

Health Awareness Programme - 2023-24

SL.NO	Name of The Programme	Resource Person	Date of The Programme	Number of Student Participants
01	Women Health	Dr. Jyothi Mahesh Gynecologist Tumkur	12-10-2023	63
02	Adolescence issues in Teenagers	Dr. Anitha Gowda Community health officer District Hospital Tumkur	12-10-2023	63
03	Free Health check-up Camp	Shree Siddaganga Hospital and Research Institute	26-03-2024	101



Sree Siddaganga Education Society (R.)

**Sree Siddaganga College of Arts Science and
Commerce for Women**

Sree Shivakumara swamiji Road, Tumakuru-572102

Re-Accredited by NAAC with "B+" Grade

HEALTH AWARENESS PROGRAM



Date: 12 October 2023

Time: 12 NOON



VENUE: PU SEMINAR HALL, SSCASCW, TUMAKURU

ALL ARE CORDIALLY INVITED

Sree Siddaganga College of Arts, Science and Commerce for Women, Tumkur.
& IQAC

HEALTH AWARENESS PROGRAM

Venue: PU Seminar hall

Date: 12-10-2023

Time: 10:30 to 1:30PM

Invocation: Amrutha varshini

Welcome by: Smitha N

Inauguration: By Guests

Speech by Chief Guest: Dr. Jothy Mahesh Gynaecologist , Tumkur.

Guest: Dr. Anitha gowda

Presidential Address: Dr. H.M Dhakshinamurthy
Principal, SSCASCW

IQAC Co-ordinator : Prof. G Chidanandamurthy
HOD of Botany and Microbiology

Vote of thanks: Vinutha K.P

Estd. : 1982



Sree Siddaganga Education Society (R.)

**SREE SIDDAGANGA COLLEGE
OF ARTS, SCIENCE & COMMERCE FOR WOMEN**
Dr. Sree Shivakumara Swamiji Road, (B.H.Road), TUMKUR - 572 102.



Website : www.sscwtumkur.org
E-mail : sscasc.women@gmail.com

(Affiliated to Tumkur University)

Off : 0816 - 2272312
Mob : 94801 75812

ಶ್ರೀ ಸಿದ್ಧಗಂಗಾ ಕಲಾ, ವಿಜ್ಞಾನ ಮತ್ತು ವಾಣಿಜ್ಯ ಮಹಿಳಾ ಕಾಲೇಜು, ಡಾ|| ಶ್ರೀ ಶಿವಕುಮಾರಸ್ವಾಮೀಜಿ ರಸ್ತೆ (ಬಿ.ಹೆಚ್.ರಸ್ತೆ), ತುಮಕೂರು-೦೨.

ACCREDITED BY NAAC WITH 'B+' GRADE

Ref. No. SSCW :

Date :6/11/2023.....

Health Education and Counseling Committee Members 2023-2024

SL.No	Name	Department	Signature
1	Smitha.N	Microbiology	
2	Vijayalatha.R.S	Zoology	
3	M.C.Patil	Library	
4	Pavana.B.S.	Political science	
5	Harshashree N	Commerce	

Student Members

SL.No	Name	Combination	Signature
1.	Bindushree.S	III ZMb	
2.	Mehak Fathima	III CZ	
3.	Gangambike.k.N.	III PM	
4.	Muktha.k.M.	II B.COM	

Convenor

IQAC CO-ORDINATOR
Co-ordinator
IQAC/NAAC
SSCASCW, Tumkur

Principal
Sree Siddaganga College of Arts,
Science and Commerce for Women,
B.H. Road, TUMKUR.

HEALTH AWARENESS PROGRAM

MEMO

D. m. f.

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no Hawthorne

T. Narendra

Lawrence B.

Sl. No. 10 P.

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Page 1 of 1

S. Walker-Bell

**SREE SIDDAGANGA COLLEGE OF ARTS, SCIENCE AND COMMERCE FOR
WOMEN TUMKUR**

HEALTH AWARENESS PROGRAM

Date: 11-10-2023

MEMO

All the students of II year (B.A, B.Sc, B.com and BCA) are kindly requested to attend the health awareness program organized by the college on 12-10-2023 at 11.30 AM in PU seminar hall.


Principal 11/10/2023

Sree Siddaganga College of Arts,
Science and Commerce for Women,
B.H. Road, TUMKUR.

XO Harshathree
11/10/23

BK
11/10/23

Nagendra
11/10/23

Vinay
11/10/23

Shruthi D.
11/10/23

D
11/10/23

T.R. Hemavathi
11/10/23 -BA

Health awareness program

SL.NO	STUDENT NAME	SIGNATURE
1.	Ananya .R	Ananya .R.
2.	Monisha .V.K.	Monisha
3.	Nipba-firdose	Nipba-firdose
4.	Rakshitha	Rakshitha
5.	Divya .B.N.	Divya .B.N.
6.	Nida Noorain	Nida Noorain
7.	Dhanushree C.R	Dhanushree
8.	Lakshmi.M	Lakshmi, M.
9.	Nimitha.K.S	Nimitha.K.S
10.	NOORAIN FATHIMA	Noorain Fathima
11.	SHAFIYA HUSSAIN	Shafiya Hussain
12.	IFRA FALAK	Ifra falak
13.	JAVERIA SADIYA	Javeria Sadiya.Y.S.
14.	Ancelin Jose Beskin	Ancelin
15.	Bindu . M	Bindu . M
16.	Meghana . N	Meghana . N.
17.	Pallavi . S	Pallavi
18.	KhadijatulKubra	KhadijatulKubra
19.	Azfa Khanum	Azfa Khanum
20.	Bindu shree .S.	Bindu
21.	Noor Fathima	Noor Fathima
22.	Bhavana .B.J	Bhavana .B.J
23.	Indu hree .G.v	Indu
24.	Dhanya Shree	Dhanya
25.	Nagasiri .H.M.	Nagasiri .H.M.
26.	pallavi . R	Pallavi
27.	Nirmala .R	Nirmala .R
28.	Pallavi T.R	Pallavi
29.	Ashwini . HoP.	Ashwini . HoP.
30.	VISMAYA R.V	Vismaya
31.	Niharika . R	Niharika .R.
32.	Yashaswini . S.	Yashaswini .S.
33.	Vasavi . H . N	Vasavi . H . N

Health awareness program

SL.NO	STUDENT NAME	SIGNATURE
1.	Deepashree. D	<u>Deepa</u>
2.	Bandhavya M.N	Bandhavya M.N
3.	Imana Kharun	Imanathanun
4.	Bhoomika.S	Bhoomika.S.
5.	Anuqa D.G	Anuqa D.G
6.	Sindhu. R.S	Sindhu. R.S
7.	Vandana. N	Vandana. N
8.	Honey Suresh. G	Honey Suresh. G
9.	Ranjitha - T-R	Ranjitha
10.	Puchpa. GN	<u>Puchpa</u>
11.	Rakshitha M.S	Rakshitha M.S.
12.	Bindushree D.G.	Bindushree D.G.
13.	Yashaswini G.S	Yashaswini G.S
14.	Shruthitha. C.	<u>Shruthitha</u>
15.	Deeksha. K.	<u>Deeksha</u>
16.	Dhamini. T.B	Dhamini. T.B.
17.	Suchithra	<u>Suchithra</u>
18.	Priya T.U	<u>Priya T.U.</u>
19.	Deeksha. T.S.	<u>Deeksha T.S.</u>
20.	Mehak Fathima	<u>Mehak Fathima</u>
21.	Lakshmi. M	<u>Lakshmi. M</u>
22.	Pooja. A.M	<u>Pooja A.M</u>
23.	Chaya HV	<u>Chaya HV.</u>
24.	Ranjitha. M.B.	Ranjitha. M.B.
25.	Suchithra. H.B	<u>Suchithra. H.B</u>
26.	Sanitha. B.R.	Sanitha. B.R.
27.	Vandana. B.K	Vandana. B.K
28.	Hemalatha. B.N	Hemalatha B.N
29.	Priyanka S.M	priyanka S.m
30.	Nikhitha. G.S.	<u>Nikhitha G.S</u>

Report on Health awareness program

Health awareness program was conducted for students of our college on 12th October 2023. The guest speakers are Dr. Jyothi Mahesh Gynaecologist, Mahesh surgical and maternity centre, Tumkur. Specialist in infertility and laproscopy and another guest Dr. Anitha gowda Administrative medical officer, District hospital, Tumkur. Who enlightened the students on physical, mental and emotional wellbeing when we have healthy and hygienic practices. The students were sensitized about the importance of washing their hands before and after eating and exercising daily and the importance of playing sports and inculcating other healthy habits to avoid falling sick. The students learnt a lot from the session and promised to follow all the good habits.

Health Awareness programme 2023-24





GPS Map
Camera Lite

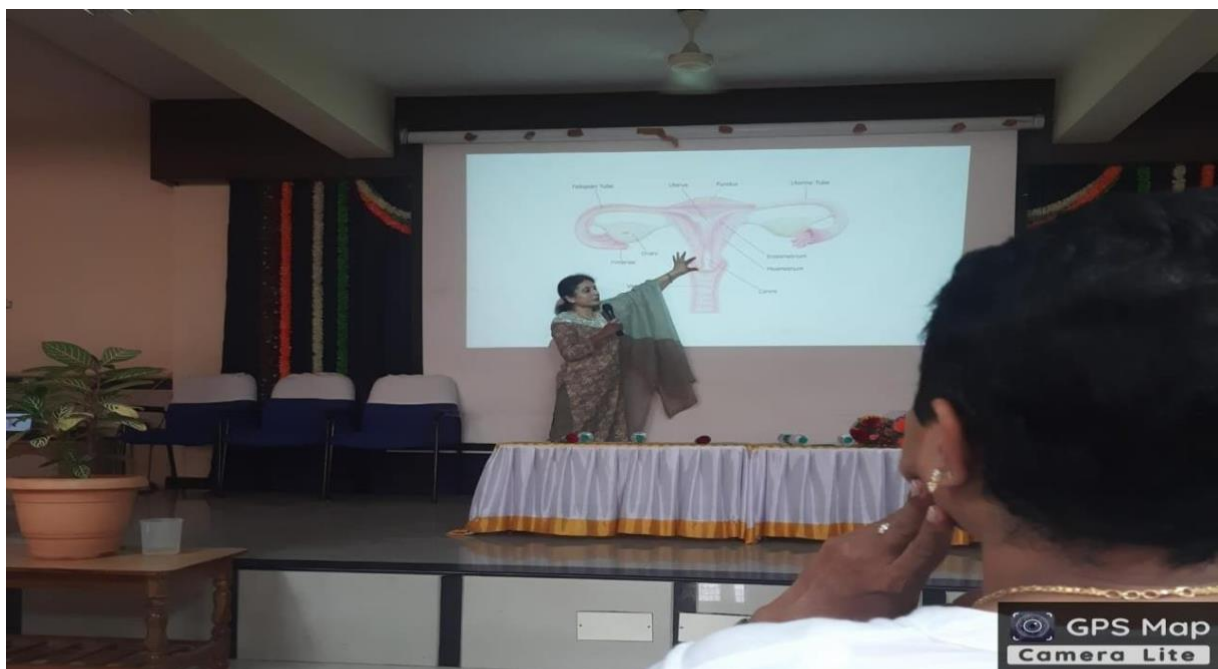
83QX+5RP, Gandhi Nagar, Tumakuru, Karnataka 572102, India

Latitude
13.3379072°

Longitude
77.0997928°

Local 12:38:56 PM
GMT 07:08:56 AM

Altitude 822 meters
Thursday, 12.10.2023



GPS Map
Camera Lite

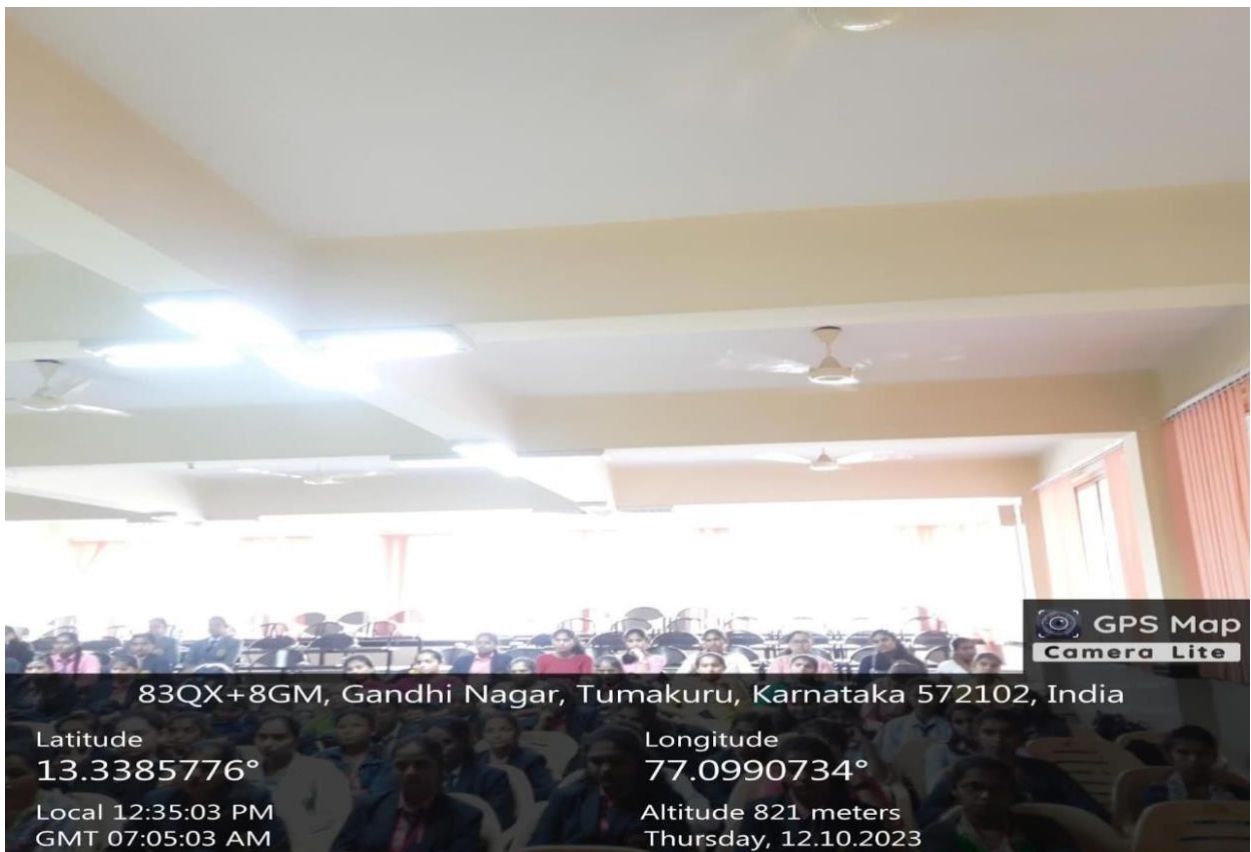
83QX+8GM, Gandhi Nagar, Tumakuru, Karnataka 572102, India

Latitude
13.3385776°

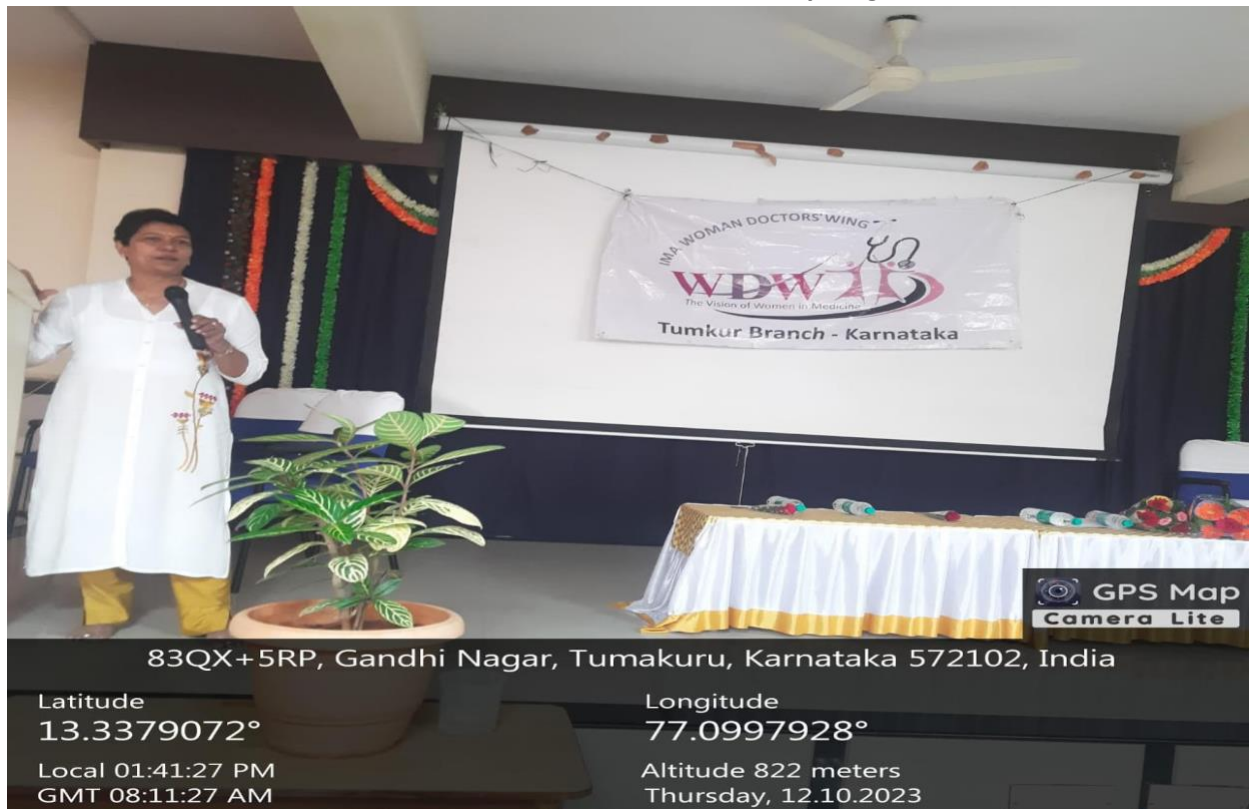
Longitude
77.0990734°

Local 12:55:23 PM
GMT 07:25:23 AM

Altitude 821 meters
Thursday, 12.10.2023



Guest Lecture on Medical laws and rules for young women



Report on Medical laws and rules for young women

On 12th October 2023 Dr. Anithagowda Community health Officer, District hospital, Tumakuru. Spoke on medical laws and rules are essential for Wellbeing of young women especially during their adolescence"

The Doctor spooked on young women Reproductive health rights and sexual Health education to empower. Young women with Knowledge about Contraception, STI prevention and Consent.

The principal gave the presidential speech by telling legal provisions and mental health challenges such as depression, anxiety, and eating disorders.

The focus on the medical laws and rules empowers young women to advocate for their health rights, make informed decisions and access necessary health care services.

Education, awareness, and enforcement of these Laws are vital for Promoting the health Well-being of young women in society.

Sree Siddaganga College of Arts, Science and Commerce for Women
HEALTH AWARENESS PROGRAMME
2023-24

Evaluation sheet

Items	Excellent	Good	Fair	Needs improvement
1. The items that were part of the programme	✓			
2. Quality of facilitators	✓			
3. Time utilization		✓		

My thoughts on this programme: *Excellent*

My overall rating of this programme (tick a box) (0=Least possible score, 9=highest possible score)

0	1	2	3	4	5	6	7	8	9
									✓

Sree Siddaganga College of Arts, Science and Commerce for Women
HEALTH AWARENESS PROGRAMME
2023-24

Evaluation sheet

Items	Excellent	Good	Fair	Needs improvement
1. The items that were part of the programme	✓			
2. Quality of facilitators	✓			
3. Time utilization		✓		

My thoughts on this programme: *The programme was Excellent.*

My overall rating of this programme (tick a box) (0=Least possible score, 9=highest possible score)

0	1	2	3	4	5	6	7	8	9
									✓

Health Awareness programme 2023-24
HPV Vaccine awareness programme

Health Check-up camp 2023-24



Sree Siddaganga Education Society (R)
Sree Siddaganga College of Arts, Science and Commerce for women
B. H Road, Tumkur-572102



Sree Siddaganga College of Arts, Science and Commerce for women Tumkur

Invitation

**Health Education and Counseling Committee
Organizes**

FREE HEALTH CHECK-UP CAMP

In Association with

Sree Siddaganga Medical College and Research Institute

Dr. Madhu Patil

General Physician
Siddaganga Hospital and Research Institute

Dr. Rajani

Gynecologist
Siddaganga Hospital and Research Institute

Presided by

Dr. H. M. Dakshina Murthy
Principal, SSCASCW, Tumkur

IQAC Co-Ordinator

Prof. G Chidanandamurthy
HOD, Department of Botany and Microbiology

**Date: 26-03-2024, Tuesday
Time: 10.00 A.M.**

Venue: Akkamahadevi Seminar Hall

ALL ARE CORDIALLY INVITED



Health check-up camp 2024

In association with Shree Siddaganga Hospital and Research Institute aim to promote wellness and early Detection of health issues among the college community.

The health checkup included students, faculty, and staff members of our college. The comprehensive scope of the check-up included general health assessment, screening and consultations like blood pressure, Pulse rate height weight and BMI measurements.

The camp also included blood sugar level screening haemoglobin analysis and the opportunity to consult with healthcare professionals regarding their health concerns and receive professionalised advice.

The participants were encouraged to provide Feedback on their experience, and arrangements Were made for follow up consultations and treatments for those requiring further medical attention.

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

**Health Education and Counselling Committee organizes Free Health
Check-up camp 2024**

STUDENTS REGISTRATION FORM

DATE: 26-03-2024

SL.NO	Name	Mobile Number	Signature
1.	Nayana T.L	8792529905	Nayana T.L
2.	HEENA KHANUM J.	9901440941	Hib
3.	B. B. Hajeera	7899652242	Hajeera
4.	Anushree K.H	9902378460	Anushree K.H
5.	Dhanushree B.S	7975281112	D
6.	Sakshi S	9880475983	S
7.	Kavya N	9035236369	K.
8.	Pooja TP	7795239063	P.
9.	Tanushree B.S	7019043243	T
10.	Ananya K.P	9019849894	Ananya
11.	Nirangya B.S	8197089889	Nirangya
12.	Dhanalakshmi Hib.	8088608659	Dhanalakshmi Hib.
13.	Sulthana M.	9740865818	Sulthana M.
14.	Rashmi Tha C.V.	8951100139	Rashmi Tha C.V.
15.	Thijesh H.B	8147833840	Thijesh
16.	Deepa B.D	7022581855	Deepa
17.)	Roja G.V	8217008932	R
18.)	Mandanaatha N	7996977574	Mandana
19.)	Hemshitta MR	8792099424	H
20.)	Hemalatha S	7353648924	Hemalatha S.
21.)	epijithi T.R	8123339470	epijithi T.R
22.)	Hannitha B.S	7349017800	Hannitha B.S
23.)	Vaishini K	7795592769	Vaishini K
24.	Vaishya S	8660434908	Vaishya S
25.	Shilpa T.M	8861183773	Shilpa T.M
26.	Kanaka lakshmi	8050633405	Kanaka lakshmi

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

**Health Education and Counselling Committee organizes Free Health
Check-up camp 2024**

TEACHING STAFF REGISTRATION FORM

DATE: 26-03-2024

SL.NO	Name	Mobile Number	Signature
01	Dr. JAGADEESHA.M	9449368870	Jagadeesh.M
02	Dr. Chidamanda Murthy	9964096570	Chidamanda Murthy
03	MAILESH BABU.S	9036702185	P. Mallesh Babu
04	Dr. B. Marappa	9481400652	B. Marappa
05	Shwetha. C. S	7019069442	Shwetha.C.S
06	Malavika Suresh	70267126786	Malavika Suresh
07	Maheshwari	9886044689	Maheshwari
08	V. S. Prabhu	9964869970	V. S. Prabhu
09	N. Harshashree	9632168655	N. Harshashree
10	Shashikala.N	9845687751	Shashikala.N
11	Pavana.B.S	9964851160	Pavana.B.S
12	Dr. S. L. V. Srinivas	7201162459	S. L. V. Srinivas
13	Dr. Dakshina Murthy	94497-48390	Dakshina Murthy
14	Dr. S. Lakshmi Narasimha	9740584167	S. Lakshmi Narasimha
15	Dr. Nalinakshi	9036296076	Nalinakshi
16	S. N. Vathsalya	9964388625	S. N. Vathsalya
17	T.R. Hemavathi	9844099940	T.R. Hemavathi
18	Jagadeesha.N.S	6362632815	Jagadeesha.N.S
19	Ramya. M.S	8197578955	Ramya. M.S
20	Prathima. K. S	7969669082	Prathima. K. S
21	Geetha. G.N	7019011890	Geetha. G.N
22	Varsha Shetty.H.N	9460069264	Varsha Shetty.H.N
23	M. C. Lalitha	9448180942	M. C. Lalitha
24	Smitha. N	9741360273	Smitha. N
25	Shobha. S	9844520514	Shobha. S
26	Triveni. T	9945709061	Triveni. T

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

**Health Education and Counselling Committee organizes Free Health
Check-up camp 2024**

NON-TEACHING STAFF REGISTRATION FORM

DATE: 26-03-2024

SL.NO	Name	Mobile Number	Signature
1	Lokesh N.M	8762011214	Lokesh N.M
2	Jayashrikalich M	9008680571	Jayashrikalich M
3	M. V. Srinivasan	9741997881	M. V. Srinivasan
4	H. S. S. S. S. S.	9591602185	H. S. S. S. S.
5	Roopa M	9482454868	Roopa M
6	Narendra Prasad .M	99452280	Narendra Prasad .M
7	PANKAJA S.R	9964015624	PANKAJA S.R
8	C.R. Pushpalatha	8951861424	C.R. Pushpalatha
9	Bharathi L.S	9591603862	Bharathi L.S
10	Usha C	9886896980	Usha C
11	C.R. Jagannatha	9535792479	C.R. Jagannatha
12	G. M. Redkar	9008174205	G. M. Redkar
13	Komala	9141169545	Komala
14	Preethi M. S	9535350379	Preethi M. S
15	Sudhakar S	9731849675	Sudhakar S
16	Chandrasekhar	9244930693	Chandrasekhar
17	Sathyaeshwar .S	9538117932	Sathyaeshwar .S
18	A. S. S. S. S.		A. S. S. S. S.
19	Lokesh S. D. M.	9880721319	Lokesh S. D. M.
20	Jayashree D. C.	9908631725	Jayashree D. C.
21	H. V. Hemulkaich	944843521	H. V. Hemulkaich
22	Ashwini .N	9632006581	Ashwini .N
23	Shivadaamma S	9019384259	Shivadaamma S
24	Agnes	9739386688	Agnes
25	Hemalatha .T. R.	9353237769	Hemalatha .T. R.
26	Siddagangamma .P. R.	9964254138	Siddagangamma .P. R.





