



SAPTHAGIRI COLLEGE OF ENGINEERING

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

HEALTH CLUB

Strategic Perspective Plan for Health Club 2021-22

Sl. No.	Chronology	Plan	Description	Strategy	Funds/Budget	Remarks
1	Aug 18th 2021	Cycle rally and cleaning of lake	NSS UNIT and Health club of Sapthagiri College of Engineering organized Cycle rally till Hesaraghatta lake.	Driving in cycle from campus to Hesaraghatta lake and then cleaning the lake.	Refreshment for Volunteers	
2	Oct 11th 2021	Mental health in an unequal world	Dr.Varsha B G from Sapthagiri institute of medical sciences and Research center(SIMS RC) spoke about the mental health issues faced by the students in todays world.	interaction with students and variuos techniques to overcome the problems associated with mental health by the young generation.	Refreshment for Volunteers	
3	Oct 25th 2021	Plastic awareness camp	National Service Scheme (NSS Unit) of Sapthagiri College of Engineering in association with ECO club and Health club organized a Plastic Awareness Campaign on 25th October 2021. The campaign started at 10.30 am by our beloved Principal Dr. Ramakrishna H, in the presence of conveners of health club and ECO club.	Ensure presence of alternative solutions like cloth bags etc., to plastic bottles, covers and other goods on campuses. The volunteers collected the plastics near the college in three different areas.	Refreshment for Volunteers	
4	Dec 17th 2021	Blood donation camp	NSS UNIT and Health club of Sapthagiri College of Engineering organized "Blood Donation Camp" on 17th December 2021 in association with SIMS & RC Blood bank and Indian Red Cross society, Bengaluru.	Tips about donating the blood which regenerates new blood	Refreshments	
5	Jan 13th 2022	COVID testing drive	A team of doctors came for Covid testing for students and faculty at the campus.	Sensitise about Covid and its prevention.		
6	June 21st 2022	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	
7	June 22nd 2022	Awareness on cervical cancer and HPV vaccine	Doctors from Sapthagiri institute of medical sciences and Research center(SIMS RC) spoke about the Cervical cancer in women in todays world.	interaction with students and variuos techniques to overcome the problems associated with Cervical cancer and how to prevent it.They also stressed the importance of HPV vaccine.	Refreshments	


Convener


Principal

Principal
Sapthagiri College of Engineering
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