



|| JAI SRI GURUDEV ||



Sri Adichunchanagiri Shikshana Trust (R.)

SRI ADICHUNCHANAGIRI FIRST GRADE COLLEGE

Kuvempu Road, CHANNARAYAPATNA-573116 :: Hassan District

Permanent Affiliated to University of Mysore

Accredited with "B" Graded by NAAC

Phone : 08176 252266

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Email Id: safgccrpc@gmail.com

No .SAFGC/ 60 /2024-25

Date: 04-05 -2024

To,

The Principal

Vaidya Institute of Nursing & Paramedical Science
Channarayapatna

Respected Sir,

Sub: Request for conducting medical health checkup

With reference to above subject, Dr. Manjunatha M .K, Principal, SAFG College, Channarayapatna we would like to kindly inform you that we are intending to conduct health checks on students. Additionally, as per the terms of the Memorandum of Understanding we have with you, we ask for your assistance in carrying out the programme. I kindly request your approval and specific date and take the necessary action.

Thanking you,

Yours faithfully,

Principal

Sri Adichunchanagiri First Grade College
Channarayapatna.

Date: 04/05/2024

Place: Channarayapatana

Principal

Vaidya Institute of Paramedical Sciences
CHANNARAYAPATNA-573 116

|| Jai Sri Gurudev ||

Sri Adichunchanagiri First Grade College
Chanarayaptna-573116



Youth Red Cross and Red Ribbon Unit

Date:- 06-05-2024

Circular

It is requested that students, faculty and non-teaching faculty members participate in Health checkup drive, which is organized by Youth Red cross and Red ribbon Unit on Tuesday 07th May 2024, in order to make the programme a success.

A handwritten signature in black ink, appearing to read "M. J. S. K.", written over a horizontal line.

Principal

Sri Adichunchanagiri First Grade College
Chanarayaptna.

A handwritten signature in black ink, possibly reading "S. S. S.", written over a horizontal line.

A small handwritten signature in black ink, possibly reading "S.", written over a horizontal line.

A handwritten signature in black ink, possibly reading "S. S. S.", written over a horizontal line.

A handwritten signature in black ink, possibly reading "S. S. S.", written over a horizontal line.

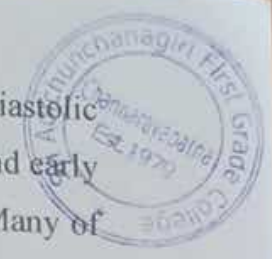


Report on Health checkup for students

On Tuesday, May 7, 2024 at 10.30 a.m. in the library, a Medical Health Examination was organized by the Youth Red Cross and Red Ribbon Unit in collaboration with Vaidya Institute of Nursing and Paramedical Sciences, Channarayapatna. In this health drive blood pressure, blood sugar, weight and blood group were checked for first year students along with teaching and non-teaching staff. Twelve Vaidya Institute of Nursing and Paramedical Sciences staff members, led by Puneeth, arrived and efficiently performed the examinations.

The blood sugar level, blood glucose level, or glycemia is the measure of glucose concentrated in the blood. The body tightly regulates blood glucose levels as a part of metabolic homeostasis. From 90 to 130 mg/dL (5.0 to 7.2 mmol/L) for adults. From 90 to 130 mg/dL (5.0 to 7.2 mmol/L) for children, 13 to 19 years old. From 90 to 180 mg/dL (5.0 to 10.0 mmol/L) for children, 6 to 12 years old. From 100 to 180 mg/dL (5.5 to 10.0 mmol/L) for children under 6 years old. Now a days blood. High blood sugar—or hyperglycemia—occurs when an individual's glucose levels rise to 240 mg/dL or higher. If untreated, hyperglycemia may lead to ketoacidosis, a condition commonly known as diabetic coma. Ketones are waste products made when the body breaks down fats due to insufficient insulin.

Blood pressure is the pressure of circulating blood against the walls of blood vessels. Normal blood pressure for most adults is defined as a systolic pressure of less than 120 and a diastolic pressure of less than 80. Elevated blood



pressure is defined as a systolic pressure between 120 and 129 with a diastolic pressure of less than 80. Now days, both are the very risk health issues and early detection and management is the only way to overcome the problems. Many of our students including staffs were not aware of their blood group. With a clear goal in mind, we conducted this campaign, screening over 100 students, and it concluded satisfactorily.



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 ಯುವ ರೆಡ್‌ಕ್ರಾಸ್ ಘಟಕ
 ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು
 ಚನ್ನರಾಯಪಟ್ಟಣ

Mr. Venalatha K
Principal
 Sri Adichunchanagiri First Grade College
 Channarayana.

Health Checkup for students on 07/05/2024



Channarayapatna, Karnataka, India
W93P+2WF, Byrapura, Channarayapatna, Karnataka 573225, India
Lat 12.902704°
Long 76.387342°
07/05/24 10:45 AM GMT +05:30



Channarayapatna, Karnataka, India
W93P+2WF, Byrapura, Channarayapatna, Karnataka 573225, India
Lat 12.902832°
Long 76.387302°
07/05/24 10:57 AM GMT +05:30



Channarayapatna, Karnataka, India
W93P+2X4, Byrapura, Channarayapatna, Karnataka 573225, India
Lat 12.902632°
Long 76.387488°
07/05/24 01:35 PM GMT +05:30



Channarayapatna, Karnataka, India
W93P+2WF, Byrapura, Channarayapatna, Karnataka 573225, India
Lat 12.90282°
Long 76.38735°
07/05/24 10:59 AM GMT +05:30



Channarayapatna, Karnataka, India
W93P+2WF, Byrapura, Channarayapatna, Karnataka 573225, India
Lat 12.902732°
Long 76.38733°
07/05/24 11:52 AM GMT +05:30



Channarayapatna, Karnataka, India
W93P+2WF, Byrapura, Channarayapatna, Karnataka 573225, India
Lat 12.902733°
Long 76.387326°
08/05/24 01:28 AM GMT +05:30

Princip

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ಭಾರತೀಯ ಯುವ ರೆಡ್‌ಕ್ರಾಸ್ ಘಟಕ
ಅಧಿಷಂಠನಗಿರಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು
ಚೆನ್ನರಾಯಪಟ್ಟಣ

Me. J. S. M. K.
Principal

Sri Adichunchanagiri First Grade College
Channarayapatna.

|| Jai Sri Gurudev ||

SRI ADICHUNCHANAGIRI FIRST GRADE COLLEGE,


CHANNARAYAPATANA-573116

Youth Red Cross and Red Ribbon Unit

Health checkup for students



Sl.No	Name	Class	Signature	Remarks
01	Chandana. A.c	1 st Bsc (C2)	Chandana. A.c	
02	Rashmita	1 st Bsc (C2)	Rashmita	
03	Sheetal C.H	1 st Bsc (C2)	Sheetal C.H	
04	Deeksha J	1 st Bsc (C2)	Deeksha J	
05	RAKSHITHA.A.M	1 st Bsc (C2)	Rakshitha.A.M	
06	Sowbhagya.K.S	1 st Bsc (C2)	Sowbhagya.K.S	
07	Mythri.S	1 st Bsc (C2)	Mythri.S	
08	Shreshank.S.S	1 st Bsc (C2)	Shreshank.S.S	
09	UMESHA.S.D	2 nd Bsc (C2)	UMESHA.S.D	
10	Bhanuoth Gowda ^{10th}	I Bsc (C2)	Bhanuoth	
11	Arun Kumar T.S	I Bsc (C2)	Arun Kumar T.S	
12	Sanjay B.M	III Bsc (PE)	Sanjay B.M	
13	Bhavana.C.M	1 st Bsc (C2)	Bhavana.C.M	
14	Anjali T.S	1 st Bsc (C2)	Anjali T.S	
15	Ranya H.M	1 st Bsc (C2)	Ranya H.M	
16	Kavana M.R	1 st Bsc (C2)	Kavana M.R	
17	Rakshitha.B.P	1 st Bsc (C2)	Rakshitha.B.P	
18	Nishchitha T.M	1 st Bsc (C2)	Nishchitha T.M	
19	Bhavana P.R	1 st Bsc (C2)	Bhavana P.R	
20	Dinnya.M.S	I Bsc (C2)	Dinnya.M.S	
21	Apoorva.M.S	I Bsc (C2)	Apoorva.M.S	
22	Sneha.B.T	I Bsc (C2)	Sneha.B.T	
23	Shetty Yashawini	I B.A (EP)	Shetty Yashawini	
24	Roopa K.V.	I B.A (EP)	Roopa K.V.	
25	Amratha	I B.A (EP)	Amratha	
26	Rakshitha M.R	I B.A (EP)	Rakshitha M.R	


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ಭಾರತೀಯ ಯುವ ರೆಡ್‌ಕ್ರಾಸ್ ಘಟಕ
ಅಡಿಚುಂಚನಗಿರಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು
ಚನ್ನರಾಯಪಟ್ಟಣ

Health checkup for students



Sl no.	Name	Class	Signature	Remarks
21	Chaitheya. D.V	I BA (EP)	<i>Chaitheya</i>	
22	Kanitha G.C	I BA (EP)	<i>Kanitha G.C</i>	
23	Kavana G.R	I st BA (EP)	<i>Kav</i>	
24	Ranganatha T.M	I st B.com	<i>Ranganatha T.M</i>	
25	Prajwal S.T	II nd BT	<i>Prajwal</i>	
26	Mamun K	II nd B.A	<i>Mamun K</i>	
27	Purnitha Kumar S.P	II nd BA	<i>Purnitha</i>	
28	Manjunatha M	I st B.Sc	<i>Manjunatha</i>	
29	Shikha J. S.	I st BA (EP)	<i>Shikha</i>	
30	Ashwaththara M.V	I st BA (EP)	<i>Ashwaththara</i>	
31	Pavithra. S.D	I st B.Sc (PM)	<i>Pavithra</i>	
32	Chandanashree	I st B.Sc (PM)	<i>Chandanashree</i>	
33	Keerthana. C.K.	I st B.Sc (PM)	<i>Keerthana</i>	
34	Rakshitha	I st B.Sc (PM)	<i>Rakshitha</i>	
35	Sushma. G.O	I st B.Sc (PM)	<i>Sushma G.O</i>	
36	R.B. Kumari	I st B.Sc (PM)	<i>Ranj</i>	
37	Suchilha	I st B.Sc (PM)	<i>Suchilha</i>	
38	Nigarga S.P	I st B.Sc (PM)	<i>N</i>	
39	Ganani S.R	I st B.Sc (PM)	<i>Ga</i>	
40	Poonima A.E	I st B.Sc (PM)	<i>P</i>	
41	Thirumani S.M	I st B.Sc (PM)	<i>Thirumani</i>	
42	Dhanya Shree	I st B.Sc (PM)	<i>Dhanyashree</i>	
43	Divya N.M	I st B.Sc (PM)	<i>Divya</i>	
44	Tharunya M.P	I st B.Sc (PM)	<i>Tharunya</i>	
45	Hadeer fatima	I st B.com	<i>Hadeer</i>	
46	Keerthi H.R	I st B.com	<i>Keerthi H.R</i>	
47	Moulyashree D.S	I st B.com	<i>Moulyashree</i>	
48	Sinchana. G.S	I st B.com	<i>Sinchana G.S</i>	
49	Rachana. K.M	I st B.com	<i>Rachana</i>	
50	Keerthi V. K.	I st B.com	<i>Keerthi V.K.</i>	

Princip

ಸೋದರ ಅಧೀನ
 ಭಾರತೀಯ ಯುವ ರೋಗಶಾಸ್ತ್ರೀಯ ಘಟಕ
 ಆರೋಗ್ಯವನ್ನು ಸುಸ್ಥಗೊಳಿಸುವುದು ದೇಶದ ಕಾರ್ಯವು
 ಜನರಾಯಪಟ್ಟಣ-೨೦

Health checkup for students




Sl no.	Name	Class	Signature	Remarks
51.	Bhavana. D.M.	I st B.com	Bhavana D.M.	
52	Chandana G.P	I st B.com	Chandana G.P	
53	Mounya. R.L	I st B.Sc	Mounya R.L	
54	Pavithra NP	I st B.com	Pavithra	
55	Amulya Maskey	I st B.com	Amulya	
56	Paravika T.L	I st B.com	Paravika T.L	
57	Aishwarya	I st B.com	Aishwarya	
58	Namini. M	I st B.com	Namini	
59	Sinchana M.L	I st B.com	Sinchana M.L	
60	Ranjitha M.C	I st B.com	Ranjitha M.C	
61	Sinchana. P.V	I st B.com	Sinchana P.V	
62	Priyanka.	I st B.com.	Priyanka.	
63	Vedha. N.R.	I st B.com	Vedha N.R.	
64	Preeethi. B.U.	I st B.com	Preeethi	
65.	Arpita. A.H	I st B.com	Arpita	
66	Pakshisha M	I st B.com	Pakshisha	
67	Manika S.Y	I st B.com	Manika	
68	Poonima	I st B.com	Poonima	
69	H.J Somashekhar	I st B.com	H.J Somashekhar	
70	K.S Nikhil Gowda	I st B.com	K.S Nikhil Gowda	
71	Shreya C.Y	I st B.com	Shreya C.Y	
72	Purnesh Kumar	I st B.com	Purnesh Kumar	
73	Dhananjaya N	I st B.com	Dhananjaya N	
74	Sohan, H.M	I st B.com	Sohan, H.M	
75	Nithin J.C	I st B.com	Nithin J.C	
76	Yashwanth H.N	I st B.com	Yashwanth H.N	
77.	Nithum B.M.	I st B.com	Nithum B.M.	
78.	Dakshay B.S	I st B.com	Dakshay B.S	
79	Sanjay T.S	I st B.com	Sanjay T.S	
80	Hemanth M.D	I st B.com	Hemanth M.D	
81	M.P. Poojashree	I st B.com	M.P. Poojashree	
82	C.R. Sahara	I st B.com	C.R. Sahara	

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ಭಾರತೀಯ ಯುವ ರೆಡ್ ಕ್ರಾಸ್ ಘಟಕ
ಅಧೀನದಲ್ಲಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು
ಚನ್ನರಾಯಪಟ್ಟಣ

Health checkup for students



Sl no.	Name	Class	Signature *	Remarks
83	Lakshmi C.K.	I st B.com	Lakshmi C.K.	
84	Varun Kumar R	I st B.com	Varun	
85	Abhishek K.S.	I st B.com	Abhishek K.S.	
86	Preetham Gowde	I st B.com	Preetham	
87	Ashak Ash P	I st B.com	Ashak P	
88	Rundi Kumar V.N	I st B.com	Rundi Kumar	
89	Akash P	I st B.com	Akash	
90	Likhitha R	I st B.com	Likhitha R	
91	Varun A.K.	Ist BA (H)	Varun	
92	Borath M.K.	I st BA (H)	Borath	
93	Shamoli	I st BA (H)	Shamoli	
94	Varun	Ist BA (H)	Varun	
95	RAKESH J.R.	I st BA (H)	Rakesh J.R.	
96	Harish H.C.	I st BA (H)	Harish	
97	Utkal Gowda	I st BA (H)	Utkal	
98	Varshitha	I st BA (H)	Varshitha	
99	Meghana - E.S.	I st BA (H)	Meghana	
90	Manga K.W.	I st BA (H)	Manga	
91	Indira Dey	I st BA (H)	Indira	
92	chandana	I st BA (H)	chandana	
92	Rakshitha KL	I st BA (H)		
93	preethi C.R.	I st BA (H)	Preethi C.R.	
94	Rakshitha M.R.	I st BA (H)		
95	Appitha H.J.	Physics	Appitha	
96	Rangashwari	Library	Rangashwari	
97	Sumithra.	Attender	Sumithra	
98	Puthpa	attender	Puthpa	
99	Shekhiran.	Faculty	Shekhiran	
100	Ashok Raj	Cleark	Ashok	
101	Sanjana	Student	Sanjana	


 ನೋಡಲ್ ಆಫೀಸರ್
 ಭಾರತೀಯ ಯುವ ರೆಡ್ ಕ್ರಾಸ್ ಸಂಘಟನೆ
 ಅಧಿಕಾರವಾಗಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು
 ಚನ್ನರಾಯಪಟ್ಟಣ



Name	BP	glucose (CRBS)	Grav	Weight
1 Chandana	100/60	91	0+ve	
2 Rakshitha	140/80	112	A+ve	39
3 Shreethal C.H	120/70		B+ve	78
4 Deeksha J.	130/70		B+ve	43
5 Rakshitha	110/70	106	A+ve	59
6 Sowbhaya	130/80	117	A+ve	55
7 Mythra	130/80	137	0+ve	58
8 Bharathi gowda	140/80	118	A+ve	66
9 Sashank	120/60	129	B+ve	71
10 Umesh	120/70	104	0+ve	50
11 Arun kumar	140/80	85	A+ve	56
12 pranav kumar	130/80	91	B+ve	47
13 Kavitha J.N	120/80		0+ve	85
14 Santhosh	120/60			54
15 Sanjay B.M	130/70	130	A B+ve	56
16 Bavana C.M	130/100		0+ve	137
17 Keerthi K.M	130/70	90	0+ve	48
18 Anjali T.S	110/60		A+ve	146
19 Ramya H.M.	120/70	104		47
20 kavana	120/80	104	0+ve	50
21 Rakshitha B.P	140/70	130		40
22 Bavana P.R	130/90		0+ve	58
23 Divya	130/90			62
24 Apoorva	130/80			74
25 Sneha B.J.	130/70	94	A+ve	50
26 Rakshitha	110/70	87	A+ve	53
27 Roopa	130/80	101	B+ve	59
28 Gashwini	120/70	98	0+ve	54
29 Keevetha G.C	180/70		B+ve	43
30 Chaitra D.Y	120/80		A+ve	64

31	Ravana C.R	120/70	91	B ⁺ ve	59
32	Uaraha	130/80	108	A ⁺ ve	80
33	Ravath Ranganath	120/60	90	A ⁺ ve	65
34	Brajwal S.J	130/80	1130	AB ⁺ ve	57
35	mama .R	130/80	109	AB ⁺ ve	75
36	Pumith Kumari	130/70	87	B ⁺ ve	73
37	Shivaraaj	110/70	100	B ⁺ ve	53
38	yashwath	120/70	8	A ⁺ ve	60
39	chardana shree	120/70	99	A ⁺ ve	45
40	pavithra S.D	110/70	100	O ⁺ ve	46
41	Rakshitha	100/70	103	B ⁺ ve	41
42	Keerthana	110/70	134	B ⁺ ve	44
43	Susma	120/70	83	A ⁺ ve	48
44	Suchitra	130/80	106	AB ⁺ ve	50
45	Kumari	140/90	94	A ⁺ ve	61
46	Ganavi	120/80	104	A ⁺ ve	41
47	Nisarga	120/80	108	A ⁺ ve	59
48	Poonnima	120/80	98	A ⁺ ve	44
49	threerani	130/80	82	O ⁺ ve	51
50	Dnyashree	120/60	114	B ⁺ ve	53
51	Divya	140/70	110	O ⁺ ve	50
52	tharaja	130/80	100	B ⁺ ve	67
53	manya	120/80	101	A ⁺ ve	57
54	hadese	140/80	121	B ⁺ ve	54
55	Keerthi H.R	110/70	98	B ⁺ ve	35
56	molya	120/80	103	O ⁺ ve	40
57	Sinchana	120/70	104	O ⁺ ve	43
58	Rachana	130/90	108	A ⁺ ve	57
59	Sinchana	110/70	101	B ⁺ ve	60
60	Bhavana D.m	120/70	99	O ⁺ ve	68
61	chandana G.B	110/70	100	B ⁺ ve	50
62	pavithra N.p	110/60	100	AB ⁺ ve	44



63	Poomika D.N	80/60	111		
64	Aishwarya	130/70	120		35
65	Ranjitha m.c	130/80	90		55
66	Keerthi V.K	120/80	101		64
67	Amalya mezy	150/90	123		66
68	Nandini m.	120/80	90		76
69	Sinchana B.N	120/80	110		72
70	Preethe B.V	120/80	150		42
71	Vedha N.R	110/60	130		51
72	Aspitha A.H	110/70	103		44
73	Priyanka	110/60	103		45
74	Rakshitham.	110/60	82		37
75	Monika S.Y	140/100	135		49
76	Poojnima	100/70	94		31
77	Likhittha	120/80	109		32
78	Lakshmi.c	140/80	109		53
79	Sahana C.R	140/80	101		58
80	Nirupama	120/80	108		40
81	Manju	130/80	101		64
82	Mithun	140/80	84		61
83	Yashwath	120/70	81		68
84	Dananjay	130/70	91		54
85	Dakshya B.S	130/70	130		51
86	Varun kumar	120/70	89		58
87	Aksha	140/90	89		58
88	Shreyas C.Y	110/70	113		60
89	Purnim kumar	130/70	85		66
90	Nithin G.C	130/60	109		52
91	Preetam gade	120/80	93		55
92	Abhishek	120/70	91		60
93	Sagar	130/80	100		55
94	Sanjay D.S	120/80	112		85



95	Nikhil Gowde	130/70	101	O+ve	
96	Somashikan	120/70	93	O+ve	56
97	Sehan H.D		122	B+ve	71
98	Humath	130/80	96	A+ve	36
99	Vikas Gowda	120/60	107	O+ve	65
100	Varun Gowda	110/70	121	O+ve	65
101	Bharath m.k	120/80	102	O+ve	78
102	Harish	120/70	106		75
103	Rakesh	130/80	101	A+ve	55
104	Sharath	110/70	86	O+ve	60
105	Anpitha	120/90	236	O+ve	44
106	Ranganamy	140/70	255	O+ve	80
107	Sumithra	110/80	99	O+ve	55
108	Puspa	140/90	113	A+ve	40
109	Shek Emma	130/80	91		64
110	Prajwal			A+ve	61
111	Spandana			A+ve	56
112	Ashok Raj	150/90		A+ve	27

Principal
Vaidya School Of Nursing
Channarayana 573 114

ಅಭಿಷೇಕ
ಶಾಸ್ತ್ರೀಯ ಶಿಕ್ಷಣ
ಅಧಿಕಾರಿಗಳಿಗೆ
ಪ್ರಶಸ್ತಿ

Sri Adichunchanagiri First Grade College
Channarayana