

Guest Lecturing

[women and Health]

09/09/2019

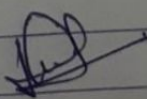
Women development Cell organised an Interaction Session by Dr. Vijayalakshmi, Ayurdhara clinic spoke about "Every girl and women must take care of their health and hygiene."

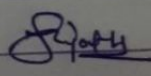
As a Insurance person she explained :-

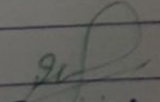
- Need for giving priority to the health of women's.
- Reasons which demands need for health & hygiene of women in modern days.
- developments or changes in women body with growth (physical)
- products available to safeguard women hygiene.
- Health issues and tips to over come.

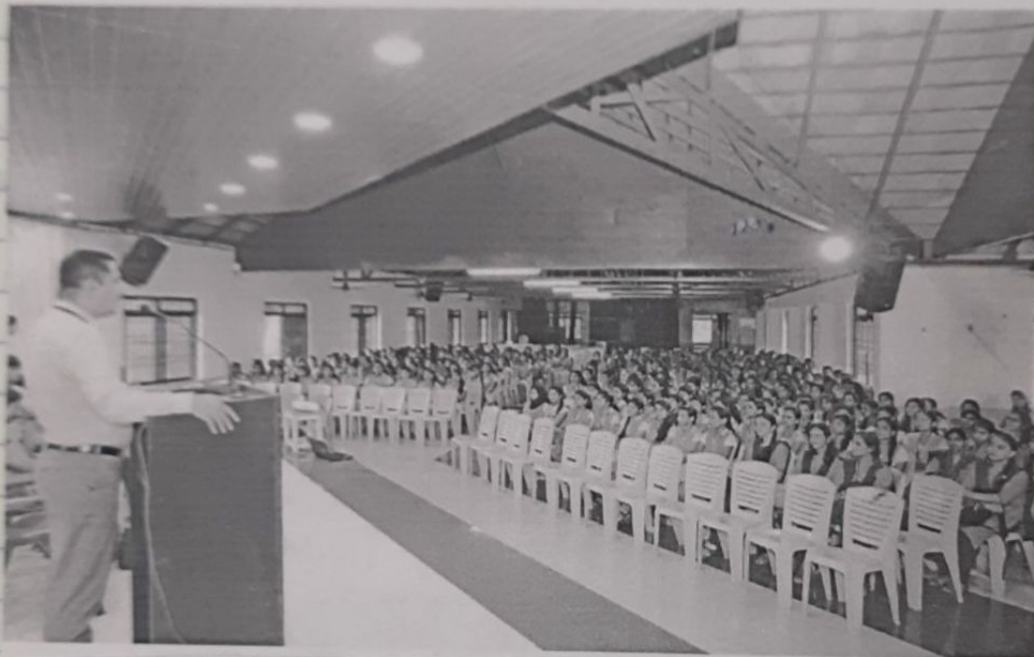
At the end of the session students were let to ask questions related health and hygiene for which Dr. Vijayalakshmi provided suitable and satisfactory answers. Interaction Session went on for around half an hour and students queries were tried to solved by Dr. Vijayalakshmi madam as much as she can possibly do.

Session was started with presidential Speech by our principal Dr. prof. Umesh Shetty Kottadi. In the presence of prof. Chethan Kumar Shetty Kovadi.


Convener


Joint Convener


Principal
Principal
Dr. B.B. Hegde First Grade College
Kundapura-576201



Principal
Dr. B.B. Hegde First Grade College
Kundapura -576201

Workshop

[Promote effective Menstrual hygiene]

20/09/2019

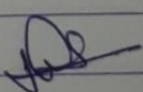
Women's development cell conducted a workshop under ISAC with a intention of promoting effective menstrual hygiene by Mrs. Mary Pias from Bellasurathur with Rotary club Kundapur South on the date 20/09/2019.

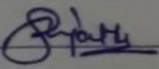
The session was opened by prof. Umesh Shetty Kottadi our beloved principal and stage left for discussion to Mrs. Mary Pias.

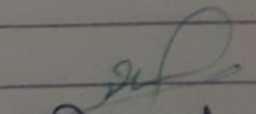
Objectives of workshop

- Students were provided with the information about Menstruation cycle
- explanation on health and hygiene.
- To inform about available products in market for maintaining hygiene.
- clarify myths about menstruation.

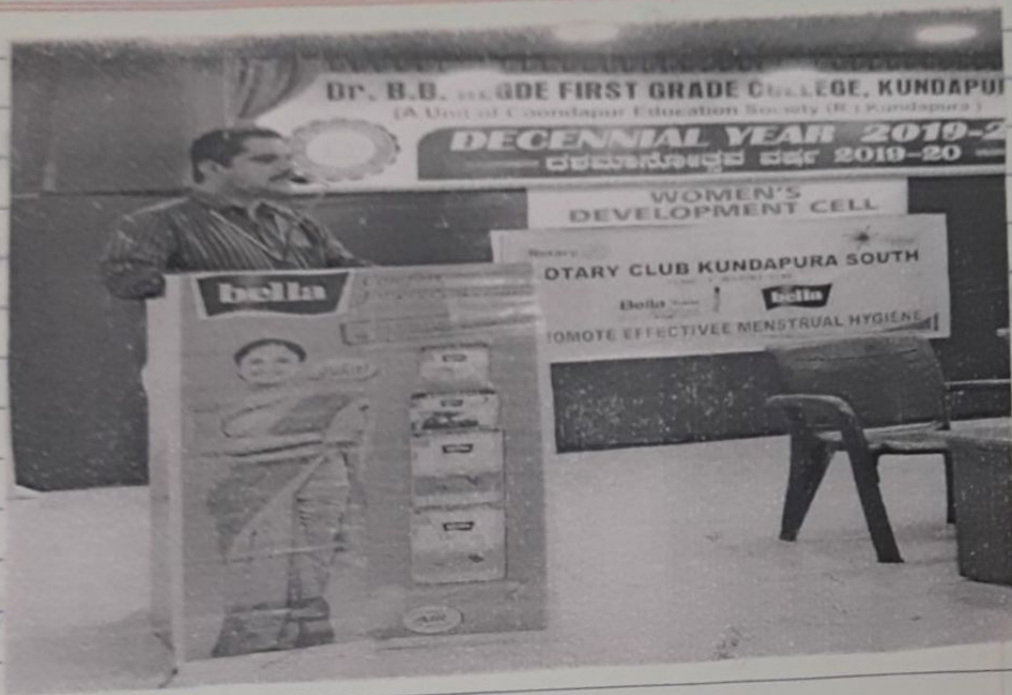
The session open for an Interaction, many students came up with questions they have related to health, hygiene, myths and their experiences. and session was ended with a vote of thanks by Mrs. Chitkala Laxmi.


Convener


Joint-Convener


Principal

Principal
Dr. B.B. Hegde First Grade College
Kundapura -576201



[Signature]
Principal

Dr. B.B. Hegde First Grade College
Kundapura - 576201

Date : 01/01/2020

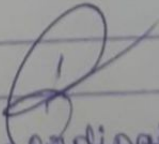
Nature of the program:

Group discussion about "social emergency
and response volunteers".

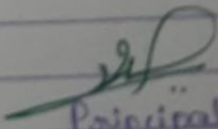
The session was conducted on 01/01/2020 at
3.05 P.M. in Room No. 105.

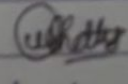
The co-ordinators conducted the group discussion
about social emergency response volunteers (SERV).
10 volunteers of Youth Red Cross unit were participated
in the training program held at Bhandarkar's Arts and
Science College, Kundapura on 30th and 31st of December,
2019. All the volunteers shared the experience and
thought about this 3 day workshop and the group
discussion was conducted for the other students
on the same topic.

All the students were actively participated and
expressed their thoughts.


Co-ordinator


Joint co-ordinator


Principal


Student co-ordinator

Principal
Dr. B.B. Hegde
Bhandarkar's Arts and Science College
Kundapura - 577104



Principal,
The First Grade College
Kundapura - 576201

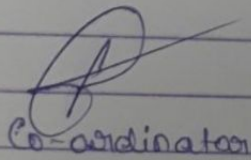
Date: 05/02/2020

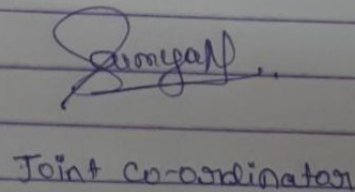
Nature of the program: Blood donation camp.

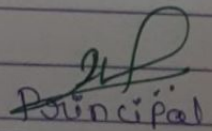
The blood donation was organized by a joint association of college Youth Red Cross unit and Red Ribbon Club, Indian Red Cross Society, Kundapura and Lions club, Kundapura.

The secretary of Kundapura Education Society K. Sitharama Nackerthaya, college management committee member Dr. M.V. Kulal, chairman of Indian Red Cross Society Jayakan Shetty, Treasurer Shivaram Shetty and members of Indian Red Cross Society, Kundapura, Lions club President Dr. Vinod Kumar, Secretary Naveen Kumar Shetty, Treasurer Dr. Rajendra and members of Lions Club, Principal Prof. K. Umesh Shetty and co-ordinators of Youth Red Cross unit were present during the occasion.

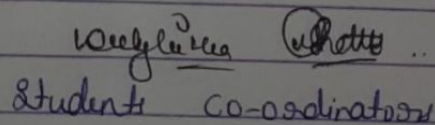
Around 164 units of blood were donated during this one day blood donation camp.


Co-ordinator


Joint Co-ordinator


Principal

Principal
Dr. N.R. Hegde
Kundapura - 576201


Student Co-ordinator

ಬೃಹತ್ ರಕ್ತದಾನ ಶಿಬಿರ



■ ವಿಕ ಸುದ್ದಿಲೋಕ ಕುಂದಾಪುರ

ಇಲ್ಲಿನ ಡಾ. ಬಿ.ಬಿ. ಹೆಗ್ಡೆ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜಿನ ಯುವ ರೆಡ್‌ಕ್ರಾಸ್ ಘಟಕ ಮತ್ತು ರೆಡ್ ರಿಬ್ಬನ್ ಕ್ಲಬ್, ಇಂಡಿಯನ್ ರೆಡ್‌ಕ್ರಾಸ್ ಸೊಸೈಟಿ ಕುಂದಾಪುರ ಹಾಗೂ ಲಯನ್ಸ್ ಕ್ಲಬ್ ಕುಂದಾಪುರ ಸಂಯುಕ್ತ ಆಶ್ರಯದಲ್ಲಿ ಬೃಹತ್ ರಕ್ತದಾನ ಶಿಬಿರ ಜರುಗಿತು.

ಕಾಲೇಜು ಆಡಳಿತ ಮಂಡಳಿ ಕಾರ್ಯದರ್ಶಿ ಸೀತಾರಾಮ ನಕ್ಕತ್ತಾಯ, ಆಡಳಿತ ಮಂಡಳಿಯ ಸದಸ್ಯ ಡಾ. ಎಂ.ವಿ. ಕುಲಾಲ್, ಲಯನ್ಸ್ ಕ್ಲಬ್ ಅಧ್ಯಕ್ಷ ಡಾ. ವಿನೋದ್ ಕುಮಾರ್,

ಕಾರ್ಯದರ್ಶಿಗಳಾದ ನವೀನ್ ಕುಮಾರ್ ಶೆಟ್ಟಿ, ವಿಜಾಂಚಿ ಡಾ. ರಾಜೇಂದ್ರ ಹಾಗೂ ಲಯನ್ಸ್ ಕ್ಲಬ್‌ನ ಸದಸ್ಯರು, ಕುಂದಾಪುರ ರೆಡ್‌ಕ್ರಾಸ್ ಘಟಕದ ಚೇರ್ಮನ್ ಎಸ್. ಜಯಕರ್ ಶೆಟ್ಟಿ, ವಿಜಾಂಚಿ ಶಿವರಾಮ್ ಶೆಟ್ಟಿ ಹಾಗೂ ರೆಡ್‌ಕ್ರಾಸ್ ಸದಸ್ಯರು, ಕಾಲೇಜಿನ ಪ್ರಿನ್ಸಿಪಾಲ್ ಪ್ರೊ.ಕೊತ್ತಾಡಿ ಉಮೇಶ್ ಶೆಟ್ಟಿ, ಕಾಲೇಜಿನ ರೆಡ್‌ಕ್ರಾಸ್ ಘಟಕದ ಸಂಯೋಜಕ ಶಿವರಾಜ್ ಸಿ. ನಾವುಂದ, ಸಹಸಂಯೋಜಕಿ ಸೌಮ್ಯ ಎನ್. ಕುಂದರ್ ಉಪಸ್ಥಿತರಿದ್ದರು. 164 ಯುನಿಟ್‌ಗಳಷ್ಟು ರಕ್ತವನ್ನು ಸಂಗ್ರಹಿಸಲಾಯಿತು.


Principal
Dr. B.B. Hegde First Grade College
Kundapura -576201

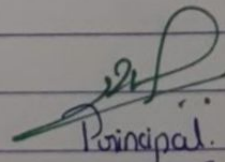
Date :- 29/01/2020

Venue :- LH305.

Memory test.

In Readers' Forum classroom activity, we expect the students to write their most memorable reading & few students to share the matter in the classroom. The students were actively participated in this event & given their best.

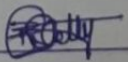
The Intention of this event is to know the students memory that how long they used to remind the subject in their mind. If we like the matter naturally we will keep the matter in our own mind untill the death.



Principal.

Principal

Dr. B.B. Hegde First Grade College
Kundapura -576201



Co-ordinator



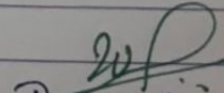
Joint - Co-ordinator

Date:- 11/3/2020.

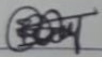
Venue:- LH305.

News paper reading

Reader's Forum Students are advised to read newspapers daily. An activity of summarizing the highlights of newspaper for a week was given. Newspaper contains variety of information & with this we can identify the area in which the students give more importance. Students analysed various aspects of newspaper like interesting article, sports, economics, politics, general news


Principal

Principal
Dr. B.B. Hegde First Grade College
Kundapura -576201



Co-ordinator.



Joint Co-ordinator

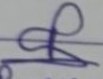
16-01-2020

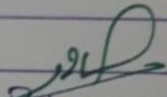
Agenda:

Taluk level Scout & Guides camp preparation

A meeting on Taluk level Scout & Guides camp preparation was conducted on 16-01-2020 in the room no 901. The members of the Rover units were allotted to different committees for the smooth functioning and success of the camp.

Rover Scout Leader


 (Praveen Mogaveera)


 Principal

 Principal
 Dr. B.B. Hegde First Grade College
 Kundapura - 576201