



SAPTHAGIRI COLLEGE OF ENGINEERING

#14/5, Chikkasandra, Hesaraghatta Main Road, Bengaluru – 560057

HEALTH CLUB

Strategic Perspective Plan for Health Club 2022-23

Sl. No.	Chronology	Plan	Description	Strategy	Funds/Budget	Remarks
1	Sep 17th 2022	Blood donation camp	NSS UNIT and Health club of Sapthagiri College of Engineering organized "Blood Donation Camp" on 17th September 2022 in association with SIMS & RC Blood bank and Akhila Bharatiya Terapanth Yuvak Parishad, Bengaluru.	Tips about donating the blood which regenerates new blood	Not Required	
2	Oct 6th 2022	Swachh Bharath Abhiyan	Team NSS, Health club student volunteers collectively organized an event "Swachh Bharath Abhiyan" at Sapthagiri College of Engineering campus	Awariness about cleanliness	Refreshment for Volunteers	
3	June 8th 2023	Millets food walk	A team of faculty and student volunteers organised "Millet food walk" at Sapthagiri College of Engineering, Bengaluru. All the Participating students prepared various dishes from millets and conduction a food walk highlighting all the benefits of millets based dishes.	All the students were benefitted by the event. The students and faculty of Sapthagiri College of Engineering expressed their happiness and gratitude.	Not Required	
4	June 21st 2023	International YOGA Day	The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga	Importance of YOGA and its benefits	Refreshments	
5	June 21st 2023	Yoga Day for Women	A team of faculty and student volunteers organised "International Yoga Day" at Sapthagiri College of Engineering, Chikkasandra, Bangalore. The event was conducted by Dr Ashok Walikar Physical Director and coordinated by all members of POSH cell of SCE, Bangalore.	Importance of Yoga and its benefits exclusively for women.	Refreshments	
6	July 14th 2023	Millets awareness	Different types of millets, its uses and benefits were explained by the doctors and medical students through videos, charts, display.	The advantages of using millets in our daily lifestyle was highlighted and how to consume millets and the various dishes which can be prepared were told.	Refreshments	
7	Nov 27th 2023	Millets awareness to school children	All the school children were told about the benefits of millets. They were told about the proper usage of millets in their day to day life.	Few students were told speak about the benefits of consuming millets in their food. The students shared their thoughts and conveyed their classmates about the various benefits of millets in their own language.	Refreshments	


Convener


Principal

Sapthagiri College of Engineering
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