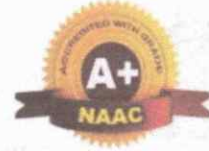




**KLE Society's
S. NIJALINGAPPA COLLEGE**
II-Block, Rajajinagar, Bengaluru-10
Re-accredited by NAAC at A+ grade.



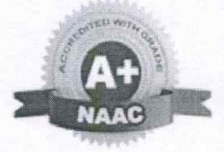
Phone: 080-23526055, 080-23325020, Fax 080-23320902
Website: www.klesnc.org E-mail: info@klesnc.org

LIFE SKILLS					
1	2023-2024	World blood donation day	16-06-2023	115	YRC
2	2023-2024	Health for all	7/9/2023	46	YRC
3	2023-2024	Mosquitoes day	20/08/2024	staff and students	YRC
4	2023-2024	Nutrition awareness day	17/09/2024	84	YRC
5	2023-2024	Vision for visionless eye donation awareness campaign	30/09/2024	public	YRC
6	2023-2024	Interactive workshop on pre menstrual syndrome	21/11/23	152	zoology

Co-ordinator
Internal Quality Assurance Cell
S. Nijalingappa College, Bengaluru-10



Principal
KLE Society's S. Nijalingappa College
Rajajinagar, Bengaluru-560 010



K.L.E's S. NIJALINGAPPA COLLEGE

II-Block, Rajajinagar, Bengaluru-10

Re-accredited by NAAC at A⁺ grade with 3.53 CGPA

College with UGC-STRIDE Component - I

Phone: 080-23526055, 080-23325020, Fax 080-23320902

Website: www.klesnc.org

E-mail: info@klesnc.org

kleaccts@yahoo.com

Date: 15/06/23

CIRCULAR

The Youth Red Cross wing of KLE College visiting to VSM English medium School for BMI & Blood grouping check up camp on 16/06/2023, interested YRC volunteers can join, further details contact Department of Zoology.

Principal
KLE Society's S. Nijalingappa College
Rajajinagar, Bangalore-560 010

D-11 Shree n. s. s.
B-22
D-12
OPE
Lab
MSc lab





KLE Society's
S. NIJALINGAPPA COLLEGE

II-Block, Rajajinagar, Bengaluru-10

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Website: www.klesnc.org

E-mail: info@klesnc.org

kleaccts@yahoo.com

16/06/2023

YOUTH RED CROSS

BMI AND BLOOD GROUPING

Objective: To find out frequency of obesity and blood groups of ABO system and counselling of School Children

Report - Youth Red Cross unit of KLE's S. Nijalingappa College conducted awareness camp to counsel the students. We have taken the height and weight of fifty three, 8th standard students of VSM English Medium School, Rajajinagar, Bengaluru on 16/ 06/2023. Camp was from 11 am to 12.30 pm.

We have taken height in centimetre and weight of 53 students in Kg by stadiometer. Later height was converted into meter from centimeter. BMI was calculated using formula $BMI = \text{Weight in Kg} / \text{Height } m^2$. Blood groups were determined by classic antigen – antibody agglutination test. Later data was analyzed.

Results:

Blood groups

A ⁺	A ⁻	B ⁺	B ⁻	AB ⁺	AB ⁻	O ⁺	O ⁻
04	02	23	02	05	NIL	17	NIL

Total A	Total B	Total AB	Total O	Total Rh ⁺	Total Rh ⁻
06	25	05	17	49	04

BMI

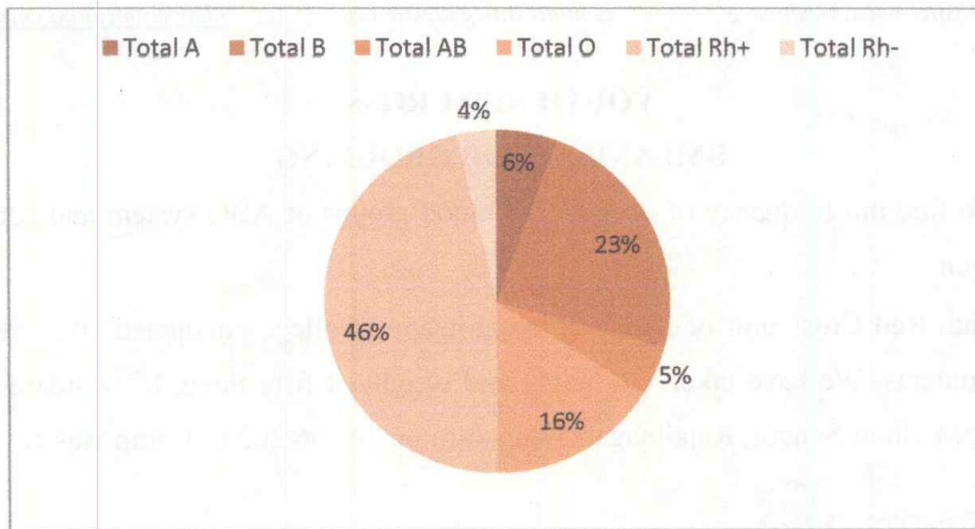
Under weight BMI<18.5 kg/m ²	Normal weight BMI=18.5 – 22.9 kg/m ²	Over weight BMI= 23 – 24.9 kg/m ²
23	24	06

Conclusion: Students with B⁺ (25) and Rh⁺ (49) were more out of 53 students. Under weight (23) were more comparatively.

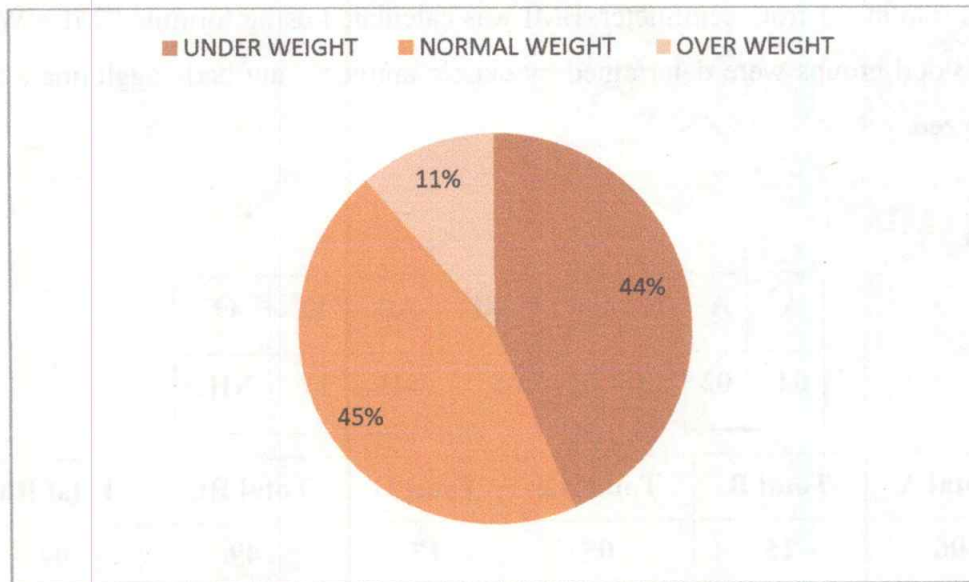


Outcome: Underweight Students were counselled by YRC Program Officer and advised to take healthy food and how to maintain normal health to overweight students. Students came to know their blood groups, importance of blood groups and got the awareness of underweight and overweight.

GRAPH OF BLOOD GROUPS



GRAPH OF BMI

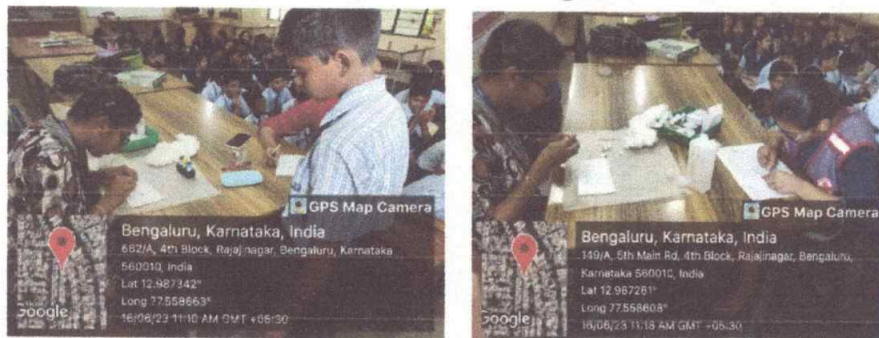




Measurement of height & weight



Measurement of height



Blood grouping by YRC volunteers



Blood grouping by YRC program officer & volunteers

Twardi

**Youth Red Cross
Programme Officer**
KLE's S. Nijalingappa College
II Block, Rajajinagar, Bengaluru-560 010



[Signature]
Principal

KLE Society's S. Nijalingappa College
Rajajinagar, Bengaluru-560 010

KLE's S. Nijalingappa
College
Department of Zoology &
Youth Red Cross.

Extension Activity - 16/06/23

Blood grouping

Height }
Weight } BMI

in

VSM English High School
4th Block, Rajajinagan
Bengaluru - 10



KLE's 2. Nijalingappa College

PAGE No: / /
DATE: / /

Sl.No	Name	Age	Class	Height	Weight	Blood group	BMI Remarks	Signature
1	Piyushi	13	VIII	161.5	41.5	B ⁺	16 - Underweight	Piyushi
2	Bhavana	13	VIII	160.8	51.5	A ⁻	19.9 - Normal weight	Bhavana
3	Naveen. V	12	VIII	144.9	32	B ⁺	15.2 - Under weight	Naveen
4	Yashwanth Raj	13	VIII	149.9	38.2	O ⁺	17 - Under weight	Yashwanth
5	Karthik. R	13	VIII	146.6	30.9	B ⁺	14.4 - Under weight	Karthik
6	Pushpa Parvati	13	VIII	153.6	54	O ⁺	22.9 - Normal weight	Pushpa
7	Dilip. S	13	VIII	157.5	73	AB ⁺	29.4 - Overweight	Dilip
8	Leksh. L	13	VIII	159.4	57.1	O ⁺	22.5 - Normal weight	Leksh



Sl. No	Name	Age	Class	Height	Weight	Blood group	BMI Remarks	Signature
9	Preetam A. G.	12	<u>VIII</u>	134.2	26.6	O ⁺	14.8 - Under weight	<u>Preetam</u>
10	Jagan. T	13	<u>VIII</u>	157.1	35.8	O ⁺	14.5 - Under weight	<u>Jagan</u>
11	Harshavardhan. Y	13	<u>VIII</u>	161	55	B ⁻	21.2 - Normal weight	<u>Harsha</u>
12	Yadhuandan	12	<u>VIII</u>	139.5	29.6	A ⁻	15.2 - Under weight	<u>Yadhu</u>
13	Nithish	13	<u>VIII</u>	159.9	40.6	A ⁺	15.9 - Under weight	<u>Nithish</u>
14	Pratham R Mehta	13	<u>VIII</u>	162.6	53.6	B ⁺	20.3 - Normal weight	<u>PRM</u>
15	Abhishek	13	<u>VIII</u>	150	49	B ⁺	21.8 - Normal weight	<u>A</u>
16	Kaushik Raj	13	<u>VIII</u>	153.6	64.8	B ⁻	27.5 - Over weight	<u>Kaushik</u>





BPM3

PAGE No. DATE:

Sl. No	Name	Age	Class	Height	Blood group	Remarks
17	Tharun Kumar	13	VIII	153.5	B+	18.1 - Under weight
18	Baethan. M	13	VIII	156	A+	20.4 - Normal weight
19	Manjmath Manjmath	13	VIII	131.5	O+	12.3 - Under weight
20	Mahendra Kumar	15	VII	151.5	B+	21.1 - Normal weight
21	Kavyasriya	14	VII	162.4	A+	20 - Normal weight
22	Katul. N	14	VII	146.8	AB+	14.6 - Under weight
23	Mithun. G	13	VII	164.5	B+	16.9 - Under weight
24	Vishnuvardhan	13	VII	146.8	O+	15.2 - Under weight
25	Mohanne & Theodor Smtan	14	VII	165	B+	20.5 - Normal weight

Sl. No	Name	Age	Class	Height	Weight	Blood group	Remarks
26	Akash	13	8	143.5	42.5	B+	20.6 - Normal weight
27	Tarunash	13	VII	146.3	28.7	O+	13.4 - Under weight
28	Kaun.S	14	VIII	153.1	38.6	O+	16.5 - Under weight
29	Soujany Kumar	13	VIII	153.1	36.2	B+	15.4 - Under weight
30	Rohan	14	VIII	157.8	50.5	AB+	20.3 - Normal weight
31	Nikhil - K	13	VIII	158.7	59.6	B+	23.7 - Normal weight
32	Bairindhra	14	VIII	156.2	62.1	B+	25.5 - Over weight
33	Yashita	13	VIII	148	40.7	B+	18.6 - Normal weight
34	Pratiksha Sma	13	VIII	144.5	45.9	B+	22 - Normal weight



PAGE No. / / DATE: / /

BMI

Sl. No	Name	Age	Class	Height	Weight	Blood group	Remarks	Signature
35	Vaishnavi	13	VIII	160.9	51.9	B+	20 - Normal weight	Vaishnavi
36	Chhak Bagodi	13	VIII	152	45	B+	19.5 - Normal weight	Chhak
37	M. Keerthana	14	VIII	147.5	33.6	O+	15.4 - Under weight	Keerthana
38	Nandhini M.	13	VIII	150.5	33.6	B+	14.8 - Under weight	Nandhini
39	Harshitha. V	13	VII	146.3	38.2	AB+	18.1 - Under weight	Harshitha
40	Manisha. A	13	VII	150.2	32.3	O+	14.3 - Under weight	Manisha
41	Anusha. U. Shetty	13	VIII	157.8	50.1	A+	20.2 - Normal weight	Anusha
42	Manisha - Kumari	14	VIII	159.5	51.2	O+	20.1 - Normal weight	Manisha
43	Vaishitha	13	VIII	144.9	56.9	AB+	27.1 - Overweight	Vaishitha

BM3

PAGE No. _____
DATE: / /



Sl. No	Name	Age	Sex	Height	Weight	Blood group	Remarks	Signature
44	Foottha	12	♀	148.1	33.5	B+	15.3 - Under weight	
45	N. Taisakthi	13	♀	154.7	37.2	O+	15.5 - Under weight	N.S.P
46	Charthanya	13	B+	156	45.3	B+	18.6 - Normal weight	Chp
47	Sandhya	13	B+	156.3	41.9	B+	17.2 - Under weight	
48	Likitha	13	O+	152.1	45.9	O+	19.8 - Normal weight	L.K.A.V
49	Meghana	14	B+	146.5	40.9	B+	19.1 - Normal weight	Meghana
50	P.V. Keerthi	12	O+	163	74.1	O+	27.9 - Over weight	Keerthi
51	Gumgunson	13	O+	158	53.1	O+	21.3 - Normal weight	Gumgun
52	Sangula Anuska	13	♀	148.5	55.4	B+	25.1 - Over weight	Sangula

BMI

PAGE No: / /
DATE: / /



Sl. No	Name	Age	Class	Height	Weight	Blood group	BMI Remarks	Signature
53	Bindhu	14	VIII	152.6	50.9	B+	21.9 - Normal weight	<i>[Signature]</i>
54	Varsha. C	Varsha - YRC Volunteer		Results				
55	Hitha. S	Hitha - YRC Volunteer		A+ - 04 Underweight - 23				
56	Moulya. N	Moulya - YRC Volunteer		A- - 02 Normal weight - 24				
57	Thriupthi. J	Thriupthi - YRC Volunteer		B+ - 23 Over weight - 06				
58				B- - 02				
59				AB+ - 05				
60				AB- - NIL				
61				O+ - 17				
62				O- - NIL				

[Signature]
Thwandi
 Youth Red Cross
 Programme Officer
 KLE's S. Nijalingappa College
 II Block, Rajajinagar, Bengaluru-560 010

[Signature]
 Co-ordinator
 Internal Quality Assurance Cell
 S. Nijalingappa College, Bengaluru-10

[Signature]
 Principal
 KLE Society's S. Nijalingappa College
 Rajajinagar, Bengaluru-560 010



04/09/2023

From

YRC programme officer and NSS Program Officer
KLE's S. Nijalingappa College
II block, Rajajinagar
Bengaluru-10

To

The Principal,
KLE's S. Nijalingappa College
II block, Rajajinagar
Bengaluru-10


Respected Sir,

Subject: Requisition to organize health check-up camp.

Sir we are seeking permission to organize free health check-up camp for teachers in association with Terapanth Yuvak Parishad on 7th September, i.e on Thursday in general staff room from 9 am to 11 am. Health check-up camp includes Complete blood count, Thyroid Function test and random blood sugar, under Youth Red Cross and NSS units. So I request you to permit us to organize the above activity.

Thanking You,




Principal
KLE Society's S. Nijalingappa College
Rajajinagar, Bengaluru-560 010



**KLE Society's
S. NIJALINGAPPA COLLEGE**

II-Block, Rajajinagar, Bengaluru-10

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College with UGC-STRIDE Component – I

Phone: 080-23526055, 080-23325020, Fax 080-23320902

Website: www.klesnc.org

E-mail: info@klesnc.org

kleaccts@yahoo.com

04/09/2023

CIRCULAR

All the staffs of Science, Arts and Commerce are hereby informed to attend the free health check-up camp on 07/09/2023, i.e on Thursday, organizing in association with Terapanth Yuvak Parishad on the occasion of Teacher's day and make use of it.

Date : 07/09/2023

Time : 9.30 am to 11.30 am

Venue : General staff room

Health Check-up includes,

1. Complete blood count
2. Thyroid function test
3. Random blood sugar




PRINCIPAL
Principal

KLE Society's S. Nijalingappa College
Rajajinagar, Bengaluru-560 010

Sl No	Name	Department	Signature	Sl No	Name	Department	Signature
01	Yashodha M.	Botany		26	Somanath di	Tourism	
02	Poomma Sange	Maths		27	Shradha B	Tourism	
03	DEEKSHITHA. LN	Maths		28	Pargathys	Tourism	
04	Babavany	Maths		29	Sudha. K	BCA	
05	Dr. Latha Rani	Phy		30	Snehal G	BCA	
06	Dr Prathibha S	Biotec		31	Puretha	BCA	
07	Pallavi Prasad M.S.	Biotech		32	Koteswari	BCA	
08	M.R. V	Chemistry		33	Prabha	BCA	
09	Rekha Shree H.	Chemistry		34	Suganthi M	BCA	
10	Manoj. S.V.	Chemistry		35	Roopa	Comp Sci	
11	Chethan	Commer		36	Bharathi. N	Comp. Sci	
12	Pavithra. S	Commer		37	Daneshwan	Comp. sc	
13	Rohini	Commer		38	Shikha Jyamma	BCA	
14	Hezina. T	BHM		39	Pranadeerha	BCA	
15	Irope	BHM		40	Aruna	Computer Sci	
16	Sindhu K	BHM		41	Ashwini. Y	Computer Sci	
17	Bhuvanachwari. S	Kannada		42	Netra	Computer Sci	
18	Dr. C. Asha	Kan		43	Manjunatha G.	Library	
19	Jyothi. B.S	Kan		44	DIVYA. P.	FAD	
20	Archana S.M	Kan		45	Pwinkle R	FAD	
21	Ravishankar	Kan		46	Prathima G	FAD	
22	Aditya M	Eng		47	Bhuvaneshwari	FAD	
23	Shreparani. vk.	Eng		48	U. N	Zoology	
24	Lalitha A-S	Eng		49	L. K	Zoology	
25	Anusha Kalburai Kan	BBA					





ತೆರಾಪಂಥ ಯುವಕ ಪರಿಷದ್
तेरापंथ युवक परिषद्, राजाजीनगर
Terapanth Yuvak Parishad, Rajajinagar

शाखा परिषद् : अखिल भारतीय तेरापंथ युवक परिषद् - युवालोक लाडनू (राज.)

#717, 12th Main, 42nd Cross, 3rd Block, Rajajinagar, Bengaluru - 10 E-mail : typrajajinagar@gmail.com

President

Kamlesh Ganna
9886200654

Vice President - I

Rajesh Derasariya
9916378129

Vice President - II

Arvind Kothari
9886329838

Secretary

Kamlesh Chordia
9019230908

Joint Secretary - I

Sunil Mehta
9844262913

Joint Secretary - II

Jayantilal Gandhi
9945959257

Treasurer

Ajinkya Choudhary
9980864220

Organising Secretary

Lalith Munoth
9886653300

Imm. Past President

Arvind Ganna
9886114317

Date: 01-Sep-2023

To,
The Principal
KLE College
Rajajinagar
Bangalore

SUB: Organize Free Health Check-up For Teachers

Respected Sir/Madam,

We Terapanth Yuvak Parishad is an Social Organization with group of youths under this organization we manage Acharya Tulsi Diagnostic Centre & Dental Care located in Srirampuram wherein we provide all diagnostic & dental needs at best affordable price to the society. All the services are provide at No Profit No Loss basis.

On the Occasion of Teachers Day, we are planning to celebrate it has "Teachers Week" in respect to all Teacher's, our Organization would like to conduct "Free Health Check-up" at your premises for Teachers only.

Health Check-Up includes below Blood Tests:
Complete Blood Count
Thyroid Function Test
Random Blood Sugar

At your premises we plan to conduct this camp on 7 th Sep'23
from 9 AM to 11 AM. - 10.45 am to 12.45 pm.

Appreciate your kind confirmation to organize this camp so that accordingly we can start making the arrangements.



Regards,
Kamlesh Ganna
President



51st

ಆಚಾರ್ಯ ತುಳಸಿ

Arham

ಡಯಗ್ನೋಸ್ಟಿಕ್ ಸೆಂಟರ್ ಅಂಡ್ ಟೆಂಟಲ್ ಕೇರ್

Acharya Tulsi

Diagnostic Centre & Dental Care

A Jain Social Charitable Organisation - SRIRAMPURAM

ಜೈನ್ ಸಾಮಾಜಿಕ ದತ್ತಿ ಸಂಸ್ಥೆ - ಶ್ರೀರಾಮಪುರ

ON THE OCCASION OF

Teachers' Day ATDC CELEBRATES

TEACHERS WEEK 4th SEP TO 8th SEP 2023

FREE HEALTH CHECK-UP FOR TEACHERS

**INCLUDES : COMPLETE BLOOD COUNT
THYROID FUNCTION TEST, RANDOM BLOOD SUGAR**

SPONSORED
BY :

Greenchef®

Shri Badrilalji Sukhlalji Uttam Chandji Pitaliya, Todgarh-Bangalore

Lab Address : Smt. Manik Bai Dhanraj Siyal Jainam Building,
No. 58, M.K.K. Road, Near Srirampuram Metro Station Pillar No. 190,
Bangalore - 560021.



SCAN ME

LAB TIMINGS : Monday To Saturday : 7:00 AM to 7:00 PM
Sunday : 7:00 AM to 1:00 PM

Phone Number : 080 2312 9999, 9986969229

MANAGED BY : TERAPANATH YUVAK PARISHAD, RAJAJINAGAR
ATDC SPACE SPONSOR : JAINAM LAKSHMINARAYANPURAM TRUST (R)

15
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Karnataka Civil Defence Corps

Ministry of Home Affairs, Govt of India, Govt of Karnataka

Division : Rajajinagar

Basic Life Support - BLS Training *free*

*NSS Officers
YRC
NCC*
What is BLS?

BLS is level of medical care provided by trained medical personnel / trained bystander to a victim of life threatening illness or injuries.



Send 3 teachers & 5 students.



Date: 2nd September 2023, Saturday

Time: 11:00 am to ~~01:30~~ pm

**Venue: Navrathan Jewellers,
Auditorium 2nd floor, Bangalore - 560086**

<https://maps.app.goo.gl/EXnSM2NjE8axSDmv6>



Nirmal Jain

For registration

**Nirmal Jain
98865 79977**

**R. Damodhar
99453 94314**

**Aseef
89045 13567**



KLE Society's
S. NIJALINGAPPA COLLEGE

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Website: www.klesnc.org

E-mail: info@klesnc.org

klesnc@yahoo.com

YOUTH RED CROSS

HEALTH CHECK-UP CAMP

Youth Red Cross wing of KLE's S. Nijalingappa College in association with NGO Terapanth Yuvak Parishad, Social Organization under Acharya Tulsi Diagnostic Centre and Dental Care, Rajajinagar, Bengaluru-10, organized a health check up camp. It was held on **07/09/2023**, Thursday in general staff room of our college premises on the occasion of Teacher's Day. The camp was started at 10.45 am and continued till 12:45 pm. The camp was inaugurated by Principal, Dr. Arunkumar B. Sonappanavar. Sir has delivered talk on importance of health and eye donation.

The objective of this event was to spread awareness on the importance of good health and facilitate health checkups for the teaching and non-teaching staff. A total of 70 underwent the check-up. Eight volunteers of NGO and two reputed doctors are involved in this camp. The health check-up covered the following:

1. Complete Blood Count
2. Thyroid Function Test
3. Random Blood Sugar

OUTCOME: The health check-up camp served the purpose of empowering the faculty with enough information and awareness with regards to their health and problems confronted by them.



Registration



Collection of blood sample from Principal





Collection of blood sample from Professor of Pharmacy College and HoD of Chemistry



Collection of blood sample from staff of Sai and Pharmacy College

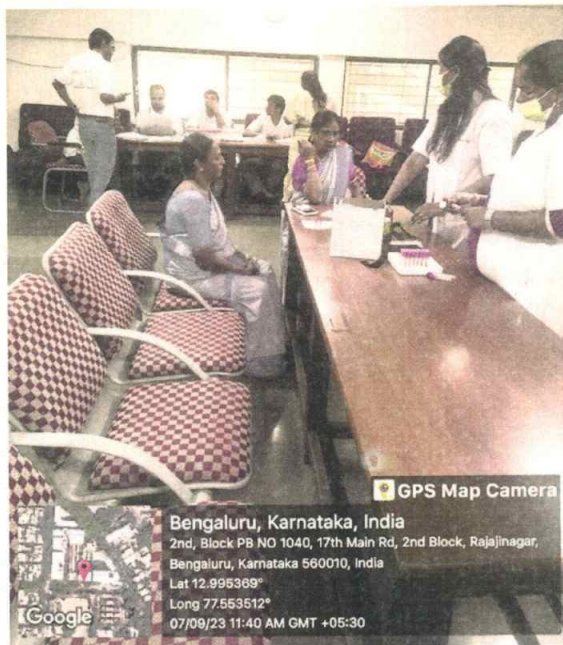


Collection of blood sample from manager and photo with Pharmacy Principal





Collection of blood sample from Office staff



Collection of blood sample from menial staff



Collection of blood sample from Youth Red Cross program officer



Faint, illegible text at the bottom of the page, possibly a signature or date.



GPS Map Camera



Bengaluru, Karnataka, India
 2nd, Block PB NO 1040, 17th Main Rd, 2nd Block, Rajajinagar, Bengaluru,
 Karnataka 560010, India
 Lat 12.99563°
 Long 77.553449°
 07/09/23 11:46 AM GMT +05:30

Eye donation campaign



GPS Map Camera



Bengaluru, Karnataka, India
 2nd, Block PB NO 1040, 17th Main Rd, 2nd Block, Rajajinagar, Bengaluru,
 Karnataka 560010, India
 Lat 12.995364°
 Long 77.553499°
 07/09/23 11:44 AM GMT +05:30

Group photo with Volunteers, Principal, IQAC co-ordinator and staff



GPS Map Camera



Bengaluru, Karnataka, India
 2nd, Block PB NO 1040, 17th Main Rd, 2nd Block, Rajajinagar, Bengaluru,
 Karnataka 560010, India
 Lat 12.995369°
 Long 77.553512°
 07/09/23 11:43 AM GMT +05:30

Group photo with Volunteers, Principal, IQAC co-ordinator and menial staff

TWand
 Youth Red Cross
 Programme Officer
 KLE's S. Nijalingappa College
 II Block, Rajajinagar, Bengaluru-560 010



[Signature]
 Principal
 KLE Society's S. Nijalingappa College
 Rajajinagar, Bengaluru-560 010



KLE Society's
S. NIJALINGAPPA COLLEGE

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Phone: 080-23526055, 080-23325020, Fax: 080-23320902

Website: www.klesnc.org

E-mail: info@klesnc.org

kleacct@yahoo.com

LIST OF BENEFICIARIES - 07/09/2023

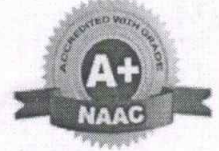
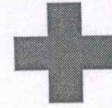
"HEALTH CHECK-UP CAMP"

Sl. No	Name	Age	Department	Signature
1	PUSHPA.N	33	Pharmacy	Pushpa.N
2	Kavya. K. H.	26	Pharmacy	Kavya.
3	Dr. Manatha. A	45	Pharmacy	Meth
4	Dr. HARIPRASAD M.S	44	pharmacy	Hariprasad
5	Jyothi. V.R	41	chemistry	Jyothi V.R.
6	M.R. chaya	56	chemistry	chaya.
7	Shivayanga. G.S.	55	office	G.S.
8	Rathnamma S. Badige	52	Chemistry	R.S. Badige
9	Roopashree M.G	49	Botany	Roopashree
10	Jayanna. B	54	Office -	Jayanna. B
11	Lakshmi. B	50	office.	Lakshmi. B
12	Rajeev P Potadar	41	Biotechnology	Rajeev P
13	Chandrashekhara P. B.	52	soil science	Chandrashekhara
14	Dr. Manali S	38	M. Sem	Manali S
15.	Nagasari	43	Office	Nagasari
16.	Asunkumar B.S	57	Principal	Asunkumar
17	Basavaachar V.G.	37	Electrician	Basavaachar
18	Dr. C. Asha		kanu	Dr. C. Asha
19	Vani. H		office	Vani. H
20	MONICA E		office	Monica E



Sl. No	Name	Age	Department	Signature
21	Raghavendra	29	Kannada	(on leave)
22	Akash D.	21	Security	Akash
23	Rajkumar. Badiger	58	Physics	Badiger
24	S.S Joshi	59	Sanskrit	Joshi
25	Komal S	56	Physics	K
26	Kavitha D	37	Office	Kavitha
27	Mangala	53	Office	Mangala
28	Sulochana H. D	55	Hindi	off
29	Goushi K.	37	Medical officer	Goushi
30	Anjali Sinha	37	Pharmacy	Anjali
31	U. Nidharani Somnath	26	22 BBA U. 19/12/20	AD
32	Preethi G.B	47	pharmacy	GB
33	RAVISH.S	35	PHYSICS	R
34	Rajub.G.	45	Pharmacy	Rajub G
35	Ratha	42	KLE college	Ratha
36	Ambuja.A	37	KLE Pharmacy	Ambuja A
37	J.N. Biradar	59	KLE college Pharmacy	J.N. Biradar
38	Munireethamma	42	Office	MB
39	Akshay Kumar K.S.	30.	KLE Pharmacy	Akshay
40	Shantha. C	50	KLE Pharmacy	Shr
41	Keethi C	28	KLEPC	Keethi
42	Shwetha. Ugalant	38	K.L.E. Poidi	Shwetha
43	V. Varalakshmi	41	K.L.E. pharmacy	V. Varalakshmi
44	Usha. R	43	KLE Pharmacy	Usha. R
45	Sumati. V.	45	" "	V. Sumathi
46	Dr. Secmas S Pattanshale	35	KCE SMC Chem	Secmas
47	Pavithra	38	Pharmacy	Pavithra
48	Priyanka Prahl	31	KLE	Prahl
49	Suresh.S. Shinole	52		Suresh
50	Dimple Pirgal	41		Dimple





**KLE Society's
S. NIJALINGAPPA COLLEGE**

II-Block, Rajajinagar, Bengaluru-10

Re-accredited by NAAC at A+ grade with 3.53 CGPA
College with UGC-STRIDE Component - I

Phone: 080-23526055, 080-23325020, Fax 080-23320902

Website: www.klesnc.org

E-mail: info@klesnc.org

kleaacts@yahoo.com

LIST OF BENEFICIARIES - 07/09/2023

"HEALTH CHECK-UP CAMP"

Sl. No	Name	Age	Department	Signature
51	Dr. Roopashri S. Narasimha	42	Hindi	[Signature]
52	Anitha. H G	28	SSCW Commerce	[Signature]
53	Gayathri	35	SSCW Kannada	[Signature]
54	Divya. K	28	SSCW Commerce	[Signature]
55	Dr. Lakshmi. G	28	Pharmacy	[Signature]
56	Dr. Mandara	26	Pharmacy	[Signature]
57	Satish. R	44	office	[Signature]
58	Gururaj. H	27	Lab pharmacy	[Signature]
59	Durgashree. M. D	23	Pharmacognosy	[Signature]
60	G. SANGEETHA	39	BIOTECHNOL	G. SANGEETHA
61	Jayaram. R	48	Chemistry	[Signature]
62	Shivashankar B	33	chem	[Signature]
63	Parasharam	36	Pharmacy	[Signature]
64	Shrishail	49	??	Shrishail B. A.
65	Dr. Prathibha. S	43	Biotechnology	[Signature]
66	Dr. Subhasini L. Kuddegat	38	Zoology	[Signature]
67	Dr. Tejalwini V. Nandi	53	Zoology	[Signature]
68	Dr. MANOTHAR. P	34	Chemistry	[Signature]
69	Manoj. S. V.	23	Chemistry	[Signature]
70	Youth Red Cross Programme Officer H.		Chemistry	[Signature]





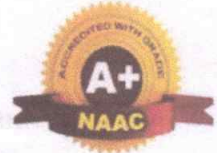
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kleacct@yahoo.com

YOUTH RED CROSS

20/08/2024

DENGUE AWARENESS PROGRAM

Dengue is the fastest spreading vector-borne disease in the world and many people are affected by this disease in India at present. It has become a threat to the country especially during the rainy seasons. In order to facilitate the curbing of this disease, YRC committee & volunteers of Youth Red Cross wing were involved in an awareness program on dengue fever its symptoms & preventive measures activity inside the college campus.

The YRC committee & volunteers instructed the faculties & students to identify places within the campus where Aedes mosquitoes were likely to breed. The students screened the campus for stagnant water and tried to eliminate them. The committee also explained about the symptoms of dengue for immediate identification & consultation of a doctor like high fever (40°C/104°F), severe headache, pain behind the eyes, muscle & joint pains, nausea, vomiting, swollen glands, rash which usually appear 4–10 days after being bitten by an infected mosquito and can last upto 2–7 days.

They also instructed various warning signs to identify dengue like abdominal pain, persistent vomiting, clinical fluid accumulation, mucosal bleed, lethargy or restlessness, liver enlargement > 2 cm, rapid decrease in platelet count in our blood. Further they guided few preventive measures of getting dengue & also protection from mosquito bites by using clothes that cover as much of your body as possible; also mosquito nets if sleeping during the day, ideally nets sprayed with insect repellent; fixing window screens at homes; application of mosquito repellents (containing DEET, Picaridin or IR3535) regularly.

The YRC committee, faculties & students were involved in displaying the notice boards of various dept with awareness on dengue fever, methods & remedies to prevent them. Ideas were discussed to maintain the campus clean & planning was initiated to control breeding of mosquitoes by removing stagnant water and sprinkling disinfectant in the campus.



Outcome :- This awareness programme helped the faculties & students to learn about Dengue and they promised to keep their surrounding clean for a Dengue-less community.



Displaying awareness on dengue infections, methods to prevent them at Commerce Dept



Spreading mosquito awareness & its ill effects on human health at College Health Centre



Creating awareness among students regarding dreadful spread of dengue & methods to prevent them following the theme of World Mosquito Day

Budayala
 Head of the Zoology Department
 KLE's S. Nijalingappa College
 2nd Block, Rajajinagar, Bengaluru-560 010



Dee
 Co-ordinator
 Internal Quality Assurance Cell
 S. Nijalingappa College, Bengaluru-10

[Signature]
 PRINCIPAL
 K.L.E. Society's S. Nijalingappa College
 2nd Block, Rajajinagar, Bengaluru-560 010



KLE Society's
S. NIJALINGAPPA COLLEGE

II-Block, Rajajinagar, Bengaluru-10
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Phone: 080-23526055, 080-23325020, Fax 080-23320902



Website: www.klesnc.org

E-mail: info@klesnc.org

kleacct@yahoo.com

DEPARTMENT OF ZOOLOGY & YRC



DENGUE AWARENESS

AVOID STAGNATION OF WATER!



COCONUT SHELL



PLASTIC DRUM



CEMENT TANK



AATUKKAL



OLD TYRES



OPEN WELL



PLASTIC BUCKETS



PLASTIC CUPS

**PREVENT MOSQUITOES BREEDING!
PROTECT FROM DENGUE!**

Dengue Fever



Causes

dengue viruses spread by mosquitoes

Symptoms



Headache



High fever



Muscle, bone and joint pain



Pain behind the eyes



Rash



Fatigue



Bleeding from nose



Nausea and vomiting

Prevention



Get Dengvaxia vaccine



14/09/2024

From

YRC programme officer
KLE's S. Nijalingappa College
II block, Rajajinagar
Bengaluru-10

To

The Principal
KLE's S Nijalingappa College
II block, Rajajinagar
Bengaluru-10

Respected Sir,

Subject: Requisition to organize awareness on nutrition.

Sir, we are seeking permission to organize nutrition awareness on 17/09/2024 at Govt. lower Primary School Prakash nagar Bengaluru, to create importance of nutritive food. So we request you, permit us to organize the above event as an extension activity.

Thanking You,

Budipal
14/9/24

**Youth Red Cross
Programme Officer**

KLE's S. Nijalingappa College
II Block, Rajajinagar, Bengaluru-560 010

PRINCIPAL

K.L.E. Society's S. Nijalingappa College
II Block, Rajajinagar, Bengaluru-560 010

II (3)
From
Head Mistress,
Government Primary School,
Prakash Nagar
Bengaluru- 560021

Date: 17/09/2024

To
Principal,
KLE's S.Nijalingappa College
Rajajinagar,
Bengaluru-560010

Respected Sir,

Subject: Award Letter for conducting activity on World Nutrition Day.

With reference to the above mentioned subject, this is to inform you that **Youth Red Cross wing** of KLE College visited our school on 17-09-2024 and explained the importance of nutritive food on the occasion of World Nutrition Day.

We appreciate Principal, YRC Program officer, Co-Program officer, committee members & volunteers of your college Youth Red Cross wing for conducting above mentioned activities, which enhanced the knowledge of our students and plan for their future.

Thanking you

G. Sharadamma I/c
ಮುಖ್ಯೋಪಾಧ್ಯಾಯರು

From
Head Mistress,
Government Primary School,
Prakash Nagar
Bengaluru- 560021

Date: 17/09/2024

To
YRC
Program officer,
KLE's S.Nijalingappa College
Rajajinagar,
Bengaluru-560010

Respected Madam,

Subject: Award Letter for conducting activity on World Nutrition Day.

With reference to the above mentioned subject, this is to inform you that **Youth Red Cross wing** of KLE College visited our school on 17-09-2024 and explained the importance of nutritive food on the occasion of World Nutrition Day.

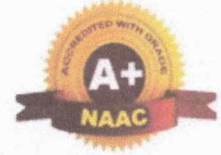
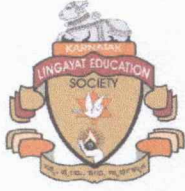
We appreciate Principal, YRC Program officer, Co-Program officer, committee members & volunteers of your college Youth Red Cross wing for conducting above mentioned activities, which enhanced the knowledge of our students and plan for their future.

Thanking you

G. Shivaradamma S/c
ಮುಖ್ಯೋಪಾಧ್ಯಾಯರು

~~Principal,
Government Primary School,
Prakash Nagar,
Bengaluru- 560021~~

~~Principal
KLE's S.Nijalingappa College~~



KLE Society's
S. NIJALINGAPPA COLLEGE

II-Block, Rajajinagar, Bengaluru-10

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[E-mail: info@klesnc.org](mailto:info@klesnc.org)

kleaccts@yahoo.com

YOUTH RED CROSS

17/09/2024

NATIONAL NUTRITION DAY 2024

Nutrition plays a very important role in our life from the time a child is born in the womb and it continues even after birth. Rich nutritious food is most necessary for the proper growth & development of our body.

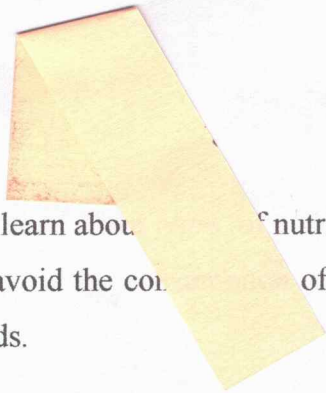
National Nutrition Week was observed on 17th September 2024 by the Youth Red Cross committee of KLE S. Nijalingappa College, to support the theme for National Nutrition Week 2024 in India which is regarding “Nutritious diets for everyone”. This theme emphasizes the importance of making nutritious food available to everyone, regardless of their social status or economic background.

Dr Suhasini L Kudupali, YRC Program Officer, gave an elaborate talk on balanced diet for primary school students groups. YRC committee members emphasized the health benefits of balanced diet. Then our YRC volunteers explained the students regarding the importance of having nutritious food prepared at home rather than the junk food items available on streets.

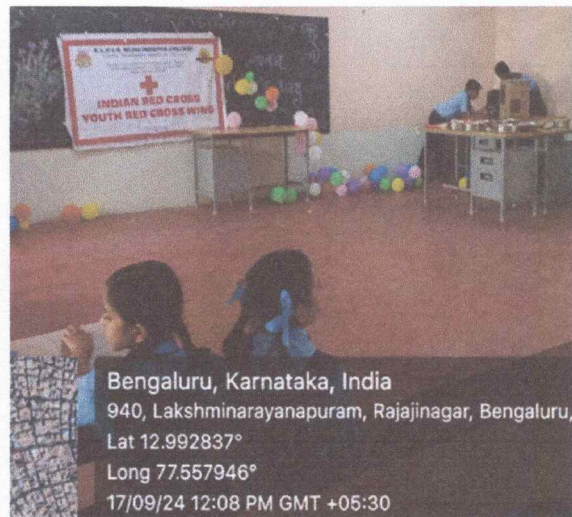
They also encouraged the children to play outside to get adequate Vitamin D rather than staying inside the house, using a mobile phone and watching TV and also explain about the importance of vegetables, grains and also advised an adequate protein, iron and calcium-rich diet for school children and also prepared vegetable salads with carrot, cucumber & grains, distributed to students for a nutritious lunch.

Outcome:

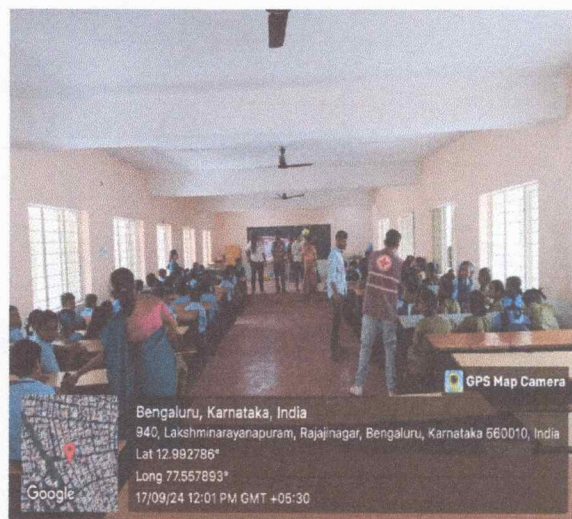
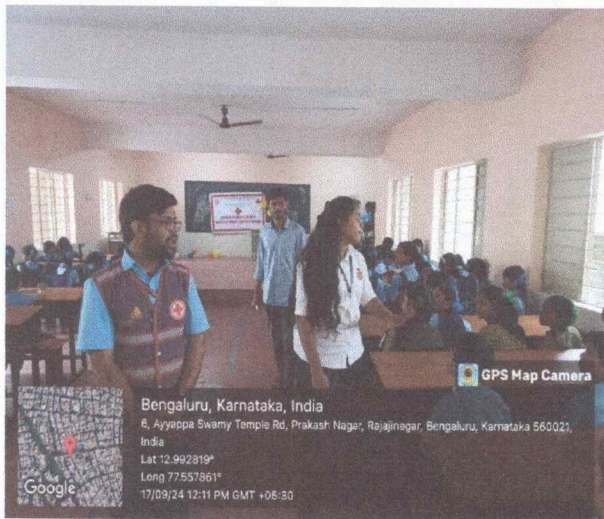
This awareness programme helped the Govt school students to learn about nutritious foods & their importance in their diet. Children promised to avoid the consumption of junk foods & continue consuming homemade nutritious healthy foods.



Beneficiaries: 85 Government School Students.



YRC unit explaining about healthy nutrition



YRC Volunteers interacting with students

Budypali

**Head of the Zoology Department
KLE's S. Nijalingappa College
II Block, Rajajinagar, Bengaluru-560 010**



[Signature]
PRINCIPAL

**K.L.E. Society's S. Nijalingappa College
2nd Block, Rajajinagar, Bengaluru-560 010**

[Signature]
Co-ordinator

**Internal Quality Assurance Cell
Nijalingappa College, Bengaluru-10**



K.L.E Society's
S. NIJALINGAPPA COLLEGE

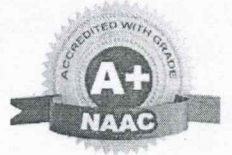
II Block, Rajajinagar, Bengaluru – 560 010

Re-accredited by NAAC at 'A+' grade

Website: www.klesnc.org

E-mail: info@klesnc.org

kleacct@yahoo.com



DEPARTMENT OF ZOOLOGY

Attendance List

Nutrition Day

Government school, Prakash Nagara

Name of the event:

Date:

Sl.No	Name of the student	Class	Signature
1	Bhagyashree	4 th	Bhagyashree.V
2	Anushka.E	4 th	Anushka.E
3	Yazhini.C	4 th	Yazhini.C
4	Pallavi Kumari LK	4 th	Pallavi Kumari LK
5	Thani Shka.M	4 th	Thani Shka.M
6	Navani Tra. Bai	2 th	Navanitha, Bai
7	Chinmayi.S.N.	4 th	chinmayi.s.N.
8	Jai Priska.S	4 th	Jai Priska.S
9	Rithi.A	4 th	Rithi.A
10	ESHAR	4 th	ESHAR
11	Monika.S	4 th	Monika.S
12	Janya.K	4 th	Janya.K.
13	aditya	6 th	Aditya
14	Murthuja	6 th	Murthuja
15	Syed Aimaan	6 th	Syed Aimaan
16	banam	6 th	banam
17	Prithi.M	7 th	Prithi.M
18	Manisha.D	5 th	Manisha.D
19	Rithika.S	5 th	Rithika.S
20	Madhu mitha.K	5 th	Madhu mitha.K
21	Komudi.K	5 th	Komudi.K
22	Pooja Harathi.L	5 th	pooja harathi
23	Ankitha.S	5 th	Ankitha.S
24	Sachin	7 th	Sachin
25	gaurav sharma.V	7 th	gaurav sharma.V
26	Nagesha	5 th	Nagesha
27	Jayaprakash.K	5 th	Jayaprakash.k
28	Ganesh Kumar.K	5 th	Ganesh Kumar.K
29	Pandu.P	6 th	Pandu.P
30	Ayyappa.S	6 th	Ayyappa.S
31	Hema	6 th	Hema
32	Hema	5 th	Hema
33	Hema	5 th	Hema
34	Hema	5 th	Hema
35	ETHA	6 th	ETHA
36	BANVI	6 th	BANVI



	Name	Standard	Signature
66	Sathyam	4th B	Jaswanth
67	Jaswanth	4th B	Tharush A
68	Tharush A	4th B	
69	Divij B	4th B	Charon
70	Chayan	4th B	Pavan
71	Pavan	4th B	NANDISH
72	NANDISH	5th B	Mahmood Shaik B
73	Mahesh	6th A	Sarthosh
74	Sarthosh	5th B	Rohan
75	Chetrah	4th B	Chetrah
76	Chetrah	5th B	
77	Lokesh	6th B	Pavan
78	Pavan	6th B	Chinnmai D
79	Chinnmai D	6th A	Rajeev K
80	Rajeev K	6th A	Rajendra B
81	Rajendra B	6th B A	B
82	Gangethi	6th B A	B . S
83	Bhavyashree	6th B A	B . S
84	Sushrutha	6th B A	P . K
85	Priya	6th B A	

Rudrapat
Youth Red Cross
Programme Officer
 KLE's S. Nijalingappa College
 71 Block, Rajajinagar, Bengaluru-560 010



[Signature]
PRINCIPAL
 K.L.E. Society's S. Nijalingappa College
 2nd Block, Rajajinagar, Bengaluru-560 010

	Name	Standard	Sign
33	Goutham .R	6 th	Goutham .R
34	D. FISOZE Khan	6 th	D. FISOZE
35	POOJA .R	5 th	POOJA .R
37	Vedavathi .V	5 th	Vedavathi
38	R. Nikitha	5 th	R. Nikitha
39	Yashikas	5 th	Yashikas
40	Akshilandeswari	6 th	Akshilandeswari
41	Meghana .S	6 th	Meghana .S
42	Dhanalakshmi .S	4 th	Dhanalakshmi
43	Ankitha .R	6 th	Ankitha .R
44	Hemavathi .G	6 th	Hemavathi .G
45	Anchal Kumari	6 th	Anchal Kumari
46	Subhasini .K	6 th	Subhasini .K
47	Ayesha Siddiqui	6 th	Ayesha Siddiqui
48	Kalpana	7 th	Kalpana
49	Kavya .R	7 th	Kavya .R
50	Jyoti .T.	6 th	Jyoti .T.
51	Sathini	6 th	Sathini
52	Sathini	6 th	Sathini
53	MahabooB Khan	6 th	MahabooB Khan
54	Asiya Kausar .A	6 th	Asiya Kausar .A
56	Keeethana	6 th	Keeethana .A
56	Prithudarsini .R	6 th	Prithudarsini .R
57	Kaushika .A	6 th	Kaushika .A
58	Prathibha .S	6 th	Prathibha .S
59	Tanushree .S	4 th	Tanushree .S
60	Pooja	4 th	Pooja
61	Madha .K	4 th	Madha .K
62	Priya .S	4 th	Priya .S
63	Janvi .h	4 th	Janvi .h
64	Kaushma .KJM	4 th	Kaushma .KJM
65	Hita	4 th	Hita

Budypal

**Youth Red Cross
Programme Officer**
KLE's S. Nijalingappa College
4 Block, Rajajinagar, Bengaluru-560 010



[Signature]
PRINCIPAL

K.L.E. Society's S. Nijalingappa College
2nd Block, Rajajinagar, Bengaluru-560 010



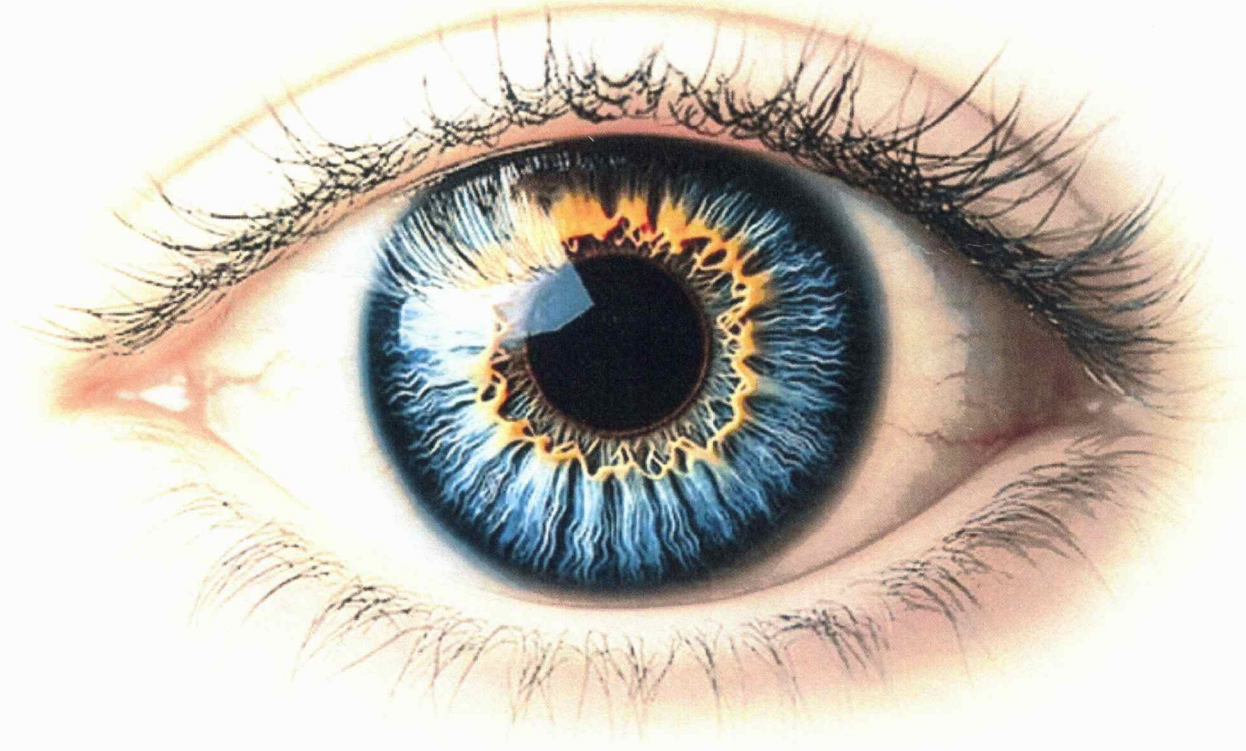
AKHIL BHARATIYA TERAPANTH YUVAK PARISHAD
PRESENTS



VISION FOR VISIONLESS

EYE DONATION AWARENESS CAMPAIGN

15-30th September, 2024



Eye donation can be done within 6 -8 hours of death

Scan here for
Eye Donation Pledge



Be the
Light
in
someone's
darkness

For Eye Donation And
Other queries Contact :

99163 78129

OMSHREE : 99162 66271

TERAPANTH YUVAK PARISHAD, RAJAJINAGAR



ತೆರಾಪಂಥ ಯುವಕ ಪರಿಷದ್
तेरापंथ युवक परिषद्, राजाजीनगर
Terapanth Yuvak Parishad, Rajajinagar

शास्त्रा परिषद् : अखिल भारतीय तेरापंथ युवक परिषद् - युवालोक लाडनू (राज.)

#717, 12th Main, 42nd Cross, 3rd Block, Rajajinagar, Bengaluru - 10 E-mail : typrajajinagar@gmail.com

Date: 21-Sep-2024

To,
THE PRINCIPAL
K.L.E. COLLEGE
BANGALORE

Subject: Collaboration Request towards **VISION FOR VISIONLESS** Campaign 15th – 30th September 2024

Respected Sir/Madam,

Warm Greetings from **Terapanth Yuvak Parishad Rajajinagar**...

Our Parent Body Akhil Bhartiya Terapanth Yuvak Parishad, we are dedicated to making a positive impact on society especially in the health care sector our previous collaboration with **MoHFW Government of India** for "**Raktdaan Amrit Mahotsav**" was a tremendous success, and we are proud to have been part of the world's largest blood donation drive.

Building on the success we are thrilled to announce our upcoming "**VISION FOR VISIONLESS**" campaign with support of State/City level **Terapanth Yuvak Parishad**. An **Eye donation awareness initiative** scheduled from **September 15 to September 30, 2024**, this campaign aims to educate and inspire the public about the importance of **eye donation** with the goal of achieving 1000 eye donations annually, which would significantly impact the lives of over 2000 individuals.

We believe that **your support would greatly enhance the rich and effectiveness** of our campaign, we request your participation and collaboration in this Nobel cause.

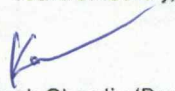
Our campaign activities include **rallies, volunteer drives, conferences, motivational banners, vision film shows and pledge from distributions, all designed to engage various segments of society**. With your support, we can ensure that our message reaches a wider audience & creates ever lasting impact on society.

Thus, we wish for your valuable support in the following ways:

1. A place with necessary arrangements at a given date and time frame for an Eye donation awareness session with the management & students at your institute.
2. A place where we can stick the **Eye Donation Motivational Banner** which creates impact on Society along with your name has "**Supported By**".
3. We are **dedicated to improving the situation of corneal blindness in India**, and we assure you that your participation would be greatly appreciated and acknowledged. Your support would not only help us **achieve our shared campaign goals** but also **strengthen the bond between our organisations**, working towards a common goal of societal well-being.

Thank you for considering our request. We eagerly await your response & the opportunity to collaborate with you on this important initiative.

Yours Sincerely,


Kamlesh Chordia (President)

Terapanth Yuvak Parishad, Rajajinagar

30/09/2024

V
⑥
YRC

27/09/2024

From,
NSS officer and YRC programme officer
KLE's S. Nijalingappa College
II block, Rajajinagar
Bengaluru-560010

To
The Principal
KLE's S Nijalingappa College
II block, Rajajinagar
Bengaluru-10

Respected Sir,

Subject: Requisition to organize interactive workshop on "Vision for Visionless".

Sir, we are seeking permission to organize interactive workshop & rally on "Vision for Visionless" on 30/09/2024, i.e on Monday at Ashakirana, Rajajinagar Bengaluru to create awareness about eye donation & its importance. So we request you to permit us to organize the above interactive workshop.

Thanking You,


PRINCIPAL

K.L.E. Society's S. Nijalingappa College |
2nd Block, Rajajinagar, Bengaluru-560 010



ತೆರಾಪಂಥ ಯುವಕ ಪರಿಷದ್
तेरापंथ युवक परिषद्, राजाजीनगर
Terapanth Yuvak Parishad, Rajajinagar

शाखा परिषद् : अखिल भारतीय तेरापंथ युवक परिषद् - युवालोक लाडनू (राज.)

#717, 12th Main, 42nd Cross, 3rd Block, Rajajinagar, Bengaluru - 10 E-mail : typrajajinagar@gmail.com

President
Kamlesh Chordia
9019230908

Vice President - I
Rajesh Derasariya
9916378129

Vice President - II
Sanjay Mandoth
9449509742

Secretary
Jayantilal Gandhi
9945959257

Joint Secretary - I
Sunil Mehta
9844262913

Joint Secretary - II
Chethan Mandoth
9972737246

Treasurer
Ravi Choudhary
9900118810

Organizing Secretary
Vinod Kothari
9916169499

Imm. Past President
Kamlesh Ganna
9886200654

DATE : 28/SEP/2024

To,
The Inspector
Traffic Police
Rajajinagar
Bangalore:



SUB: Request for permission to conduct
Rally for Eye Donation Awareness.

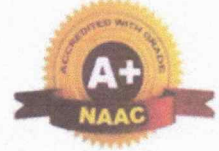
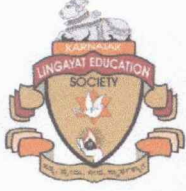
Respected Sir,

Terapanth yuvak parishad, Rajajinagar. In association
With KLE College is planning to conduct Rally on
MONDAY 30th September at 6pm to create awareness
about Eye Donation Campaign Vision for visionless.

Route: Starting from KLE College towards Rajajinagar
Police Station, Varrier Bakery, ESI Hospital

As always received support from your end,
Request your kind support to please provide
permission to organise the Rally.

Kamlesh
KAMLESH CHORDIA
President.



KLE Society's

S. NIJALINGAPPA COLLEGE

II-Block, Rajajinagar, Bengaluru-10

Re-accredited by NAAC at A+ grade in 4th cycle

Phone: 080-23526055, 080-23325020, Fax 080-23320902

Website: www.klesnc.org

E-mail: info@klesnc.org

kleacct@yahoo.com

Rally on Vision for visionless

ORGANISERS: YRC of KLE Society's S. Nijalingappa College

DATE: 30th September 2024

VENUE: Rajajinagar, Bengaluru.

Vision for visionless rally Programme was conducted on 30/9/2024 at 12 pm by the YRC wing of KLE's S Nijalingappa College jointly organized with Terapanth Yuvaka Parishad, Rajaji Nagara Bangaluru, to create awareness among students and public regarding eye donation and its importance.

By donating your eye you can enlighten the life of blind persons. This gesture allow them to come out of darkness and step into a life full of colours. Any person irrespective of age, sex or status can donate eyes. Spectacle wearers, diabetics, hypertension, asthma can also donate eyes. The eye must be donated 4-6 hours after death, No fees are charged as this is a free service in the public interest and only registered medical practitioner is eligible to remove the eye from donor. The Rally was highly useful and informative to the students and public. Students & Public obtained knowledge regarding importance of eye donation and conditions. The program ended with assurance that students will spread the awareness message regarding eye donation. Help us to Change Someone's Life by donating your eyes, gift them sight & give them life. Vision for visionless rally encouraged to donate eye for Students, teachers and public.

Eye donation is charity purely for the benefit of society and totally voluntary act of donating ones eye after death by which corneal blinds get benefited. By donating the eye we can become the light in someone's darkness. Make your eyes alive after death.

Beneficiaries: 39 Students & faculties are involved in rally.

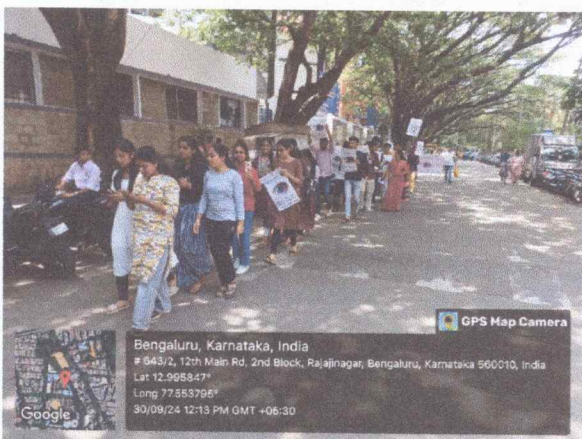
Outcome: Participants and public gained knowledge about eye donation, its importance & they understood it is an act of kindness that can bring light into someone's life.



Rally volunteers gathering



Rally at campus



Rally at Rajajinagar, Bengaluru



Budupati

**Youth Red Cross
Programme Officer
KLE's S. Nijalingappa College
2nd Block, Rajajinagar, Bengaluru-560 010**

Ashe

**Co-ordinator
Internal Quality Assurance Cell
S. Nijalingappa College, Bengaluru-10**

[Signature]
PRINCIPAL

**K.L.E. Society's S. Nijalingappa College
2nd Block, Rajajinagar, Bengaluru-560 010**





KLE Society's
S. NIJALINGAPPA COLLEGE

II-Block, Rajajinagar, Bengaluru-10

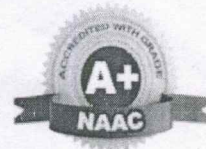
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Website: www.klesnc.org

E-mail: info@klesnc.org

kleaccts@yahoo.com



List of Participants – Vision for visionless Rally 30/06/22

Sl. No	Names	Class	Signature
1	Namohala B.S	B.Sc CZBT	Namohala
2	Innavi	B.Sc CZBT	Innavi.
3	Aishwarya.B	B.Sc CZBT	Aishwarya.B
4	Swathi.S	B.Sc CZBT	Swathi
5	Lekhana.S	B.Sc PMCs	Lekhana
6	Usha.B.R	B.Sc CZBT	Usha.B.R
7	Roopashree. J.	B.Sc CZBT	Roopashree. J.
8	Sindhu.C	B.Sc CZBT	Sindhu.C
9	Sneha.S	B.Sc CZBT	Sneha.S
10	Namratha	B.Sc CZBT	Namratha
11	Vijayalakshmi	B.Sc CZBT	Vijayalakshmi
12	Prajwal.S	B.Sc CZBT	Prajwal.S
13	Sharath	B.Sc CBZ	Sharath
14	Harshith	B.Sc CBZ	Harshith
15	Spandan	B.Sc CBZ	Spandan
16	Ranjith	B.Sc CBZ	Ranjith
17	Yamuna C.S	B.Sc CBZ	Yamuna
18	Anushree	B.Sc CZBT	Anushree
19	Yashwini	B.Sc CZBT	Yashwini
20	Bhavana.B.R	B.Sc CZBT	Bhavana.B.R
21	Bhoonika	B.Sc CBZ	Bhoonika

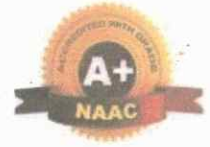
22	Keerthi. L	CZ	Keerthi L.
23	Giselle. G. L.	BtZ	Giselle.
24	AKSHAY KUMAR. S	BtZ	Akshay
25	Lauanya. D. G	BtZ	Lauanya
26	Madhu. S	CZ	Madhu
27	Keerthana. k	BZ	Keerthana
28	Yogesh Gowda. B.N	BZ	Yogesh
28	Vannitha. R	BZ	Vannitha
30	Harshitha G.R	BZ	Harshitha
31	Vishnu raj purush	CZ	Vishnu
32	Monica. S	CZ	S. Monica
33	Meghana. L	BZ	Megha. C
34	Soumya. R	BZ	Soumya
35	Varalakshmi. k.	BEZ	Vara.
36	Nomika. G	CZ	Nomika
37	Harshitha. S	BtZ	Harshitha
38	Saniya Afshin. S	BtZ	Saniya
39	Harshini. N	BtZ	Harshini
40	Dr. S. hesini. L Kudipat	YRC program Officer	Budipal

Budipal
Youth Red Cross
Programme Officer
 KLE's S. Nijalingappa College
 2nd Block, Rajajinagar, Bengaluru-560 010

Co-ordinator
 Internal Quality Assurance Cell
 S. Nijalingappa College, Bengaluru-10



PRINCIPAL
 K.L.E. Society's S. Nijalingappa College
 2nd Block, Rajajinagar, Bengaluru-560 010



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kleacct@yahoo.com

21/11/23

DEPARTMENT OF ZOOLOGY

INTERACTIVE WORKSHOP

On

“PRE-MENSTRUAL SYNDROME”

The Department of Zoology conducted an interactive workshop on “Premenstrual Syndrome”. Resource person was Dr. Indu, Postgraduate Dept. of medicine, ESIC MC & CGIMSR, Rajajinagara, Bengaluru.

Invocation sung by Ms. Shalini, Dr. Narayan Swamy, Zootopia club Convenor welcomed the gathering. Dr. Indu spoke about menstrual cycle regarding the role of hormones involved and their functions. Enlightened the structure of uterus and ovulation. Precautionary measures during the menstrual period. Briefed about different types and usage of sanitary pads, hygiene maintenance and syndrome particularly premenstrual dysphonic disorder (PMDD) signs, symptoms include depression, swing, anger, anxiety, tender breasts, food cravings, fatigue, irritability, appetite changes, poor concentration etc. Physical signs like weight gain, abdominal bloating, constipation.

Explained about causes like cyclic changes, syndrome change with hormonal fluctuations and disappear with pregnancy and menopause, fluctuations of serotonin, a brain chemical (neurotransmitter) that's through to play a crucial role in mood states, could trigger PMS symptoms.

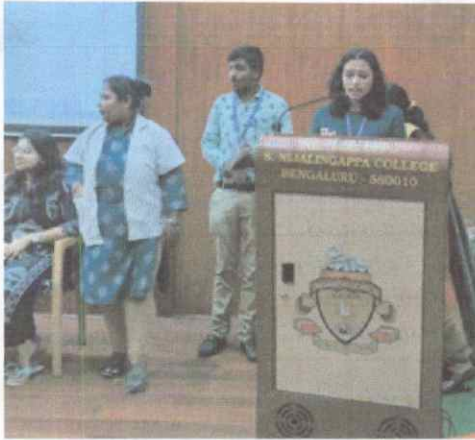
Given detailed information about treatments like daily exercise, limiting caffeine, practicing new methods of coping with stress and anti-anxiety medications including selective serotonin reuptake inhibitors (SSRIs).

MOC did by Ms. Shilpa, The presidential remarks given by Dr. Arunkumar B. Sonappanavar, Principal KLEs S. Nijalingappa College, Bengaluru. Ms. Roopashree has given Vote of thanks.

Outcome of event: The participants enlightened about usage of sanitary pads, syndrome causes and preventive measures of premenstrual syndrome. Male students came to know how they should support and take care of the females during their Menstrual cycle, PMS and PMDD

Total beneficiaries: 152 staff and students





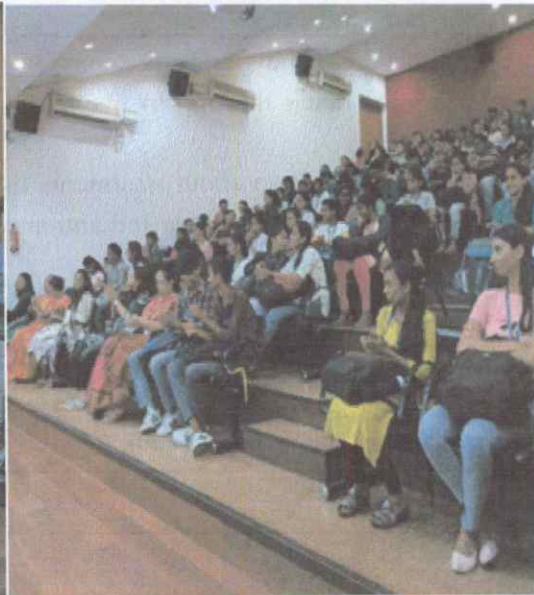
Invocation by Ms. Shalini & Inauguration of PMDD work shop by lightening the lamp



Dr. Narayan Swamy welcoming the gathering



Welcoming the guest by Smt. Tejaswini.V.Nandi



Participants.





MOC by Ms. Shilpa



Principal Dr. Arunkumar B. Sonappanavar addressing the gathering.



Gathering

Twandi
Head of the Zoology Department
KLE's S. Nijalingappa College
II Block, Rajajinagar, Bengaluru-560 010



[Signature]
Principal
KLE Society's S. Nijalingappa College
Rajajinagar, Bangalore-560 010

Date: 18/11/23

From

Head Department of Zoology
KLE's S Nijalingappa College
II block, Rajajinagar
Bengaluru-10

To

The Principal
KLE's S Nijalingappa College
II block, Rajajinagar
Bengaluru-10

Respected Sir,

Subject: Requisition to conduct interactive workshop.


Sir, we are seeking permission to conduct interactive workshop on **premenstrual syndrome** on 18/11/2023, i.e, on Tuesday. We request you to permit us for conducting the programme in Sharada sabhangana at 11.00 am and oblige.

Thanking You,

Yours sincerely

TWandi
18/11/23

Head of the Zoology Department
KLE's S. Nijalingappa College
II Block, Rajajinagar, Bengaluru-560 010


Principal
K.L.E Society's S. Nijalingappa College
II Block, Rajajinagar, Bangalore-560 010





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E-mail: info@klesnc.org

kleaccts@yahoo.com

Date: 21/11/2023

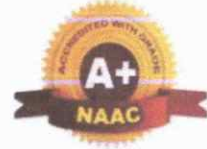
Department of Zoology

“Organizing interactive workshop on Premenstrual syndrome”

Agenda

1. Lighting a lamp
2. Invocation
3. Welcome speech
4. Guest speech by Dr. Indu
5. Presidential remarks by Dr. Arunkumar B. Sonappanavar
Principal, KLEs S. Nijalingappa
College, Rajajinagar, Bengaluru
6. Vote of thanks Kum. Roopashree





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DEPARTMENT OF ZOOLOGY

Organizing interactive workshop

On

“PRE- MENSTRUAL SYNDROME”

Speaker

Dr. INDU

Postgraduate Dept. Of community Medicine, ESIC MC & CGIMSR, Rajaji Nagara, Bengaluru- 10

Dr. Tejaswini V. Nandi

HOD of Zoology

Dr. Arunkumar B. Sonappanavar

Principal

Date: 21/11/2023

Time: 11:00 AM

Venue: Sharada Sabhangana





**K.L.E. SOCIETY'S
S. NIJALINGAPPA COLLEGE
RAJAJINAGAR, BENGALURU-560 010**



COLLEGE WITH POTENTIAL FOR EXCELLENCE

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Website: www.klesnc.org E.mail: info@klesnc.org kleaccts@yahoo.com

CIRCULAR

20/11/2023

Department of Zoology is conducting an interactive workshop on "premenstrual syndrome" under **Zootopia** club on **21st November 2023** Tuesday at **11:00 am** in Sharada sabhangana, kindly attend all the faculties and inform the students also.

Thanking You

Yours sincerely

T.Wardi

HOD

**Head of the Zoology Department
KLE's S. Nijalingappa College
II Block, Rajajinagar, Bengaluru-560 010**

[Signature]
PRINCIPAL

Principal
**K.L.E Society's S. Nijalingappa College
II Block, Rajajinagar, Bangalore-560 010**



LIST OF DEPARTMENTS

NAME OF DEPARTMENTS	SIGNATURE
BOTANY	<i>Perpashu</i>
MATHEMATICS	<i>QAE</i>
PHYSICS	<i>Prasanna</i>
COMPUTER SCIENCE	<i>Prasanna</i>
CHEMISTRY	<i>Prasanna</i>
BIO- TECHNOLOGY	<i>Prasanna</i>
HISTORY	<i>Prasanna</i>
ECONOMICS	<i>Prasanna</i>
POLITICAL SCIENCE	<i>Prasanna</i>
JOURNALISM	<i>Prasanna</i>
COMMERCE	<i>Prasanna</i>
ENGLISH	<i>Prasanna</i>
KANNADA	<i>Prasanna</i>
FASHION & APPAREL DESIGN	<i>Prasanna</i>
HINDI	<i>Prasanna</i>
SANSKRIT	<i>Prasanna</i>
BBM/BBA	<i>Ashwini 20/11/23</i>



Principal
K.E. Society's S. Nijalingappa College
17 Block, Rajajinagar, Bengaluru-560 010

Head of the Zoology Department
K.E. Society's S. Nijalingappa College
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kleaccts@yahoo.com

Interactive Workshop on "Premenstrual Syndrome" - 21/11/2023

Sl. No.	Name of the participants	Class and Combination	Signature
01	Nirmitha C	3 rd BSc BtZ	Nirmitha
02	Thoshitha V	3 rd BSc BtZ	Thoshitha V
03	Punitha N.M	3 rd BSc BtZ	Punitha N.M
04	Subhash R	3 rd BSc BtZ	SUBHASH R
05	ROHINI V	3 rd BSc BtZ	Rohini V
06	SUCHETHA P	3 rd BSc BtZ	Suchetha P
07	Arun Kumar T	3 rd BSc BtZ	Arun Kumar
08	Moulya N	3 rd B.Sc CZ	Moulya N
09	Thrupthi J	3 rd B.Sc CZ	Thrupthi J
10	Hitha S	3 rd B.Sc CZ	Hitha S
11	Harini M	1 st BSc BtZ	Harini M
12	Madhu S	1 st BSc CZ	Madhu S
13	PooSVika A.R	1 st BSc BTB	PooSVika
14	Akshatha S.Pawan	1 st BSc BTB	Akshatha S
15	Hithashree D.Y	1 st BSc B2	Hithashree D.Y
16	Sahana V	1 st BSc BTB	Sahana V
17	R. Bharush	1 st B.Com 'B' section	R. Bharush
18	Sanyas S	1 st B.Com 'B' section	Sanyas S
19	Nithin V.L	1 st B.Com 'B' section	Nithin
20	Anugrahith R.N	3 rd BSc BtZ	Anugrahith R.N
21	Neethan G.R	1 st B.Com 'B' section	Neethan G.R
22	Nishanth Yashas V	1 st B.Com 'B' section	Nishanth Yashas V
23	Uday Kumar S	1 st B.Com - II -	Uday Kumar S
24	Nishant P	— II —	Nishant P
25	Vinod Kumar B	1 st B.com 'B' sec	Vinod Kumar B



Sl. No.	Name of the participants	Class and Combination	Signature
26	Mahesh Kumar. M	1 st B.com 'B' Sec	
27	Muthuraj. H	1 st B.com 'B' Sec	
28	Suresh .s	1 st B.com 'D' Sec	
29	Sharanabasava	1 st B.com 'D' Sec	
30	Nathish .m	1 st B.com 'D' Sec	
31	Vignesh.S	1 st B.com 'D'	
32	Pragwal .N	1 st B.com 'D'	
33	Prathap. v	1 st B.com 'D'	
34	Vineeth. v	1 st B.com 'D'	
35	Vishal N	1 st B.com 'D'	
36	Carshmana c	1 st B.com 'D'	
37	Sagar .s	1 st B.com 'D'	
38	Sumanthans	1 st B.com 'D'	
39	Puneeth Kumar V	1 st B.com 'D'	
40	Yashas	1 st B.com 'D' & C	
41	Chandam B.R	1 st B.com 'D' & C	
42	Basavareshwara B	1 st B.com 'B' Sec	
43	Shivaraj .V	1 st B.com 'D' Sec	
44	Laxmi Kumar HN	1 st B.com 'B' Sec	
45	Nathan. Prasad BA	1 st B.com 'B' Sec	
46	Pavan	1 st B.com 'B' Sec	
47	Gowtham. B	1 st B.com 'B' Sec	
48	Manoj. D	1 st B.com 'B' Sec	
49	Rohit. m	1 st B.com 'B' Sec	
50	Sujay R.	1 st B.com 'D' Sec	
51	Punith Kumar	1 st B.com 'B' Sec	
52	Santhosh. V	1 st B.com 'D' Sec	
53	Subas. A-S	1 st B.com 'D' Sec	
54	Vimal. S	1 st B.com 'D' Sec	
55	Banquet Bendigere	1 st B.com 'D' Sec	
56	Ullasa. N	1 st B.com 'D' Sec	

Hemashree TR

1st Year BSC (BA)

Hemashree



Sl. No.	Name of the participants	Class and Combination	Signature
57	Tushar S. Yadav	1 st B.com D' sec	
58	Balaji S	1 st B.com 'D' sec	
59	Prathibha Pani M	3 rd BSc Btz	Prathibha Pani M
60	Sharadhi H. dalawai	3 rd Bsc Btz	
61	Monisha K.N	3 rd Bsc Btz	
62	Darshan V	3 rd Bsc Btz	
63	Nithin Isaac	1 st BSc BC	Nithin
64	Yogeshwararam of	1 st Bsc Bz	
65	C. Darshan	3 rd yr Bsc Btz	
66	Prathviraj N	3 rd BSc Btz	
67	Nikhil Gowda SR	2 nd Bsc Bz	
68	Karthik N	3 rd Bsc Btz	KARTHIK
69	Chandan MS	2 nd BSc BZ	
70	Thirukasan Bykard	2 nd Bsc Btz	
71	Tejaswini V	1 st D' B.com	
72	Malini S.	1 st D' B.com	
73	Yashini S	1 st D B.com	
74	Shodhya D	1 st D B.com	
75	Laxanya S	1 st Year 'B' B.Com	
76	Pavithra V	1 st year 'B' B.Com	Pavithra V.
77	Sowmya K	1 st year 'B' B.com	Sowmya K
78	Madhu Sudhan HC	1 st year 'B' B.Com	Madhu Sudhan HC
79	Varun S	1 st year 'B' B.Com	Varun S
80	Rakesh TB	1 st Year 'B' Com	
81	Mangaj A	1 st Year B Com	Mangaj
82	Pavan Gowda M	1 st year B.com	Pavan M
83	Mangaj S	1 st year B.com	Mangaj S
84	Rohith Gauda SR	1 st year B.com 'B'	
85	Ramu N	1 st year B.com 'B'	
86	Deena R	1 st year B.com 'B'	Deena R
87	Sandhya R	1 st year B.com 'B'	



Sl. No.	Name of the participants	Class and Combination	Signature
88	Monisha . R	1 st year Bcom B'sec	Monisha . R
89	Benlah . S	1 st year Bcom B'sec	Benlah S
90	Monisha . M	1 st year Bcom B'sec	Monisha . M
91	Gayathri . R	1 st year B.com B'sec	Gayathri . R
92	Bhikshmi . V	1 st year B.com B'sec	Bhikshmi . V
93	Sapna . S	1 st year B.com B'sec	Sapna . S.
94	Sameeksha K . M	1 st year B.com B'sec	Sameeksha K . M
95	Kavya . J.	1 st year B.com B'sec	Kavya . J.
96	Ruchi . Tha	1 st year B.com B'sec	Ruchi . Tha
97	Swati . G	— —	Swati . G
98	Yashmini . KN	— —	Yashmini . KN
99	Mani	— —	Mani
100	Vaishini . J	— —	Vaishini . J
101	Shreya shree . K	— —	Shreya shree . K
102	Vaishnavi . N	— —	Vaishnavi . N
103	Kanya . P	3 rd year BSc [BZ]	Kanya . P
104	Vannitha . R	1 st year BSc [BZ]	vannitha . R
105	Hanshitha . S	1 st year BSc [BTZ]	Hanshitha . S
106	Varalakshmi . K	1 st year BSc [BTZ]	Varalakshmi . K
107	Nomika . G	1 st year BSc [CZ]	Nomika . G
108	Soumya . R	1 st year BSc (BZ)	Soumya . R
109	Keerthana . K	1 st year BSc [BZ]	Keerthana . K
110	Chitreshree G.	1 st year BSc (BTZ)	Chitreshree G.
111	Veena . E	1 st year BSc [BTZ]	Veena . E
112	Gayathri Bai	1 st year BSc (BTZ)	Gayathri Bai
113	Vaishnavi	1 st year BSc (CZ)	Vaishnavi
114	Bindu shree . R	1 st year BSc (BTZ)	Bindu shree . R
115	Shalini	1 st year BSc (BZ)	Shalini
116	Shilpa . R	1 st year BSc (BTZ)	Shilpa . R
117	Pallavi . K	1 st year BSc (BTZ)	Pallavi . K
118	Shwetha . N	1 st year BSc (BTZ)	Shwetha . N
119	Sneha . J	1 st year BSc (BTZ)	Sneha . J
120	Deepthi . G	1 st year BSc (BTZ)	Deepthi . G



Sl. No.	Name of the participants	Class and Combination	Signature
122	Shwetha shree . N	II BSC. C2	Shwetha shree
123	Sowmya.V	II Bsc. C2	Sowmya.V
124	Akshatha . R	2 nd BSC - BIZ	Akshatha . R
125	Monisha . B.J	2 nd BSC - BIZ	Monisha . B.J
126	Manya . N.M	2 nd BSC - BIZ	Manya . N.M
127	Harshitha . G.P	1 st BSC - BZ	Harshitha . G.P
128	Saanyabhagyalakshmi	1 st BSC CB	Saanyabhagyalakshmi
129	Nischitha . R	1 st BSC CB	Nischitha . R
130	Keerthi . L	1 st BSC C2	Keerthi . L
131	Meghana . C	I Bsc. BZ	Meghana . C
132	Lavanya . D.G	I BSC BIZ	Lavanya . D.G
133	Dhanush . M.S	I BSC BIZ	Dhanush
135			
136			
140			





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Interactive Workshop on "Premenstrual Syndrome" - 21/11/2023

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