

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

PROGRAMME REPORT : 2023-24

Date	Programme	Resource Person
8-4-2024	A talk on Life style diseases.	Mr. Udaya Madivala. M. PE Teacher Karnataka Public School Koteshwara.

RIEF REPORT:

A special talk was organized by the Rotaract club and Youth Red cross unit of college on the topic of life style diseases on April 8, 2024. Mr. Uday Madival M. physical Education Teacher at Karnataka Public school Koteshwara was the resource person. The principal, Prof. K. Umesh Shetty, presided over the programme. The Vice Principal, Dr. Chethan Shetty Kovadi delivered the introductory remarks. The YRC coordinator, Ms. Malathi was presented in the programme. Mr. Sathish Shetty, Rotaract club coordinator, welcomed the gathering. Ms. Pooja Rotaract club coordinator, introduced the guests. Mr. Yogesh Shanubhog YRC coordinator extended his gratitude.

PRINCIPAL

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

FACULTY COORDINATOR

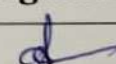

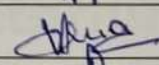

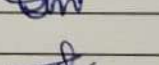

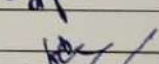
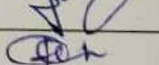
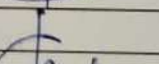
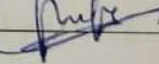
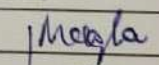
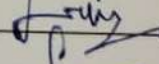




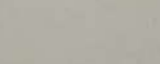

End: Notice/Invitation/Agenda/Attendance/Feedback/Photos/News Paper cuttings etc.

**Dr. B. B. Hegde First Grade College, Kundapura**  
**Notice, Date. 06-04-2024**

All the Rotaract Club students are hereby informed to assemble in the Auditorium for Lifestyle Diseases on 08-04-2024 at 2.30 p.m. without fail.

  
**Principal**

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

Sl. No.	Room No.	Class & Section	Signature
1.	001	I B.Com. (A)	
2.	003	I B.Com. (E) DS)	
3.	005	II B.Com. (D) (CA/CS)	
4.	102	II B.Com. (A)	
5.	103	II B.Com. (B)	
6.	104	II B.Com. (C)	
7.	107	I B.Com. (C)	
8.	108	II BBA	
9.	109	I BCA (A) (AI)	
10.	110	I BCA (B) (Gen)	
11.	202	I BBA	
12.	204	I B.Com. (B)	
13.	205	II BCA (B)	
14.	206	II BCA (A)	
15.	302	II B.Sc.	
16.	303	I B.Com. (D) (CA/CS)	
17.	Library Room	Hindi	
18.	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]

**Rotaract Club &  
Youth Red Cross unit**  
Organise a talk on  
**Lifestyle Diseases**  
(A programme under IQAC)

Date : **08-04-2024** | Time : **02:30 P.M.**  
Venue : **Mookambika Auditorium**

President

**Prof. K. Umesh Shetty**  
Principal

Resource Person

**Mr. Uday Madivala M.**  
Physical Education Teacher  
Karnataka Public school, Koteshwara

Presence

**Dr. K. Chethan Shetty**  
Vice - Principal

**WELCOME**

**Mr. Satish Shetty**  
**Ms. Pooja Kunder**  
Co-ordinators  
Rotaract Club

**Mr. Yogeesh Shanubhog**  
**Ms. Malathi**  
Co-ordinators  
Youth Red Cross Unit

**Prof. K. Umesh Shetty**  
Principal

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

Accredited by NAAC With B++ Grade (Cycle I)

Affiliated to Mangalore University  
[A Unit of Coondapur Education Society (R.), Kundapura]

## Rotaract Club and Youth Red Cross Unit Organize

A Talk On

### Lifestyle Diseases

Date : 08/04/2024 Time : 02.30 p.m. Venue: Mookambika Auditorium

#### PROGRAMME AGENDA

- Prayer : **Sushanth**  
I B.Com. (E)
- Welcome : **Mr. Satish Shetty**  
Co-Ordinator Rotaract Club
- Introductory Remarks : **Dr. Chethan Shetty K.**  
Vice - Principal
- Guest Introduction : **Ms. Pooja**  
Co-ordinator, Rotaract Club
- Resource Person's Speech : **Mr. Uday Madivala M.**  
Physical Education Teacher  
Karnataka Public School, Koteshwara
- Presidential Remarks : **Prof. K. Umesh Shetty**  
Principal
- Vote of Thanks : **Yogeesh Shanubhog**  
Co-ordinator, Youth Red Cross Unit
- Presence : **Ms. Malathi**  
Co-ordinator, Youth Red Cross Unit
- Master of Ceremony : **Pallavi**  
II B.Com. (A)

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

Programme : life style disease  
Date : 8-04-24  
Coordinator : Mrs. Peoja

Sl No.	Name of the Students	Roll No.	Class & Section	Signature
1.	Dhanga shri	BCM23019	I BCOM - A	
2.	Prashirna	BCM23042	I BCOM-A	
3.	Rakshitha	BCM23048	I BCOM-A	
4.	Nagarathna	BCM23033	I BCOM-A	Negative
5.	Tejaswini	BCM23205	I BCOM-E	
6.	Navya	BCM23205	I BCOM-E	
7.	Krushika K	BCA2183	I BCA-B	
8.	Manya	BCA23092	I BCA-B	
9.	Nagathree	BCA23094	I BCA-B	
10.	K. Apouthami Skol.	BCA23036	T BCA-B	
11.	Annapoorna	BCA23072	I BCA-B	
12.	Shreya B.	BCA 23113	I BCA-B	
13.	Prathirsha	BCA 23101	T BCA-B	
14.	Divya	BCA 23080	T BCA-B	
15.	Rashmita	BCA 23163	I BCA-B	
16.	Priyanka	BCM 22157	II BCOM-B	
17.	Ananya	BCM22177	II BCOM-B	
18.	Silviya k.s.	BCM 23104	I BCOM-A	
19.	Ankitha	BCM 22183	II BCOM-A	
20.	Shrutika	BCM 2374	II BCOM-B	
21.	Shreya kumari	BCM23104	I BCOM-A	
22.	Madhika	BCM23119	I BCOM-A	
23.	Uru A U. Poojary	BCM23153	II BCOM-A	
24.	Preethish shetty	BCM23110	II BCOM-A	
25.	Abhishek shetty	BCA 23001	I BCA-A	
26.	Adithya	BCA 23004	II BCA-A	
27.	K. Chashikanth	BCM23180	I BCOM-A	
28.	Manoj - U	BCM 23156	I BCOM-A	
29.	Sukesh	BBA23060	II BBA-E	
30.	Prathana bhandary	BBA 23032	II BBA-P	
31.	Goutham P. Naik.	BBA 23023	II BCOM-A	
32.	Darshan	BBA 23091	I BCOM-B	
33.	Nikhil N.	BCM 23106	I BCOM-A	
34.				
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Principal  
Dr. B. B. Hegde First Grade College  
Kundapura - 576201


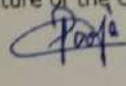
FEED BACK (✓) ON PROGRAMMES

NAME OF THE PROGRAMME : A talk on life style diseases  
 RESOURCE PERSON/S :  
 Date of the Programme : Mr. Uday Mathisala

	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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Innovative Ideas of the Resource person/s	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Effectiveness of the programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Interaction session of the programme	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7. Time Management of the programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Relevance of topic of the programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Overall quality of the programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Any suggestions :				

Date : 9-4-2024

Name & Signature Abhishek 

Name & Signature of the Co-ordinator:  
  
 Pooja 

Class & Section I BCA 'A'

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

FEED BACK (✓) ON PROGRAMMES

NAME OF THE PROGRAMME : *A talk on life style diseases*  
 RESOURCE PERSON/S :  
 Date of the Programme : *Mr. Uday Kaddavela*

	Excellent	Good	Average	Poor
1. Concept of the Programme	<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Effectiveness of the programme	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6. Interaction session of the programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Time Management of the programme	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
8. Relevance of topic of the programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Overall quality of the programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Any suggestions :

Date : *08-4-2024*

Name & Signature of the Co-ordinator:  
*Pooja Pooja*

Name & Signature *Silvia. [Signature]*

Class & Section *II TB3A*



I.R. HEGDE FIRST GRADE COLLEGE  
KUNDAPURA  
A Model Government Education  
+ YOUTH IN MOTION  
DAYAN

*[Handwritten Signature]*  
Principal  
Dr. B.R. Hegde First Grade College  
Kundapura-576201

# ಜೀವನಶೈಲಿ: ಕಾಯಿಲೆಗಳ ಅರಿವು



**ಕುಂದಾಪುರ, ಎ.22:** ಡಾ. ಬಿ.

ಬಿ. ಹೆಗ್ಡೆ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜಿನ ರೋಟರಿಯನ್ ಕ್ಲಬ್ ಹಾಗೂ ಯುವ ರೆಡ್ ಕ್ರಾಸ್ ಘಟಕದ ಸಂಯುಕ್ತ ಆಶ್ರಯದಲ್ಲಿ ಜೀವನಶೈಲಿಯ ಕಾಯಿಲೆಗಳ ಅರಿವು ಕಾರ್ಯಕ್ರಮ ಜರಗಿತು.

ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ ಕರ್ನಾಟಕ ಪಬ್ಲಿಕ್ ಸ್ಕೂಲ್‌ನ ದೈಹಿಕ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕ ಉದಯ ಮಡಿವಾಳ ಎಂ., ಕಾಯಿಲೆ ಬರುವ ಮೊದಲೇ ಜೀವನ ಶೈಲಿ ಬದಲಿಸುವ ಮುಖೇನ ವಿದ್ಯಾರ್ಥಿಗಳು ಜಾಗೃತಿ ವಹಿಸಬೇಕು ಎಂದರು.

ಪ್ರಾಂಶುಪಾಲ ಪ್ರೊ. ಕೆ. ಉಮೇಶ್ ಶೆಟ್ಟಿ ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿದ್ದರು.

ಯುವ ರೆಡ್ ಕ್ರಾಸ್ ಘಟಕದ ಸಹ ಸಂಯೋಜಕಿ ಮಾಲತಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

ಉಪಪ್ರಾಂಶುಪಾಲ ಡಾ. ಚೇತನ್ ಶೆಟ್ಟಿ ಕೋವಾಡಿ ಪ್ರಸ್ತಾವಿಸಿ, ರೋಟರಿಯನ್ ಕ್ಲಬ್ ನ ಸಂಯೋಜಕಿ ಸತೀಶ್ ಶೆಟ್ಟಿ ಹೆಸುತ್ತೂರು ಸ್ವಾಗತಿಸಿ, ಸಹ ಸಂಯೋಜಕಿ ಪೂಜಾ ಕುಂದರ್ ಅತಿಥಿಗಳನ್ನು ಪರಿಚಯಿಸಿ, ಯುವ ರೆಡ್ ಕ್ರಾಸ್ ಘಟಕದ ಸಂಯೋಜಕಿ ಯೋಗೀಶ್ ಶ್ಯಾನುಭೋಗ ವಂದಿಸಿ, ವಿದ್ಯಾರ್ಥಿನಿ ಪಲ್ಲವಿ ನಿರೂಪಿಸಿದರು.

*Principal*  
Dr. B. Srinivasan Memorial First Grade College  
Kundapura - 576204