

# Health Education and Counselling Report 2018 – 2019.

**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*

**KUM. SHRUTHI P, CONVENOR.**

Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. Health Education provides knowledge on health related aspects and develops the attitude of people to maintain sound health. There are many factors that affect our health, its everyone's right to know about the factors affecting it and the instructions to attain positive health.

## Health checkups:

As students are the backbone of our college, health of every student is very important so we decided to organise health checkups to all students of our college. With this idea we approached **Dr Shivaprasad** MSc,MBBS, he happily accepted our request and planned to conduct checkups every Tuesdays and Fridays at 3 PM in health centre of all working days in batches of 50 students a day. An allotment was planned and Proctors of all class were informed to assemble the students for checkups. The Height, Weight of each student was recorded and students underwent regular medical examination, If any further investigation was needed the students were recalled for checkups and intimated to parents if any serious issues where found.

The health check program ran successfully for more than 25 weeks and we completed checkups of all students with the support of all staff and students. An Interactive session was organised with doctor on 12<sup>th</sup> March 2019 at 3 pm in seminar hall where students discussed about their doubts regarding health and doctor clarified each and every students.





Interactive session was organised with **Dr Shivaprasad** on 12<sup>th</sup> March 2019 at 3 pm in seminar hall.



We honoured **Dr Shivaprasad** on 12<sup>th</sup> March 2019 in seminar hall for his service.

## *Counselling Cell*

**KUM. KHALIDA KHANUM, CONVENER**

SSCASC ensures a student-friendly ambience. The constitution of the Counseling Cell is a part of our incessant effort to create a conducive atmosphere. This cell consisting of trained and experienced counselor Smt. Dakshanyani H.S, Mental Health Counselor, DMHP Tumkur who visit our college every Wednesday at 10:30 am to 12:30 am.

The mission of counselling cell is to promote students' well-being, aiding to develop better understanding of the self, to grow both intellectually and emotionally, to be more satisfied and productive and improve the depth and quality of life. To hike sound mental health, the counselor help in dealing with emotional and behavioral problems like guilt, anxiety, stress, lack of confidence, low self- esteem, depression and internet addiction etc. Counseling cell does fostering and inculcating life skills to make better adjustments and enriching healthy relationships.

S. No.	Date	Title	Page No.	Teacher's Sign / Remarks
1	6/8/18	I BA - HSK	Khalida	<i>[Signature]</i>
2	13/8/18	II BCA	Kumar Swamy	<i>[Signature]</i>
3	20/8/18	II BCA	Kumar Swamy	<i>[Signature]</i>
4	27/8/18	I BCA	Chethana V.	<i>[Signature]</i>
5	3/9/18	I BCA	Kavya J.K	<i>[Signature]</i>
6	10/9/18	I BSc PMCs	Sayarakhanum <i>[Signature]</i>	<i>[Signature]</i>
7	24/9/18	I BSc PCM	Shenashree	<i>[Signature]</i>
8	18/10/18	II MCom	Madhukumar	<i>[Signature]</i>
9	21/1/19	I BA HEP	Mohan Kumar	<i>[Signature]</i>
10	21/1/19	II PMCs	Sowjanya	<i>[Signature]</i>
11	28/1/19	III BCom A Sec	Yashaswini	<i>[Signature]</i>
12	30/1/19	III BCom A Sec	Yashaswini	<i>[Signature]</i>
13	1/2/19	III BCom B Sec	Srinivasa Reddy	<i>[Signature]</i>
14	7/2/19	III BCA	Shruthi P	<i>[Signature]</i>
15	12/2/19	III BSc - PCM	S.M. Yogeeshwar	<i>[Signature]</i>
			T.H. Shashidhar	<i>[Signature]</i>
16	14/2/19	III BSc - CBZ	Geetharjali K.S.	<i>[Signature]</i>
17	18/2/19	III BA - HEP - HSK	Prof. Parashivamurthy S Padmaja Y.N.	<i>[Signature]</i>
18	21/2/19	II BSc - CBZ	Harshitha	<i>[Signature]</i>
19	25/2/19	I MCom	CHANDRIKA N. Chandrika N.	<i>[Signature]</i>

2018 - 2019

JB BOOKS  
PAGE NO.  
DATE 4/8/18

### Memo

The proctors of the mentioned class are informed to assemble the allotted students to medical check up at 2:50 pm to Health Center without fail. Proctors are informed to fill all the details in medical report sheet of each students before the students go near doctor for check up.

*[Signature]*

# Allotment for Health Check up for


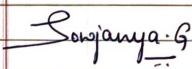




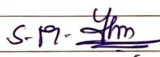


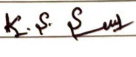
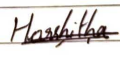
the year 2018-2019

Sl no	Date	Class allotted	Roll no allotted	Proctor in charge	Signature
1	Tuesday 7/8/18	I BA-HSK	Full class	Khalid Akhann - um	<u>Khalid Akhann</u>
2	14/8/18	II BCA	01-35	Kumar Swamy C.S.	<u>Ku</u>
3	21/8/18	II BCA	36-69	Kumar Swamy C.S.	<u>Ku</u>
4	28/8/18	I BCA	01-42	Chethana V	<u>Chethana V</u>
5	4/9/18	I BCA	43-85	Kavya J.K.	<u>Kavya</u>
6	11/9/18	I BSc PMCS	PMCS 1 to 45	Sayara Khanum	<u>Sayara Khanum</u>
7	25/9/18	I BSc PCM I BSc PMCS	1 to 20 70 to 90	Shenashree	<u>Shenashree</u>
8	19/10/18	II MCom	Full class	Madhu Kumar	<u>Madhu</u>

# Allotment for health check up

JB BOOKS  
PAGE NO.:  
DATE:

JB BOOKS  
PAGE NO.:  
DATE:

Sl no	Date & Day	Class allotted	Roll no allotted	Proctor Incharge	Signature
1	22/1/19 Tuesday	I BA-HEP	Full class	Mohan Kumar	
2	25/1/19 Friday	II BSc PMCS	1 to 45	Sowjanya G.	
3	29/1/19 Tuesday	III BCom 'A' Sec	1 to 45	Yashaswini R.	
4	01/02/19	III BCom 'A' Sec	46 to 91	Yashaswini R.	
5	5/02/2019	III BCom 'B' Sec	Full class	Srinivasa Reddy	
6	8/2/2019	III BCA	Full class	Shruthi P	
7	13/2/2019	III BSc-PCM	Full class	S.M. Yezepth T.H. Shashidhar	S.M.  T.H. 
8	15/2/2019	III BSc-CBZ	Full class	Geethanjali K.S.	
9	16/2/2019	III BA-HEP -HSK	Full class Full class	Prof. Shivaprasad Prof. Parashivamurthy S Padmaja Y.N.	K.S. 
10	21/2/2019	II BSc-CBZ	Full Class	Harshitha	



To  
Principal  
SSCASC  
Tumkur

Ch-NO. 082243  
RS 38600/-  
Date 11/3/19  
voucher no 135  
R-8  
11/3/19

Respected madam

Sub: Regarding doctors fee.

Dr. R. Shivaprasad has done regular medical check up of 1100 UG and 112 PG students. Interaction of the doctor with students is arranged on 12<sup>th</sup> March 2019. During this time doctors fees has to be given. Kindly give doctors fees through cheque.

Thank you

Yours faithfully  
Shruti  
(Shruti P.)

To  
Superd  
issue we were  
ter that from the  
students medical  
fees collected  
Anandhan  
9/3/2019

To Manjunath  
collect fee instructor  
1100 x 30 = 33000-00  
112 x 50 = 5600-00  
38600-00  
9/3/19

Medical fees Collected.

PG - 112 x 50 = 5600

UG - 1375 x 30 = 41250

Student strength - 1487

Total fee Collected Rs → 46850/-

Mamatha B





69

Estd : 1966-67



Sri Siddaganga Education Society (R.)  
**SREE SIDDAGANGA COLLEGE**  
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B.H. Road, TUMKUR - 572 102.



ಶಕಮಾನದ ಕಾಯಕಯೋಗಿ

Ph : (Off.) 0816-2278569, E-mail : principal.sscasc@gmail.com Website : www.sscasc.org

ಶ್ರೀ ಸಿದ್ಧಗಂಗಾ ಕಲಾ, ವಿಜ್ಞಾನ ಮತ್ತು ವಾಣಿಜ್ಯ ಕಾಲೇಜು, ಬಿ.ಹೆಚ್. ರಸ್ತೆ, ತುಮಕೂರು - 2.

**HEALTH CENTRE**

**Dr.R.Shivaprasad, B.Sc. ,M.B.B.S.**

Name of the Student

Adrasha S.R.

Class / Programme

2 BCA

Height

166

Weight

60

CHEST : Normal

On Full Inspiration

Investigation :

Suggestion / Prescription :

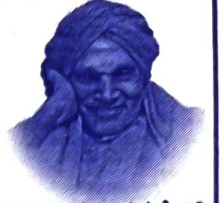
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Estd : 1966-67



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ಶತಮಾನದ ಕಾಯಕರ್ಯೋಗ

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**HEALTH CENTRE**

**Dr.R.Shivaprasad, B.Sc. ,M.B.B.S.**

Name of the Student

Class / Programmme

Height Weight CHEST : Normal On Full Inspiration 

Investigation :

Thyroid profile  
 CBC

Suggestion / Prescription :

Atropin Right eye

Myopia left eye

Corrected Glassy