

A Orientation program on Youth Red Cross

Date : 29/July/2024

Time : 10: AM to 11: AM

Venue : Seminar hall

Topic : Introduction of Youth Red Cross

Resource person : Prof. M. Mahadevappa

Participants : 1 Year Students (Freshers)

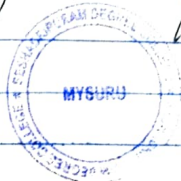
Objective of the session : To give the information about youth Red Cross Club. (YRC)

Report :

On the 29th of July, 2024 at 10 AM, Beshadri-puram Degree College, Mysore, in association with Internal Quality Assurance Cell (IQAC) and Youth Red Cross (YRC) organized an orientation program for first-year undergraduate students in the Seminar Hall.

The chief resource person for the event, Mr. Mahadevappa delivered an informative session, providing comprehensive insights into the functions and benefits of the Youth Red Cross.

The program was attended by Mr. Vinay^M, the YRC officer, along with faculty and staff members.

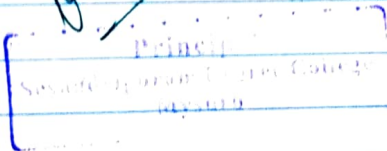


[Signature]

Outcomes:

Students gained knowledge about the Youth Red Cross and there was also well interaction between student and the Resource person was witnessed.

[Signature]



[Signature]

YRC

PROGRAM OFFICER





**SESHADRI PURAM EDUCATIONAL TRUST
SESHADRI PURAM DEGREE COLLEGE, MYSURU**

Affiliated to University of Mysore, ISO 9001:2015 Certified, NAAC
Accredited 'B' - Grade
#25, HEBBAL RING ROAD, MYSURU - 570016



**Cordially invites you to an Orientation Programme
on youth red cross
organized by
YOUTH RED CROSS CLUB
In association with
Internal Quality Assurance Cell**

Resource Person

**Prof. M. Mahadevappa
(RTD) M.A., M.Phil
Treasurer, IRCS,
Mysuru**

Session details

On 29th July 2024, Monday

Timings: 11:00 AM - 12:00 PM

Venue: Seminar Hall

ALL ARE WELCOME

B.A. Anantharam

Chairman, Governing Council

Dr. Sowmya Erappa K

Principal

Mrs. Mruthula Sojan

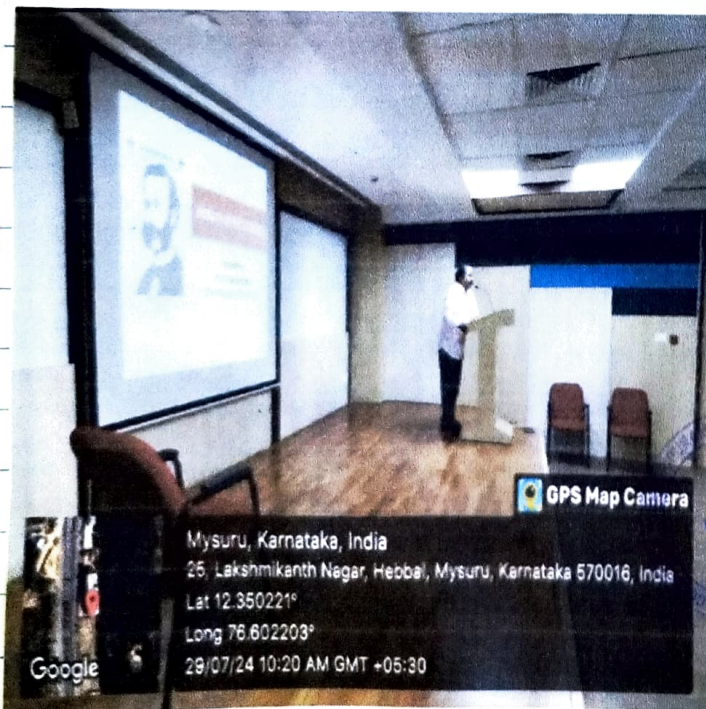
IQAC Coordinator

Mr. Vinay M

YRC Coordinator

Ms Sanjana R

Student Coordinator



Orientation Program by Prof. Mahadevappa (Treasurer, IRCS) addressing the importance of Youth Red Cross in the life of students



SESHADRIPURAM EDUCATIONAL TRUST
SESHADRIPURAM DEGREE COLLEGE, MYSURU

Affiliated to University of Mysore, ISO 9001:2015 Certified, NAAC
 Accredited "B++ Grade"
 #25, HEBBAL RING ROAD, MYSURU - 570021-2970536



**Cordially invites you to an Orientation Programme
 on youth red cross
 organized by
 YOUTH RED CROSS CLUB
 In association with
 Internal Quality Assurance Cell**

Resource Person
Prof.M.Mahadevappa
 (RTD) M.A.,M.Phil
 Treasurer, IRCS,
 Mysuru

Session details
 On 29th July 2024, Monday
 Timings: 11:00 AM - 12:00 PM
 Venue: Seminar Hall

ALL ARE WELCOME

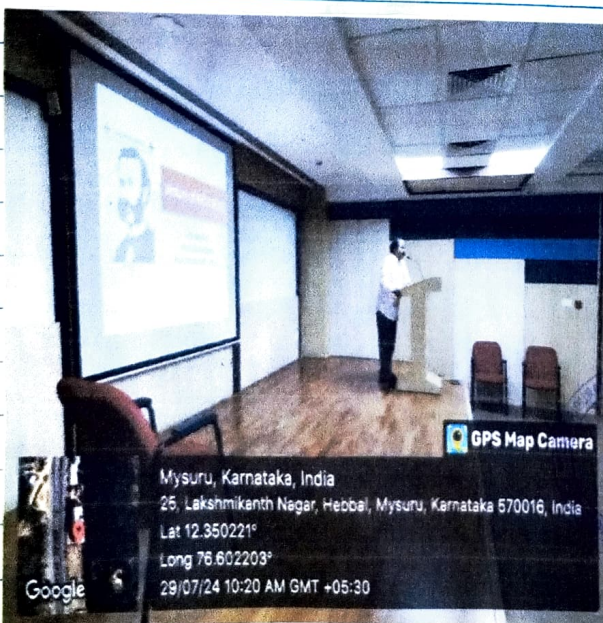
B.A. Anantharam
Chairman, Governing Council

Dr. Sowmya Erappa K
Principal

Mrs. Mruthula Sojan
IQAC Coordinator

Mr. Vinay M
YRC Coordinator

Ms Sanjana R
Student Coordinator



Orientation Program by Prof.Mahadevappa (Treasurer, IRSC) addressing the importance of Youth Red Cross in the life of students

Report on Ganasha Banda Helmet Tando

Date : 12-09-2024

Time : 3.p.m

Venue : College parking area / Quadrangle

Topic : Road safety knowledge

Resource Person : Dr. Shivkumar and R.J Puneth

Participants : College students of all branch

Objective of the Session : To give insights about road safety activity

Jeshadipuram Degree college, in collaboration with 93.5 RED FM, Apollo Bys Hospital Mysor, NSS Unit and YRC organized an awareness program titled 'Ganasha Banda Helmet Tando' on September 11, 2024 at 3 p.m in the college quadrangle.

Dr. Shivkumar, Head of Emergency, Apollo Bys Mysor, emphasized the importance of wearing helmets while riding two-wheelers and shared crucial guidance on assisting accident victims. He also introduced the audience to Apollo Hospital's latest innovation, the sE Smart Ambulance, highlighting its advanced capability in emergency care.



The program concluded with an engaging road safety activity conducted by RT Puneth, raising awareness about responsible driving habits.

The program was witnessed by Dr. Sowmya Krappak Principal, staff members and students.

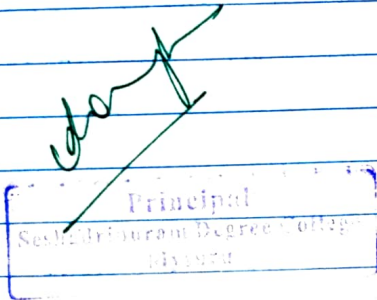
Outcomes

Participants gained knowledge about road safety and handling emergency situation by the resource person.

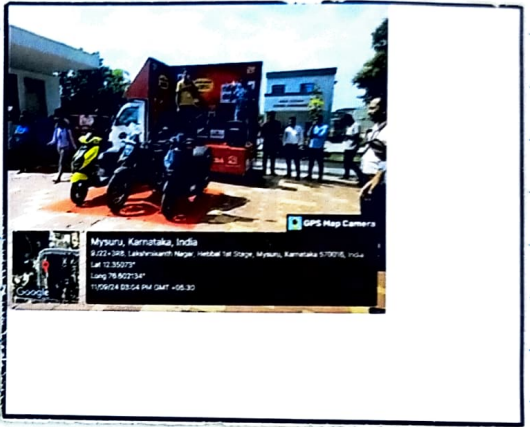
[Signature]

YRC

PROGRAM OFFICER







[Handwritten signature]
Principal
Seshadriapuram Degree
Mysuru



A Session on CPR Basic Life Support Program

Date : 13 September 2024

Time : 2:45 PM

Venue : Seminar hall

Topic : CPR and Life Support Awareness Program

Resource Person : Vaidyanathan R

Participants : Second year students

Objective of the session:

The objective of a CPR Basic Life Support (BLS) program is to equip participants with the knowledge and skills necessary to provide immediate care in emergencies involving cardiac arrest or respiratory distress.

In an effort to raise awareness among students about the importance of basic life support during emergencies, the Youth Red Cross and the Rotaract Club organized a session on "CPR and Life Support Awareness Program" on 13th September 2024 at 2:45 PM. The program was held under the direction of the IQAC. Given the limited knowledge of basic life support in today's context, Dr Vaidyanathan R, Chief Intensivist and Head of Corary Heart and Multi-speciality Hospital, Mysore, delivered a comprehensive lecture on



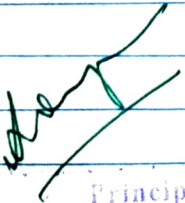
CPR. He demonstrated, with scientific precision, how to administer life support through artificial means.

Dr. Vaidyanathan also emphasized the vital role of the heart in sustaining life, offering a detailed scientific explanation of various human organ functions. Many students actively participated by raising questions about life support and the situations in which it should be applied.

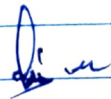
The session wound up at 3:45. Dr. Sowmya Exappa, H. Principal; Mr. Vinay M. Coordinator, Youth Red Cross and Rotasact club were present.

Outcomes:

Participants gain hands-on experience and can perform high-quality CPR and use an AED effectively. Individuals feel more assured in their ability to respond to emergencies. Enhanced ability to identify cardiac arrest and respiratory distress.

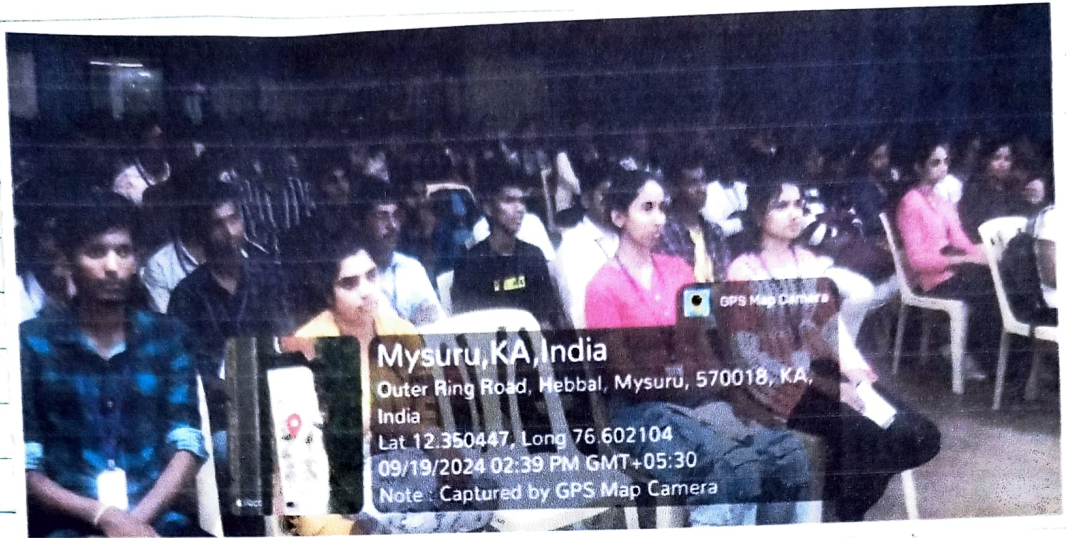


Principal
Seshadripuram Degree College



YRC
PROGRAM OFFICER





Report on CPR Training at NSS Special camp at Halebidu village

Date: 24th September 2024

Time: 11:00 AM

Venue: Halebidu Village

Topic: CPR Training at NSS special camp

Resource Person: Shri Karthik and Shri Navan

Participants: NSS students

Objective of the session:

The objective of a CPR Basic life support program is to equip participants with the knowledge and skills necessary to provide immediate care in emergencies involving cardiac arrest.

At the initiative of the IQAC, Dushodepura Degree College, Mysore, in collaboration with the NSS and YRC units, organized a CPR training session during the NSS Special camp held at Halebidu village, near Pandarapura, Mandya District, on 24th September 2024. The training was conducted by Shri. Karthik and Shri. Navan, medical professionals from Coimbatore Hospital, Mysore.

Outcomes:

Participants gained hands-on experience and can perform high-quality CPR.



[Signature]



Seshadripuram Educational Trust

SESHADRIPURAM DEGREE COLLEGE

Affiliated to the University of Mysore | College Code: 1082 |
ISO 9001:2015 Certified | NAAC Accredited "B++" Grade
#25, HEBBAL RING ROAD, MYSURU - 17 □ 0821 - 2970536

CPR TRAINING AT NSS SPECIAL CAMP AT HALEBIDU



Seshadripuram D

#25 & 26, Hebbal Ring Road

Report on FREE Health Check up at NSS special camp at Halebidu

Date: 25th September 2024

Time: 12:00 P.M

Venue: Halebidu Village

Topic: Free health check-up

Resource Person: Dr. Sumanth Kumar.

Participants: Villagers of Halebidu.

Objective of the session:

The objective of conducting the health checkup camp is to create awareness of general health among the people, provide general health care services.

At the initiative of the IQAC, Beshadripuram Degree college, Mysore, in collaboration with Manipal Hospital, and the NSS and YRC Units, a free Health Check-up was organised during the NSS Special camp held at Halebidu Village, Pandanapur, Mandya, on 25th September 2024. The health camp was conducted by Dr. Sumanth Kumar from Manipal Hospital. Around 186 villagers participated in the event.

Outcomes

Participants gained insights in healthcare and how to maintain a healthy life style.



Signature
Beshadripuram Degree College
25.09.2024
Dr. Sumanth Kumar



Seshadripuram Educational Trust

SESHADRIPURAM DEGREE COLLEGE

Affiliated to the University of Mysore | College Code: 1082 |
ISO 9001:2015 Certified | NAAC Accredited "B++" Grade
#25, HEBBAL RING ROAD, MYSURU - 17 ☐ 0821 - 2970536

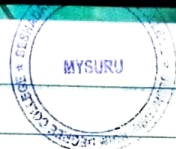
FREE HEALTH CHECK UP AT NSS SPECIAL CAMP



Halebeedu, Karnataka, India
HMRV+J44, Halebeedu, Karnataka 571434, India
Lat 12.591143°
Long 76.692632°
25/09/24 01:29 PM GMT +05:30

Principal

Seshadripuram Degree College
#25 & 26, Outer Ring Road,
Near Bharathi Center, Hebbal,
Mysore - 17



Report on Free Eye Check-up Camp

Date: 21st October 2024

Time: 10:00 AM

Venue: Seminar hall

Topic: Eye Check up Camp

Resource Person: Dr. Agarwal

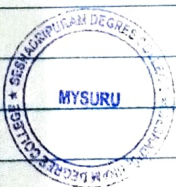
Participants: Students of SDC, alumni and faculty

Objective of the Session:

The main objective is to create awareness among the general public about eye care and provide basic medical treatments to the suffering.

Jeshodripuram Degree College, Mysore in association with the IQAC, NSS Unit, NCC, Youth Red Cross Unit, and Dr. Agarwal Eye Hospital, organized a free Eye check up camp on 15th October 2024 in the Seminar Hall.

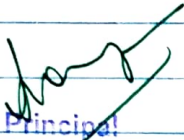
Under the leadership of Dr. Vinay Kumar from Dr. Agarwal Eye Hospital, Adinichunchangiri Road, Kuvempu Nagar, Mysore, 500 people, including faculty members, alumni and students had their eyes examined. Those identified with eye related issues, advised to visit the hospital for further consultation.



[Signature]

Outcomes:

Participants have gained improved
cancer, early detection and treatment, leading to
enhanced vision and increased awareness.



Principal

Seshadripuram Degree College
#25 & 26, Outer Ring Road
Near Bharath Cancer Hospital
Habbal, Mysore - 57





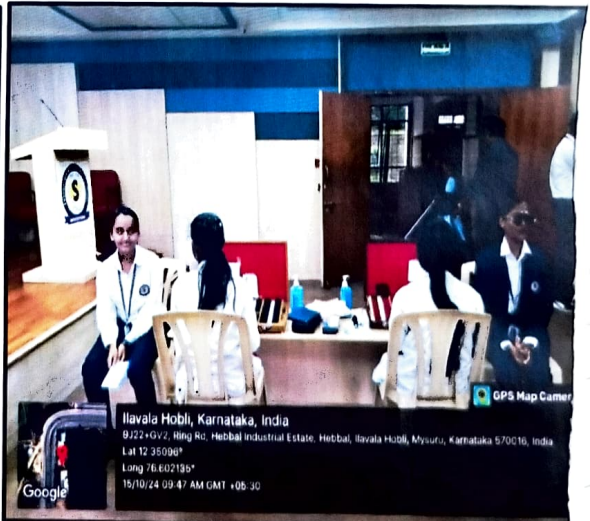
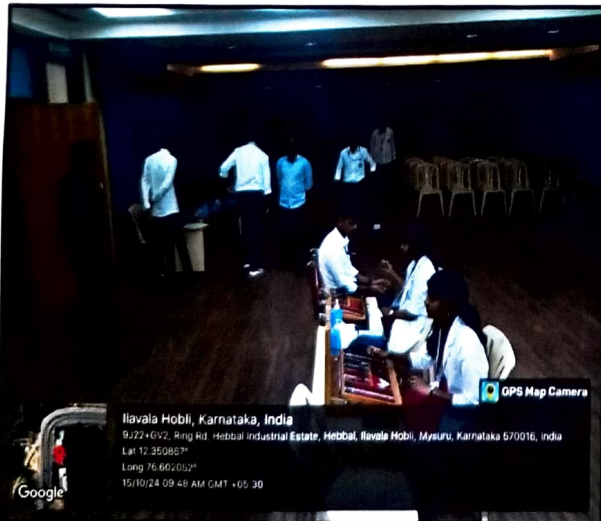
Seshadripuram Educational Trust

SESHADRIPURAM DEGREE COLLEGE

Affiliated to the University of Mysore | College Code: 1082 |
ISO 9001:2015 Certified | NAAC Accredited "B++" Grade | Approved by AICTE
#25, HEBBAL RING ROAD, MYSURU - 17 IN 0821 - 2970536

Date: 21/10/2024

Report on Free Eye Check-up Camp



[Handwritten signature]

Seshadripuram Degree College
#25, Outer Ring Road
Hebbal, Mysuru



Date : 5/2/2025

Report On 8th Voluntary Blood Donation Camp

Objective :

The primary objective of the 8th voluntary Blood Donation Camp organized by Seshadripuram Degree College, Mysore, in Collaboration with the Indian Red Cross Society, Karnataka State Branch, and the Rotary club of Mysore Midtown is to promote the significance of blood donation, raise awareness about the health benefits of donating blood, and honor the legacy of Sri. K.M. Nanjappa, Farmer Mayor and Former President of Seshadripuram Educational Trust.

At the instance of IQAC, Seshadripuram Degree College, Mysore, in association with the Indian Red Cross Society, Karnataka State Branch, and the Rotary club of Mysore Midtown, along with YRC, NSS, and NCC, Organized the 8th Voluntary Blood Donation Camp in fond memory of Sri. K. M. Nanjappa, Farmer Mayor and Former President of Seshadripuram Educational Trust, on 5th February 2025 at 10. a.m. in the College Seminar hall. The program was inaugurated by the dignitaries, who paid a floral tribute to Sri K.M. Nanjappa's portrait.

The chief guest of the program was ~~Dr.~~ P.C. Keemaraswamy, District Health Officer of Mysore. He addressed the gathering and quoted, "Among all donations, paid donation

is the greatest. Above all donations, blood donation is the supreme donation? He highlighted the significance of blood quality in medical terms. He also spoke about post-pregnancy deaths due to anemia in women after child birth, noting that anemia is a common problem among women today.

Sri Raju Chandrashekar, State Coordinator of the Indian Red Cross Society, Karnataka, was the guest of honour. He spoke at length about the global transformations happening today and discussed the functions of various organs in our body. He also emphasized the importance of blood donation to the students, stating that it helps reduce Cancer Cells and increases the Iron level in the blood.

Nadeja Dr. Wooday P. Krishna, Honorary general Secretary of the Seshadripuram Educational Trust, Deliver the presidential address. He stated that blood donation is the most universal Act in the world. Blood has become a life saving resource, akin to a medicine. He highlighted that every year, around 2500 units blood are collected from our institution. Blood donated through the Red Cross reaches people across the Country, including those in impoverished areas. He also mentioned that we never know who may require blood at any given time to save a life.

At the End of the inaugural program, the dignitaries handed over the first Unit of blood to Dr. P.C. Kumaraswamy, District health officer of

Mysore. The volunteers who donated blood were honored with certificates for their selfless contribution.

Totally 151 units of blood collected during the camp.

Outcome :

The successful outcome of the event included the collection of 151 units of blood, reflecting the strong participation of students, staff and community members. The program fostered greater awareness about the importance of blood donation, especially in reducing health risks such as anemia and cardiovascular diseases. Through this initiative, the college contributed significantly to the national blood supply, supporting the Red Cross's mission of lifesaving efforts across the country.

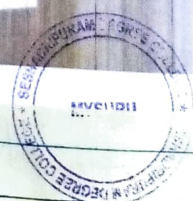
Sd/-

PRINCIPAL





[Handwritten signature]
Principal
Sri Siddaganga Degree College
Mysuru





Handwritten signature

Handwritten text

An Awareness Program on Cancer

Objective :

World Cancer Day 2025, observed on February 4th, aims to raise awareness, promote prevention, and encourage early detection and treatment of cancer, with the theme "United by Cancer" emphasizing a people-centred approach to cancer care.

In a mission to propagate the dread of cancer, a seminar entitled: "Myths, Misconceptions and facts: Separating Truth from Fiction About Cancer" was held on 22 February 2025. The program was jointly organized by Youth Red Cross Society and Rotary Club at the direction of the IQAC. Dr. Kiran Shankar, an eminent physician who serves as surgical oncologist at Cauvery Heart and multi-specialty Hospital, Mysore was the resource person. He gave a profound lecture on the ill effects of cancer and debunked certain preconceived notions with cancer. Moreover, he gave an expository lecture on the cause of cancer, how it affected the constitution of a person. He said that cancer can be cured by timely diagnosis and medication. He also displayed graphical images to assert the number of cancer cases skyrocketed in recent times.

All in all, the session was fruitful; the students gained an insight into the pernicious effects that cancer had on humans.

The session was witnessed by Mrs. Manthula Sojan, IQAC Coordinator; Mr. Vinay M, Coordinator, Rotaract cum YRC, and Ms. Sanjana, Student Coordinator.

Outcome:

World Cancer Day 2025, with the theme "united by unique", emphasizes the importance of personalized, patient-centered care in the fight against cancer, highlighting the unique needs of each individual and the power of collective action.



[Signature]

Principal
Siddaganga Degree College
Mysuru



Seshadripuram Educational Trust

SESHADRIPURAM DEGREE COLLEGE

Affiliated to the University of Mysore | College Code: 1082 |
ISO 9001:2015 Certified | NAAC Accredited "B++" Grade | Approved by AICTE
#25, HERBAL RING ROAD, MYSURU - 17 ☎ 0821 - 2970536

Date: 25/2/2025

An Awareness Program on Cancer

SESHADRIPURAM EDUCATIONAL TRUST
SESHADRIPURAM DEGREE COLLEGE
AFFILIATED TO THE UNIVERSITY OF MYSORE [ISO 9001:2015 CERTIFIED]
NAAC ACCREDITED B++ | APPROVED BY AICTE
#25, HERBAL RING ROAD, MYSORE-17, PH. NO 0821-2970536

IQAC In Association With
YOUTH RED CROSS AND ROTARY CLUB Organizes

A Seminar on
"MYTHS, MISCONCEPTIONS & FACTS :
SEPERATING TRUTH FROM FICTION ABOUT CANCER"
UNITED BY UNIQUE

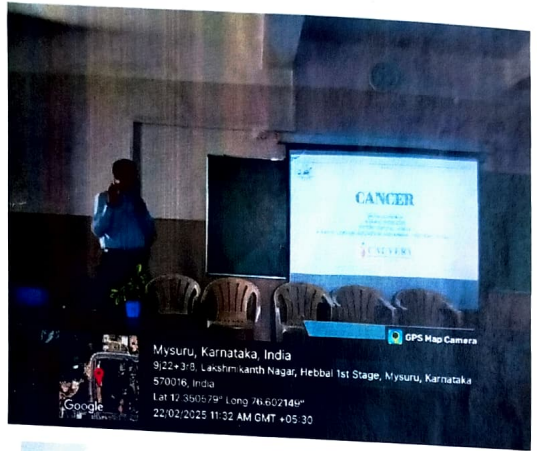
RESOURCE PERSON
Dr. Kiran Shankar
MBBS, MS, DNB, MRCS, MCH,
Surgical Oncologist,
Cauvery Heart and Multi-Speciality Hospital

Date: 22nd February 2025, Saturday
Time: 11:00am | Venue : Seminar Hall

B. A. Anantharam **Dr. Sowmya Erappa K.**
Chairman, Governing Council Principal

Vinay. M **Mruthula Sojan** **Sanjana. R**
YRC, Rotaract Coordinator IQAC Coordinator Student Coordinator

ALL ARE WELCOME



[Signature]
Principal
Seshadripuram Degree College
Mysuru

Active lives, Healthy Futures

Objective :

To Create awareness among students about maintaining a healthy lifestyle and to educate them on the importance of nutrition, exercise, and healthy habits in preventing childhood obesity and related health issues.

The NCC, NSS, YRC & the Rotary club, in Making awareness on the healthy lifestyle among the pupils, organised a lecture on the theme entitled: "Healthy lifestyle to address obesity in children" on 15 April 2025 at 11:00 AM in the Seminar hall. The Session was held at the behest of the IQAC. Mr. Chandrasekhar S, Head, Public Relations, Poojara Hospital, Mysore, assumed as the chief guest. He gave a well-knit lecture on dietary requirements for children, nutrition and deficiencies caused by Malnutrition. Furthermore, he went on to talk of a healthy regimen that one should religiously keep up and advised the pupils to do away with junk food and give up Consumption of Alcohol.

Mr. Vinay M, Coordinator, YRC & Rotaract, Lt Kumar R, ANO, NCC and Mr. Gurumurthy Bhat PR, NSS program officers were present at the Session.

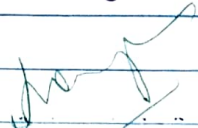
Outcome :

Students gained a deeper understanding of the



Critical role nutrition plays in their physical and mental well-being. The Session successfully instilled the importance of leading a healthy lifestyle, reducing the risks of childhood obesity, and inspired students to adopt healthier dietary and lifestyle choices in their daily lives.




Principal
Seshadripuram Degree College
Mysuru



Seshadripuram Degree College
Mysuru



[Signature]
 Principal
 Government Degree College
 Mysuru

World Red Cross Day observed

Objective:

To protect life and health and to ensure respect for the Human Being

On account of World Red Cross day, the Youth Red Cross, the Retract Club, Clearmedi Radiant Hospital, Mysuru and Asey Eye Hospital, Mysuru carried out a free health check-up camp for the staff, students as well as for the Prospective parents on 8 May 2025 from 10:00 AM. The prime objective of this program was to create awareness about social service and to instill the students of the spirit of unflagging service rendered to the society. Examination as to retinal screening, Auto refraction test, Distance Vision test, GRBS and so on were performed. Total number of participants 141.

The session was witnessed by Dr. Samyogappa K, Principal, Mr. Vinay M, YRC Cum Retract club coordinator and the staff.

Outcomes:

To promote the principles of humanity, impartiality, neutrality, independence, voluntary service, unity, and universality. The day also serves to inspire people to support humanitarian efforts and recognize the contributions of Red Cross workers.



Seshadripuram Educational Trust

SESHADRIPURAM DEGREE COLLEGE

Affiliated to the University of Mysore | College Code: 1082 |
ISO 9001:2015 Certified | NAAC Accredited 'B++' Grade | Approved by AICTE
#25, HEBBAL RING ROAD, MYSURU - 17 ☎ 0821 - 2970536

Glimpses of the event:



SESHADRIPURAM EDUCATIONAL TRUST
SESHADRIPURAM DEGREE COLLEGE
AFFILIATED TO THE UNIVERSITY OF MYSORE | ISO 9001:2015 CERTIFIED |
NAAC ACCREDITED B++ | APPROVED BY AICTE
#25, HEBBAL RING ROAD, MYSORE-17, PH. NO 0821-2970536

IQAC in association with YRC, Rotaract, NSS, NCC & Clearmedi Radiant Hospital, Mysore on the occasion of World Red Cross day.

**"Check up for a Cause -
World Red Cross, Initiative"**
Theme : Keeping Humanity Alive

Date: 8th May 2025, Thursday
Time: 10:00 AM | Venue: College campus

B. A. Anantharam Chairman, Governing Council	Dr. Sowmya Erappa K. Principal
Sanjana. R Student Coordinator	Vinay. M YRC, Rotaract Coordinator

All are Cordially Invited

SESHADRIPURAM EDUCATIONAL TRUST
SESHADRIPURAM DEGREE COLLEGE
AFFILIATED TO THE UNIVERSITY OF MYSORE | ISO 9001:2015 CERTIFIED |
NAAC ACCREDITED B++ | APPROVED BY AICTE
#25, HEBBAL RING ROAD, MYSORE-17, PH. NO 0821-2970536

WORLD RED CROSS DAY

**8th
May, 2025**

"Keeping Humanity Alive."

Principal
Seshadripuram Degree College
Mysuru