

Health Education and Counselling Cell

VISION

To cultivate awareness on holistic health encompassing both physical and mental well-being among students.

MISSION

Our mission is to foster comprehensive understanding of personal hygiene and nutritional habits, thereby fostering a healthy lifestyle conducive to success. We aim to nurture individuals who prioritize their health, contributing to the creation of a healthier society and nation.

ABOUT

Health is defined as a state of complete physical, mental, and social well-being, extending beyond the mere absence of illness. Since students are the foundation of our college community, it is imperative to prioritize their health.

The Health Education and Counselling Cell serves as a vital body, offering education on various health-related topics to instil among students the importance of maintaining optimal health. By equipping students with knowledge about the factors influencing health and empowering them with the tools to achieve and sustain positive well-being, we aim to cultivate a healthier generation capable of contributing to a healthier nation.

COMMITTEE MEMBERS

SI No	Members	Position
1	Dr. H. P. Veerabhadraswamy	Principal
2	Prof. C. S. Somashekaraih	IQAC Coordinator
3	Shruthi P	Convenor
4	Srivalli	Proctor Convenor

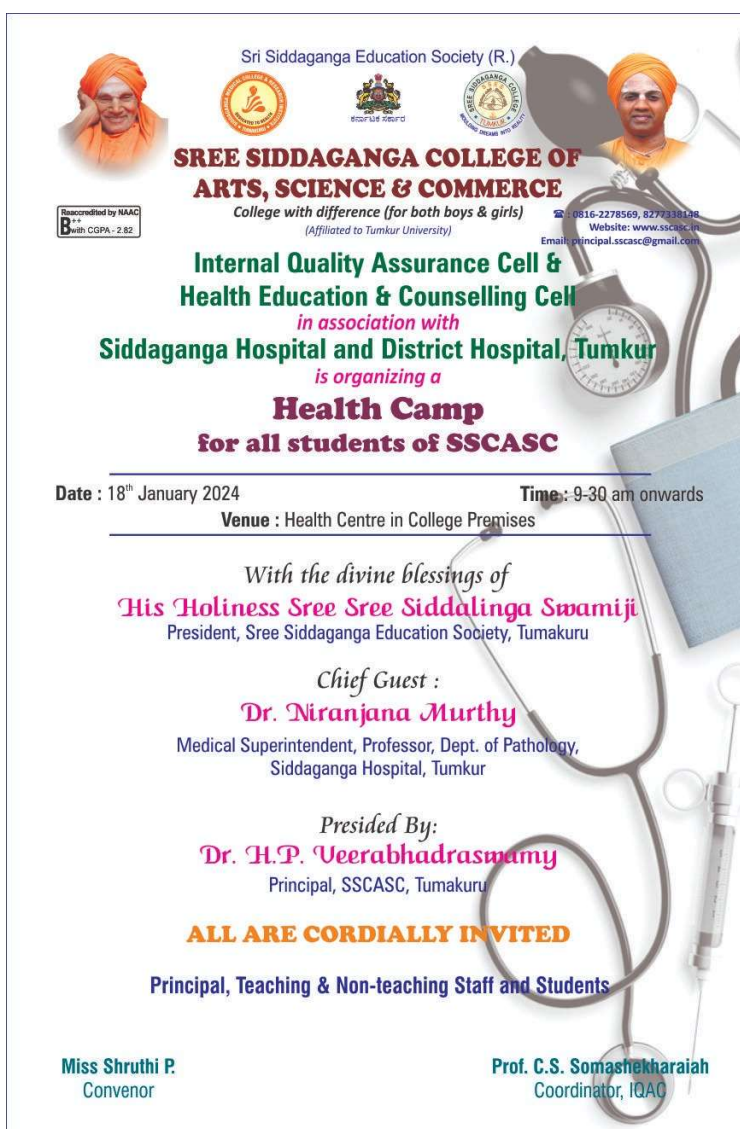
**** All Proctors will be the secondary members of this committee**

Health Education and Counselling Cell Report 2023-24

Our institution organized a Health Camp and Blood Donation Camp for all students in collaboration with the District Hospital and Siddaganga Hospital, Tumakuru. This report summarizes the activities conducted and the outcomes achieved during the two-day event held on 18-01-2024 and 20-01-2024.

Activities and Participation summary

- ✚ NCC volunteers recorded basic measurements such as height and weight. A total of 1016 students underwent general check-ups.
- ✚ A total of 96 units were collected and donated. 35 units were donated to Siddaganga Hospital and 61 units were donated to District Hospital Tumkur.
- ✚ Students actively participated in the health camp, demonstrating enthusiasm for promoting their well-being.



The poster is for a Health Camp organized by the Internal Quality Assurance Cell & Health Education & Counselling Cell of Sri Siddaganga College of Arts, Science & Commerce (SSCASC). It features a background with medical equipment like a stethoscope and a syringe. At the top, there are logos for the college and its affiliations. The text provides details about the event, including the date (18th January 2024), time (9-30 am onwards), and venue (Health Centre in College Premises). It also lists the chief guest, Dr. Niranjana Murthy, and the president, Dr. H.P. Veerabhadraswamy. The poster concludes with a cordial invitation to all students and staff.

Sri Siddaganga Education Society (R.)

SREE SIDDAGANGA COLLEGE OF ARTS, SCIENCE & COMMERCE
College with difference (for both boys & girls)
(Affiliated to Tumkur University)

Internal Quality Assurance Cell & Health Education & Counselling Cell
in association with
Siddaganga Hospital and District Hospital, Tumkur
is organizing a
Health Camp
for all students of SSCASC

Date : 18th January 2024 Time : 9-30 am onwards
Venue : Health Centre in College Premises

With the divine blessings of
His Holiness Sree Sree Siddalinga Swamiji
President, Sree Siddaganga Education Society, Tumakuru

Chief Guest :
Dr. Niranjana Murthy
Medical Superintendent, Professor, Dept. of Pathology,
Siddaganga Hospital, Tumkur

Presided By:
Dr. H.P. Veerabhadraswamy
Principal, SSCASC, Tumakuru

ALL ARE CORDIALLY INVITED
Principal, Teaching & Non-teaching Staff and Students

Miss Shruthi P.
Convenor

Prof. C.S. Somashekharaiiah
Coordinator, IQAC



**Sree Siddaganga College
of Arts Science and Commerce, B. H. Road, Tumkur**
Health Education and Counseling Cell

In association with
Siddaganga Hospital and District Hospital Tumkur

Has organized a

Health Camp

Date: 18-01-2024
Time - 09:30 AM

Venue: College Premises.

Program List

- | | | |
|-------------------------------|---|--|
| Invocation song | : | Harshitha
3 rd BCA Student |
| Welcome | : | Shruthi P
Asst. Professor, Dept. of Computer Science |
| Inauguration | : | Watering the plant by dignitaries on dais |
| Address by Chief Guest | : | Dr. B. Nirajana Murthy,
Medical Superintendent
Siddaganga Medical College, Tumkur |
| Presidential address | : | Dr. H P Veerabhadraswamy
Principal |
| Vote of thanks | : | Chethan Kumar N G
Asst. Professor, Dept. of English. |
| Anchoring | : | Somashekar L R
Asst. Professor, Dept. of Kannada. |

Event Overview

Dates: January 18th and 20th, 2024

Collaborators: District Hospital Tumkur, and Siddaganga Hospital Tumakuru

Day 1:

Inauguration: The event started with a formal inauguration ceremony.

General Check-ups: Dr. Vinutha from Siddaganga Hospital Tumakuru led the general checkups of students. Sivakumar served as the Public Relations Officer (PRO), while Kiran and his team managed Blood Group Detection.




Day 2:

Health Camp continued on the second day. Dr. Harsha from Siddaganga Hospital and Dr. Veena from District Hospital Tumkur continued to oversee the health camp.

Blood Donation Camp: Dr. Md. Shake from District Hospital Tumkur managed the blood donation camp.


Blood Donation: Mahalakshmi served as the counsellor, educating students about the benefits of blood donation. Yashodhara and her team were in charge of blood collection. A total of 96 units were collected. 35 units were donated to Siddaganga Hospital and 61 units were donated to District Hospital Tumkur.





Sree Siddaganga Hospital Blood Bank

Dr. Sree Sree Shivakumara Swamiji Road (B.H. Road), Tumakuru - 572102
Mob.95134 88499, E-mail: shrc.bloodbank@gmail.com



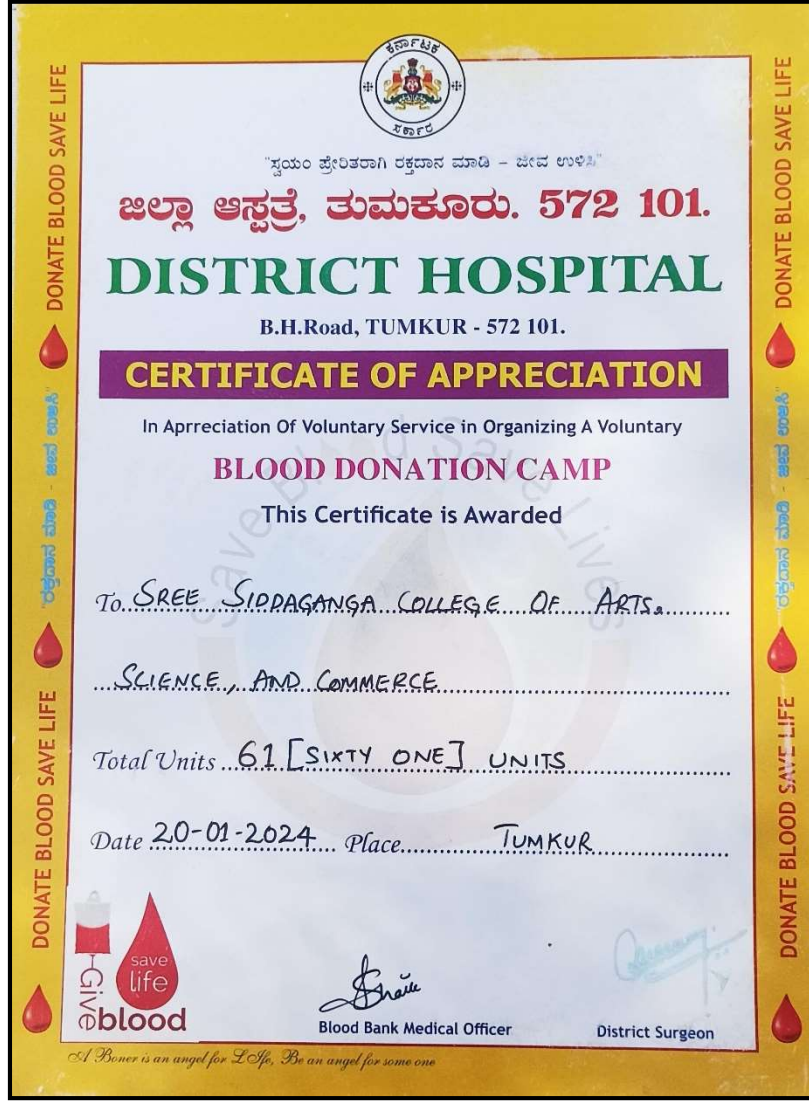
Appreciation Certificate

We are pleased to appreciate SREE SIDDAGANGA COLLEGE OF ARTS
SCIENCE AND COMMERCE for organizing a
Voluntary Blood Donation Camp on 20/1/2024 (35 units)

This social service by this organization towards the patient requiring blood transfusion needs to be continued in future also. We sincerely appreciate your humanitarian gesture.

Blood Bank Licence No. KTK/28C-317/2017

P. Saamy
BLOOD BANK OFFICER
SREE SIDDAGANGA HOSPITAL BLOOD BANK
KTK 28C/317-2017
Sree Siddaganga Hospital
Dr. Sree Sree Shivakumara Swamiji Road (B.H. Road)
TUMAKURU - 572102



Counselling Sessions: Counselling sessions were facilitated by Dr.Tavikumar S. P. from the Manasparsha Center for Well-being Tumkur. Names of students in need of counselling were collected from proctors, and sessions were scheduled at the health centre on campus.

Conclusion: The Health Camp and Blood Donation Camp were resounding successes, providing vital health services and promoting altruism among students. The collaboration with healthcare institutions and the dedicated efforts of committee members and NCC volunteers ensured the smooth execution of the event. Counselling sessions further emphasized our commitment to support students' mental well-being. As we move forward, we remain committed to organize similar initiatives to foster a healthy and thriving campus community.