

Health Education and Counselling cell Report 2021-2022.

MISS. SHRUTHI P, CONVENER.
MRS. HARSHITHA B, CO-CONVENER

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.

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.

We feel proud to inform that we have signed an **MOU** with District Hospital, Tumkur with the purpose of maintaining physical, mental health of all staffs, students and educate society.

We had organized a Health Camp to I year students of our college. We conducted health camps for two days on **15-07-20122** & **16-07-2022** for I BSc[PC, PM. MCs, CB, BZ, ZBt] , I BA [HE, HOpt.Eng, EP, SOpt.Kan] and I BCom, I BCA, I BBA, I MCom & II MCom students respectively in collaboration with District Hospital, Tumakuru.

The first session of the camps began with a special Lecture by **Dr Keshava Raj**, RCH Officer, District Hospital, Tumakuru., and **Dr. Surendranath D. S**, Psychiatrist, District Hospital, Tumakuru on the topic "**Adolescence**". The 2nd session was divided into 3 units, General checkup with Physician, Eye Testing and Blood Group Detection.

Students actively participated in health camp, Basic details like Measurement of Height and Weight were recorded by MCs & CB volunteers to know their basic health status, Students were consign to general health checkup conducted by **Dr. Anusuya**, **Dr Sudarshan** & their team of Physician Doctors, District Hospital, Tumakuru. , followed by Eye Testing conducted by **Dr Manjunath** and his team, 500 student eyes were tested 96 students were identified with eye sight defect and referred for further checkups, 260 students Blood Group was detected by **Indu** and her team of Lab Technicians, Govt. Hospital, Tumkur.

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



Inauguration of health camp on 15th July 2022



Health Camps Team for 15th & 16th July 2022.



Dr T. A. Veerabhadraiah, District Surgeon, District Hospital, Tumakuru., addressing the students.



General health checkup by physicians



Blood group detection for students by Indu and her team of Lab Technicians



Eye Testing was conducted by Dr Manjunath and his team



Volunteers of health camp recording height, weight of students.

Counseling Cell

The mission of counseling 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. Rajeshwari & Vijayalakshmi**, Psychiatrist, District Hospital, Tumkur who visit our college on every Tuesday between 2:00 pm to 4:30 pm. Students in need of counseling will be identified by proctors and sent to counseling sessions and there is a significant improvement in behavior of such students. Students voluntarily can also attend the counseling sessions confidentiality is strictly maintained. In this academic year more than 50 students have been counseled and got benefited.



General group counselling for students

Sri Siddaganga Education Society (R.)



SREE SIDDAGANGA COLLEGE OF ARTS, SCIENCE & COMMERCE

Reaccredited by NAAC
B++
with CGPA - 2.82

College with difference (for both boys & girls)

☎ : 0816-2278569, 8277338148

Website: www.sscasc.in

(Affiliated to Tumkur University)

Email: principal.sscasc@gmail.com

Internal Quality Assurance Cell & Health Education & Counselling Cell

in association with

District Hospital, Tumkur

organize

HEALTH CAMP

Date : 15th & 16th July 2022

Time : 10-00 am onwards

Venue : Sree Shivakumara Swamiji Seminar Hall

With the divine blessings of

His Holiness Sree Sree Siddalinga Swamiji

President, Sree Siddaganga Education Society, Tumakuru

Chief Guest :

Dr. T.A. Veerabhadraiah MBBS, DA, PGD, HHM
District Surgeon, District Hospital, Tumkur

Resource Persons :

Dr. Keshava Raj

MBBS, DPH

RCH Officer, District Hospital, Tumkur

Dr. Surendrnath D.S.

MBBS, MD

Psychiatrist, District Hospital, Tumkur

Topic: "Adolescence"

Presided By:

Dr. H.P. Veerabhadraswamy

Principal, SSCASC, Tumakuru

ALL ARE CORDIALLY INVITED

Principal, Teaching & Non-teaching Staff and Students

Mrs. Harshitha P.
Co-convenor

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

Health Camp 2021-2022

Date: 15-07-2022

Time - 10:30 am

Venue: Sree Shivakumaraswamiji seminar hall.

Program List

Invocation song	:	Vishmitha, I CB
Welcome	:	Shruthi P, Convener.
Inauguration	:	Watering the plant by dignitaries on dais
Honoring the guest	:	By Principal & IQAC Coordinator
Signing the MOU	:	District Surgeon & Principal
Address by Chief guest	:	Dr. T. A. Veerabhadraiah District Surgeon, District Hospital Tumkur
Presidential address	:	Dr. H P Veerabhadraswamy Principal
Address by resource person	:	Dr Keshava Raj RCH Officer, District Hospital Tumkur
	:	Dr. Surendrnath D S Psychiatrist, District Hospital Tumkur
Vote of thanks	:	Harshitha B, Co Convener
Anchoring	:	Pooja R, I MCs

ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ಜಿಲ್ಲಾ ಆಸ್ಪತ್ರೆ, ರಕ್ತನಿಧಿ ಕೇಂದ್ರ, ತುಮಕೂರು

ಹೆಸರು Rakshitha KR


ವಯಸ್ಸು, ಲಿಂಗ 19/F ಕ್ರಮ ಸಂಖ್ಯೆ

ರಕ್ತದ ಗುಂಪು

ಮತ್ತು

ಆರ್. ಹೆಚ್. ಅಂಶ

B'positive


ವೈದ್ಯಕ ಸಹಿ

Society (R.)

**COLLEGE
COMMERCE**

(University)

2102.

al.sscasc@gmail.com

org



ಶತಮಾನದ ಕಾರ್ಯಕ್ರಮ

ಬಿ.ಹೆಚ್. ರಸ್ತೆ, ತುಮಕೂರು - 2.

RE

JYA

Name of the Student

Rakshitha .K.R

Class / Programme

1st MCB

Height

162

Weight

37.3

CHEST :

Blood Group

B⁺

Investigation :

Eye sight

Right

Left

6/6

6/6

Suggestion / Prescription :

No complaints

Cvs - (N)

Rs - (N)



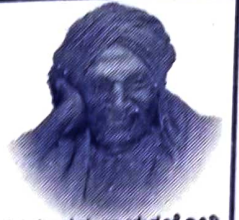
Estd : 1966-67

Sri Siddaganga Education Society (R.)

SREE SIDDAGANGA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Tumkur University)

B.H. Road, TUMKUR - 572 102.



ಶಕಮಾನದ ಕಾಯಕರ್ಯೋಗಿ



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B⁺⁺
with CGPA - 2.82

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

NAME OF THE DOCTOR

Dr M. Anusaya

Name of the Student

EEtakoti Ashwini

Class / Programme

1st MC

Height

155

Weight

50.9

CHEST :

Blood Group

O⁺

Investigation :

No any complaints.
clo weakness.

Eye sight

Right

6/12

Left

6/18

with glass

Pallor ⊕.

RS - NVBS ⊕

CVS - S₁S₂ ⊕.

Adv
- P. FS (30)
1-0-0.

Suggestion / Prescription :

Inv
- CBC.

- P. Pantop (10)
- Iron rich diet.

Adv
Refection and Spiritale comen

U

SREE SIDDAGANGA COLLEGE OF ARTS, SCIENCE AND COMMERCE

HEALTH EDUCATION AND COUNSELING CELL

Total Expenditure of Health Camp (2021-2022)

Sl no	Bill no	Particulars	Amount
1	1066	Mickey computers(invitations, banner, prescription)	1500
2		Maruthi's cream lounge	200
3	7075	Vasavamba Hall	900
4	11917	New Prathap Plastic	120
5	34470	Fresh Fruits	143
6	992	Siddaganga College Payment Voucher	1023
7	266	Manju Digital Photo and Video	1450
8	610	Queen Flowers	400
9	13775	Namana Book Palace	24
10	7149	Sri Mahadeveshwara Enterprises	351
11	151	Sri kanteshwara Momentos	390
12	G5467 & G5466	Bharath Petroleum	205
13	1067	Mickey computers (Certificates)	360
14	114	Balaji Memento Gallery	300
15	14	Sri Siddaganga Enterprises	60
16	897	Canteen	5420

Total

12846

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Issue cheque for Rs. 12,846/- only
after the adjustment to the
Advance Amount

19/07/2022

For Helath Camp
Student
19/7/22

Health counselling cell
Advance - 12,846/-
cheque Rs. 846/-

Ch no. 000361
Rs. 846/-
20/7/22

12846/-

20/7/22

Estd : 1966-67



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S.S.C.A.S.C./ 437/2021

Date: 14/12/2021

Principal
SSCASC, Tumkur

District Surgeon
Tumkur

Respected Sir,

Sub: Request for MOU with Government Hospital Tumkur.

Sree Siddaganga college of arts Science and Commerce is a reputed institution in the city we have more than 1500 students in our college. Since students are the backbone of our college, health of every student is very important. Therefore, we need your support to monitor the health of our students continuously. Hence it would be ideal if we maintain a memorandum of understanding amongst us.

So I like to tie up with your government hospital for medical check up for our students. Hoping for best response.

Thank you

Yours faithfully


PRINCIPAL

Sree Siddaganga College
of Arts, Science and Commerce.
B.H. Road, TUMKUR-572 102.

th
14/12
District Surgeon,
District Hospital,
TUMKUR.



Government of Karnataka

Office of the District Surgeon, District Hospital, Tumkur– 572101.

Phone No. 0816-2257404, A.A.O.-2251250, E-Mail: dstumkur@gmail.com

No.DHT/ARS/05/2022-23

Date: 09th July, 2022.

To,

The Principal,
Sree Siddaganga College of Arts, Science and Commerce,
BH Road, Tumkur– 572102.

Respected Sir,

Subject: Acceptance for forming Memorandum Of Understanding.

Ref: Letter S.S.C.A.S.C/ 155 /2022-23, Dated 28.06.2022.

With reference to the above letter, we hereby wish to inform you that we accept your request for formation of Memorandum of understanding for conducting health camp and providing counselor to your college.

We are happy to render few services like general check up's, counseling, eye testing and blood group detection, so that your students and staff members are benefited.

Thank You

Yours Sincerely

Veerabhadraiah. T.A.

Dr. T. A. Veerabhadraiah

District Surgeon

District Hospital Tumkur



bc
09/07/2022

Memorandum of Understanding

This memorandum of understanding is made on 15th July 2022

between

District Hospital, Tumkur

which is represented by its
District Surgeon, District Hospital Tumkur.

and

Sree Siddaganga College of Arts, Science & Commerce

which is represented by its
Principal, SSCASC, Tumkur.


The purpose of the agreement is to maintain physical and mental health of all staffs, students and educate society.

Now this MOU witness and it is agreed by and between the parties as follows:

1. District Hospital, Tumkur will assist and support to conduct health camp by provide Medical Services like-Physicians for general check up's, Eye specialist for eye testing and Laboratory technicians for blood group detection for staff and students if further treatment is required they will be providing best possible treatment.
2. District Hospital will provide Psychiatrist to accomplish counseling session for the needy students and staff.
3. District Hospital will furnish Resource persons while organizing special lecture / talk / workshop for the students and staff if requested on health related topics.
4. District Hospital, Tumkur will initiate and support to conduct Awareness Program for students, staff and society.
5. District Hospital, Tumkur will share its resources like specialist, labs to educate our staffs if needed in future to enrich their knowledge in curriculums.
6. If college starts any related Certificate Courses in future, District Hospital, Tumkur will guide and provide few supports like subject experts, permission to visits labs occasionally for smooth conduct of the program.
7. District hospital will provide Medical certificate for the needy students like sports, NCC students based on their medical fitness.
8. Sree Siddaganga College of Arts, Science and Commerce will provide volunteers to District Hospital, Tumkur if there is any requirement.
9. Staff and Students will voluntarily donate blood in any medical emergencies.
10. Staff and students of Sree Siddaganga College of Arts, Science and Commerce will support and participate in Awareness Program conducted by District Hospital, Tumkur to educate society.


This MOU shall come into force with effect from 15th of JULY 2022 and will remain in force till five years ie., 15th JULY 2027 and may be continued by approval of both parties by giving written notice. MOU can be terminated by either party by giving one month's prior notice.

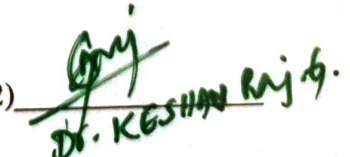
Authorized Official:


Dr. H. P. Veerabhadraswamy
Principal
SSCASC, Tumkur




Dr. T. A. Veerabhadraiah
District Surgeon
District Hospital, Tumkur

1) 

2) 
Dr. KESHAVA RAJU