

DATE

PROGRAMME

RESOURCE PERSON

00/04/2024

"Awareness Programme on Health & Hygiene"

Dr. Pramila Nayak  
Gynecologist  
Manish Hospital, Kundapura.

**BRIEF REPORT:**

An awareness Programme on Health & Hygiene was organised jointly by the National Service Scheme Unit 142 and Women Empowerment Cell of Dr. S.B. Hegde college Kundapura.

Kundapura Manish Hospital Gynecologist Dr. Pramila Nayak, served as the resource person, addressing the health issues of adolescent girls and emphasizing the importance of health and hygiene as the foundation of good health & highlighted the significance of clean water, balanced diet, regular exercise & yoga for maintaining good health in the modern mechanical life. The event was presided over by Principal Prof. K. Umesh Shetty, vice Principal & NSS Programme officer Dr. Chethan Shetty welcomed guests. Women Empowerment coordinator Mrs. Veena Bhal made introductory remark & Dr. Deepa proposed vote of thanks. NSS programme officer Ms. Deepa Poojary conveyed master of ceremony.

**PRINCIPAL**

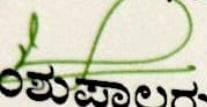
**FACULTY COORDINATOR**

Principal

B.B. Hegde First Grade College  
Kundapura - 576201


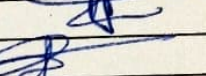
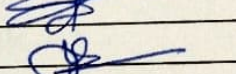
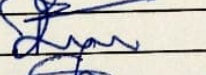
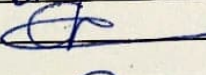
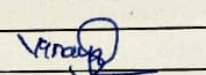
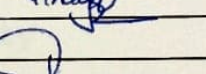
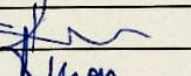
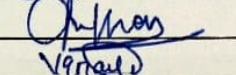
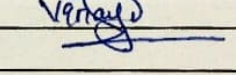
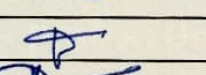
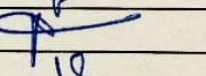

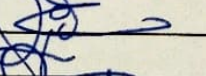
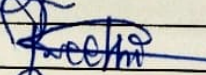
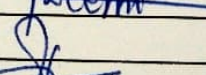
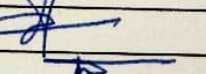
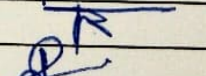
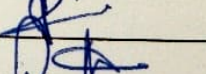
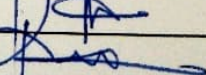
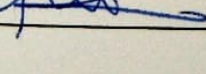
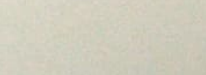
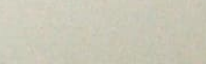

ಡಾ| ಬಿ. ಬಿ. ಹೆಗ್ಡೆ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು, ಕುಂದಾಪುರ  
 ಸೂಚನೆ, ದಿನಾಂಕ: 29-04-2024

ಕಾಲೇಜಿನ ಎನ್.ಎಸ್.ಎಸ್. ಘಟಕ ಮತ್ತು ಮಹಿಳಾ ಸಬಲೀಕರಣ ಘಟಕದ ಜಂಟಿ ಆಶ್ರಯದಲ್ಲಿ ದಿನಾಂಕ 30/04/2024ರಂದು ನಡೆಯಲಿರುವ ಆರೋಗ್ಯ ಮತ್ತು ನೈರ್ಮಲ್ಯ ಅರಿವು ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಎಲ್ಲಾ ವಿದ್ಯಾರ್ಥಿಗಳು ಕಾಲೇಜಿನ ಸಭಾಂಗಣದಲ್ಲಿ ಉಪಸ್ಥಿತರಿರಬೇಕಾಗಿ ಈ ಮೂಲಕ ಸೂಚಿಸಲಾಗಿದೆ.

  
 ಪ್ರಾಂಶುಪಾಲರು

Principal

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

Class & Section	Room No.	Signature
I B.Com A	001	
I B.Com (E) (DS)	003	
III B.Com D (CA/CS)	004	
II B.Com D (CA/CS)	005	
III B.Com C	101	
II B.Com A	102	
II B.Com B	103	
II B.Com C	104	
III B.Com A	105	
III B.Com B	106	
I B.Com C	107	
II BBA	108	
I BCA (A) (AI)	109	
I BCA (B) (Gen)	110	
III BCA	201	
I BBA	202	
I B.Com B	204	
II BCA (B)	205	
II BCA (A)	206	
III B.SC	301	
II B.SC	302	
I B.Com (D) (CA/CS)	303	
III BBA	304	
LIB Room	Hindi	
Av Room	Sanskrit	



**Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA**  
Accredited by NAAC with B++ Grade (Cycle I)  
[A Unit of Coondapur Education Society (R.), Kundapura]

**Women Empowerment Cell**

&

**National Service Scheme (Unit 1 & 2)**  
organize

**AWARENESS PROGRAMME ON**  
**HEALTH & HYGINE**

Date : **30-04-2024** | Time : **02:15 P.M.**  
Venue : **Mookambika Auditorium**

President

**Prof. K. Umesh Shetty**

Principal

Resource Person

**Dr. Pramila Nayak**

Gynecologist

Manish Hospital, Kundapura

Presence

**Dr. K. Chethan Shetty**

Vice - Principal

**WELCOME**

**Mrs. Veena V. Bhat**

**Dr. Deepa**

Co-ordinators

Women Empowerment Cell

**Dr. Chethan Shetty K.**

**Ms. Deepa Poojary**

NSS Programme Officers

**Prof. K. Umesh Shetty**

Principal

**Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA**

Accredited by NAAC with B++ Grade (Cycle I)  
(A Unit of Kundapur Education Society (B), Kundapura)

**Women Empowerment Cell**

**&**

**National Service Scheme (Unit 1 & 2)**

**Organize**

**Awareness programme on**

**Health & Hygiene**

**Date: 30-04-2024**

**Time: 02:45 P.M.**

**Venue: Mookambika Auditorium**

**----- PROGRAMME AGENDA -----**

<b>Prayer</b>	: <b>Rashmiha</b> I. BBA
<b>Welcome</b>	: <b>Dr. Chethan Shetty K.</b> NSS Programme Officer
<b>Introductory Remarks</b>	: <b>Mrs. Veena V. Bhat</b> Co-ordinator, Women Empowerment Cell
<b>Resource Person's Speech</b>	: <b>Dr. Pramila Nayak</b> Gynecologist Manish Hospital, Kundapura
<b>Presidential Remarks</b>	: <b>Prof. K. Umesh Shetty</b> Principal
<b>Vote of thanks</b>	: <b>Dr. Deepa</b> Co-ordinator, Women Empowerment Cell
<b>Master of Ceremony</b>	: <b>Ms. Deepa Poojary</b> NSS Programme Officer

**Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA**  
 [A Unit of Coondapur Education Society (R.), Kundapura]

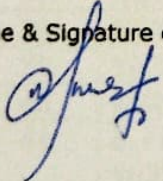
FEED BACK (✓) ON PROGRAMMES

NAME OF THE PROGRAMME : Awareness programme on health & Hygiene  
 RESOURCE PERSON/S : Dr. Pramila Nalk  
 Date of the Programme : 30/4/24

	Excellent	Good	Average	Poor
1. Concept of the Programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Communication ability of the Resource person/s	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Motivation capacity of the Resource person/s	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Innovative ideas of the Resource person/s	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Effectiveness of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Interaction session of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Time Management of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Relevance of topic of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Overall quality of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Any suggestions :

Date : 30/4/24

Name & Signature of the Co-ordinator:  


Priyanka shetty Priyanka shetty  
 Name & Signature

Class & Section III B.10m 'B'

# Dr. B. B. Hegde First Grade College, Kundapura

## N.S.S. PROGRAMME ATTENDANCE LIST

Name of the programme : Awareness Programme on Health & Hygiene

Date : 30/04/2024

Coordinator : Mr. Chethan Shetty & Ms. Deepa Poojary

SL. NO.	NAME	CLASS & SECTION	ROLL NO.	P/A
1.	AKASH S SHETTY	II B.COM A	BCM22009	✓
2.	RAKSHAN S GOWDA	II B.COM A	BCM22065	✓
3.	RAKSHITHA	II B.COM A	BCM22067	✓
4.	SINCHANA B SHETTY	II B.COM A	BCM22085	✓
5.	SHREERAKSHA	II B.COM A	BCM22080	✓
6.	SHRITHIJA	II B.COM A	BCM22083	✓
7.	AISHWARYA D SHET	II B.COM A	BCM22004	✓
8.	DISHA D SHETTY	II B.COM A	BCM22020	✓
9.	SOWJANYA	II B.COM A	BCM22086	✓
10.	POOJA D PUTHRAN	II B.COM A	BCM22049	✓
11.	SHRIDEVI	II B.COM A	BCM22082	✓
12.	SHREYA	II B.COM A	BCM22081	✓
13.	RAKSHITHA A POOJARY	II B.COM A	BCM22068	✓
14.	KARTHIK	II B.COM A	BCM22029	✓
15.	PAVAN SHETTY	II B.COM A	BCM22047	✓
16.	NAVEEN SHETTY	II B.COM A	BCM22040	✓
17.	G.S. SHIVKUMAR KOTEGAR	II B.COM A	BCM22021	✓
18.	PRAVEEN	II B.COM C	BCM22021	✓
19.	SHRINABHA S UPADYAYA	II B.COM B	BCM22176	✓
20.	VINAYAK N ADIGA	II B.COM B	BCM22195	✓
21.	ROSHAN K	II B.COM B	BCM22166	✓
22.	RAKSHITH	II B.COM B	BCM22158	✓
23.	HARISH	II B.COM B	BCM22123	✓
24.	PAVITHRA PAI	II B.COM B	BCM22143	✓
25.	MANYA	II B.COM B	BCM22136	✓
26.	VIDYASHREE	II B.COM B	BCM22191	✓
27.	ANVITH	II B.COM B	BCM22111	✓
28.	SHRAVAN KUMAR	II B.COM B	BCM22172	✓
29.	DARSHAN S MOGAVEERA	II B.COM C	BCM22219	✓
30.	PRAJWAL R ACHARYA	II B.COM C	BCM22258	✓
31.	DEEPAK C	II B.COM C	BCM22222	✓
32.	MADAN M V	II B.COM C	BCM22233	✓
33.	VAIBHAV GUDIGAR	II B.COM C	BCM22294	✓
34.	GURURAJ	II B.COM C	BCM22226	✓
35.	NAVYA	II B.COM C	BCM22245	✓
36.	SOUJANYA	II B.COM C	BCM22282	✓
37.	ASHMITHA	II B.COM C	BCM22212	✓
38.	NEHA R SHETTY	II B.COM C	BCM22247	✓
39.	YASHIKA	II B.COM C	BCM22297	✓
40.	NISHA	II B.COM C	BCM22250	✓
41.	K. PRATHAM KUMAR SHETTY	II B.COM C	BCM22229	✓
42.	NASHYANTH	II B.COM C	BCM22244	✓
43.	VIGNESHWAR	II B.COM C	BCM22295	✓
44.	PRAKRATHI	II B.COM C	BCM22259	✓
45.	DEEPIKA	II B.COM C	BCM22223	✓
46.	GANESH	II B.COM D	BCM22312	✓
47.	VIKAS V SHETTY	II BCA 'A'	BCA22066	✓
48.	SINCHANA SHETTY	II BCA 'A'	BCA22060	✓

49.	VAISHNAVI	II BCA 'A'	BCA22064	✓
50.	RAJESHWARI	II BCA 'A'	BCA22036	✓
51.	PRATHEEKSHA	II BCA 'A'	BCA22034	✓
52.	POOJA ACHAR	II BCA 'A'	BCA22032	✓
53.	KRISHNA PRASAD	II BCA 'A'	BCA22021	✓
54.	RAKSHITHA	II BCA 'A'	BCA22037	✓
55.	RAKSHITHA	II BCA 'A'	BCA22038	✓
56.	KIRAN	II BCA 'B'	BCA22089	✓
57.	KUMAR	II BCA B	BCA22091	X
58.	VAISHNAVI M. S	II BCA 'B'	BCA22127	✓
59.	SAVI	II BCA 'B'	BCA22113	✓
60.	SANMITHA	II BCA 'B'	BCA22112	✓
61.	GANESH R	II BCA 'B'	BCA22085	✓
62.	VIGNESH SHET V.S	II BCA 'B'	BCA22129	✓
63.	VAISHNAVI D	II BCA 'B'	BCA22126	✓
64.	HARSHITHA	II BCA 'B'	BCM22088	✓
65.	VISHALAKSHI	II BCA 'B'	BCA22132	✓
66.	NAVEEN KUMAR B G	II BCA 'B'	BCA22094	✓
67.	KIRAN KUMAR N	II BBA	BBA22022	✓
68.	ABHISHEKA	II BBA	BBA22001	✓
69.	SAMPATH KUMAR S	II BBA	BBA22031	✓
70.	AKASH	II BBA	BBA22003	✓
71.	DANUSH	II BBA	BBA22016	✓
72.	SUMANTH	II BBA	BBA22043	✓
73.	VISHNU	II BBA	BBA22051	✓
74.	SUHANI	II BBA	BBA22041	✓
75.	SHRADDHA R	II BBA	BBA22034	✓
76.	AISHWARYA	II BBA	BBA22002	✓
77.	DEEKSHA	II B.SC	SC22005	✓
78.	R. SHRIRAKSHA	IIB.SC	SC22013	✓
79.	M. PRAJWALA	II B.SC	SC22008	✓
80.	VINAYA R	II B.SC	SC22019	✓
81.	SUJANA	IIB.SC	SC22017	✓
82.	SAHANA SHETTY	II BBA	BBA22062	✓
83.	NAGARATHNA	II B.COM C	BCM22238	✓
84.	NAMITHA	II B.COM C	BCM22241	✓
85.	JEEVAN	IIBBA	BBA22019	X
86.	AMULYA	I B.Com [A]	BCM23004	✓
87.	ANUSHA SHETTY	I B.Com [A]	BCM23010	✓
88.	BINCY	I B.Com [A]	BCM23014	✓
89.	H SHREYA SHETTY	I B.Com [A]	BCM23023	✓
90.	MANYA	I B.Com [A]	BCM23029	✓
91.	PAVANA	I B.Com [A]	BCM23036	✓
92.	PRAJAKTHA	I B.Com [A]	BCM23038	✓
93.	RASHMITHA MOGAVEERA	I B.Com [A]	BCM23050	✓
94.	SAPTHAMI	I B.Com [A]	BCM23056	✓
95.	VINAY N NAIK	I B.Com [A]	BCM23079	✓
96.	ASHRITHA ACHARYA	I B.Com. [B]	BCM23087	✓
97.	GOWTHAM	I B.Com. [B]	BCM23094	✓
98.	SHREYA KHARVI	I B.Com. [B]	BCM23138	✓
99.	SINCHANA	I B.Com. [B]	BCM23141	✓
100.	VIVEK MAYYA	I B.Com. [B]	BCM23158	✓
101.	AKASH	I B.Com. [C]	BCM23161	✓
102.	AKASH B SHETTY	I B.Com. [C]	BCM23162	✓
103.	ANKITA S SHETTY	I B.Com. [C]	BCM23164	✓
104.	B S ANANYA	I B.Com. [C]	BCM23169	✓
105.	CHETHAN	I B.Com. [C]	BCM23173	✓
106.	DARSHAN	I B.Com. [C]	BCM23174	✓
107.	MANOJ	I B.Com. [C]	BCM23185	✓

109.	SHREENIDHI G POOJARI	I B.Com. [C]	BCM23200	/
110.	SHRINIDHI KARANTH	I B.Com. [C]	BCM23214	/
111.	SUKESH SHETTY	I B.Com. [C]	BCM23219	/
112.	SAHANA	I B.Com. [C]	BCM23227	/
113.	ANANYA	IBCOM C	BCM23204	/
114.	RAKSHA	IBCOM C	BCM23163	/
115.	CHAITHNYA C	IBCOM C	BCM23201	/
116.	DEEKSHA	IBCOM C	BCM23172	/
117.	K NITESH SHET	IBCOM C	BCM23176	/
118.	ANANTHESHWARA ADIGA	I B.Com. [B]	BCM23244	/
119.	POORNIMA K	I B.Com. [E]	BCM23274	/
120.	RASHMITHA	I B.Com. [E]	BCM23315	/
121.	S RAKSHITHA	I B.Com. [E]	BCM23327	/
122.	SHRISHANTH	I B.Com. [E]	BCM23331	/
123.	SNEHA	I B.Com. [E]	BCM23344	/
124.	SUJAYA KUMAR SHETTY	I B.Com. [E]	BCM23347	/
125.	SUMANTH S	I B.Com. [E]	BCM23351	/
126.	SANJANA DEVADIGA	I B.Com. [E]	BCM23353	/
127.	KEERTHANA N	I BBA	BBA23015	/
128.	MADHURA B	I BBA	BBA23019	/
129.	MITHUN	I BBA	BBA23022	/
130.	NAVYASHRI	I BBA	BBA23025	/
131.	PAVAN	I BBA	BBA23028	/
132.	PRAVEENA	I BBA	BBA23034	/
133.	SACHIN	I BBA	BBA23039	/
134.	SHREYAS DEVADIGA	I BBA	BBA23051	/
135.	SUHAS V MALLYA	I BBA	BBA23058	/
136.	RASHMITHA THOLAR	I BBA	BBA23037	/
137.	ANUPAMA	I BCA [A]-AI	BCA23012	/
138.	BRAHMI	I BCA [A]-AI	BCA23019	/
139.	NIREEKSHA	I BCA [A]-AI	BCA23031	/
140.	SAMEEKSHA B SHETTY	I BCA [A]-AI	BCA23043	/
141.	SAMPREETH KUMAR SHETTY	I BCA [A]-AI	BCA23044	/
142.	SMITHA K	I BCA [A]-AI	BCA23054	/
143.	RISHITHA	I BCA [A]-AI	BCA23040	/
144.	VINUTH V S	I BCA [A]-AI	BCA23064	/
145.	DARSHAN	I BCA [B]-Gen	BCA23078	/
146.	GANESH KULAL	I BCA [B]-Gen	BCA23083	/
147.	HARSHITHA	I BCA [B]-Gen	BCA23085	/
148.	NAGESH	I BCA [B]-Gen	BCA23095	/
149.	SACHIN	I BCA [B]-Gen	BCA23106	/
150.	SANVI	I BCA [B]-Gen	BCA23109	/
151.	SHRUTHI	I BCA [B]-Gen	BCA23115	/
152.	THILAK	I BCA [B]-Gen	BCA23125	/
153.	VAISHNAVI U K	I BCA [B]-Gen	BCA23128	/
154.	VISHWANATH SHETTY	I BCA [B]-Gen	BCA23131	/
155.	VRAKSHA	I BCA [B]-Gen	BCA23132	/
156.	ANKITHA	I B.Com [A]	BCM23006	/
157.	DIVYA	I B.Com [A]	BCM23021	/
158.	LAKSHMI	I B.Com [A]	BCM23027	/
159.	REESHMA	I B.Com [A]	BCM23051	/
160.	THANUSH	I B.Com [A]	BCM23074	/
161.	SUDEEPA	I B.Com [A]	BCM23053	/
162.	MANIRAJA	I B.Com. [B]	BCM23100	/
163.	SANKETHA	I B.Com. [B]	BCM23122	/
164.	SHIVANI K SHETTY	I B.Com. [B]	BCM23136	/
165.	SHUBHA	I B.Com. [B]	BCM23140	/

166	SUMANTH	I B.Com [B]		
167	VINUTHA	I B.Com [B]	BCM23145	✓
168	PRATHVIRAJ	I B.Com [C]	BCM23156	✓
169	ANKITHA	I B.Com [C]	BCM23161	✓
170	NANONTHA S GANIGA	I B.Com [C]	BCM23165	✓
171	PRAJNA	I B.Com [C]	BCM23191	✓
172	SHREERAKSHA	I B.Com [C]	BCM23194	X
173	YOGITHA	I B.Com [C]	BCM23215	✓
174	ABHILASH	I B.Com [E]	BCM23238	✓
175	AISHWARYA D RAO	I B.Com [E]	BCM23271	✓
176	KISHOR	I B.Com [E]	BCM23272	✓
177	M POORNA CHANDRA MAIYA	I B.Com [E]	BCM23296	✓
178	MITHILESH	I B.Com [E]	BCM23297	✓
179	NEHA	I B.Com [E]	BCM23300	✓
180	RAKSHITH SHETTY	I B.Com [E]	BCM23306	✓
181	RANJANI	I B.Com [E]	BCM23322	✓
182	RASHMITHA	I B.Com [E]	BCM23325	✓
183	SAKSHI	I B.Com [E]	BCM23328	✓
184	SINCHANA	I B.Com [E]	BCM23333	✓
185	SUJAN	I B.Com [E]	BCM23346	✓
186	KARTHIK	I BBA	BCM23349	✓
187	KEERTHAN	I BBA	BBA23011	✓
188	MANI PRANAM KUMAR	I BBA	BBA23014	✓
189	SACHIN	I BBA	BBA23018	✓
190	SHARVARI D	I BBA	BBA23040	✓
191	SINCHANA	I BBA	BBA23048	✓
192	AKSHAY P	I BCA [A]-AI	BBA23054	✓
193	B PRANAV HEBBAR	I BCA [A]-AI	BCA23007	✓
194	BHAT JYOTHIRADITYA UMESHCHANDRA	I BCA [A]-AI	BCA23015	✓
195	NIKHIL DEVADIGA	I BCA [A]-AI	BCA23017	✓
196	PRATHVI R	I BCA [A]-AI	BCA23030	✓
197	RAKSHA	I BCA [A]-AI	BCA23036	✓
198	SHREYA	I BCA [A]-AI	BCA23038	✓
199	SINCHANA	I BCA [A]-AI	BCA23050	✓
200	SOUMYA	I BCA [A]-AI	BCA23053	✓
201	AKASH M DEVADIGA	I BCA [A]-AI	BCA23055	✓
202	CHETHAN	I BCA [B]-Gen	BCA23069	✓
203	ERROL D ALMEIDA	I BCA [B]-Gen	BCA23077	✓
204	KIRANA SHETTY	I BCA [B]-Gen	BCA23081	✓
205	PRAKRATH KUMAR	I BCA [B]-Gen	BCA23089	✓
206	PRASANNA	I BCA [B]-Gen	BCA23099	✓
207	SAMARTH MENDAN	I BCA [B]-Gen	BCA23100	✓
208	VINAYASHREE	I BCA [B]-Gen	BCA23107	✓
			BCA23130	✓

Principal

Principal  
Dr. B.R. Hegde First Grade College  
Kundapur - 576201

NSS Programme Officer

# Dr. B. B. Hegde First Grade College, Kundapur



Accredited by NAAC with B++ Grade (Cycle I)  
(Affiliated to Mangalore University)

(A unit of Coondapur Education Society (R.), Kundapura)

WOMEN EMPOWERMENT CELL &

NATIONAL SERVICE SCHEME (UNIT 1 & 2)



## AWARENESS PROGRAMME ON HEALTH & HYGIENE

Dr. Pramila Nayak  
Gynecologist  
Manish Hosipal, Kundapura

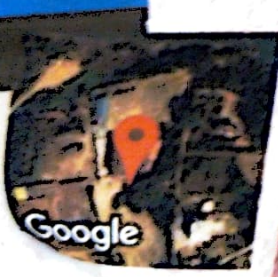


April  
30th  
2024





**Kundapura, Karnataka, India**  
**JPP3+85J, Anagalli Rd, Beside Mookambika Factory, Kundapura, Karnataka 576201, India**  
**Lat 13.636028°**  
**Long 74.702884°**  
**30/04/24 03:11 PM GMT +05:30**



*Dr. B. B. H. ...*  
*First Grade College*  
*Kundapura - 576201*

# ಸುದ್ದಿಮನೆ

Suddimane Patrike

## ಕುಂದಾಪುರ : ಬಿ.ಬಿ. ಹೆಗ್ಡೆ ಕಾಲೇಜಿನಲ್ಲಿ ಆರೋಗ್ಯ ಮತ್ತು ನೈರ್ಮಲ್ಯ ಕುರಿತು ಅರಿವು



### ಸುದ್ದಿಮನೆ

ಡಾ|| ಬಿ.ಬಿ. ಹೆಗ್ಡೆ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜಿನ ಮಹಿಳಾ ಸಬಲೀಕರಣ ಘಟಕ ಮತ್ತು ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ ಘಟಕ 1 & 2ರ ಸಂಯುಕ್ತ ಆಶ್ರಯದಲ್ಲಿ ಆರೋಗ್ಯ ಮತ್ತು ನೈರ್ಮಲ್ಯ ಕುರಿತು ಅರಿವು ಕಾರ್ಯಕ್ರಮ ನಡೆಯಿತು.

ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಯಾಗಿ ಆಗಮಿಸಿದ ಕುಂದಾಪುರದ ಮನಿಷ್ ಆಸ್ಪತ್ರೆಯ ಖ್ಯಾತ ಸ್ತ್ರೀರೋಗ ತಜ್ಞರಾದ ಡಾ|| ಪ್ರಮೀಳಾ ನಾಯಕರವರು ಹದಿಹರೆಯದ ಹೆಣ್ಣು ಮಕ್ಕಳಲ್ಲಿ ಕಾಡುವ ಸಮಸ್ಯೆಗಳ ಬಗ್ಗೆ ಮಾತನಾಡಿ ಆರೋಗ್ಯ ಮತ್ತು ನೈರ್ಮಲ್ಯ ಉತ್ತಮ ಆರೋಗ್ಯದ ತಳಹದಿ. ಆಧುನಿಕತೆಯ ಯಾಂತ್ರಿಕ ಬದುಕಿಗೆ ಒಗ್ಗಿಕೊಂಡಿರುವಂತ ವಿದ್ಯಾರ್ಥಿಗಳು ಆರೋಗ್ಯ ಮತ್ತು ಸ್ವಚ್ಛತೆಯ ಬಗ್ಗೆ

ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ನೀಡುವುದು ಅತ್ಯಂತ ಮುಖ್ಯವಾಗಿದ್ದು ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿ ಕೊಳ್ಳಬೇಕಾದರೆ ಹಿತಮಿತವಾದ ಉತ್ತಮ ಆಹಾರ, ತುಡ್ಡ ನೀರು, ನಿಯಮಿತವಾದ ವ್ಯಾಯಾಮ, ಯೋಗ ಅವಶ್ಯಕ ಎಂದರು.

ಪ್ರಾಂಶುಪಾಲರಾದ ಪ್ರೊ|| ಕೆ. ಉಮೇಶ್ ಶೆಟ್ಟಿ ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿದರು. ಕಾಲೇಜಿನ ಉಪ ಪ್ರಾಂಶುಪಾಲರು ಮತ್ತು ಎನ್.ಎಸ್.ಎಸ್. ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿ ಡಾ|| ಜೇತನ್ ಶೆಟ್ಟಿ ಕೋವಾಡಿ ಸ್ವಾಗತಿಸಿ, ಮಹಿಳಾ ಸಬಲೀಕರಣ ಘಟಕದ ಸಂಯೋಜಕರಾದ ಶ್ರೀಮತಿ ವೀಣಾ ವಾಸುದೇವ್ ಭಟ್ಟವರು ಪ್ರಾಸ್ತಾವಿಸಿ, ಡಾ|| ದೀಪಾ ವಂದಿಸಿ, ಎನ್.ಎಸ್.ಎಸ್. ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿ ದೀಪಾ ಪೂಜಾರಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ನಿರೂಪಿಸಿದರು.