



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 2019-20/01.

Date: 03rd May, 2019.

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 2019-20.

S.No.	Name of the Faculty	Designation & Dept.	Position
1	Dr. V.A.Narayana	Principal	Chairman
2	Dr. David	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	N. Snehitha	Asst. Prof, Civil	Member
10	Mohammed Hasnuddin	Civil	Student Member
11	Bunadri Lavanya	CSE	Student Member
12	Likith Reddy	Mech	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.


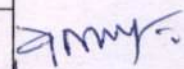

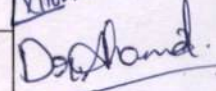
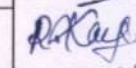
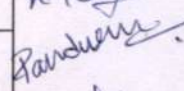
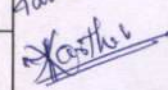
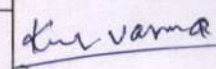
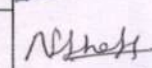
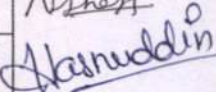
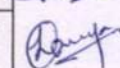
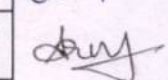
Principal

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

Club Members:

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2	Dr. David	Medical officer	Convener
3	Dr. K. Soujanya	Asst. prof. H&S	Coordinator
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9	N. Snehitha	Asst. Prof, Civil	Member
10	Mohammed Hasnuddin	Civil	Student Member
11	BunadriLavanya	CSE	Student Member
12	EtikalaArun Kumar	ECE	Student Member


COORDINATOR


PRINCIPAL



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Date:29/05/2019

To
IQAC Coordinator
CMRCET

Sub: Permission to organize different Niruja Health club events in the year A.Y: 2019-20- 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: 2019-20.

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 campaign on Hepatitis-B	05-08-2019
2	Awareness program on Depression and anxiety	24-9-2019
3	Awareness program on Eyes	30-01-2020
4	Awareness program on cardiovascular diseases	12-03-2020

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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Strategic Perspective Plan for the Academic Year 2019-20

Sl. No.	Date of the Event	Dept./Club	Name of the Event	Budget for the event	Details
1	05-08-2019	Niruja Health Club	Awareness campaign on Hepatitis-B	8000/-	In the last academic year awareness program on Hepatitis-B was conducted for the students. Inspired by this Student volunteers approached the coordinator that they will conduct an awareness campaign for the same to some near-by village and as a result for the benefit of the society is planned to conduct the event.
2	24-9-2019	Niruja Health Club	Awareness program on Depression and anxiety	-NIL-	Depression and anxiety though used synonymously they are quite different. As the cases of depression and anxiety among the teenagers are increasing it will be good to conduct an awareness program on the same to the students for their benefit.
3	30-01-2020	Niruja Health Club	Awareness program on Eyes	-NIL-	As students keep on studying the stress on eyes will increase and its results in headache and sight. Some students don't take the proper diet like Vit-A for longer period results in the loss of vision "SARVENDRIYANAM NAYANAM PRADHANAM." Keeping this as base it is decided to conduct an awareness program for the students on the same
4	12-03-2020	Niruja Health Club	Awareness program on cardiovascular diseases	-NIL-	Cardiac arrest and other related diseases have become ever growing phenomena even in the youth the reasons can be attributed to change in diet, lack of physical exercise etc., having this on mind it is decided to conduct an awareness program to the students on the same and thereby make them part of Fit and Young India

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

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

Date: 09/07/2019

To

The Principal,

CMRCET

Through: IQAC Coordinator

Sub: Permission to organize the awareness Campaign on Hepatitis-B-Reg.

Respected Sir,

As per the approval from the IQAC for the events to be conducted in the A.Y: 2019-20 on 29/05/2019, Niruja Health Club of our institution will organize awareness campaign on Hepatitis-B in Ravalkole village Medchal District. I request your kind approval to conduct the event.

- ❖ **Date of the event:** 05th August 2019
- ❖ **Name of the Event:** Awareness campaign on Hepatitis-B
- ❖ **Importance:** To make villagers of Ravalkole aware about Hepatitis-B, symptoms and treatment.
- ❖ **Venue:** Ravalkole Village
- ❖ **Target Audience:** Ravalkole Village people, student volunteers and health club staff
- ❖ **Resources required:** Transportation, A sum of 8000 /- for the necessary arrangements.

Thanking you

Yours sincerely,

(Dr. K.Soujanya)

Coordinator

NIRUJA Health Club.

Recommended

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

Permitted

09/07/19



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CMRCET/PRIN/Niruja Health Club/A.Y 2019-20/CIR /02

Date: 26/07/2019

CIRCULAR

This is to inform all that Niruja Health Club our college is going to organize an Awareness campaign on Hepatitis-B at Ravalkole Village, Medchal. The main motto of the program is to make people aware about its ailments. Hence, all the health club members are requested to participate in the campaign on 05-08-2019 to make the program successful.

PRINCIPAL

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

Copy to: (1) Deans
(2) IQAC
(3) All HOD'S/Incharges
(4) Accounts Office
(5) Administrative Officer
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(7) Students Notice Board



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REPORT ON HEPATITIS-B AWARENESS CAMPAIGN

Niruja Health club members decided to conduct awareness campaign on Hepatitis-B to the people of Ravalkole village Medchal. Dr. David Convener of the club along with his team briefed the student volunteers about the Hepatitis-B. He said that Hepatitis means inflammation of the liver. When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, toxins, some medications, and certain medical conditions can all cause hepatitis. However, hepatitis is often caused by a virus. Hepatitis B is a liver infection caused by the hepatitis B virus. Hepatitis B can range from a mild illness lasting a few weeks to a serious, lifelong illness. It spreads when blood, semen, or other body fluid infected with the hepatitis B virus enters the body of a person who is not infected. The best way to prevent hepatitis B is by getting vaccinated. The hepatitis B vaccine is safe and effective. Completing the series of shots is needed for full protection. From here students decided to conduct awareness campaign in "Ravalkole Village" and thereby creating awareness among rural people regarding and causes and consequences of Hepatitis-B. At first they took permission from Gram panchayat and then asked if any villager got affected with Hepatitis. But panchayat doesn't have the exact information. So, student volunteers went house to house and explained about the Hepatitis-B and its symptoms. Students along with villagers felt very happy about the campaign.



OUTCOME:

After conducting the awareness campaign Ravalkole villagers came to know about the Hepatitis-B in detail and thanked the Niruja Health club for conducting such an event.

BENEFICIARIES: Villagers of Ravalkole, student volunteers and some club faculty have come to know about the Hepatitis-B its symptoms and treatment.


Coordinator

Niruja Health Club

06/08/2019

To,

The Principal

CMRCET

Respected Sir,

Sub: Expenditure spent on conducting event – Reg.

This is to inform you that we had organized an awareness campaign on Hepatitis-B in Ravalkole Village, Medchal district on 05/08/2019. So there by I am enclosing the details of expenditure spent for the event.

Sl. No.	Purpose	Amount (Rs.)
1	Banner, Transportation, Hospitality for Student Volunteers & for necessary arrangements	8000.00
	Total	8000.00

Total Expenditure incurred : 8,000/-

Total amount Sanctioned : 8,000/-

Extra Expenditure : NIL

Thanking You,

Yours Sincerely



Coordinator

[Dr. K. SOUJANYA]





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Date: 06/09/2019

To

The Principal,

CMRCET.

Sub: Permission to organize the awareness program on Depression and Anxiety-Reg.

In reference to the approval letter from the IQAC on 29/05/2019, for the events to be conducted in the A.Y: 2019-20, Niruja Health Club of our institution will organize an awareness program on Depression and Anxiety. I request your kind approval to conduct the program.

- ❖ **Date of the event:** 24th September 2019
- ❖ **Name of the Event:** Awareness program on Depression and Anxiety
- ❖ **Importance:** To make students, faculty and staff aware about the ailments of Depression and Anxiety
- ❖ **Venue:** EEE Seminar Hall Block-II
- ❖ **Target Audience:** Students, Faculty and staff
- ❖ **Resources required:** Seminar Hall, Banners, Technical Equipment

Thanking You

Yours sincerely,

(Dr. K. Soujanya)

Coordinator

NIRUJA Health Club

*Recommended
and*

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

Permission granted

06/9/19



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CMRCET/PRIN/Niruja Health Club/A.Y 2019-20/CIR /03

Date: 17/09/2019

CIRCULAR

This is to inform all that Niruja Health Club of our institution is going to organize an awareness program on Depression and Anxiety at EEE Seminar Hall Block-II on 24/09/2019 from 2.00 PM onwards. All 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.
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REPORT ON AWARENESS PROGRAM ON DEPRESSION AND ANXIETY

The Niruja Health Club of CMRCET conducted awareness program on Depression and anxiety at CMRCET EEE Seminar Hall Block-II on 24/09/2019. The inaugural speech is given by Dr.V.A.Narayana, Principal CMRCET. Later Dr. David, Convener Niruja health club enlightened all the members present on Depression and Anxiety.He said that, Depression and anxiety can occur at the same time. In fact, it's been estimated that 45 percent of people with one mental health condition meet the criteria for two or more disorders. Some symptoms of depression and anxiety overlap, such as problems with sleep, irritability, and difficulty concentrating.

Physical symptoms of depression include:

- decreased energy, chronic fatigue, or feeling sluggish frequently
- difficulty concentrating, making decisions, or recalling
- changes in appetite or weight
- difficulty sleeping, waking early, or oversleeping

Emotional symptoms of depression include:

- loss of interest or no longer finding pleasure in activities or hobbies
- persistent feelings of sadness, anxiety, or emptiness
- feeling hopeless or pessimistic
- anger, irritability, or restlessness
- feeling guilty or experiencing feelings of worthlessness or helplessness
- suicide attempts

Physical symptoms of Anxiety include:

- feeling fatigued easily
- difficulty concentrating or recalling
- muscle tension and racing heart
- grinding teeth
- sleep difficulties, including problems falling asleep and restless, unsatisfying sleep

Emotional symptoms of anxiety include:

- restlessness, irritability, or feeling on edge and difficulty controlling worry or fear

How to over-come it: yoga, meditation, breathing exercises, massage and most importantly reach out to someone you're comfortable talking to and talk about whatever you feel like.




OUTCOME:

All the members attended the program came to know about the Depression and anxiety.

BENEFICIARIES:

Total of one hundred and ten students, fifteen faculty and ten staff have gained a lot of experience from the awareness program.


(Dr. K.Soujanya)

Coordinator

Niruja Health Club



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Date: 06/11/2019

To
The Principal,
CMRCET.

Through: IQAC Coordinator

Sub: Permission to organize the awareness program in association with SIDDHAM (NGO) -Reg.

Niruja Health Club of our institution will organize an awareness program gender wise on the topics given below. These events were not scheduled in the earlier minutes of meeting. But having due regard to the importance of the programs we decided to schedule it suddenly.

- 1 Awareness Program on Breast Cancer and Personal, menstrual hygiene and self-esteem for girl students and lady faculty
- 2 Adolescence to Adulthood for boy students and gent faculty

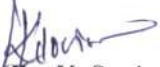
Dr Sai Lakshmi Dyanna deals with 1st program and Dr Ashish Chauhan deals with 2nd program

In this regard I request your kind approval to conduct the program.

- ❖ **Date of the event:** 13th November 2019
- ❖ **Importance:** To make students, faculty and staff aware about the above mentioned.
- ❖ **Venues:** 1. CMRCET Main Auditorium BLOCK II
2. CMRGI Central Auditorium
- ❖ **Target Audience:** faculty, staff and Students
- ❖ **Resources required:** Auditoriums, Banners, Technical equipment, snacks, tea and water bottles for the speakers, remuneration to be paid for the same is Rs.12, 000/-. Kindly facilitate for a cheque to be issued for the same.

Thanking You

Yours sincerely,


(Dr. K. Soujanya)
Coordinator
NIRUJA Health Club

Recommended and...

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

Permitted

06/11/19



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CMRCET/PRIN/Niruja Health Club/ AY 2019-20/CIR /04

Date: 08/11/2019

CIRCULAR

This is to inform all the faculty, staff and students that awareness program on the following topics will be conducted by Niruja Health Club in our college in association with Siddham (NGO) on 13th November 2019 from 2.00 PM.

- 1 Awareness Program on Breast Cancer and Personal, menstrual hygiene and self-esteem for girl students and lady faculty at CMRGI Central Auditorium
- 2 Adolescence to Adulthood for boy students and gent faculty CMRCET Auditorium Block-II

Hence all are requested to attend the same.

PRINCIPAL

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

- Copy to:**
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REPORT ON AWARENESS PROGRAM ON BREAST CANCER & PERSONAL MENSTRUAL HYGIENE AND SELF-ESTEEM FOR GIRL STUDENTS AND LADY FACULTY

An awareness program on breast cancer, personal menstrual hygiene and self-esteem was conducted by SIDDAM (NGO) organised by NIRUJA (HEALTH) CLUB at CMR College of Engineering & Technology on 13th November 2019. All the girl students and lady faculty attended the program.

The inaugural speech was given by Mrs. Alka Agarwal president, Siddham NGO, DR. Sai Lakshmi Dayaana, a Gynaecologist working at Apollo Hospitals, Jubilee Hills, who works with the NGO helped the girl students to understand the issues related to Breast cancer first and then she continued her session on awareness related to Menstrual Hygiene & Self-esteem. Then she flushed out the myth of menstrual periods being a curse. Women should accept it as a blessing since they are the only one's capable of giving birth. Periods are cleaning of uterus similar to how we brush our teeth, excrete, bath daily to keep ourselves clean. She mentioned the difference between the ovaries and uterus' functioning and their relation to period pain. Later she said about the consumption of pain killers(Dolo-650 & Meftal Spas-500mg thrice a day) do not cause any harm neither does it interfere with fertility pattern or production of hormones. Stress was laid on how heavy periods can make a person anaemic leading to breathlessness, walking drowsily, less supply of oxygen, drop in the haemoglobin levels. The latter can be retained by consuming food rich in iron and coloured vegetables (most likely raw). Alongside, measures were told to keep the earth a more sustainable planet by using biodegradable or cloth napkins rather than the bleached ones. Lastly, the very common problem of polycystic ovaries -the cause, symptoms and preventions were narrated that is said to be caused when ovaries release water bubbles instead of an egg resulting in lesser secretions of female hormones. She stated that "Menstrual periods are global issue" and these periods and pregnancy are interrelated to each other, if periods doesn't happen then there is no chance of pregnancy in women .She even explained the processes of menstruation .She explained that suffering unnecessarily during periods means our hormones are not working properly. In USA the period cramps are less experienced by the women compared to India.

The girl students and lady faculty were obliged for DR. Sai Lakshmi Dayaana efforts to come up and hold an eye-opening seminar on the much needed topic. The entire two hour talk would surely result

in the improvement of a women's self-esteem. Every one thanked Mrs. Alka Agarwal president, Siddham NGO and Niruja Health Club for conducting such a good awareness program



OUTCOME:

After conducting the event students, lady faculty both teaching and non-teaching understood the importance of Personal Hygiene especially during Menstrual time. The session helped them to realise the myths and facts about the periods

BENEFICIARIES:

Three hundred girl students and forty lady faculties gained a lot of knowledge related to breast cancer and Personal hygiene as well. And understood the facts related to Menstrual Periods.


(Dr. K. Soujanya)

Coordinator

NIRUJA Health Club



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REPORT ON AWARENESS PROGRAM ON ADOLESCENCE TO ADULTHOOD FOR BOY STUDENTS AND GENT FACULTY

As part of its efforts to educate its students and thereby prepare them for the challenges that adolescence and later stages of life brings, NIRUJA HEALTH CLUB of CMR College of Engineering & Technology organized awareness and interactive session for boy students and gent faculty at CMRGI Central Auditorium on 13th November 2019. This program was conducted in association with SIDDHAM NGO. The inaugural speech was given by Major. Dr. V.A.Narayana, Principal CMRCET. Then Mrs. Alka Agarwal president, Siddham NGO took over the mike and shared her valuable ideas.

The guest of the day Dr. Ashish Chauhan, MD started his session titled "Awareness Program on Adolescence to Adulthood" for the male students and gent faculty. Dr. Ashish Chauhan began his talk by drawing the students' attention to the fact the topic of sex is a taboo in India. As a result it does not figure in every day public discourse in India. This prevents people from acquiring sufficient knowledge about it as people are discouraged to talk about the same. The absence of knowledge about sex heightens the risks the latter might lead to. Thus, according to Dr Ashish, there is a strong case for open communication about sex among the adolescents and other teenagers. In other words sex education is necessary for all the adolescents. Thus one should acknowledge the fact that having sexual feelings or thoughts is normal. It is by acknowledging the "normalcy" of the sexual feelings that one is in better position to deal with them. What is abnormal is the effort to hide the fact of sex which is the foundation of procreation. The first step towards acknowledgement of reality of sex consists in an awareness of differences in men and women's bodies. He explained how knowledge of human bodies would help to understand the nature of sexuality. The physical changes such as voice change and growth of other organs are a natural part of human development. But they also bring changes one's psychological framework as well.

According to Dr Ashish, our knowledge of sexuality shapes our attitudes towards sexuality and sex. In the absence of an open and frank awareness and knowledge about sex, the youth are exploring sexuality through recourse to online pornographic videos and websites. This is extremely harmful to the fabric of our society. Thus there is strong case for inculcating a right knowledge among the youth through sex education. At the same time we as a society should work towards removal of mystery about women's bodies by discussing how women are as similar as men in many ways. This is all the more necessary since the ancient compendium of knowledge about sex and sexuality, "Kamasutra," was written by an Indian. The education of the youth in sex helps to remove stigma and taboos associated with sex.

The second part of the session was a question and answer session in which Dr.Ashish clarified doubts raised by the students. He explained how sexually transmitted diseases spread and how one can take precautions to stop these diseases. He stressed the need for responsible conduct by everyone. He also spoke about how adolescents can overcome stress and deal with it through a combination of recreation, exercises and social service. Such participation would free oneself from

preoccupation with oneself and would allow them to experience the world in a better way. The program came to an end with a vote of thanks by the Principal.



OUTCOME: After conducting the event boy students, gent faculty both teaching and non-teaching understood the importance of Adolescence to Adulthood. . Such interaction helps t to overcome the difficulties which otherwise might look too difficult to handle.

BENEFICIARIES: Four hundred boy students and forty five gent faculties gained a lot of knowledge from the interactive session. Such participation would free oneself from preoccupation with oneself and would allow them to experience the world in a better way

(Dr. K. Soujanya)

Coordinator

NIRUJA Health Club



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.

Date: 23/03/2020

To

The Principal,

CMRCET

Through: IQAC Coordinator

Sub: Permission to organize the awareness online awareness Campaign "Let's Fight with Corona" -Reg.

Respected Sir,

As per the approval from the IQAC for the events to be conducted in the A.Y: 2019-20 on 29/05/2019, Niruja Health Club of our institution will organize awareness campaign on n-Covid-19 in online mode. This event was not scheduled in the earlier minutes of meeting. But having due regard to the current pandemic situation we decided to schedule it suddenly. I request your kind approval to conduct the event.

- ❖ **Date of the event:** 28th March 2020
- ❖ **Name of the Event:** online awareness Campaign on n-Covid-19
- ❖ **Importance:** To make students and their parents aware about n-Covid-19 precautionary measures, safety during lock down and the corona symptoms.
- ❖ **Venue:** Online mode
- ❖ **Target Audience:** students, faculty and their parents
- ❖ **Resources required:** Nil as it is online mode

Thanking you

Yours sincerely,

(Dr. K.Soujanya)

Coordinator

NIRUJA Health Club.

Recommended
[Signature]

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,
Hyderabad-501401.



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CMRCET/PRIN/Niruja Health Club/A.Y 2019-20/CIR /05

Date: 26/03/2020

CIRCULAR

This is to inform all that Niruja Health Club of our college is going to organize an online Awareness campaign "Let's Fight with Corona". The main motto of the program is to make students, faculty and their parents aware about the virus and safety measures. Details of the online links will be shared. Hence, all the faculty and students are requested to participate in the campaign on 28/03/2020 to make the campaign successful.

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) Students What's App Groups

REPORT ON ONLINE AWARENESS CAMPAIGN : LET'S FIGHT WITH CORONA

Due to the unprecedented Pandemic situation prevailing in the country, Niruja Health club members decided to conduct awareness campaign on n-Covid-19 to the students faculty and their parents. Dr. David Convener of the club along with other club members conducted an awareness campaign on the virus through online mode(Zoom). The doctor explained how to wash the hands and use face masks . He spoke about the international scenario and national wide lock down. He brought awareness among the students and faculty about the virus. He requested the faculty, students and their parents not to go out unless it is emergency that too asked the elders not to leave the house. He said that by maintaining nutritious diet one can improve their immunity there by fight the virus. He Clearly explained how it enters the body and how it effects the immunity system. He and his team built the confidence in the students and faculty with this campaign.



OUTCOME:

After conducting the online awareness campaign students and faculty came to know about the n-Covid-19 in detail and the safety measures and thanked the Niruja Health club for conducting such an event.

BENEFICIARIES: students and faculty of CMRCET

K. Soujanya
Coordinator

Niruja Health Club

[Dr. K. SOUVANYA]



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

Date: 03/06/2020

To
The Principal,
CMRCET.

Through: IQAC Coordinator

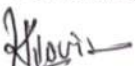
Sub: Permission to organize the online awareness program in on n-Covid -19 -Reg.

Niruja Health Club of our institution will organize an online awareness program on n-Covid-19 titled "Unlock 1.0 Safety measures". This event was not scheduled in the earlier minutes of meeting. But having due regard to the importance of Govt. of India guidelines on Unlock 1.0 we decided to schedule it suddenly. In this regard I request your kind approval to conduct the program.

- ❖ **Date of the event:** 09th June 2020
- ❖ **Importance:** To make students, faculty and staff aware about the above mentioned.
- ❖ **Venue:** Online Mode
- ❖ **Target Audience:** faculty, staff and Students
- ❖ **Resources required:** NIL as it is online mode

Thanking You

Yours sincerely,


(Dr. K. Soujanya)
Coordinator
NIRUJA Health Club

Recommended


Coordinator
Internal Quality Assurance Cell
CMR College of Engineering & Technology
Kandlakoya (V), Medchal Road,
Hyderabad - 501401.


PRINCIPAL
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CMRCET/PRIN/Niruja Health Club/ AY 2019-20/CIR /06

Date: 05/03/2020

CIRCULAR

This is to inform all the faculty, staff and students that online awareness program on "Unlock 1.0 Safety measures" will be conducted by Niruja Health Club via online mode. The main motto of the program is to make students, faculty and their parents aware about the guidelines by govt. of India .Details of the online links will be shared . Hence, all the faculty and students are requested to participate in the campaign on 09/06/2020 to make the program successful.

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) Faculty through Mail
 - (7) Students Groups.

REPORT ON ONLINE AWARENESS PROGRAM ON UNLOCK 1.0 SAFETY MEASURES

Recently the govt. of India issued the unlock 1.0 guide lines and standard operating procedures. After looking into them Niruja Health club felt a necessity to conduct the awareness program for the faculty and students for the same. So after consulting Dr. David, Convenor of the club an awareness program on Unlock 1.0 safety measures was conducted via online mode Zoom. Dr. David and his team spoke about the guide lines and the safety measures that are needed to be taken. He said that people needed to be more careful during the unlock 1.0 and further. He enlightened the students and faculty about the guidelines issued by the govt. of India and what are the Standard operating procedures. He said that wearing the mask and carrying hand sanitizers all the time is a must. Eating protein rich food and taking Vitamin-C rich fruits like citrus will boost the immunity. He also spoke about the Fatality rate of the virus world-wide and the recovery rate in India. He enlightened the participants with his valuable suggestions. Every one thanked Dr. David and Niruja Health Club for conducting such a good program



OUTCOME:

After conducting the event students & faculty took pledge to follow the guidelines and SOP issued by the Government all the time and follow the safety measures.

BENEFICIARIES: faculty and students of CMRCET


(Dr. K. Soujanya)

Coordinator

NIRUJA Health Club



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

Date: 15th June 2020

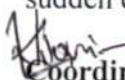
To

IQAC
CMRCET
Medchal
Kandlakoya

Subject: Summary of Programs Conducted during A.Y 2019-20 under "Niruja (Health) Club".

S. No	Name of the Event	Date	Venue	Conducted / Not Conducted
1	Awareness Campaign on Hepatitis-B	05-08-2019	Ravalkole village Medchal District	Conducted
2	Awareness program on Depression and Anxiety	24-09-2019	CMRCET EEE Seminar Hall Block II	Conducted
3	2 awareness programs in association with SIDDHAM (NGO) (Sudden events)	13-11-2019	1.CMRCET Main Auditorium BLOCK II 2.CMRGI Central Auditorium	Conducted
4	Awareness program on Eyes	30-01-2020	Not Conducted	Not Conducted
5	Awareness campaign on cardiovascular diseases	12-03-2020	Not Conducted	Not Conducted
6	Let's Fight with Corona (Sudden event)	28-03-2020	Online Mode (Zoom)	Conducted
7	Unlock 1.0 Safety Measures (Sudden event)	09-06-2020	Online Mode (Zoom)	Conducted

Reason for the Non Conduction of the event: Awareness program on Eyes which was scheduled on 30th Jan 2020 was not conducted due to a tight schedule of the student volunteers because of their lab record works and Awareness campaign on cardiovascular diseases was not conducted due to the corona virus out-break. As a result both the events were skipped and two sudden events on corona were conducted due to the unprecedented pandemic situation.


Coordinator
Niruja Health Club