



CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(UGC AUTONOMOUS)

Approved by AICTE New Delhi, Permanently affiliated to JNTUH
Accredited by NAAC with 'A' Grade, All B.Tech Programmes Accredited by NBA
Kandlakoya (V), Medchal Road, Hyderabad -501401.

CMRCET/PRIN/Niruja Health Club/A.Y 2020-21/01.

Date: 6th October, 2020.

OFFICE ORDER

(Sub: Restructuring of Niruja Health Club)


With reference to the office order "CMRCET/PRIN/21/2014, Dated 15th April, 2014", Niruja Health Club is restructured with the following Members for the A.Y 2020-21.

| S.No. | Name of the Faculty | Designation & Dept. | Position |
|-------|---------------------|---------------------|----------------|
| 1 | Dr. V.A.Narayana | Principal | Chairman |
| 2 | Dr. Nuthan | Medical officer | Convener |
| 3 | Dr. K. Soujanya | Asst. Prof, H&S | Coordinator |
| 4 | Dr. Dowlath Ahammed | Asst. Prof, MBA | Member |
| 5 | R.KrishnaRao | Asst. Prof, CSE | Member |
| 6 | Pandu Ranga Reddy | Asst. Prof, EEE | Member |
| 7 | G. Karthik Reddy | Asst. Prof, ECE | Member |
| 8 | KPV Krishna Varma | Asst. Prof, Mech | Member |
| 9 | D.Pavani | Asst. Prof, Civil | Member |
| 10 | Mohammed Hasnuddin | Civil | Student Member |
| 11 | Bunadri Lavanya | CSE | Student Member |
| 12 | Likith Reddy | Mech | Student Member |
| 13 | Venkateswarlu | EEE | Student Member |

Committee will work in line to meet the following objectives

1. To educate the students about the importance of health
2. To bring awareness among the students about various diseases, flues and also how to retaliate them
3. Motivate and encourage the students to conduct the health campaigns at various villages
4. To develop students as healthy and sound minded which is must for a good society
5. To strengthen the demographic dividend of our country

The committee shall meet as frequently as necessary to discharge its duties and in any case at least two times per academic year.


Principal

Copy Submitted to: The Secretary garu-(for kind information please)

Copy to:

- (1) Deans.
- (2) IQAC.
- (3) All Head's / in charges.
- (4) Administrative Officer.
- (5) Accounts Officer.
- (6) Students Notice Board.
- (7) Faculty through mail



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CMRCET/PRIN/Niruja Health Club/A.Y 2020-21/CIR/ 01

DATE: 13/10/2020

CIRCULAR

All the Niruja Health Club members are hereby informed that, the health club meeting is scheduled on 15/10/2020. The meeting will be conducted online via Zoom and the link will be shared in due course of time.

The Agenda of the meeting is:

- i) To discuss about the restructuring of the Club
- ii) To review the events conducted on the previous Academic Year
- iii) Discussing the events to be organized for the A.Y 2020-21.
- iv) For scheduling all the related events/programs without affecting the class/lab work, examination schedules.
- v) To discuss the about the necessary facilities from college side like the banners, seminar hall, transportation, food and others.
- vi) Inviting the necessary resource persons if required
- vii) Any other important matter related to the Niruja Health Club

Principal

Copy Submitted to: The Secretary Garu – For your kind information Pl.

- Copy to:**
1. IQAC Coordinator
 2. All HODS
 3. Administrative Officer
 4. Accounts Officer
 5. Students Notice Board
 6. Concerned faculty through Mail

MINUTES OF MEETING OF NIRUJA HEALTH CLUB

Date: 20-10-2020

Minutes of the first meeting for the A.Y 2020-21 of NIRUJA (Health) Club held online on 15-10-2020 Via Zoom meeting.

Minutes of Meeting:

A meeting was conducted by NIRUJA (Health) Club to discuss the various events to be conducted for the Academic Year 2020– 21 and also to review the previous year events.

- The chairman, Dr. V.A.Narayana started the meeting by greeting all the members present and congratulated the members for successful conduction of the events in the A.Y: 2019-20.
- Member presented suggested two events for the first semester while two more for the second semester.
- R.KrishnaRao Asst. Prof, CSE suggested conducting an awareness program on How to Boost immunity Levels in the awake of n-Covid-19 for the benefit of students and faculty
- D.Pavani Asst. Prof, Civil suggested an awareness program on Covid-19 Vaccination
- Above mentioned two events were collectively decided to be conducted for the first semester.
- For the second semester, Pandu Ranga Reddy, Asst. Prof, EEE suggested Awareness program on Oral Hygiene.
- Dr. Dowlath Ahammed Asst. Prof, MBA proposed to conduct an Awareness program on Anemia

- All the members present in the meeting agreed to the opinion and accepted the proposals with enthusiasm and felt happy for conducting such events.
- Also members suggested that if any situation arises to conduct any event out of the scheduled we shall be ready to conduct it smoothly

Resolutions taken: To conduct the following events for the A.Y 2020-2021

- Awareness program on How to Boost immunity Levels
- Awareness program on Covid-19 Vaccination
- Awareness program on Oral Hygiene.
- Awareness program on Anemia
- If necessary conducting extra events which were not part of the schedule

The meeting concluded with the Chairman thanking the members for their valuable suggestions.

Health Club Members:

| S.No. | Name of the Faculty | Designation & Dept. | Position |
|-------|---------------------|---------------------|------------------|
| 1 | Dr. V.A.Narayana | Principal | Chairman ✓ |
| 2 | Dr. Nuthan | Medical officer | Convener ✓ |
| 3 | Dr. K. Soujanya | Asst. prof. H&S | Coordinator ✓ |
| 4 | Dr. DowlathAhammed | Asst. Prof, MBA | Member ✓ |
| 5 | R.KrishnaRao | Asst. Prof, CSE | Member ✓ |
| 6 | Panduranga Reddy | Asst. Prof, EEE | Member ✓ |
| 7 | G. Karthik Reddy | Asst. Prof, ECE | Member ✓ |
| 8 | KPV Krishna Varma | Asst. Prof, Mech | Member ✓ |
| 9 | D.Pavani | Asst. Prof, Civil | Member ✓ |
| 10 | Mohammed Hasnuddin | Civil | Student Member ✓ |
| 11 | BunadriLavanya | CSE | Student Member ✓ |
| 12 | Likith Reddy | Mech | Student Member ✓ |
| 13 | Venkateswarlu | EEE | Student Member ✓ |

[Signature]
COORDINATOR

[Signature]
PRINCIPAL



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Date: 07/12/2020

To

The Principal,

CMRCET

Through: IQAC Coordinator

Sub: Permission to organize the awareness program on How to Boost immunity Levels

Respected Sir,

As per the approval from the IQAC for the events to be conducted in the A.Y: 2020-21 on 18/11/2020, Niruja Health Club of our institution will organize awareness program on How to Boost immunity Levels . I request your kind approval to conduct the event.

- ❖ **Date of the event:** 16th December 2020
- ❖ **Name of the Event:** awareness program on How to Boost immunity Levels
- ❖ **Importance:** In the covid-19 era it is of utmost importance to boost the immunity levels for students and faculty .
- ❖ **Venue:** Online Via Zoom
- ❖ **Target Audience:** students, faculty and staff of CMR College of Engineering & Technology.
- ❖ **Resources required:** Nil.

Thanking you

Yours sincerely,

(Dr. K.Soujanya)

Coordinator

NIRUJA Health Club.

Coordinator
Internal Quality Assurance Cell
CMR College of Engineering & Technology
Kandlakoya (V), Medchal Road,
Hyderabad - 501 401.

PRINCIPAL
CMR COLLEGE OF ENGG & TECH
Kandlakoya (V), Medchal Road,
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CMRCET/PRIN/Niruja Health Club/A.Y 2020-21/CIR /03

Date: 11/12/2020

CIRCULAR

This is to inform all that Niruja Health Club of our college is going to organize an Awareness Program on How to Boost immunity Levels on 16-12-2020 via online mode (Zoom). The main motto of the program is to make people aware about the importance of the immunity in the covid-19 period. The link for the same will be shared in due course of time. Hence, the staff and students are requested to attend the same.

PRINCIPAL

Copy Submitted to: (1) The Secretary garu-for kind information please.

Copy to: (1) Deans
(2) IQAC
(3) All HOD'S/In charges
(4) Accounts Office
(5) Administrative Officer
(6) Faculty through E-Mail
(7) Student Groups



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Date:18/11/2020

To
IQAC Coordinator
CMRCET

Sub: Permission to organize different Niruja Health club events in the year A.Y: 2020-21- Reg.

Respected Sir,

As you are aware that we organize different events for the benefit of faculty, staff, students and society, right from the beginning of the academic year, with prior permission, herewith I am submitting the proposed list of awareness programs for the A.Y: 2020-21.

Hence I request you to kindly permit to organize the below mentioned awareness programs

| S. No | Name of the Event | Date of the Event |
|-------|---|-------------------|
| 1 | Awareness Program on How to Boost immunity Levels | 16-12-2020 |
| 2 | Awareness program on Covid-19 Vaccination | 28-01-2021 |
| 3 | Awareness program Oral Hygiene | 25-03-2021 |
| 4 | Awareness program on Anemia | 19-04-2021 |

For smooth conduction of the events I request you to provide the necessary seminar halls, Auditorium, technical equipment and the required amount for the successful conduction of the events and campaigns.

Thanking You,

Yours Sincerely,

Dr. K.Soujanya
Coordinator
Niruja Health Club



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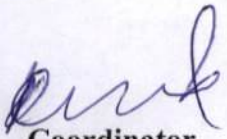
Kandlakoya (V), Medchal Road, Hyderabad -501401.

Strategic Perspective Plan for the Academic Year 2020-21

| Sl. No. | Date of the Event | Dept./Club | Name of the Event | Budget for the event | Details |
|---------|-------------------|--------------------|---|----------------------|--|
| 1 | 16-12-2020 | Niruja Health Club | Awareness Program on How to Boost immunity Levels | -NIL- | Due to the unprecedented Covid-19 situation everyone is thinking about the immunity boosting .So we plan to conduct an event on immunity boosting which will help the students and faculty |
| 2 | 28-01-2021 | Niruja Health Club | Awareness program on Covid-19 Vaccination | -NIL- | As there are many doubts about the vaccination and its side effects. We are planning to bring an outright awareness program on it |
| 3 | 25-03-2021 | Niruja Health Club | Awareness program Oral Hygiene | -NIL- | There is a gross negligence about the oral hygiene in many people. But its ailments are many, so we planned to conduct an awareness program on it for the benefit of the students. |
| 4 | 19-04-2021 | Niruja Health Club | Awareness program on Anemia | -NIL- | Anemia is a global phenomena and the threats are severe. So we decided to conduct an awareness program on it. |

Niruja HealthClub - Strategy Document

1. Health Club meeting is conducted at the beginning of each academic year.
2. A brief synopsis is given by the Niruja Health Club on the importance of the club and its activities.
3. Students are motivated to register in health club.
4. Students are encouraged to actively participate in the health club activities.
5. Health club has given instructions and suggestions to the students about implementation of the events as and when needed.



**Coordinator
IQAC**

Coordinator
Internal Quality Assurance Cell
CMR College of Engineering & Technology
Kandlakoya (V), Medchal Road,
Hyderabad - 501 401.



Principal

**PRINCIPAL
CMR COLLEGE OF ENGG & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.**

REPORT ON HOW TO BOOST IMMUNITY LEVELS AWARENESS PROGRAM

In the wake of the unprecedented n-Covid-19, Niruja Health club members of CMR College of Engineering & Technology decided to conduct awareness program on How to Boost Immunity levels to the faculty and students. Due to the social distancing norms it is decided to conduct the program in online mode via Zoom app. Dr. Nuthan convener of our club has given the detailed insights on how to boost immunity levels. Like Drinking adequate water, Yoga, Meditation, Having more citrus fruits, balanced diet etc. He also mentioned about the physical exercises.

COVID-19 Crisis

Ministry of AYUSH recommendations, based on Ayurvedic literature and scientific publications, for preventive health measures and boosting immunity with special reference to respiratory health.

Ayurvedic Immunity Enhancing Tips

- Take Chyavanprash 10gm (1tsp) in the morning. Diabetics should take sugar free Chyavanprash.
- Drink Herbal Tea/Decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black Pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (Natural Sugar) and/or fresh Lemon Juice to your taste, if needed.
- Golden Milk- half tea spoon Haldi (Turmeric) powder in 150 ml Hot Milk - once or twice a day.

Measures for Enhancing Immunity

- Drink warm water throughout the day.
- Daily practice of Yogasana, Pranayama and Meditation for at least 30 minutes.
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) recommended in cooking.

Simple Ayurvedic Procedures

- Nasal Application**- Apply Sesame Oil/Coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- Oil Pulling Therapy**- Take 1 table spoon Sesame or Coconut Oil in mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

Actions During Dry Cough/Sore Throat

- Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway Seeds) can be practiced once in a day.
- Lavang (Clove) powder mixed with Natural Sugar/Honey can be taken 2-3 times a day in case of cough or throat irritation.
- These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

Tips to Support your Immune System



MAINTAIN A BALANCED DIET
Lean protein, healthy carbs and omega-3 fatty acids



WASH YOUR HANDS
Wash with soap for 40 seconds*. Make sure to get to palms, backs of hands, under fingernails and wrists.



GET ADEQUATE REST
Aim for ~7 hours per night to allow your body to recover from stress and exercise



EXERCISE
Daily moderate activity (30 min/day) can help boost your immune system



HYDRATE
Drink 4 to 6 cups of water daily

OUTCOME:

After conducting the awareness program faculty, staff and students came to know about the importance of immunity in combating the covid-19 and thanked the Niruja Health club for conducting such an event.

BENEFICIARIES: A total of 200 faculty, staff and students of CMR College of Engineering & Technology.

Coordinator

Niruja Health Club



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Kandlakoya (V), Medchal Road, Hyderabad -501401.

Date: 15/01/2021

To

The Principal,

CMRCET.

Through: IQAC Coordinator

Sub: Permission to organize the awareness program on Covid-19 Vaccination -Reg.

In reference to the approval letter from the IQAC on 18/11/2020, for the events to be conducted in the A.Y: 2020-21, Niruja Health Club of our institution will organize an awareness program on Covid-19 Vaccination. I request your kind approval to conduct the program.

- ❖ **Date of the event:** 28th January 2021
- ❖ **Name of the Event:** Awareness program on Covid-19 Vaccination
- ❖ **Importance:** To make students, faculty and staff aware about the Covid-19 Vaccination myths and realities
- ❖ **Venue:** Online via Zoom
- ❖ **Target Audience:** Students, Faculty and staff
- ❖ **Resources required:** NIL

Thanking You

Yours sincerely,

(Dr. K. Soujanya)

Coordinator

NIRUJA Health Club

Coordinator
Internal Quality Assurance Cell
CMR College of Engineering & Technology
Kandlakoya (V), Medchal Road,
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CMRCET/PRIN/Niruja Health Club/A.Y 2020-21/CIR /03

Date: 25/01/2021

CIRCULAR

This is to inform all that Niruja Health Club of our institution is going to organize an awareness program on Covid-19 Vaccination on 28/01/2021 in online mode via Zoom. The link for the same will be shared in due course of time. All the faculty, staff and students are requested to attend the same.

PRINCIPAL

Copy Submitted to: The Secretary garu-for kind information please.

Copy to:(1) Deans.

- (2) IQAC.
- (3) All Head's / in charges.
- (4) Administrative Officer.
- (5) Accounts Officer.
- (6) Students notice board.
- (7) Faculty through mail

REPORT ON AWARENESS PROGRAM ON COVID-19 VACCINATION

In the wake of the unprecedented n-Covid-19 and its ongoing vaccination trials and media reports, Niruja Health club of CMR College of Engineering & Technology decided to conduct awareness program on Covid-19 Vaccination to the faculty and students. Due to the social distancing norms it is decided to conduct the program in online mode via Zoom app. Dr. Nuthan convener of our club has provided the detailed insights. He talked about the available vaccines like Pfizer, Oxford- astrazeneca, Bharat Biotech vaccine and their efficiencies. He cleared many doubts whether the vaccine has to be taken by the youth and other middle aged people. He also mentioned about the side effects that are highlighted in the media. He enlightened on how to register for the covid-19 vaccination and what need to be done after the vaccination is done.

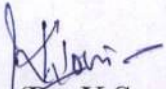


OUTCOME:

All the students, faculty and staff attended the program came to know about the Covid-19 vaccination in detail

BENEFICIARIES:

Total of one hundred and twenty students, twenty faculty and fifteen staff have gained a handful information from the awareness program.



(Dr. K.Soujanya)

Coordinator

Niruja Health Club



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Date: 09th June 2021

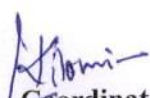
To

IQAC
CMRCET
Medchal
Kandlakoya

Subject: Summary of Programs Conducted during A.Y 2020-21 under "Niruja (Health) Club".

| S. No | Name of the Event | Date | Venue | Conducted / Not Conducted |
|-------|--|------------|---------------|---------------------------|
| 1 | Awareness Campaign on How to boost Immunity levels | 16-12-2020 | Online Zoom | Conducted |
| 2 | Awareness program on Covid-19 Vaccination | 28-01-2021 | Online Zoom | Conducted |
| 3 | Awareness program Oral Hygiene | 25-03-2021 | Not Conducted | Not Conducted |
| 4 | Awareness program on Anemia | 19-04-2021 | Not Conducted | Not Conducted |

Reason for the Non Conduction of the event: Awareness program on oral Hygiene which was scheduled on 25th March 2021 was not conducted due to a tight schedule of the student volunteers with their online classes and class related works. And Awareness program on Anemia was not conducted due to prevailing Covid situation.


Coordinator
Niruja Health Club