

# Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem – 533437

Date: 11/09/2016,  
Surampalem.

To  
The principal,  
Aditya college of Engineering and Technology,  
Surampalem.

Sub: - Requesting permission for conducting the program "Health Education" in our campus.

Sir,

We are the members of health club in order to improve health of students and faculty, we plan to conduct programme "Health Education" on 15/09/2016 Now I am requesting permission to conduct this program by the expert in seminar hall and also required to allocate required budget.

Budget proposal for conducting program

| S.No         | Particular of Event | Amount in Rs. |
|--------------|---------------------|---------------|
| 1            | Travel (by car)     | 1500/-        |
| 2            | miscellaneous       | 500/-         |
| Total Amount |                     | 2000/-        |

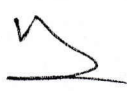
I request you to sanction an amount of Rs 2000 /- (Two thousand rupees only) for smooth conducting of the event.


Thanking you sir,

Committee members

- 1) P. Sridhar
- 2) A, Naga Sai

  
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**Aditya College of**  
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**SURAMPALAM**

  
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Yours sincerely,  
Convener  
(Health Club)



# Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem – 533437

Date: 14/09/2016

## CIRCULAR

It is informed to all the students that there will be “Health Education” programme on 15<sup>th</sup> September 2016 from 11:00 am to 12:30 pm in our campus.

In this connection, all the interested students and staff are invited to participate in the programme.

copy to

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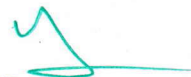
Dept HOD's

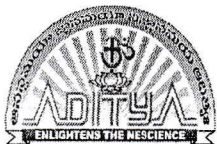
Office

Health club committee

  
Principal

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# Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem – 533437

Event name: Health Education

Date: 15/09/2016



## ADITYA COLLEGE OF ENGINEERING & TECHNOLOGY

(Permanently Affiliated to JNTUK, Kakinada, Approved by AICTE, New Delhi)

Recognized by UGC Under Section (2f) and 12(8) of UGC Act 1956

Aditya Nagar, ADB Road, Surampalem – 533437, E.G Dist., Andhra Pradesh

*A program on*

### "HEALTH EDUCATION"

On 15-9-2016





By  
Dr. N Satya

MBBS & MS

*Organised by*

  
Health Club  
ACET

  
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One page photos with at least 6 with description as per the format

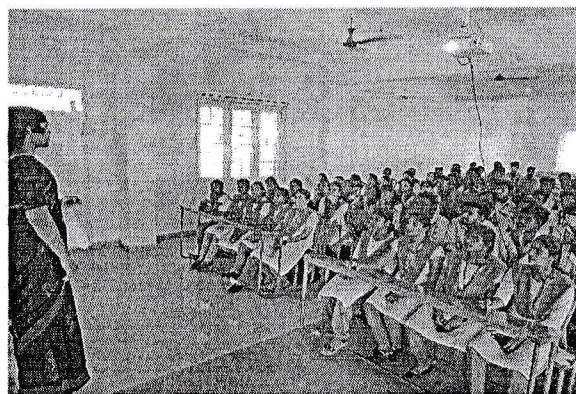
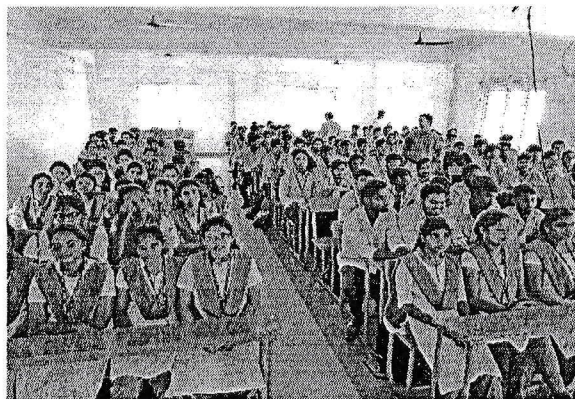


# Aditya College of Engineering & Technology

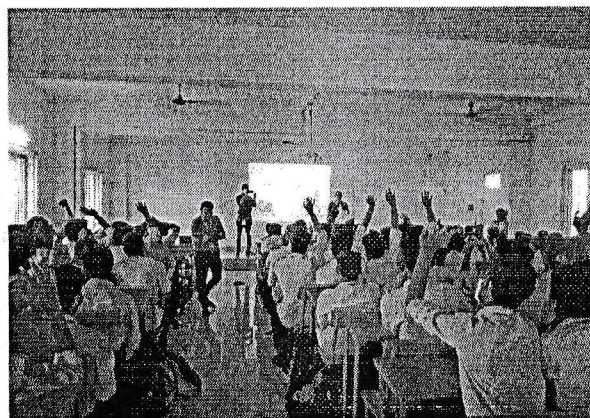
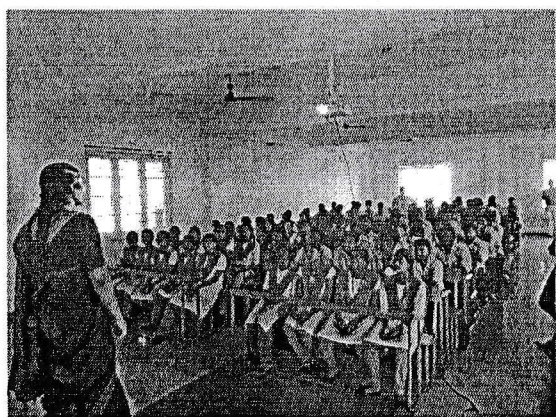
Aditya Nagar, ADB Road, Surampalem - 533437

Event name: Health Education

Date: 15/09/2016



Gathering the students and Inviting guest



Speech by guest about importance health



Students doubt Clarification

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# Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem - 533437

Event name: Health Education

Date: 15/09/2016

## A REPORT ON "HEALTH EDUCATION"

Speaker of the event: Smt Dr N. Satya garu,

Venue: Seminar Hall - Visveswaraya Bhavan.

Date: 15/09/2016

No of Students attended:88

Health club committee conducted "Health Education" programme in campus. The resource person explained about how to improve health

The main objectives of this session:

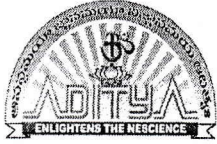
- ✓ To create awareness on health.
- ✓ Importance of physical fitness.
- ✓ Awareness on diet and habits.

In this program 88 students have participated and the speaker explained various ways to start improving health.

1. Exercise helps to burn more calories to lose weight and improves cardiovascular health also helps to stress relief and enhancing mental focus, release of feel-good hormones.
2. Get enough sleep. ...for mental and physical recovery
3. Hydrate. ...water is essential to all bodily processes, including the excretion of toxins
4. Maintain a well-balanced, nutritious diet. ... aim to consume lots of fresh vegetables, healthy sources of carbs, protein and fats and vitamin- packed fresh fruits.
5. Reduce your sugar intake. ...indulging your sweet tooth all the time could lead to dental issues, unhealthy weight gain and diseases like diabetes.
6. Step out into the sunshine. ...Aside from giving you the opportunity to breathe in fresh air, getting out of your home in the morning sunshine ensures you get your vitamin D. this vitamin plays a key role in boosting immunity and in the growth and maintenance of strong and healthy bones.
7. Engage in mentally stimulating activities. ...Read a book, solve a puzzle or play a video game to challenge your brain. Regular mental stimulation will keep your brain alert .
8. Go for regular preventive exams...going to the dentist twice a year, getting your eyes checked and scheduling annual physical exam work as preventive measures against disease. knowing you are healthy is a lot better.
9. Wash your hands.... It is important to practice proper hand hygiene is most effective of preventing the spread of harmful pathogens.
10. Keep stress in check.... Practising self-care and relaxation techniques, such as deep breathing exercises and meditation, can help you manage stress and deal with it more effectively.

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# Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem – 533437

Date: 2/12/2016,  
Surampalem.

To  
The principal,  
Aditya college of Engineering and Technology,  
Surampalem.

Sub: - Requesting permission for conducting the program “Stress Manage with Yoga” in our campus.

Sir,

We are the members of health club in order to improve health of students and faculty, we plan to conduct programme “Stress Manage with Yoga” on 09/12/2016 Now I am requesting permission to conduct this program by the expert in seminar hall and also required to allocate required budget.

Budget proposal for conducting program

| S.No         | Particular of Event | Amount in Rs. |
|--------------|---------------------|---------------|
| 1            | Travel (by car)     | 1200/-        |
| 2            | miscellaneous       | 500/-         |
| Total Amount |                     | 1700/-        |

I request you to sanction an amount of Rs 1700 /- (one thousand seven hundred rupees only) for smooth conducting of the event.

Thanking you sir,

Committee members

- 1) P. Sridhar
- 2) A, Naga Sai

✓  
PRINCIPAL  
Aditya College of  
Engineering & Technology  
SURAMPALAM

Yours sincerely,  
Convener  
(Health Club)

✓  
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# Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem – 533437

Date: 07/12/2016

## CIRCULAR

It is informed to all the students that there will be “Stress Manage with Yoga” programme on 9<sup>th</sup> December 2016 from 11:00 am to 12:30 pm in our campus.

In this connection, all the interested students and staff are invited to participate in the programme.


copy to

IQAC

Dept HOD's

Office

Health club committee

  
Principal  
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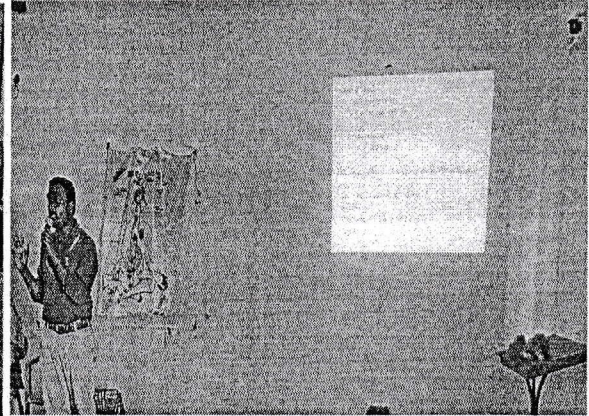


# Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem - 533437

Event name: Stress Manage with Yoga

Date:09/12/2016



Gathering the students and Speech by guest




Speech by guest about importance yoga and Practice



Felicitation to the guest

  
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# Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem - 533437

**Event name:** Stress Manage with Yoga

**Date:** 09/12/2016

## A REPORT ON "STRESS MANAGE WITH YOGA"

**Speaker of the event:** V. Tamil Selvan garu,

**Venue:** Seminar Hall - Visveswaraya Bhavan.

**Date:** 09/12/2016


**No of Students attended:** 70

Health club committee conducted a program on Stress manage with yoga to enhance the basic concepts on yoga to improve health. The resource person explained how to awake various energy systems in human body with the help of flexi and also practiced some yoga steps to stress release.

The main objectives of this session:

- \* To create awareness on yoga.
- \* To improve health with yoga.
- \* To develops stress release techniques under education.

In this program 70 students have participated and the speaker demonstrated, practiced the process of using yoga to improve health and given some techniques to stress relief. The students interacted with the speaker very actively and utilised the session. They learnt the concept of yoga. Finally, they concluded health is wealth and yoga is the one of the way to improve health.

  
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