

Sri Adichunchanagiri College of Arts and Commerce
Nagamangala-571432, Mandya Dist.

YOUTH RED CROSS UNIT

Red Cross event list 2020-21

Sl. No	Event Name	Date
1	Covid Test & AYUSH immunity promotion program	20/10/2020
2	HID & COVID-19 awareness programme	22/12/2020
3	Report on Covid Test	05/03/2021
4	Webinar report on International Yoga Day	21/06/2021

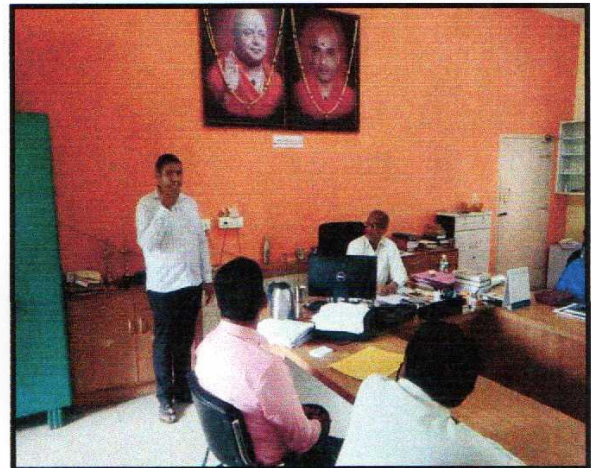
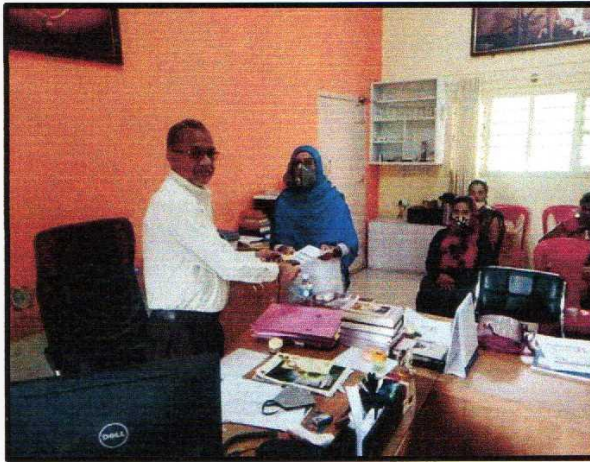
Sri Adichuchanagiri College of Arts and Commerce
Nagamangala, Mandya District-571432

YOUTH RED CROSS UNIT

Covid Test & Ayush Immunity Promotion Programme

The corona test & AYUSH Immunity Enhancement program was held for staff of our college at 9.30 am on 20-10-2020.

Dr. Shabuktha Yashin of Nagamangala Government Hospital distributed covid powder and tablets related to Immunity Development to the staff. Mohankumar Naik of our college gave a brief description of the practice of pranayama and explained its use.




Convenor
Indian Red Cross Wing
SAC College
Nagamangala - 571 432


PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.

Sri Adichunchanagiri College of Arts and Commerce
Nagamangala, Mandya District-571432

YOUTH RED CROSS UNIT

HIV & COVID-19 Awareness programme

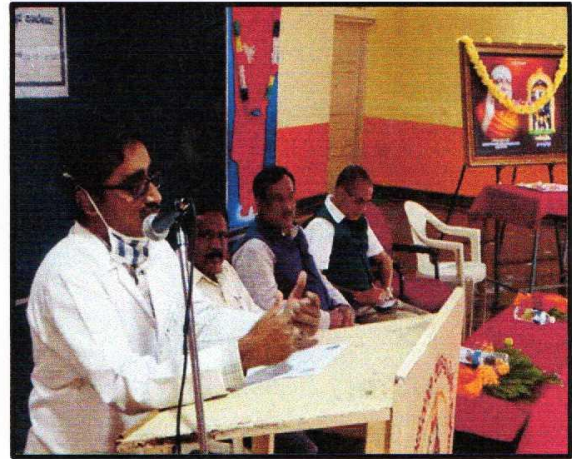
DATE: 22-12-2020

Awareness programme on HIV & COVID-19 was organized by the college's Youth Red Cross Unit on Date: 22-12-2020. With Dr. Shashikiran, Associate Prof Department of Community medicine, Sri Adichunchanagiri Medical and Research Center BG Nagar and Dr. Prabhudev Medico Social worker , Dr. B K Lokesha Principal of the college.

Dr.Shashikiran spoke to the students about HIV & COVID-19 Spreading and Controlling them. Dr. Prabhudev spoke about the social status of HIV The Programme was narrated by Chethan D S an officers of the Red Cross Unit.


Convenor
Indian Red Cross Wing
SAC College
Nagamangala - 571 432


PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist



HIV & COVID-19 Awareness programme, Date : 22-12-2020


Convenor
Indian Red Cross Wing
SAC College
Nagamangala - 571 432



PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.

YOUTH RED CROSS UNIT

REPORT ON COVID TEST

On 05-03-2021 SAC college organized on behalf scouts and guides on our College campus , in this went all faculty (teaching and non teaching) were participated and took test along with students also finally it was success , because Dr. B.K. Lokesh Principal of the college his Support . In the end gave salutations that are active participation.




Convenor
Indian Red Cross Wing
SAC College
Nagamangala - 571 432


PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.

Sri Adichunchanagiri College of Arts and Commerce
Nagamangala-571432, Mandya Dist.

7th International Yoga day



॥ ಜೈ ಶ್ರೀ ಗುರುದೇವಾ ॥

**ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಕಲಾ, ವಾಣಿಜ್ಯ
& ವಿಜ್ಞಾನ ಕಾಲೇಜು**

ನಾಗಮಂಗಲ - 571432, ಮಂಡ್ಯ ಜಿಲ್ಲೆ



ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆ ಪ್ರಯುಕ್ತ

ಉಪನ್ಯಾಸ ಮತ್ತು ಯೋಗ ಪ್ರದರ್ಶನ

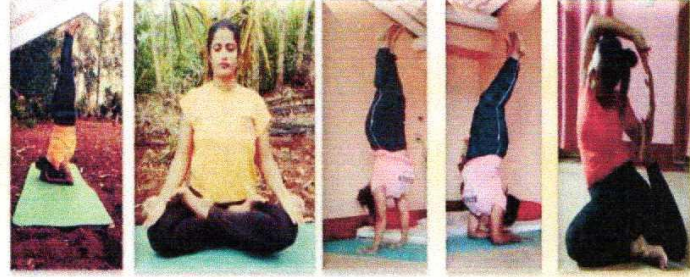
ದಿನಾಂಕ: 21-06-2021, ಬೆಳಿಗ್ಗೆ 11.30 ರಿಂದ 12.30 ರವರೆಗೆ

ಅಂತರ್ಜಾಲದ ಮೂಲಕ (Online)



ಕು|| ಸೌಮ್ಯ

'ಯೋಗ ದೀಪಿಕ', 'ಯೋಗ ಕನ್ನಡತೆ' ಬಿರುದಾಂಕಿತರು
ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ತರಬೇತಿದಾರರು
ತಲಗವಾಡಿ, ಮಳವಳ್ಳಿ, ತಾಲ್ಲೂಕು, ಮಂಡ್ಯ ಜಿಲ್ಲೆ



Join us:



Microsoft Teams


Convenor
Indian Red Cross Wing
SAC College
Nagamangala - 571 432


PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.

Sri Adichunchanagiri College of Arts and Commerce
Nagamangala-571432, Mandya Dist.

International yoga day celebration report

Topic: Conducting Demonstration and Yoga Sana Event

On 21st June 2021 “International yoga day” was celebrated in our college at 11.30 a.m.. All our college students participated in the international yoga day there were 300 participants , joined through online mode.

Prof. Byregowda, Retired Professor SAC College, delivered the keynote address on the theme of yoga, and **Dr. N.S. Ramegowda**, CEO of our SAST and former vice chancellor, KSOU, shared his view on the subject and end of the function he shared his opinion about yoga day celebration.

Miss Sowmya awarded : “yoga deepika” yoga kannadathi, and she’s a yoga trainer, she gave the information about yoga day and importance and benefits of yoga in our day-today life and also she had given us her valuable guidance to the students and she had shown us various Asana with proper guidance and also performed standing and sitting Asanas, even our principal actively participated in the yoga day celebration.

Smt. C.K. Pooja Assistant Professor department of commerce and management managed the sessions by her anchoring, **Dr. B.K. Lokesha** principal welcomed the guest and participants of the yoga day, and it was concluded by vote of thanks by **Mohan Kumar Naik** Assistant Professor of Economics.

Keynote address: - Prof. Byregowda

The keynote address was delivered by **Prof. Byregowda**. He gave an official opening for this celebration of international yoga


Convener
Indian Red Cross Wing
SAC College
Nagamangala - 571 432


PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571432, Mandya Dist.

day. He explained about health and benefits of meditation, he discussed some benefits of practicing yoga like:

1. yoga increases your flexibility and reduces stress and
2. yoga helps you to make healthier life choices

Address by Resource person:- Miss Sowmya

Miss Sowmya gave detailed explanation about the benefits of yoga and she showed different type of asanas and she explained benefits of the various asanas and she provided some beneficial messages to our students about mind relaxation tips. And she actively participated in the overall session and it was very helpful for us. And she showed various types of asanas like :pranayama, sun salutation, and breathing exercise. And she explained about how to keep lungs healthy.

Participant's remarks

In this international yoga day celebration, the chief guest **Dr. N.S. Ramegowda** ,CEO Sri Adhi Chunchanagiri Shikshana Trust gave his opinion about yoga and then he shared his views about the importance of yoga , and he explained how it benefits to the society.

Prof. Byregowda , retired Professor of SAC College delivered a key note address and provided information of yoga and meditation benefits. And after the session he gave his opinion of the session, he expressed his happiness about the programme,

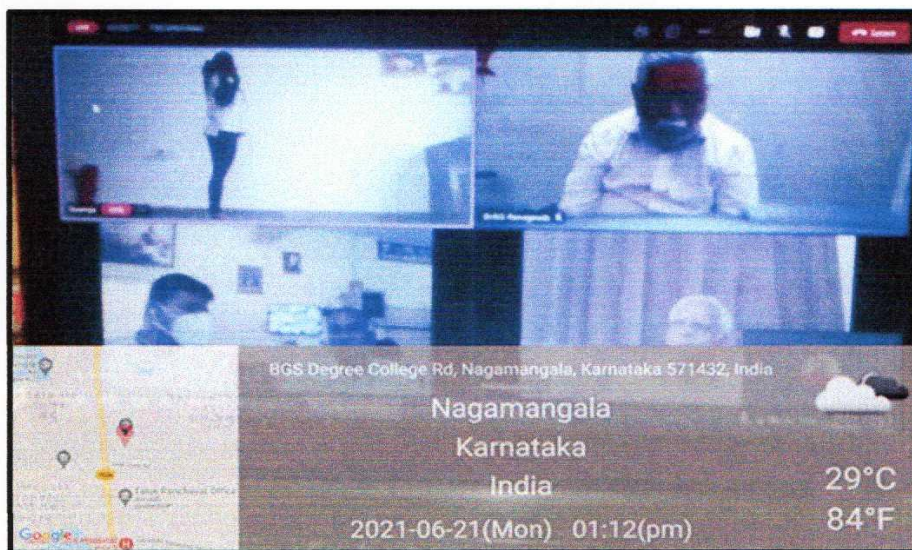
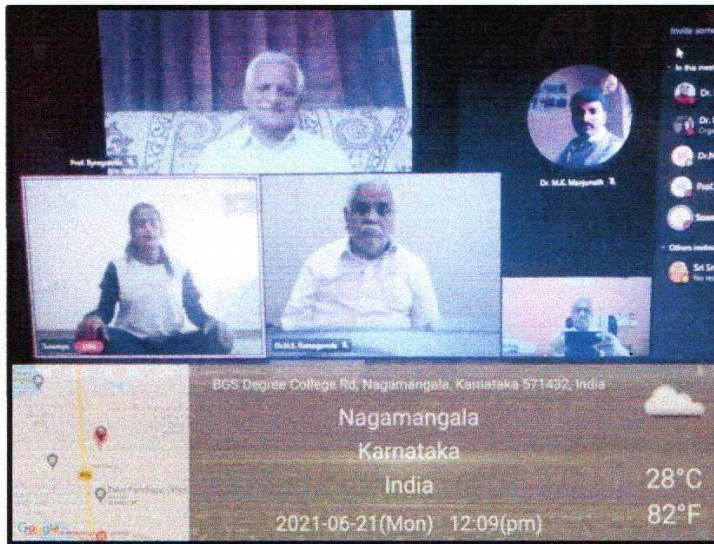
The session was ended by vote of thanks by **Mohan Kumar Naik** Assistant Professor of Economics department.

Resource Person : Miss Sowmya, Mob: 9731451795

YouTube Video Link : <https://youtu.be/9kceRjMKScw>


Convenor
Indian Red Cross Wing
SAC College
Nagamangala - 571 432


PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.



International yoga day celebration, Date : 21-06-2021

Rajesh
 Convenor
 Indian Red Cross Wing
 SAC College
 Nagamangala - 571 432

[Signature]
PRINCIPAL
 Sri Adichunchanagiri College
 of Arts and Commerce
 Nagamangala-571 432, Mandya Dist.



|| Jai Sri Gurudev ||

Sri Adichunchanagiri College of Arts, Commerce & Science

Nagamangala - 571432, Mandya Dist, Karnataka



LETTER OF APPRECIATION



Kum. Sowmya

Yoga Trainer

'Yoga Deepika', 'Yoga
Kannadathi' Awardee

Thalagavadi, Malavalli Tq,
Mandya Dist.

We would like to extend our gratitude for conducting online Yoga session on 21st June 2021 on account of International yoga day. 650 participants were actively engaged in 3 hours throughout session. We appreciate your time and effort to educate about benefits and importance of yoga in our life.

This session was not only enlightening and relaxing but also thoroughly enjoyed by all the attendees.

Once again we thank you for your valuable time and introducing yoga to our students.


PRINCIPAL

Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.



Convenor
Indian Red Cross Wing
SAC College
Nagamangala - 571 432


PRINCIPAL

Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.