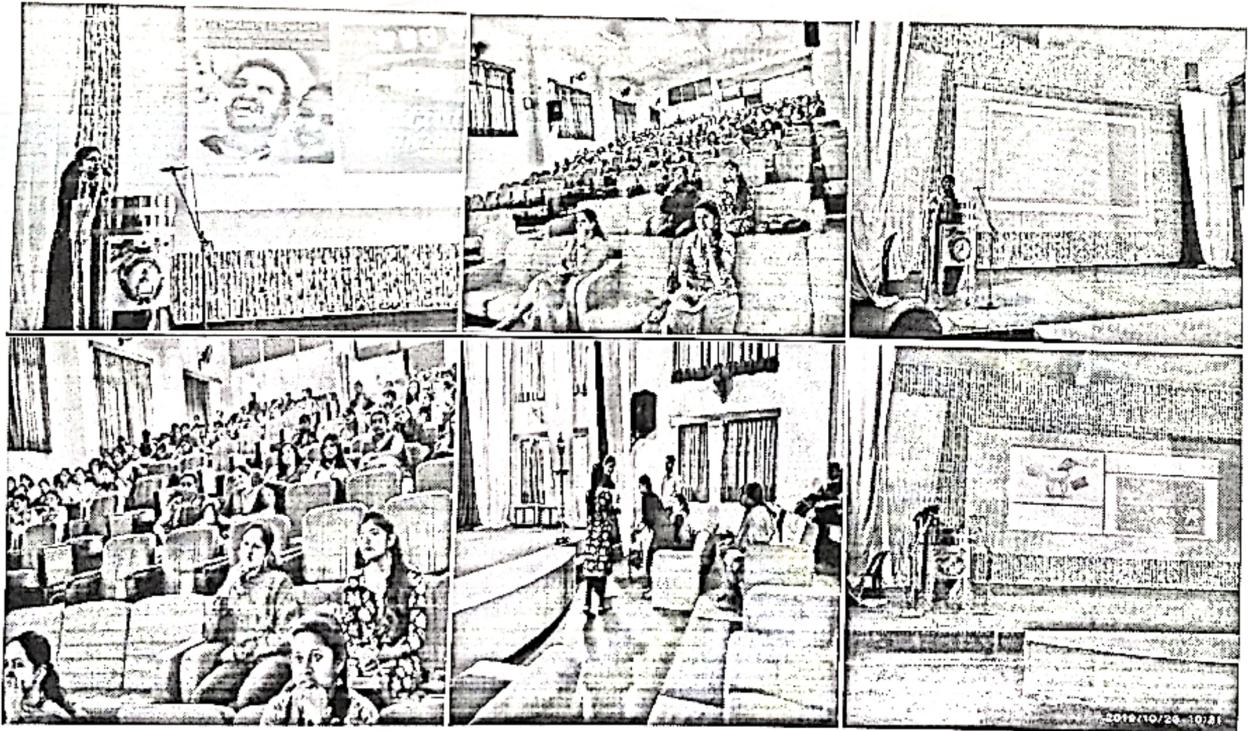
#### **Report of the Event:**

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:**





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## 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:**

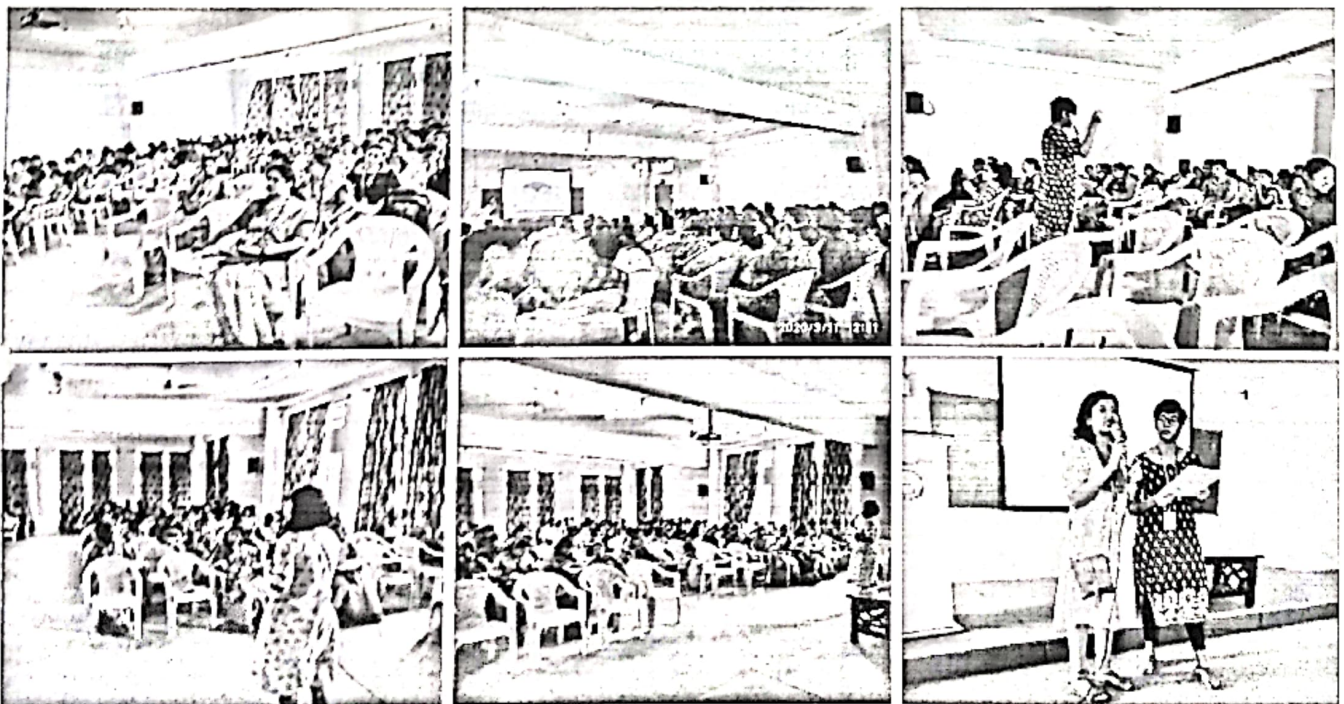
The Health Club of SFS college organised a session on 'Screen time usage and its effects for the students and faculty members of the various PG departments on 11<sup>th</sup> March 2020 at 11:45 am in the business lab. Around 120 students and faculty members attended the session.

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.