

|| JAI SRI GURUDEV ||



Sri Adichunchanagiri Shikshana Trust (R.)

SRI ADICHUNCHANAGIRI FIRST GRADE COLLEGE

Kuvempu Road, CHANNARAYAPATNA-573116 :: Hassan District

Affiliated to Hassan University

Accredited with "B+" Graded by NAAC

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Email Id: safgcrpc@gmail.com

Event Summary 2024-25

1.	Name of the Event	One Day Workshop
2.	Venue	201 Seminar Hall SAFG College, Channarayapatna.
3.	Date and Time	14th May, 2025 , 10.30 AM
4.	Number of Students participated	71
5.	Name of the Coordinator	Dr. Nirupama M
6.	Organized by	Youth Red cross and Red Ribbon Unit
7.	Nature of Programme	Awareness Programme
8.	Topic	Wellness for All: A Health Awareness Initiative
9.	Resource Person	Dr. Mahesh V, Administrative Medical Officers, Govt. Hospital, Channarayapatna, Ph: 7338694634

ನೋಡಲ್ ಅಫೀಸರ್
ಭಾರತೀಯ ಯುವ ರೆಡ್‌ಕ್ರಾಸ್ ಘಟಕ
ಅಧಿಕಾರವಹಾರಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು
ಚನ್ನರಾಯಪಟ್ಟಣ


Principal
Sri Adichunchanagiri First Grade College,
Channarayapatna



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Sri Adichunchanagiri First Grade College

Channarayapatna-573116



Youth Red Cross and Redribbon Unit



One Day Workshop on WELLNESS FOR ALL: A HEALTH AWARENESS INITIATIVE

Date: 14-05-2025

Venue: 201 Seminar Hall

Time: 10.30 AM



Divine Blessings

His Holiness Paramapoojya Jagadguru Padmabhushana

Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji

Gracious Blessings

Paramapoojya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji

Paramapoojya Sri Sri Shambhunatha Swamji

- Prayer** : **Miss. Apoorva**, II B.Sc., Student
- Welcome Speech** : **Dr.Nirupama.M**, Convener Youth Redcross and Red Ribbon Unit
- Resource persons** : **Dr. Mahesh V**, Administrative Health Officer, Govt Hospital CRP.
- Presidential Talk** : **Dr. M.K. Manjunatha**, Principal, SAFG College, C R Patna.
- Vote of Thank** : **Mr. Narasimha Murthy P**, Convener, Student Welfare Committee
- Anchoring** : **Mrs. Kavitha J N**, Librarian.

**Cordially invite the Students and staff from
SAFG College, Channarayapatna**



Report on Wellness for All: A Health Awareness Initiative on 14th May 2025

Youth Red cross and Red Ribbon Unit of SAFG College organized a One Day Workshop on Wellness for All: A Health Awareness Initiative on 14th May 2025 at 10.30 am to create awareness among the students about health.

The event commenced at 10:30 AM with a warm welcome address by Dr. Nirupama M followed by a brief introduction to the guest speaker, Dr. Mahesh V, Administrative Medical Officers, Govt. Hospital, Channarayapatna, a well-known health and wellness expert with years of experience in public health education. Dr. Mahesh delivered a comprehensive and engaging lecture covering a wide range of health-related topics including:

- Balanced Diet and Nutrition
- Importance of Regular Exercise
- Mental Health and Stress Management
- Hygiene and Personal Care
- Awareness on Communicable Diseases
- Preventive Health Measures

The speaker used real-life examples, interactive questions, and visual aids to make the session informative and relatable for the student audience. He also encouraged students to adopt healthy habits and emphasized the importance of early health check-ups, regular hydration, adequate sleep, and mental well-being.

After that Dr. Manjunath M. K, the Principal emphasized the significance of health as the foundation for a successful and fulfilling life. He noted that while academic achievement is important, it should never come at the cost of physical and mental well-being. The Principal encouraged students to adopt healthy habits, focus on preventive care, and maintain a balanced lifestyle in the face of modern challenges such as stress, poor diet, and sedentary routines. The talk concluded with a heartfelt vote of encouragement to all participants, expressing hope that the session by Dr. Mahesh would inspire positive lifestyle changes among the students.

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ಅಧೀಶಂಚನಗಿರಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು

ಚೆನ್ನರಾಯಪಟ್ಟಣ

Principal

Sri Adichunchanagiri First Grade College
Channarayapatna

Report on Wellness for All: A Health Awareness Initiative on 14th May 2025



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M. Jeeva Shankar
Principal
Sri Adichunchanagiri First Grade C
Channarayapatna



[[JAI SREE GURUDEV]]

SRI ADICHUNCHANAGIRI FIRST GRADE COLLEGE
CHANNARAYAPATNA-573116

"Youth Red Cross & Red Ribbon Unit"

One day workshop on "wellness for all: A Health awareness initiative." Date: 14-05-2025

SL.No	Reg.No.	Name	Class	Signature
1	U29QB23A0032	Jayashree B.R	Ind B.A	Jayashree
2	U29QB23A0029	Shalini O.M	Ind B.A (EP)	Shalini
3	U29QB23A0034	Ponyashree M.R	Ind B.A (EP)	Ponya.
4	U29QB23A0046	Poojitha M.K	Ind B.A (EP)	Poojitha
5	U29QB23A0068	Sanika S.	Ind B.A (EP)	Sanika
6	U29QB23A0090	Amrutha G.S	Ind B.A (EP)	Amrutha
7	U29QB23A0095	Kanitha G.C	Ind B.A (EP)	Kanitha G.C
8	U29QB23A0081	Chaitanya D.Y	Ind B.A (EP)	Chaitanya
9	U29QB23A0033	Komala B.S	Ind B.A (EP)	Komala B.S
10	U29QB23A0067	Meghana K.	Ind B.A (EP)	Megha
11	U29QB23A0002	Kausana G.R	Ind B.A (EP)	Kausana
12	U29QB23A0080	Rakshitha K.L	Ind B.A (EP)	Rakshitha
13	U29QB23A0083	Sanghitha C	Ind B.A (EP)	Sanghitha
14	U29QB23A0009	Akshatha J.N	Ind B.A (EP)	Akshatha
15	U29QB23A0049	Ranjitha R.K	Ind B.A (EP)	Ranjitha
16	U29QB23A0028	Vaishali P	Ind B.A (EP)	Vaishali
17	U29QB23A0064	Ranjitha S.D	Ind B.A (EP)	Ranjitha
18	U29QB23A0088	Poojitha R.R	Ind B.A (EP)	Poojitha R.R
19	U29QB23A0079	Anjali S	Ind B.A (EP)	Anjali S.
20	U29QB23A0084	Sanghitha U.G	Ind B.A (EP)	Sanghitha
21	U29QB23A0031	Shilpa Shree	Ind B.A (EP)	Shilpa



22	U29QB2350012	R.B. Kumari?	II nd BSc (CZ)	<u>Rangana</u>
23	U29QB2350025	Anushree K.S.	II nd BSc (CZ)	<u>Anushree</u>
24	U29QB2350007	Deeksha. J	II nd BSc [CZ]	<u>Deeksha.</u>
25	U29QB2350014	Sheetal C.H	II B.Sc (CZ)	<u>Sheetal</u>
26	U29QB2350057	Priyanka. B.B	II B.Sc (CZ)	<u>Priya</u>
27	U29QB2350015	Mythali	II BSc (CZ)	<u>Mythali</u>
28	U29QB2350063	nishchitha T.M	II BSc (CZ)	<u>Nishchitha</u>
29	U29QB2350016	Likitha f.S	II BSc (PM)	<u>Likitha</u>
30	U29QB2350032	Harshitha D.S	II nd year BSc II th sem	<u>Harshitha</u>
31	U01FD2250025	Lekhana. H.K	II nd year B.Sc	<u>Lekhana</u>
32	U29QB2350024	Tejaswini	II nd year BSc	<u>Tejaswini</u>
33	U01GF2250009	Deepa. B. R	II BSc CZ	<u>Deepa. B. R</u>
34	U29QB2350055	Kavana	II B.Sc (CZ)	<u>Kavana</u>
35	U29QB2350013	Anjali. T.S	II nd (CZ) BSc	<u>Anjali</u>
36	U29QB2350002	Apoorva. M.S.	II BSc [CZ]	<u>Apoorva</u>
37	U29QB2350017	Sowbhagya. K.S	II BSc (CZ)	<u>Sowbhagya</u>
38	U29QB2350018	Preethi Rajpurahit	II B.Sc (PM)	<u>Preethi</u>
39	U29QB2350005	Ganani S.R	II BSc (PM)	<u>Ganani</u>
40	U29QB2350035	Pavithra. S.D	II nd BSc (PM)	<u>Pavithra</u>
41	U29QB2350012	R.B. Kumari?	IInd BSc	
42	U29QB2350010	Divya. M.S	IV sem	<u>Divya. M.S.</u>
43	U29QB2350008	Chandana. A.C	II BSc IV sem	<u>Chandana. A.C</u>
44	U29QB2350048	Bhavana. C.M	IV sem	<u>Bhavana</u>
45	U29QB2350049	Manasa. C.V	II BSc IV sem	<u>Manasa</u>
46	U29QB2350034	Ananya. B.R	II BSc IV sem	<u>Ananya</u>

47	U29QB23S0056	Ramya. H. M.	II BSC IV Sem	Ramya
48	U29QB23S0046	Rakshitha	II B.Sc	Rakshitha
49	U29QB23S0054	Tchandanashek	II BSc	Tcho
50	U29QB23S0023	Misarga S.P	Ind BSC	AP
51	U29QB23A0038	Ruchitha. B.	Ind B.A	AD
52	U29QB23A0071	Rajesh	Ind B.A (H.K)	Rajesh
53	U29QB23A0077	Shravan M.V	Ind BA (E.P)	Shravan
54	U29QB23A0045	S. H.	Ind BA (E.P)	S. H.
55	U29QB23A0055	PAVAN KUMAR B.S	II B.A (E.P)	PAVAN
56	U29QB23A0019	MOHAN. H. D	Ind B.A	Mohan. H. D.
57	U29QB23A0024	Shivraj. S	Ind BA (E.P)	Shivraj S
58	U29QB23A0024	Shivakumara.	Ind B.A (E.P)	Shiva
59	U29QB23A0058	Chandrashekar. B.S	Ind B.A (E.P)	Chandrashekar
60	U29QB23A0086	Venkatash K.P	Ind BA (H.K)	Venky
61	U29QB23A0006	Himanth CD	Ind BA (H.K)	Himanth CD
62	U29QB23A0069	VIKAS DWOA.MM	Ind BA (E.P)	Vikas DWOA.MM
63	U29QB23A0086	Vishnu N.T	Ind BA (E.P)	Vishnu
64	U29QB23A0098	Vasanthakumari	Ind B.A (E.P)	Vasanthakumari
65	U29QB23A0062	Bhaskar. M.V	Ind B.A (E.P)	Bhaskar
66	U29QB23A0035	Yashwanth	Ind BA (E.P)	Yashwanth
67	U29QB23A0076	Maheshak	Ind B.A (E.P)	Mahesh
68	U29QB23A0042	Nikhil. C.S	Ind B.A (E.P)	Nikhil
69	U29QB23A0063	Harish K.C	Ind B.A (E.P)	Harish
70	U29QB23A0073	Rakesh J.R	Ind B.A (E.P)	Rakesh
71	U29QB23A00	Prithvi K.V	Ind B.A (E.P)	Prithvi




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