

# Health Education and Counselling Report 2019 – 2020.

**Vision:** To create awareness about physical and mental health among students.

**Mission:** To develop better knowledge about personal hygiene, good food habits and thereby promotes better life style and living, and ensures success in life. To develop healthy individuals to build a healthy nation.

## *Health Education*

SMT. SARVAMANGALA, CONVENER.

SRI SHRUTHI P CO-CONVENOR

As students are the backbone of our college, Health of every student is very important. Health Education provides knowledge on health related aspects and factors that affect our student's health. So we decided to organize a Health Camp to I year students of our college. We conducted two health camps on **31-07-2019** & **05-02-2020** for I BCom, I BCA and I BA [ HEP, HSK, HEE, HES], I BSc[PCM. PMCs, CBZ, CZBt ] students respectively in collaboration with District Hospital, Tumakuru.

✚ The first session of the camps began with a counselling by **Dr Malini Govindan**, Psychiatrist, District Hospital, Tumakuru., on the topic “**Adolescent Problems**” and by Dr Anil Kumar, Neurologist on the topic “**Need of Counselling**” on respective days i.e, on 31st July 2019 & 5th Feb 2020.

✚ The 2nd session was divided into 3 units for Eye Testing, Blood Group Detection & Measurement of Height and Weight. All details were recorded to know about their basic health status. Students actively participated Eye Testing was conducted by Dr Manjunath and his team for 500 students and 119 students were identified with eye sight defect and referred for further checkups, 530 students Blood Group was detected by Suresh and his team of Lab Technicians, Govt. Hospital along with our CZBt volunteers, NCC cadets and III BCA volunteers recorded the height and weight of 650 [I BCom, I BCA, I BA [HEP, HSK, HEE] and I BSc [PCM, PMCs, CBZ, CZBt] students.

The Health camp ran successfully for two days and we completed checkups of all students with the support of our committee members.

✚ On account of COVID-19 we created an **awareness program** for students, faculty and public through online using Google Forms from 23<sup>rd</sup> may to 30<sup>th</sup> may 2020.



Inauguration of first health camps on 05-02-2020



Inauguration of second health camps on 31-07-2019.

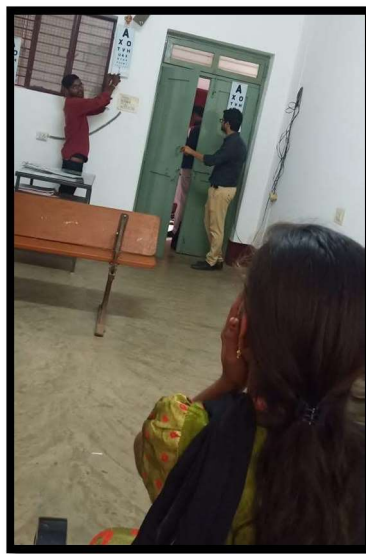


Dr Malini Govindan, Psychiatrist, District Hospital, Tumakuru., addressing on the topic "Adolescent Problems".





Blood group detection for students by Suresh and his team of Lab Technicians



Eye Testing was conducted by Dr Manjunath and his team



Volunteers of health camp recording height, weight and chest of students.



All volunteers of health camp 1



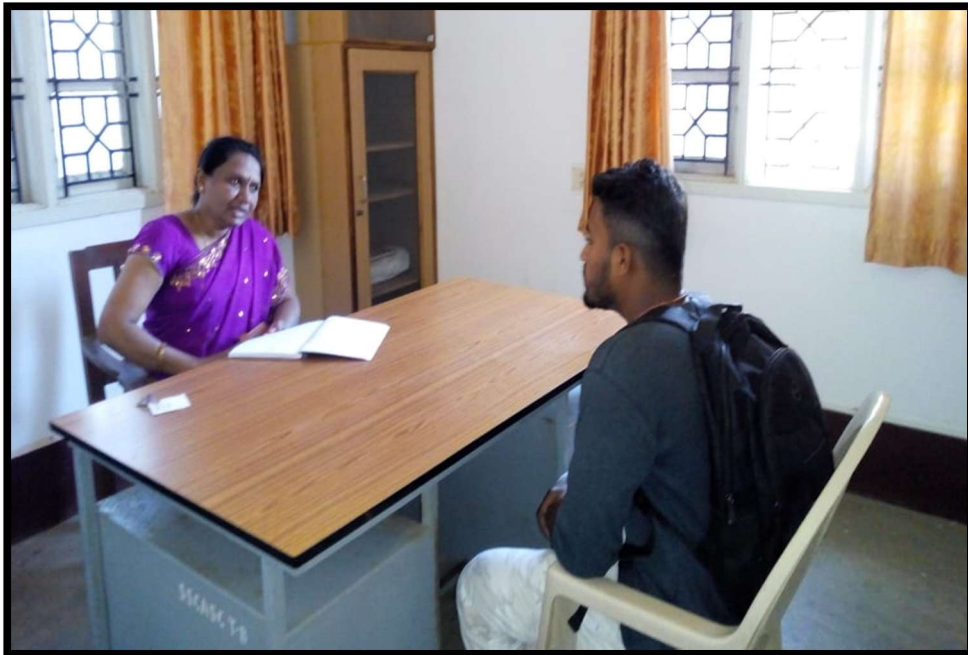
All volunteers of health camp 2

## *Counselling Cell*

**KUM. SHRUTHI P, CONVENER.**

The mission of counselling cell is to hike sound mental health, the counselor helps in dealing with emotional and behavioral problems like guilt, anxiety, stress, lack of confidence, low self-esteem, depression and internet addiction etc.

Sree Siddaganga College Arts, Science & Commerce ensures a student-friendly ambience. This cell is functioning with the help of experienced Mental Health Counselor, **Smt. Dakshanyani H.S**, DMHP Tumkur who visit our college on every Wednesday between 10:30 am to 12:30 am. Students in need of counselling will be identified by proctors and sent to counselling sessions and there is a significant improvement in behavior of such students. Students voluntarily can also attend the counselling sessions confidentiality is strictly maintained. In this academic year more than **100** students have been counselled and got benefited.



Counsellor, Smt. Dakshanyani H.S, DMHP, Tumkur visits our college & counselling the students.



**Sree Siddaganga College of Arts Science and  
Commerce, B. H. Road, Tumkur**

**HEALTH AND COUNSELING CELL**

**HEALTH CAMP**

**Date: 05-02-2020**

**Time: 10:30 am**

**Venue: Sree Shivakumaraswamiji seminar hall.**

**Program List**

- Invocation song** : Archana  
: I BSc-PCM
- Welcome** : Smt. Sarvamangala .H. G  
: Convener , Health and Counseling Cell
- Inauguration** : Guests on Dias.
- Chief Guest address** : Dr. Anand  
: Psychiatrist, District Hospital, Tumkur
- Dignitary on Dias** : Prof.C.S.Somashekaraiiah  
: IQAC Coordinator, SSCASC, Tumkur
- Guest** : Eye Specialists & 'Blood Grouping'  
: Technician Team
- Presidential address** : Dr. R Anandakumari  
: Principal, SSCASC, Tumkur
- Vote of thanks** : Shruthi P  
: Co-Convener , Health and Counseling Cell
- Anchoring** : Amulaya & Amrutha  
: I BSc-CBZ

Later Health Camp (Eye Testing and Blood Group Detection) will be continued after  
lecture Session.

**All Students, Teaching and Non-Teaching Staffs are cordially invited.**

# Total expenditure of Health Camp

Health & Counselling Cell

5/2/2020

Bill no	Particulars	Amount.
1)	Coffee & Tea & Lunch (NCC students)	Rs 989/-
2)	Lunch for Lab technicians	Rs 2000/-
3)	Flowers & wrapping Papers	Rs 150/-

Ch. No. 07716H

Rs 3139/-

11/2/2020

Rs 2000/-

11/2/2020

Total

Rs 3139/-

By issue of Rs 3139/-

Three thousand one hundred & Thirty nine

This is to certify that Rs 3139 has been spent towards lunch, coffee/tea & flowers on the occasion of 'Health camp' on 5/2/20.

(Signature) (concerned)

**Sree Siddaganga College of Arts Science and  
Commerce, Tumkur**

**HEALTH AND COUNSELING CELL**

**HEALTH CAMP**

**Date: 31-07-2019**

**Time: - 10:30 am**

**Venue: Sree Shivakumaraswamiji seminar hall.**

**Program List**

- Invocation song** : Soundarya.L & Somyashree
- Welcome** : Smt. Sarvamangal  
Ass.Prof Dept. of English
- Inauguration** : Guests on Dias
- Chief Guest address** : Dr.Malanai, Psychiatrists  
District Hospital, Tumkur
- Presidential address** : Dr. R Anandakumari  
Principal, SSCASC, Tumkur
- Vote of thanks** : Shruthi P  
Lecturer, Dept of Computer Science.
- Anchoring** : Latha S

Later Health Camp (**Eye Testing and Blood Group Detection**) will be continued after  
lecturer Session.

**All Students, Teaching and Non-Teaching Staffs are cordially invited.**



**SREE SIDDAGANGA COLLEGE OF ARTS SCIENCE AND COMMERCE**  
**B.H.ROAD, TUMAKURU.**

**Health and Counseling Cell-Health camp 2019**

List of students participated in Blood Group Identification on account of  
 Health Camp on 31/07/2019.

Sl No	Name	Blood Group	Course(Year/Sem)	Phone no	Signature
01.	Chandana V.J	O +ve	8 <sup>th</sup> Bcom	8861664262	Chandana V.J
02.	Bhavana N	A +ve	8 <sup>th</sup> Bcom	9353759027	Bhavana N
03.	Amrutha M	A +ve	8 <sup>th</sup> Bcom	9740821885	Amrutha M
04.	Bhavitha S.B	B +ve	8 <sup>th</sup> Bcom	7022306248	Bhavitha S.B.
05.	Aachana M.S	O -ve	8 <sup>th</sup> Bcom	9880386260	Aachana M.S
06.	Ashwini KM	A +ve	8 <sup>th</sup> Bcom	6364244527	Ashwini KM
07.	Chandrakala M.B	A +ve	8 <sup>th</sup> Bcom	7676615062	Chandrakala M.B
08.	Bi Bi Fathima	O +ve	8 <sup>th</sup> Bcom	9739502104	Bi Bi Fathima
09.	Cangashee N.	O +ve	8 <sup>th</sup> Bcom	6362577830	Cangashee N.
10.	Harshith H.M	A +ve	8 <sup>th</sup> Bcom	8296004907	Harshith H.M
11.	Bhysava D.P	AB +ve	8 <sup>th</sup> Bcom	6362038467	Bhysava D.P
12.	Cheeranjini Ah.	O +ve	8 <sup>th</sup> Bcom	7795022273	Cheeranjini Ah.
13.	Benaka Raj	B +ve	8 <sup>th</sup> Bcom	8660282293	Benaka Raj
14.	Abheshek U	O +ve	8 <sup>th</sup> Bcom	8220836064	Abheshek U
15.	Ajay .R	A +ve	8 <sup>th</sup> Bcom	7022154067	Ajay .R
16.	Charan S	A +ve	8 <sup>th</sup> Bcom		Charan S
17.	Anil B.	O +ve	8 <sup>th</sup> Bcom	6366002284	Anil B.
18.	Darshan H.B	A +ve	8 <sup>th</sup> Bcom	7349644836	Darshan H.B
19.	Pradeepa R	B +ve	8 <sup>th</sup> Bcom	8861041871	Pradeepa R
20.	Naveen L.R	O +ve	8 <sup>th</sup> Bcom	734911192	Naveen L.R
21.	Charan N.S	B +ve	8 <sup>th</sup> Bcom	8431196608	Charan N.S
22.	Puneeth kumar KM	A +ve	8 <sup>th</sup> Bcom	7026076919	Puneeth kumar KM
23.	Raghu N.L	O +ve	8 <sup>th</sup> Bcom	7676887828	Raghu N.L
24.	Rahul J	A +ve	8 <sup>th</sup> Bcom	9632012923	Rahul J



**SREE SIDDAGANGA COLLEGE OF ARTS SCIENCE AND COMMERCE**  
**B.H.ROAD, TUMAKURU.**

**Health and Counseling Cell-Health camp 2019**

List of students participated in Eye Check up on account of Health Camp on 31/07/2019.

Sl No	Name	Course(Year/Sem)	Phone no	Signature
1)	Bhoomika.k.P	2 <sup>nd</sup> BCA	9118 6118	<u>Bhoomika</u>
2)	Thijaswini N	1 <sup>st</sup> BCA		<u>Thijaswini</u>
3)	Divyashree. K	1 <sup>st</sup> BCA		<u>Divyashree</u>
4)	Syeda Sadiga	1 <sup>st</sup> BCA		<u>Sadiga</u>
5)	Bindu.T	1 <sup>st</sup> BCA	9118 6118	<u>Bindu</u>
6)	Syeda Ayesha Siddiq	IBCA		<u>Ayesha</u>
7)	eyanga.T.A	-		<u>eyanga.T.A</u>
8)	Nayana T.S	-		<u>Nayana</u>
9)	Prathibha .T.R	I. B Com 'B'	<del>9118 6118</del>	<u>Prathibha</u>
10)	KAVYA. G	I. B Com 'B'	<del>9118 6118</del>	<u>Kavya</u>
11)	Likhitha.m.y	I Bcom 'B'		<u>Likhitha</u>
12)	Meghana.f.S	I Bcom 'B'	96160 6160	<u>Meghana</u>
13)	Teevitha.R	I Bcom 'B'		<u>Teevitha</u>
14)	Namratha M	I Bcom B	<del>9118 6118</del>	<u>Namratha</u>
15)	Monika .M.P	IBcom B	96160 6160	<u>Monika</u>
16)	Jayashree k.M	IBCOB 'B'		<u>Jayashree k.M</u>
17)	Kusuma B.T	I Bcom B		<u>Kusuma B.T</u>
18)	Kavitha.S	1 <sup>st</sup> Bcom		<u>Kavitha</u>
19)	Lavanya.k			<u>Lavanya.k</u>
20)	Kalpna V.R			<u>Kalpna</u>
21)	mythra A.P			<u>mythra</u>
22)	Lavanya M.H			<u>Lavanya M.H</u>
23)	Nagashree H.M			<u>Nagashree H.M</u>
24)	Pooja. S			<u>Pooja. S</u>
25)	Lavanya		9118 6118	<u>Lavanya</u>



**SREE SIDDAGANGA COLLEGE OF ARTS SCIENCE AND COMMERCE**  
**B.H.ROAD, TUMAKURU.**

**Health and Counseling Cell-Health camp 2019**

List of students attended the lecture on account of Health Camp on 31/07/2019.

Sl No	Name	Course/Sem	Phone no	Signature
1	Kusuma, M.	I BA HEP	8088866377	Kusuma, M.
2	Jeevanu, M.	I BA HEP	8088866377	Jeevanu, M.
3	Sneha, D	I B.C.A	9449699914	Sneha, D
4	Harmain Saba	I BCA	9535753094	Saba
5	Rakshitha, H.T	1 <sup>st</sup> BCA	7338061292	Rakshitha, H.T
6	Soma, C.E	I B.com	8722039045	Soma, C.E
7	Syeda Ayesha Siddiqi	I BCA	8095101005	Syeda Ayesha Siddiqi
8	Syeda Sadiya	I BCA	9945496815	Sadiya
9	padma shree, N	I BCA	8970850924	padma shree, N
10	Noor Asma	I BCA	9448760215	Noor Asma
11	Yashaswini, T.G	I, B.com	9964682955	Yashaswini, T.G
12	Roopa, V	I B.com	9141470013	Roopa, V
13	Subanya, C.S	I B.com	8431229963	Subanya, C.S
14	Ashwini, K.M	I B.com	6364244527	Ashwini, K.M
15	Bhandarya	I B.com	9844303054	Bhandarya
16	Harshitha, N.V	1 <sup>st</sup> B.com	8197767310	Harshitha, N.V
17	Harshitha, T.N	1 <sup>st</sup> B.com	6364827079	Harshitha, T.N
18	Vedha, H.G	1 <sup>st</sup> B.com	7760070793	Vedha, H.G
19	Tharadevi, H.N	1 <sup>st</sup> B.com	9964307346	Tharadevi, H.N
20	Rekha, K.M.	1 <sup>st</sup> B.com	7619157673	Rekha, K.M.
21	Syeda Anjum B.S	1 <sup>st</sup> B.com	9902797818	Anjum B.S
22	Likshitha, M.Y	1 <sup>st</sup> B.com	9379014594	Likshitha, M.Y
23	Kavya, G	1 <sup>st</sup> B.com	7899591937	Kavya, G
24	Meghana, K.S	1 <sup>st</sup> B.com	8296724465	Meghana, K.S
25	Jeevitha, R	1 <sup>st</sup> B.com	8971252785	Jeevitha, R

Girls



Total Expenditure of Health Camp  
Organised by Health & Counselling Cell.

Sl. no	Particulars	Amount.
1.	Flowers & Water bottle	330/-
2	Namana stores	48/-
3.	Basaveshwar stores	40/-
4.	catering	1600/-
5.	Siddaganga canteen	766/-
	<u>Total</u>	<u>Rs 2684/-</u>

Two thousand Six hundred and eighty four.

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Advance - 3000  
Expenditure - 2684

Balance - 316/-  
refund