

CRITERION III – RESEARCH, INNOVATIONS AND EXTENSION

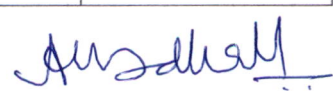
3.2 Extension activities

3.4.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., (including the program such as Swachh Bharath, AIDS awareness, Gender issues etc. and / or those organized in collaboration with industry, community and NGO's) during the last five years

Index for supporting documents for the year 2021-2022

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 Dr. Anuradha. M
 Principal
 Padmashree Institute of
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BLOOD DONATION CAMP

**Organized by Department of Management studies
Padmashree Institute of Management and Sciences**

Event	Extension program
Date	28-05-2022
Time	10.30 AM to 3.00 PM
Venue	Padmashree Institute of Management and Sciences
Program	Blood donation

1	Organization committee	Dr. K Y Reddy Mr. Narahari Prasad, Ms. Shreya Rao Dr. Prasanna Byahatti, Ms. Sarla H, Mr. Amir Nabi Mr. Abhishek D Awati Mr. Manoj R
2	Supported/Sponsored by	Bangalore Medical Services trust Bangalore, Karnataka branch
3	Participants	50
4	Certificates	Provided by Bangalore Med Services Bangalore.

Program schedule

10.30 AM - 10.45 Am	Registration
10.45 AM - 12.45 PM	Blood donation
12.45 PM – 02.00 PM	Lunch break
02.00 PM – 04.00 PM	Blood donation

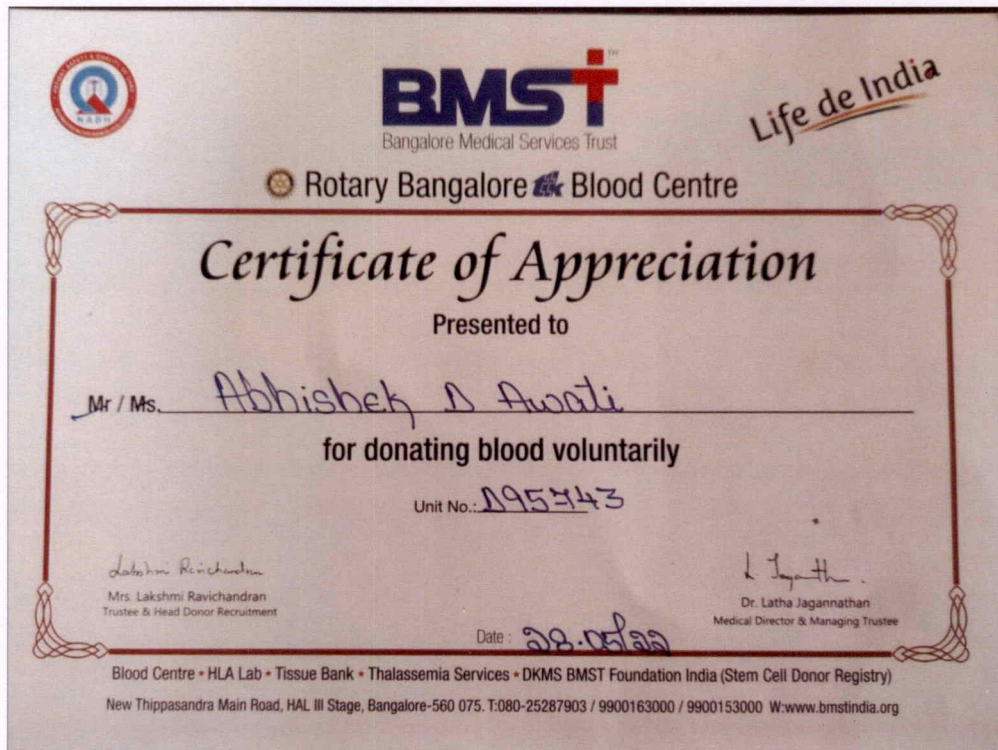
Photo gallery: Blood Donation Camp

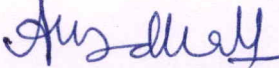


Anuradha

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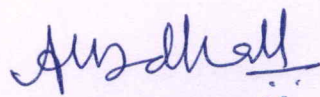

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Program summary

On May 28th 2022, a blood donation camp was organized at Padmashree Institute of Management and Sciences. The event was held at 10:30 am, and students from the Management and Commerce departments participated in the noble cause by donating blood. The camp was coordinated by Mr. Narahari Prasad, a faculty member of Management and Commerce.

Around 50 students took part in the donation camp, which ended at 3 pm. After the donation, the donors were served with fruit juice, and certificates were issued by Bangalore Med Services Bangalore. This type of donation creates an understanding of the importance of social service among young students.




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CELEBRATION OF WORLD ENVIRONMENTAL DAY ' LIVING SUSTAINABLY IN HARMONY WITH NATURE '

ORGANISED BY NSS & IQAC



03RD - 06 TH JUNE
2022



ECO-FRIENDLY ACTIVITIES THEMES:

I. GENERAL THEMES

- A. MODEL MAKING
- B. ART & CRAFT
- C. PAINTING (USING VEGETABLE DYES)
- D. PLANTS SELLING
- E. ANY OTHER ACTIVITY RELATED TO "ENVIRONMENT"

II. WORK BENCH THEMES

- A. VERMICOMPOSTING
- B. ECO FRIENDLY DISHWASH
- C. SEGREGATION OF WASTE
- D. JEWELLERY MAKING
- E. HYDROPONICS DEMO
- F. PAPER BAG MAKING
- G. ANY OTHER DEMO ACTIVITY RELATED TO "ENVIRONMENT"

NOTE: DRESS CODE FOR THE DAY IS "GREEN COLOR"

DAY 1 : 03/06/2022
TIME : 10.00 AM - 12.30PM

SWACCH CAMPUS ABHIYAN
Students, PIMS

DAY 2 : 04/06/2022
TIME : 10.00AM - 12.30PM

PREPARATION OF ECO-FRIENDLY ACTIVITIES
Teachers & Students, PIMS

DAY 3 : 05/06/2022
TIME : 10.00AM - 12.30PM

PREPARATION OF ECO-FRIENDLY ACTIVITIES
Teachers & Students, PIMS

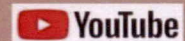
DAY 4: 06/06/2022
TIME : 09.30AM - 10.30AM

**ENVIRONMENTAL SUSTAINABILITY &
RENEWABLE ENERGY.**
SHAMSUNDAR SUBBARAO
Head -CREST, NIE Mysuru.

TIME : 10.30AM -12.30PM

**AWARENESS TO SCHOOL CHILDREN : BEYOND
CAMPUS**

WEBSITE: WWW.PIMS.ORG.IN



**AWARENESS TO SCHOOL CHILDREN -A BEYOND CAMPUS
 ENVIRONMENTAL INITIATIVE
 ON WORLD ENVIRONMENT DAY**

3rd to 6th June 2022 at 10.00 AM to 12.30 PM

Organized by NSS & IQAC

Program Schedule

Date	Time	Activity
03-06-2022	10.00 am-12.30 pm	Swacch Campus Abhiyan
04-06-2022	10.00 am-12.30 pm	Preparation of Eco-friendly Activities
05-06-2022	10.00 am-12.30 pm	Preparation of Eco-friendly Activities
06-06-2022	9.30 am -10.30am	Talk by Shri Shamsundar Subbarao on the topic "Environment Sustainability and Renewable energy"
	10.30am-12.30pm	Awareness to school children: Beyond campus

Program Summary

The celebration of World Environment Day lasted for four days, with a focus on eco-friendly activities. On Day 1, Padmashree campus was cleaned as part of the "Swachh Campus Abhiyan" to promote environmental awareness among students. On day 2 and 3, students prepared models and crafts using eco-friendly materials and displayed them on World Environment Day to educate the community about environmental conservation. On the final day, there was a talk by Shri Shamsundar Subbarao on "Environment Sustainability and Renewable Energy." The talk was followed by an exhibition of the eco-friendly models and crafts created by the students, which aimed to educate school children and the local community about the environment. The celebration was well-received by the students and staff, who gained greater awareness about environmental conservation.



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Photo gallery: On World Environment Day

Day 1 Activity - Swachh Campus Abhiyan



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Day 2 & 3- Preparation of Eco-Friendly products

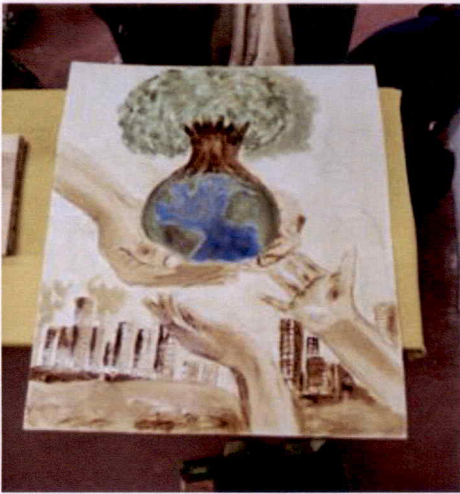


Day 4 – Talk on environmental sustainability and renewable energy

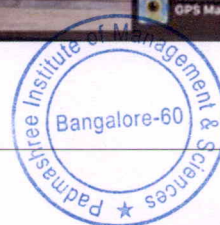


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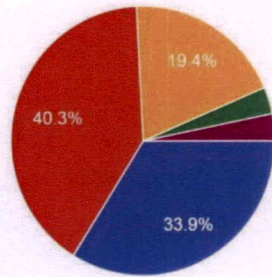
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Feedback Response

Was the expert talk helpful for you?

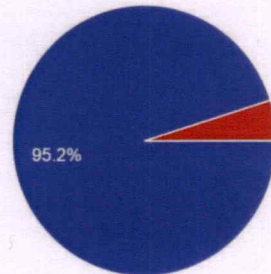
62 responses



- Extremely helpful
- Very helpful
- Somewhat helpful
- Not so helpful
- Not at all helpful

Was the event well organized?

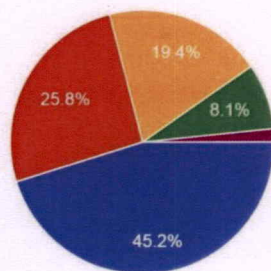
62 responses



- Yes
- No

Overall how would you rate the the program?

62 responses




- Excellent
- Very Good
- Good
- Fair
- Poor


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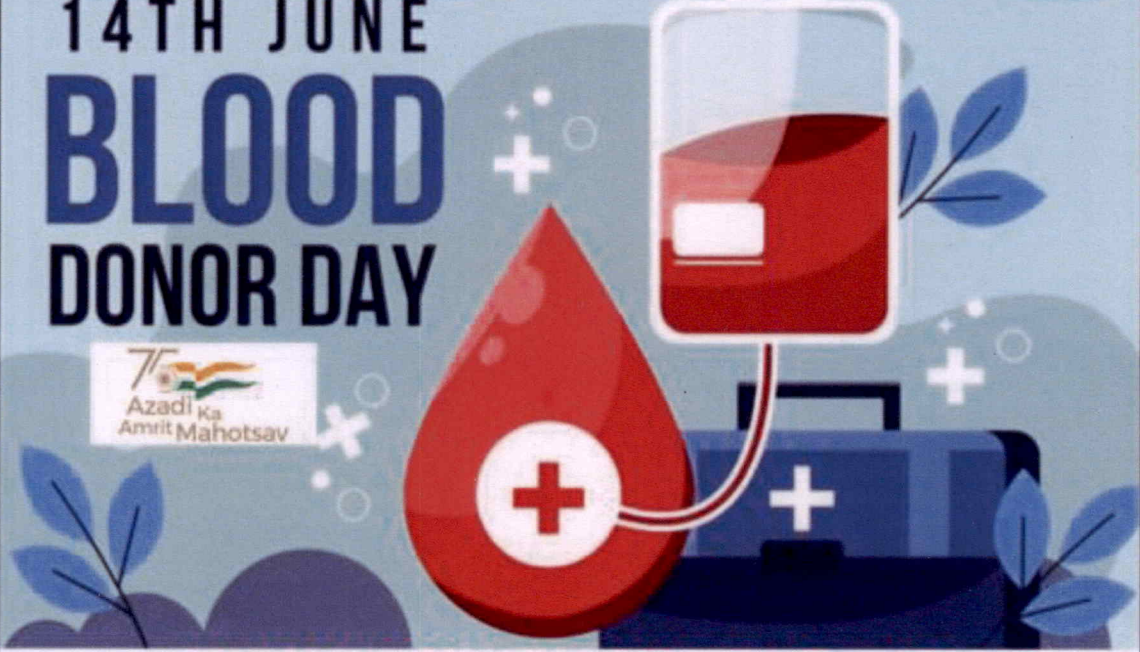


Organised by

 **PADMASHREE**
INSTITUTE OF MANAGEMENT
AND SCIENCES

**14TH JUNE
BLOOD
DONOR DAY**








14TH JUNE 2022 @ 11:30 AM
VENUE SCIENCE BLOCK, PADMASHREE CAMPUS

GUEST SPEAKER
AWARENESS ABOUT BLOOD DONATION
KAMALA ESHWAR
Program officer - Community Services Dept and
Blood Bank Counselor, Soft Skill Trainer

GIVE THE GIFT OF BLOOD AND HELP SAVE A LIFE.
ON 17 TH JUNE 2022
BLOOD DONATION CAMP IN THE CAMPUS



 website: www.pims.org.in 

BLOOD DONOR DAY

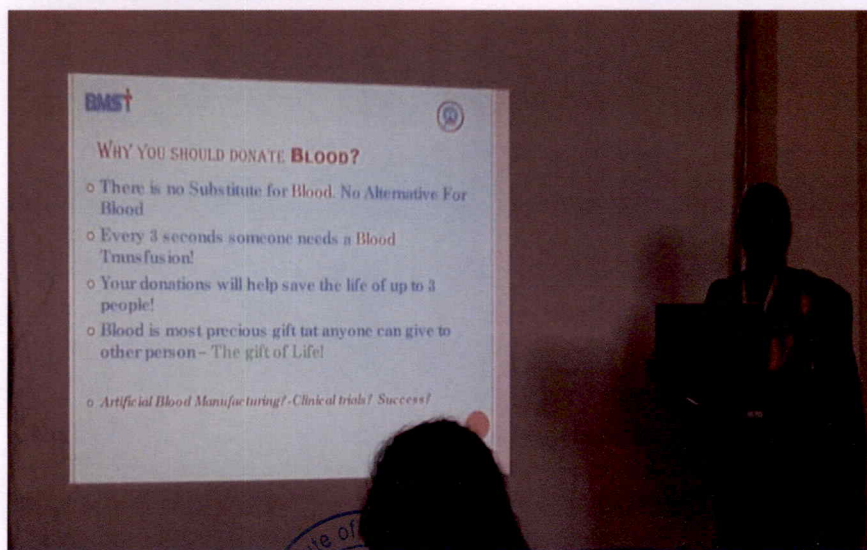
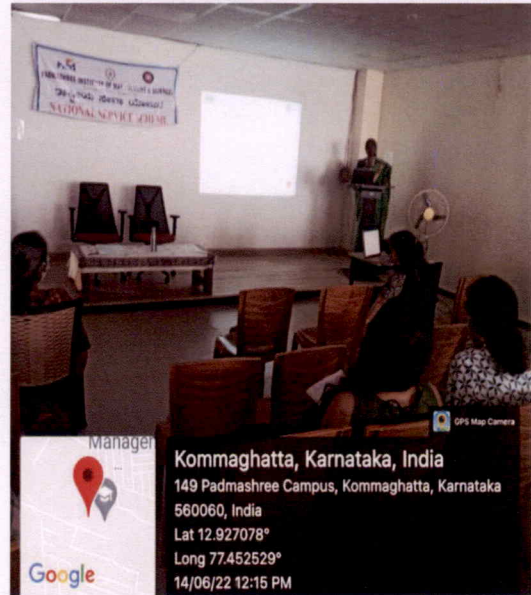
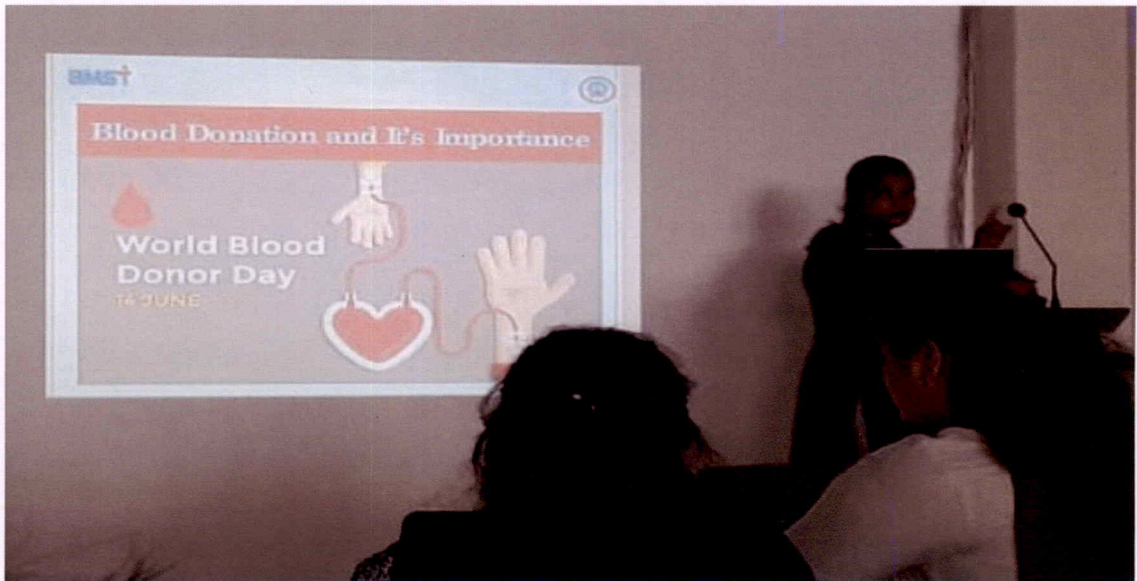
Date	14-06-2022 and 17-06-2022
Organisation committee	Organised by NSS committee, PIMS Dr. Anuradha M. Dr. Thammaiah R.B. Mrs. Shruthi A.M. Ms. Greeshma Ms. Mahalakshmi
Supported/Sponsored by	Bangalore medical services, Rotary Bangalore.
Speakers	Kamala Eshwar, Programme officer, Community Services Dept and Blood Bank Counsellor.
Participants	NSS Volunteers Teaching staff- 25 Students: 150

Program schedule

Date	Time	Program
14-06-2022	11:30 AM	Welcome speech and introduction to the event by Ms. Medha, M.Voc. student
	11:35 AM	Guest talk by Dr. Kamala Eshwar, Programme officer, BMS, Rotary, Bangalore
17-06-2022	10:30 AM to 01.00 PM	Blood donation camp and snack and drinks distribution.

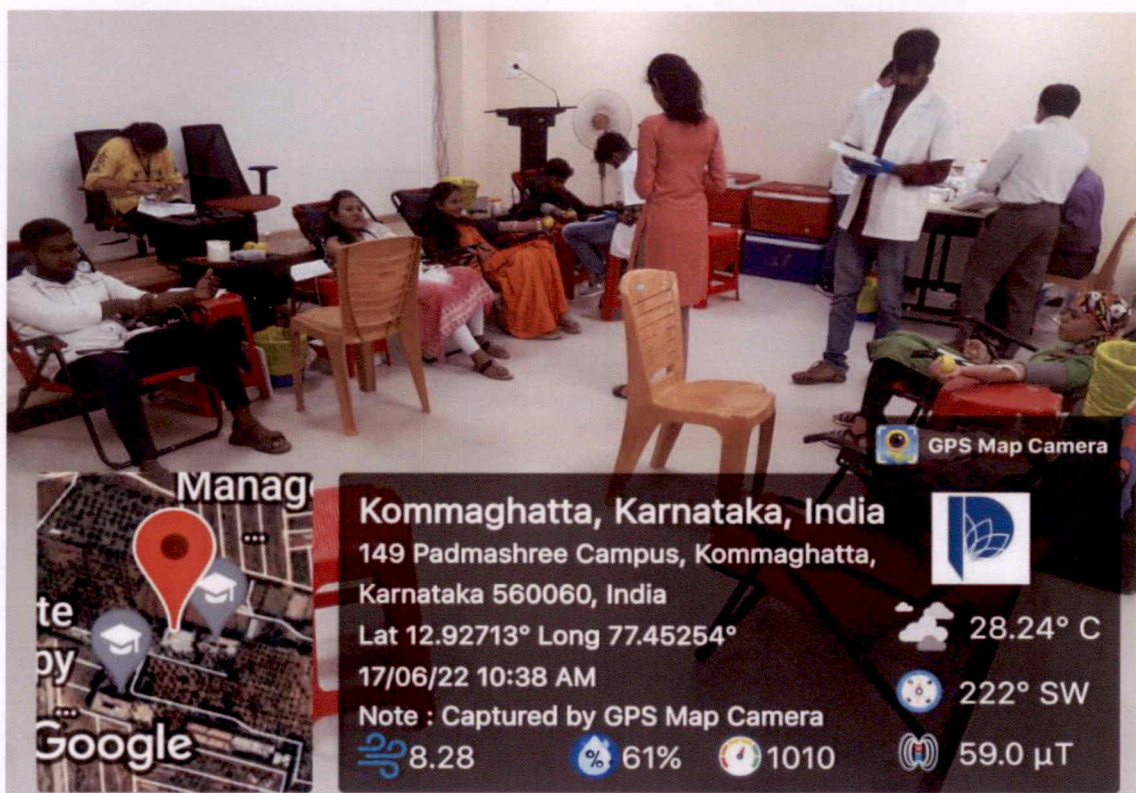
Dr. Kamala Eshwar the guest speaker of the event spoke on the importance of blood donation. She said that one has to donate blood because there is no substitute for blood. Every 3 seconds someone needs a blood transfusion, and blood donation will help save the life of those who really in need. She also spoke on the eligibility for blood donation and what the care they provide for the blood donor. The generous act of blood donation will also be appreciated by providing the donors, the certificate of appreciation.

Photo gallery : Blood Donor Day



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Blood donation camp



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BMST
Bangalore Medical Services Trust


+ Rotary Bangalore Blood Centre
+ HLA Lab + Tissue Bank + Thalassemia Services

To Padmashree Institute of Management & Sciences.



Dear Sir / Madam,

1. We would like to express our sincere thanks for the initiative shown by you in holding a voluntary blood donation camp on 14.06.22
2. We collected 64 units of blood at the camp. The blood collected will be tested for HIV (AIDS), Hepatitis B, Hepatitis C, STD (Syphilis), and MP before being separated into components. Specific components will be given to patients with specific problems or illnesses. Thus each unit of blood collected will benefit 2-3 different patients.
3. We thank all the volunteers for their sincere efforts in making the camp a success. We look forward to continued support from you and your organization to the cause of voluntary blood donation.

Thanking you
Yours Sincerely,
Lakshmi Ravichandran
Mrs. Lakshmi Ravichandran
Trustee & Head - Donor Recruitment



DKMS BMST Foundation India (Stem Cell Donor Registry)
New Thippasandra Main Road, HAL, III Stage, Bangalore-560 075. (IND) 25267503 / 9906163000 / 9900153000 | bloodbank@bmsindia.org | www.bmsindia.org

BMST
Bangalore Medical Services Trust

Rotary Bangalore Blood Centre

Certificate of Appreciation
Presented to

M/s. Padmashree Institute of Management & Sciences
for distinguished service in the area of
Voluntary Blood Donation

Lakshmi Ravichandran
Mrs. Lakshmi Ravichandran
Trustee & Head Donor Recruitment

Dr. Latha Argamathan
Medical Director & Managing Partner

Date: 14.06.22

Blood Centre • HLA Lab • Tissue Bank • Thalassemia Services • DKMS BMST Foundation India (Stem Cell Donor Registry)
New Thippasandra Main Road, HAL, III Stage, Bangalore-560 075. T.080-25267503 / 9906163000 / 9900153000 | www.bmsindia.org

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Principal
Padmashree Institute of Management & Sciences



Program Summary

The programme was organised by NSS Unit, Padmashree Institute of Management and Sciences, supported by Bangalore Medical services trust (BMS), Rotary Bangalore. Ms. Medha, M.Voc. Student Padmashree Institute of Management and Sciences, welcomed the guest speaker and all the participants of the programme. Dr. Kamala Eshwar, Programme officer, BMS spoke on the importance of blood donation act. As a part of the event, blood donation camp was organised on 17th June 2022. Members of Bangalore Medical services made us understand the importance of blood donation. Around 100 volunteers, including staff and students participated in the event. Donors were provided with fruits and health drinks and were taken care by NSS volunteers. The programme was a big success and really helpful for the needy.



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NUTRITION ASSESSMENT AND NUTRITION EDUCATION AT SULIKERE GOVT PRIMARY SCHOOL

Event	Nutrition Assessment and Education at Sulikere Govt Primary School
Date	08-07-2022
No of participants	28
Place of activity	Sulikere village

School Visit

Students of B.Sc. Clinical Nutrition and Dietetics conducted nutrition assessment and nutrition education in Sulikere village government school as a part of their curriculum.

Program Summary

The nutrition intervention program aimed to promote healthy eating habits among children. The program started with an introductory session, where rapport building was a crucial aspect to make the children feel comfortable and familiar with the program facilitators. To break the ice and make the children more relaxed, games were organized, such as the "passing the ball" game. The children who lost were made to dance and then were subjected to a nutritional assessment.

The nutritional assessment was conducted in three stages, which included anthropometric measurement, clinical examination, and dietary assessment. The aim of the assessment was to gather information about the children's physical and dietary habits, which would help in planning the nutrition education program.

After the assessment, the nutrition education program was conducted, where charts were used to convey important messages about healthy eating habits. To make the information more engaging and memorable for the children, a skit was performed on the topic of "healthy food vs. unhealthy food." The skit helped to drive home the message in a more interactive and enjoyable manner for the students.

In conclusion, the nutrition intervention program was successful in promoting healthy eating habits among children. The children were given bananas and crayons as a token of gratitude for their participation, which made them feel appreciated and valued. By conducting such programs, children can be encouraged to adopt healthy habits from a young age, which would benefit them in the long run.

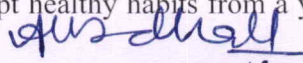

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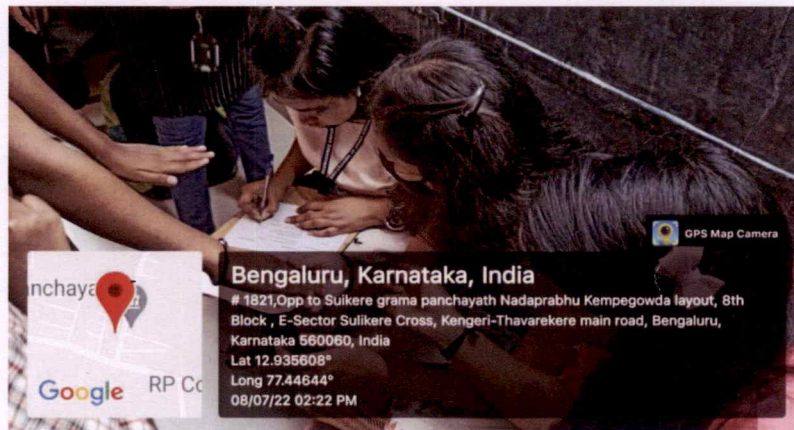


Photo Gallery: Nutrition assessment and nutrition education at sulikere govt primary school

Students taking the anthropometric assessment



Anthropometric Assessment



Clinical Examination



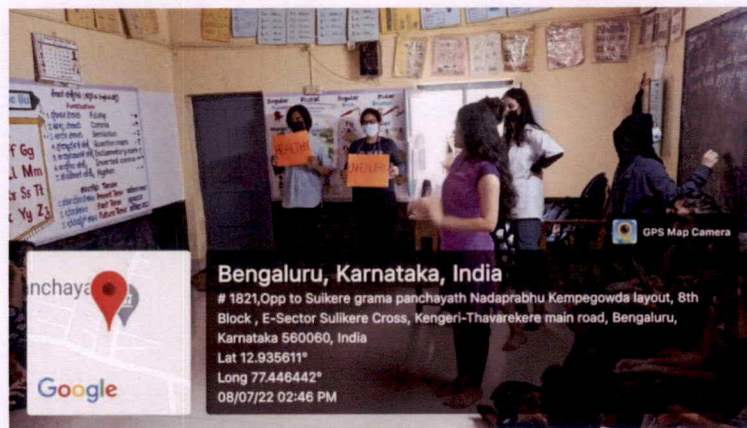
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Activity for children



Demonstration of eating healthy v/s unhealthy skit



Nutrition education using charts

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ಬೆಂಗಳೂರು ನಗರ ಜಿಲ್ಲಾ ಪಂಚಾಯತಿ
 ಬೆಂಗಳೂರು ದಕ್ಷಿಣ ತಾಲ್ಲೂಕು ಪಂಚಾಯತಿ

ಸೂಲಿಕೆರೆ ಗ್ರಾಮ ಪಂಚಾಯತಿ ಕಾರ್ಯಾಲಯ

ಸೂಲಿಕೆರೆ, ಸೂಲಿಕೆರೆ ಅಂಚೆ, ಕೆಂಗೇರಿ ಹೋಬಳಿ, ಬೆಂಗಳೂರು ದಕ್ಷಿಣ ತಾಲ್ಲೂಕು

ಸೂ.ಗ್ರಾ.ಪಂ. / 2022-23


Certificate of Appreciation

This is to acknowledge Padmashree Institute of Management Sciences for conducting nutritional educational program on 8th July 2022 at primary school students of Sulikere village Kengeri Bangalore. The outreach and services rendered by the institute is appreciated.



ಪಂಚಾಯತಿ ಅಭಿವೃದ್ಧಿ ಅಧಿಕಾರಿ
 Panchayath Development Officer
 ಸೂಲಿಕೆರೆ ಗ್ರಾಮ ಪಂಚಾಯತಿ
 ಕೆಂಗೇರಿ ಹೋಬಳಿ, ಬೆಂಗಳೂರು ದಕ್ಷಿಣ ತಾಲ್ಲೂಕು
 Sulikere Village Panchayath

Certificate of Appreciation from Sulikere Grama Panchayath


Dr. Anuradha. M
 Principal
 Padmashree Institute of
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AWARENESS PROGRAMME ON AIR AND WATER POLLUTION 24-07-2022

1	Organization committee	Organized by NSS committee, PIMS Dr. Anuradha M. Dr. Thammaiah Mrs. Shruthi A.M. Ms. Greeshma Ms. Mahalakshmi
2	Participants	55

Program Schedule

Date	Time	Program
24-07-2022	10.30 AM to 11.30 AM	Kommaghatta village visit
	11.45 AM to 12.45 AM	Govt. School, Kommaghatta

Program summary

On 24th July 2022, the NSS unit of Padmashree Institute of Management and Sciences organized an awareness program on air and water pollution as a part of their NSS activity. Dr. Thammaiah R.B. and Dr. Nethra S., accompanied the 1st year undergraduate students to Kommaghatta village to create awareness among the local community and school children about the importance of keeping their surroundings healthy.

The team arrived at the village at around 10:15 am and visited Kommaghatta lake to educate the locals about water pollution and how to prevent it. They emphasized the need to keep the water bodies clean and free from pollutants. From 10:30 am to 11:30 am, the volunteers interacted with the people nearby the lake, educating them about the consequences of water pollution and the steps to be taken to prevent it.

From 11:45 am to 12:45 am, the team visited a government school in Kommaghatta to create awareness among the students about air and water pollution. They emphasized the need to maintain a clean and healthy environment, and encouraged the students to take small steps towards creating a pollution-free future.

The program was successful in creating awareness among the local community and students about the importance of maintaining a clean and healthy environment. It was a positive step towards creating a sustainable and pollution-free future for all.

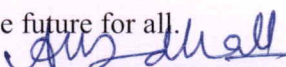

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Photo Gallery: Awareness Programme on Air and Water Pollution



Aus dhal


Dr. Anuradha
Principal

Padmashree Institute of Management & Sciences





Certificate of Appreciation Received from Sulikere Grama Panchayat


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HOUSEHOLD PEST CONTROL AWARENESS PROGRAM

Event	Extension activity
Date	25-07-2022
Students participated	38
Place	Kommaghatta

As part of the extension activity, the B.Sc. Clinical Nutrition and Dietetics 6th semester students of Padmashree Institute of Management and Sciences, Bangalore organized an awareness program on Pest control on 25th July 2022.

Program Summary

The main aim of the program was to raise awareness among the general public about pest control using organic or bio-pesticides. The program emphasized the use of home remedies for pest control as a safer alternative to synthetic products. The students shared various practices for preventing diseases and infections, promoting optimum health, and controlling pests effectively. The information was presented in the form of posters, which were made in both Kannada and English languages, and explained to the public.

The program highlighted the ineffectiveness and economic waste of widespread use of insecticides in the long run. Although insecticides can effectively control pest populations, their negative health and environmental effects make them an inadequate solution in the long term. The program emphasized that most synthetic and natural pesticides are susceptible to effectiveness over time, making it important to find alternative methods for pest control.

Overall, the program was successful in providing awareness about the importance of pest control and the need for safer and more effective methods. The students and the general public learned about the negative impact of synthetic pesticides and the importance of finding alternative methods to control pests while promoting health and protecting the environment.

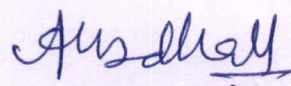

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Photo Gallery: Students creating awareness about usage of biopesticides instead of synthetic chemical pesticides



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ANAEMIA AWARENESS PROGRAM

Event	Extension activity
Date	26-07-2022
Students	44 students of B.Sc. Clinical Nutrition and Dietetics VI Semester
Place of activity	At Sri Veereshwara Swamy High School Sulikere, Bangalore South, Kengeri Banglore -560060

Program Summary

As part of an extension program, B.Sc. Clinical Nutrition and Dietetics students from Padmashree Institute of Management and Sciences, in their 6th semester, conducted a seminar on anaemia and menstrual hygiene at a high school in Sulikere, Bangalore. The program was aimed at raising awareness among young girls about the increasing prevalence of anaemia and the importance of menstrual hygiene.

The program began with a question-and-answer session to assess the students' prior knowledge on the topics. The first session was focused on anaemia, where the students explained the signs, symptoms, consequences, and treatments for the condition. They used charts and presentations to make the session easy to understand.

The second session was focused on menstrual hygiene. The students used various techniques, such as animation videos, to educate the girls about menstrual hygiene and help them understand the unhealthy actions they face during their menstrual cycle. They also taught the girls about nutrition required for combating menstrual problems.

The program concluded with a discussion round where the girls were allowed to ask questions and clarify any doubts. This helped the students in better understanding the importance of basic knowledge about health and the body.

Overall, the program was successful in raising awareness among the girls about anaemia and menstrual hygiene. The seminar not only helped in educating the girls but also provided a platform for them to ask questions and clarify their doubts, making the program a success. The students gained valuable experience in organizing and presenting information, while the girls gained a better understanding of these important topics.


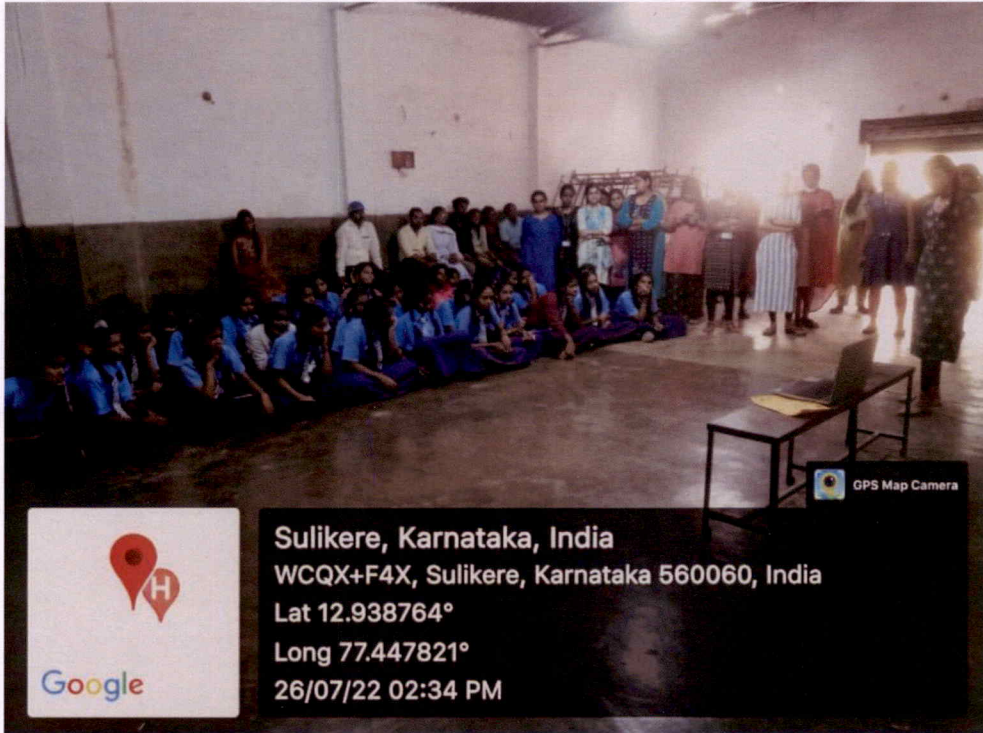

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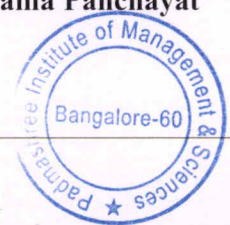
Photo gallery: Anaemia Awareness Program

Students explaining the importance of eating nutritious food to combat anaemia



Certificate of appreciation from Sulikere Grama Panchayat

[Signature]
Dr. Anuradha. M
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COMMUNITY AWARENESS PROGRAMME ON HEALTHY COOKING PRACTICES

Organised by Padmashree Institute of Management and Sciences

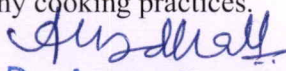
Event	Extension Activity
Date	27-07-2022
No of Participants	40
Place of activity	Padmashree Institute of Management and Sciences
Beneficiaries	Women of Hosabyrohalli Village, Kengeri Hobli, Bangalore

Program Schedule

Date	Time	Program
27-07-2022	11:30 AM	Welcome speech and introduction to the event by Ms. Disha
	11:45 AM- 1.00 PM	Awareness about healthy cooking practices by Ms. Sushmitha, Ms. Mamtha, Ms. Chandrika, Ms. Keerthana, Ms. Parinitha, Ms. Yashaswini Ms. Ramla

Program summary

The program was held on 27th July, 2022 and focused on "Healthy Cooking Practices" for village women. The students of M.Sc. 2nd year Clinical Nutrition and Dietetics and Food and Nutrition gave subjective and theoretical knowledge to the women about the topic. They explained various cooking techniques such as pressure cooking, roasting, blanching, poaching, soaking and sprouting, grilling, baking, steaming, boiling, and fermentation. The program started with an introduction to the topic and included practical demonstrations by the students. The women were questioned about their current cooking practices and the students explained the advantages and disadvantages of different cooking techniques. The program was successful in raising awareness and educating the community about the importance of healthy cooking practices. The program received positive feedback from the women, and it was especially helpful that the session was conducted in the local language for better understanding. Overall, the community awareness program was a success in providing valuable information and promoting healthy cooking practices.


Dr. Anuradha. M
 Principal

Padmashree Institute of
 Management & Sciences



Photo gallery: Students creating awareness on healthy cooking practices



Anuradha M
Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences



SINGLE USE PLASTIC AWARENESS AND HOUSEHOLD WASTE MANAGEMENT PROGRAM AT KOMMAGHATTA SCHOOL

Event	Extension activity
Date	27-07-2022
Participants	33 Students of B.Sc. IV semester Clinical Nutrition and Dietetics Department
Place of Activity	Primary school, Kommaghatta village, Kommaghatta, Kengeri Hobli , Bangalore.

Program summary

On July 27th, 2022, B.Sc. Clinical Nutrition and Dietetics students from the 4th semester conducted an awareness program at Kommaghatta School. The program was aimed at educating 6th and 7th standard students about two important topics - single-use plastic awareness and household waste management.

During the single-use plastic awareness session, the students discussed the harmful effects of plastic on the environment and ways in which they could reduce their usage. They highlighted the fact that plastic is not biodegradable and can take hundreds of years to decompose. The students also explained how plastic waste is polluting our oceans, harming marine life, and affecting our food chain. They suggested some practical tips such as using reusable bags, water bottles, and straws to reduce the use of single-use plastic.

In the second session on household waste management, the students discussed the importance of waste segregation and explained how it can help in recycling and reducing the amount of waste that goes to landfills. They emphasized the importance of segregating waste into wet and dry waste and explained how wet waste can be used to make compost.

They also shared some useful tips on recycling different types of waste such as paper, plastic, and glass. The awareness program was successful as the students from B.Sc. Clinical Nutrition and Dietetics were able to effectively communicate the importance of reducing single-use plastic and managing household waste. The program was well-received by the 6th and 7th standard students who showed a keen interest in adopting the suggested practices in their daily lives.

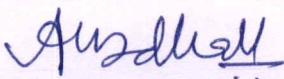

Dr. Anuradha. M
 Principal
 Padmashree Institute of
 Management & Sciences



Photo Gallery: Single use plastic awareness and household waste management program at Kommaghatta School



School visit

On 27th July 2022, students of B.Sc. Clinical Nutrition and Dietetics 4th semester conducted awareness program at Kommaghatta School. The topics selected were, single use plastic awareness and household waste management. 6th and 7th standard children were selected for the program.

Single use plastic awareness: Students discussed the harmful effect of plastic and how they can reduce the usage of plastic.

Household waste management: Students discussed the importance of waste segregation, how to recycle things and how wet waste is used to make compost.



Students of Kommaghatta School

Anuradha M
Dr. Anuradhā. M
 Principal
 Padmashree Institute of
 Management & Sciences





Students discussing the topics with children



Anuradha
Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences





Certificate of Appreciation from Suilikere Grama Panchayat

Anuradha M
Dr. Anuradha. M
 Principal
 Padmashree Institute of
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 **PADMASHREE**
INSTITUTE OF MANAGEMENT AND SCIENCES
Affiliated to Bangalore University, Approved by AICTE, UGC, MHRD & NAAC - New Delhi, Govt of India

**NUTRITION
COUNSELLING**

**“Creating awareness on
healthy living”**

**DIABETES
HYPERTENSION
ANAEMIA
OBESITY
MALNUTRITION**

**“LET FOOD BE
THY MEDICINE
AND MEDICINE
BE THY FOOD”**

**VENUE: SCIENCE BLOCK -
SEMINAR HALL**

On 29-07-2022

TIMING- 3:00PM- 4:00 PM

NUTRITION COUNSELING COMMUNITY OUTREACH PROGRAM

Organized by Padmashree Institute of Management and sciences

Event	Extension program
Date	29-07-2022
No. of Participants	M.Sc. CND (Clinical Nutrition and Dietetics) and M.Sc. F&N (Food and Nutrition) – 45 students
Beneficiary	Women of Hosabyrohalli, Staff of Padmashree group of Institution
Place of Extension program	Seminor hall, Padmashree Institute of Management and Sciences

Program Summary

The nutritional counselling community outreach program was organized by the M.Sc. CND and F&N students along with the faculty members of Padmashree Institute of Management and Sciences on 29-07-2022. The program aimed to provide nutritional counselling to the staff members of the campus and women from Hosabyrohalli village who were facing health issues like hypertension, diabetes, overweight and obesity, thyroid, dyslipidemia, cardiovascular diseases, and gastrointestinal tract disorders. The health issues were analyzed based on various tools and assessments like screening tool, nutritional assessment tool, height and weight measurement, BMI estimation, and fat accumulation measurement using skin-fold thickness tool. The students provided nutritional counselling based on the assessment to the faculty members, which was helpful in keeping track of their health. The program was a good opportunity for the students to collaborate and serve the community in maintaining good health. The program maintained basic etiquette during and after the counselling.

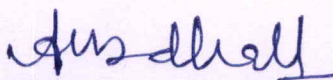

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 Principal
 Padmashree Institute of
 Management & Sciences



Photo gallery: Students counselling and providing nutrition education to staff and other people of the local community



Anuradha M
Dr. Anuradha. M
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Padmashree Institute of
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SAFETY IN HEALTH AND HYGIENE

Organised by Padmashree Institute of Management and Science

Event	Extension program
Date	02-08-2022
No. of Participants	57
Beneficiary	Women from nearby village and housekeeping staff of Padmashree Institute of Management and Sciences

Program Summary

The nutritional counselling community outreach program was organized by the M.Sc. CND and F&N students along with the faculty members of Padmashree Institute of Management and Sciences on 29-07-2022. The program aimed to provide nutritional counselling to the staff members of the campus and women from Hosabyrohalli village who were facing health issues like hypertension, diabetes, overweight and obesity, thyroid, dyslipidemia, cardiovascular diseases, and gastrointestinal tract disorders. The health issues were analysed based on various tools and assessments like screening tool, nutritional assessment tool, height and weight measurement, BMI estimation, and fat accumulation measurement using skin-fold thickness tool. The students provided nutritional counselling based on the assessment to the faculty members, which was helpful in keeping track of their health. The program was a good opportunity for the students to collaborate and serve the community in maintaining good health. The program maintained basic etiquette during and after the counselling.

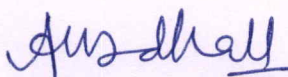

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Photo Gallery: Safety in Health and Hygiene

Kitchen hygiene



Demonstration of Hand Washing Techniques



Food Safety and Hygiene



Anuradha

Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences



Display of FSSAI labelled food products



Anuradha M
Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences







Health Awareness Program

SPONSERED BY
SHREE BIOMED


ORGANISED BY
NSS UNIT

IN COLLABORATION WITH
BANGALORE UNIVERSITY NSS UNIT

  **PADMASHREE**
GROUP OF INSTITUTIONS


 

ಪದ್ಮಶ್ರೀ ಸಮೂಹ ಸಂಸ್ಥೆಗಳ ವತಿಯಿಂದ
ಉಚಿತ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರ
ನುರಿತ ತಜ್ಞ ವೈದ್ಯರಿಂದ



ದಿನಾಂಕ - 06/08/2022 ಸ್ಥಳ : ಪದ್ಮಶ್ರೀ ಸಂಸ್ಥೆಯ ಆವರಣ
ಸಮಯ : ಬೆಳಿಗ್ಗೆ 10.00 ರಿಂದ ಮಧ್ಯಾಹ್ನ 1.00 ರ ವರೆಗೆ

website: www.pims.org.in



HEALTH AWARENESS PROGRAM

Event	Extension activity
Date	06-08-2022
Time	10.00 AM to 02.00 AM
No of participants	100
Beneficiaries	Villagers from Hosa Byrohalli , Hale Byrohalli and Sulikere

List of doctors involved in the program

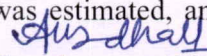
1. Dr. Syed Umar Farooq , MBBS,MD (General Medicine)
2. Dr. Anantha Sreelakshmi, MBBS, MS
3. Dr. Ramu G, MBBS MD (General medicine)
4. Dr. Lakshmi P S, MBBS, MD (Anesthesia)
5. Dr. Sahana, Consultant obstetrician and Gynecologist

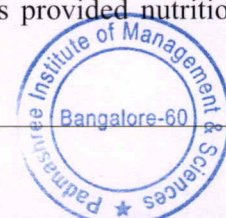
Program summary

On 6th August 2022, a health camp was organized in the basement of Padmashree Institute of Management and Sciences. The program was organized by students from Padmashree College of Nursing, M.Sc. CND (Clinical Nutrition and Dietetics) and F&N (Food and Nutrition), along with faculty members of the Public Health Department. The aim of the program was to help the community by providing medical and nutritional assistance.

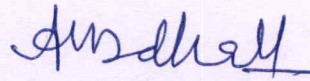
The program consisted of various counters, where people could get their blood sugar levels, haemoglobin levels, blood pressure, height, weight, and BMI checked. Based on their assessment and clinical data, people were directed to physicians and gynaecologists for further evaluation. Nutritional counselling and guidelines were also provided to the participants, along with recommendations and limitations for common health issues such as hypertension, diabetes, overweight & obesity, weight loss, thyroid, dyslipidaemia, cardiovascular diseases, and gastrointestinal tract disorders.

The health issues of the participants were analyzed based on screening and nutritional assessment tools, taking into account their age, gender, height, weight, circumference, diet history, fat accumulation measurement, stress levels, past and present medical history. Based on the height and weight measurements, the BMI was estimated, and accordingly, the students provided nutritional counselling to the faculties.


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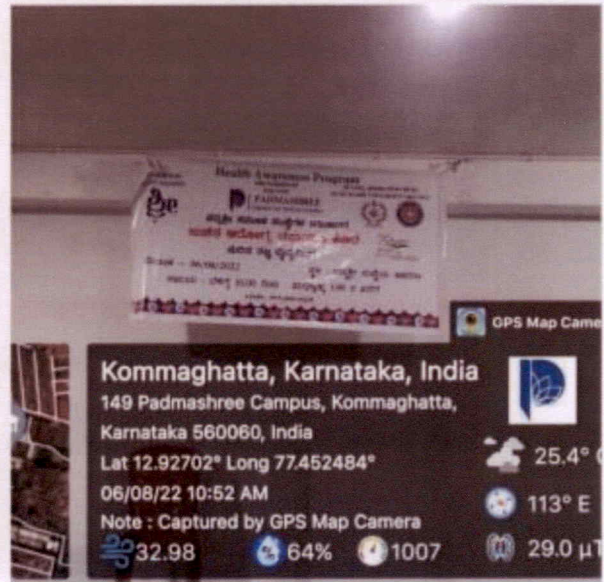
The program was helpful to the participants, as it allowed them to understand their body composition, vitals, and underlying health issues. It provided an opportunity for students to collaborate and serve the community by aiding them in maintaining good health and providing tips for tackling health-related issues. The program was well-received, with a significant number of people enrolling themselves for the various health services offered. The basic etiquette was maintained during and after the nutritional counselling program, ensuring a positive and professional experience for all involved.



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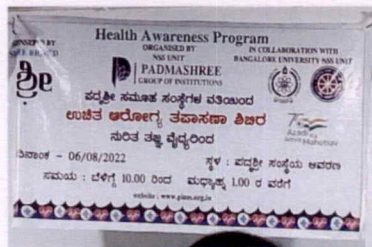
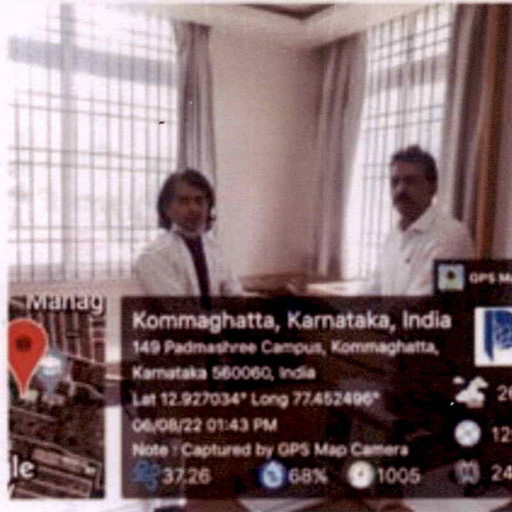


Photo Gallery: Health check-up and nutrition counselling done to the villagers



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Padmashree Institute of
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Anuradha
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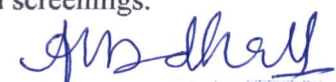
SPECIAL OLYMPICS BHARAT – 2022

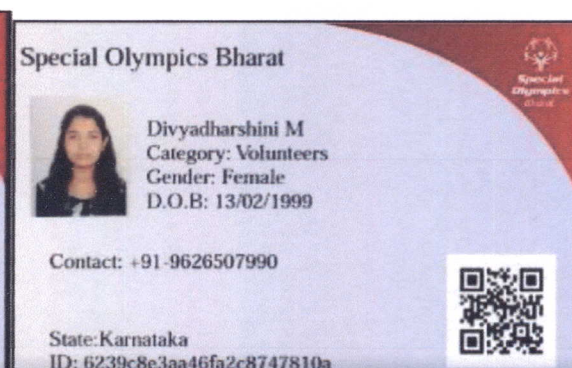
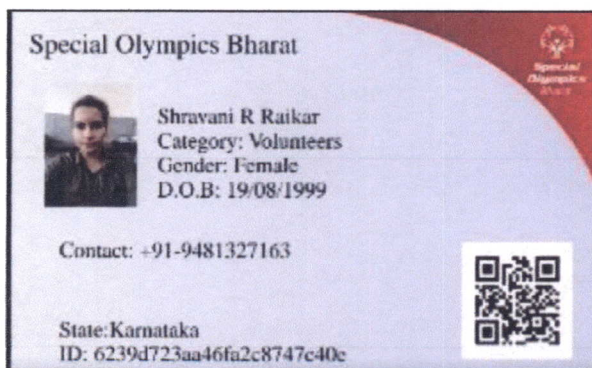
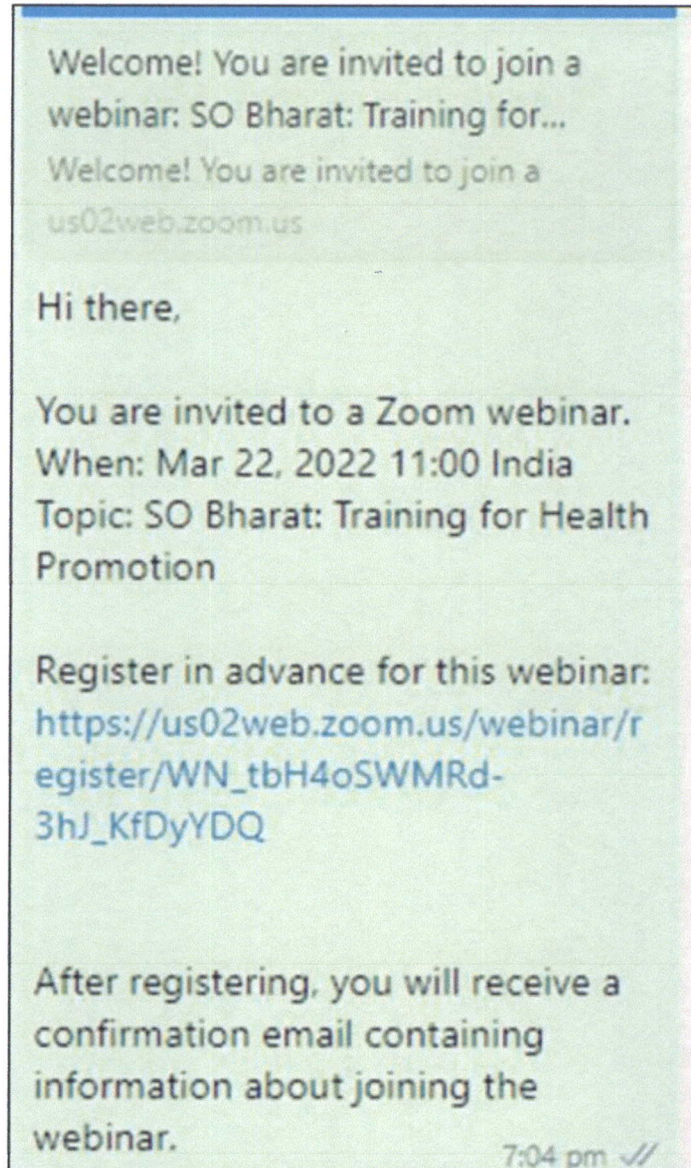
Special Olympics Bharat is a charitable trust that uses sports to transform the lives of children and adults with intellectual disabilities in India. They were accredited with Special Olympics Inc. in 2001 and conduct sports, health, and inclusive youth engagement programs all over India. The focus of Special Olympics Bharat in 2022 was to screen specially challenged children with intellectual disabilities and train them for the Special Olympics World Games 2023. The government of India took up a huge task of screening these children and trained Assistant Clinical Directors to assess them. The Health Promotion division of SOB trained Assistant Clinical Directors for conducting nutrition assessments. Dr. Shilpa from Padmashree Institute of Management and Sciences underwent training to become an Assistant Clinical Director at India Medical Association in Kochi, Kerala, on March 6th, 2022.



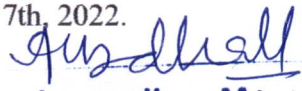
Following the training of Assistant Clinical Directors, there was a need for many volunteers to screen specially challenged children in Bangalore. As a result, 2nd-year students pursuing M.Sc Clinical Nutrition and Dietetics and M.Sc Food and Nutrition from Padmashree Institute of Management and Sciences were trained as volunteers. The students received online training via the Zoom platform on how to conduct nutrition screenings.




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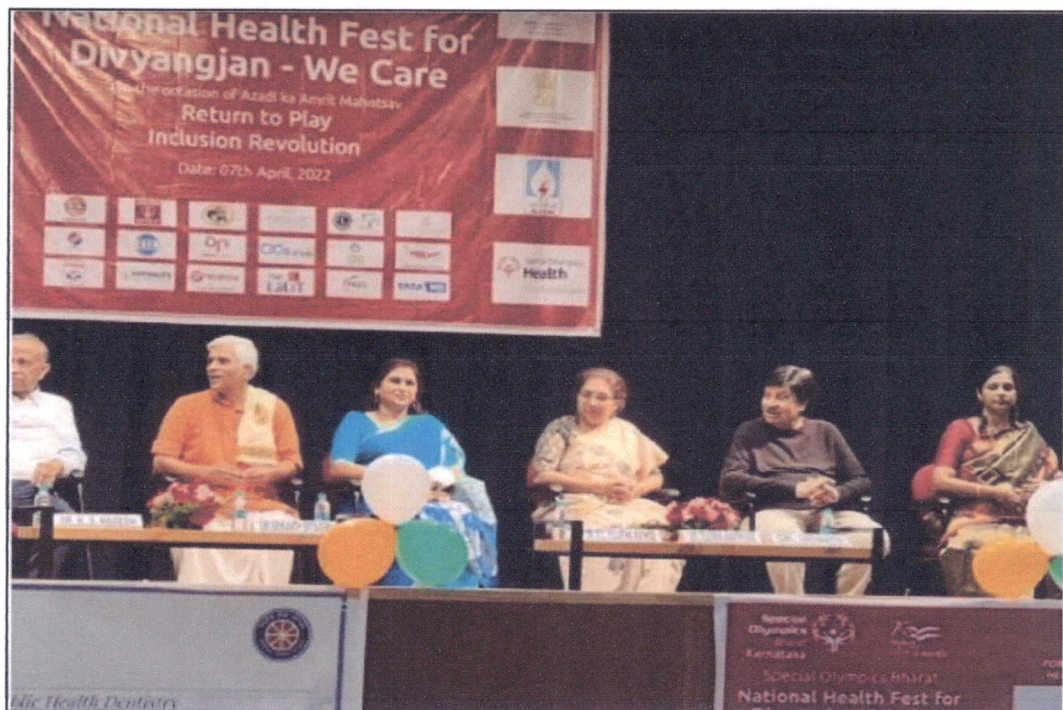


The screening of specially challenged children took place in two centers of Bangalore - M.S Ramaiah Hospital and R.V Dental College and Hospital on April 7th, 2022.



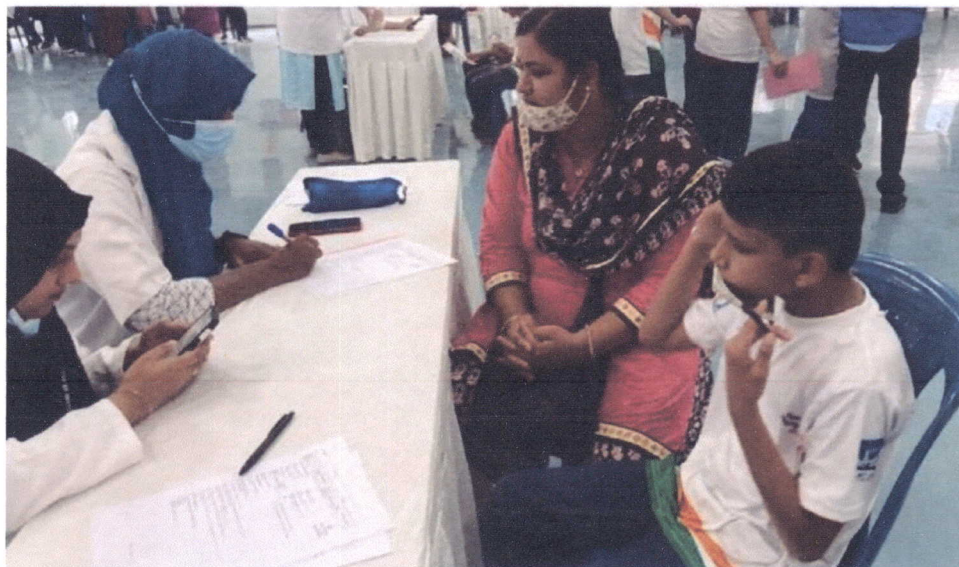
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Anuradha
Dr. Anuradha. M
Principal
Padmashree Institute of
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Our students screening the Specially Challenged Children



Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences



Nutrition Screening and Counselling by the students



Guinness World Records Certificate for the Special Olympics Bharat program



Anuradha M
Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences



Shilpa Pandurangaiah <shilpasept@gmail.com>

Invitation for Amrit Mahotsav

Sulekha <health@specialolympicsbharat.org>

Sat, Mar 19, 2022 at 1:30 PM

To: pimsprincipal@gmail.com

Cc: Mukta Narain Thind <mukta@specialolympicsbharat.org>, Varun <varun@specialolympicsbharat.org>, shilpasept@gmail.com, Info.fscd@gmail.com

Dear Sir/Madam,

Greetings from Special Olympics Bharat!

Special Olympics Bharat is a National Sports Federation, recognized by the Ministry of Youth Affairs & Sports, Govt of India and, is accredited by Special Olympics Inc. to conduct sports and development programs all over India. Special Olympics is a global inclusion movement, founded by Ms Eunice Kennedy Shriver, spreading across over 190 countries, using sport, health, education and leadership programs to end discrimination against and empower people with intellectual disabilities. In India the program expands to all the States and Union Territories registering over 1.7 million Athletes. Special Olympics Bharat is registered with the Indian Trusts Act 1882 and is recognized by the Government of India as a National Sports Federation for the development of Sports for Persons with Intellectual Disabilities.

Special Olympics Bharat plans to conduct health screening of 75000 children and adults with IDD across the country on **5th & 7th April 2022**; celebrating World Health Day. The health screenings will be held in Oral Care, Nutrition and Fitness as per the Special Olympics Healthy Athlete Protocols.

For any further query, please connect with us:

Mukta Narain Thind, National Director – OD – mukta@specialolympicsbharat.org

Varun Phillips, Manager -OD (Health) – varun@specialolympicsbharat.org

Thanks & Regards,

Team Health

Special Olympics Bharat

J - 47, Lower Ground Floor, Lajpat Nagar - III,

New Delhi - 110 024, India

Tel +91 11 29841362 / 63

Fax +91 11 29841361

Email :- health@specialolympicsbharat.org

www.specialolympicsbharat.org

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An ISO 9001:2008 Certified Organization for the Development of Sports for People with Intellectual Disabilities.

From: Sulekha [mailto:health@specialolympicsbharat.org]
Sent: 02 March 2022 17:02
To: 'pimsprincipal@gmail.com'
Cc: 'Mukta Narain Thind'; Varun
Subject: Invitation for Amrit Mahotsav

Dear Dr. Shilpa ,

Greetings from Special Olympics Bharat!

Special Olympics Bharat is a National Sports Federation, recognized by the Ministry of Youth Affairs & Sports, Govt of India and, is accredited by Special Olympics Inc. to conduct sports and development programs all over India. Special Olympics is a global inclusion movement, founded by Ms Eunice Kennedy Shriver, spreading across over 190 countries, using sport, health, education and leadership programs to end discrimination against and empower people with intellectual disabilities. In India the program expands to all the States and Union Territories registering over 1.7 million Athletes. Special Olympics Bharat is registered with the Indian Trusts Act 1882 and is recognized by the Government of India as a National Sports Federation for the development of Sports for Persons with Intellectual Disabilities.

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For any further query, please connect with us:

Mukta Narain Thind, National Director – OD – mukta@specialolympicsbharat.org

Varun Phillips, Manager -OD (Health) – varun@specialolympicsbharat.org

Thanks & Regards,

Team Health

Special Olympics Bharat

J - 47, Lower Ground Floor, Lajpat Nagar - III,

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Follow us on -



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 **Dr. Anuradha M.pdf**
669K

To,
Dr. Shilpa,
Principal
Padmashree Institute of Management and Sciences,
Kengeri, Bangalore- 60

Let/SOB/2022/ 5288
Dated: 02/03/2022

Subject: Invitation to Partner for Special Olympics Bharat's National Health Fest for Divyangjan – We care

Dear Sir,

Greetings from Special Olympics Bharat!

Special Olympics Bharat is a National Sports Federation for development of Sports for children and Adults with Intellectual & Development Disability (IDD), recognized by Government of India. The organization has launched "**National Health Fest for Divyangjan – We care**". Celebrating 75 years of Indian Government, we have launched a campaign under Amrit Mahotsav – "**Return-to-play – Inclusion Revolution**" to bring our athletes with IDD back to the sports field after two years of pandemic.

Special Olympics Bharat plans to conduct health screening of 75000 children and adults with IDD across the country on **5th & 7th April 2022**, celebrating World Health Day. The health screenings will be held in Oral Care, Nutrition and Fitness as per the Special Olympics Healthy Athlete Protocols.

Healthy Athletes is a Special Olympics program that provides quality health care to the Special Athletes along with training health care professionals with increased knowledge of and compassion for People with Intellectual Disabilities. We will be training your students (virtually & practically) in special care to sensitize them on working with patients with special needs through our esteemed Clinical Directors.

We would like to invite you to be part of the historic event and support us in bringing our athletes back to the sports field, which is a life changing opportunity for the most hidden disability. We would like to invite you to be part of the training on 6th March 2022 Attached are the travel norms and training schedule.

We look forward to work with you to make this event a grand success.

Mukta Narain Thind
(Mukta Narain Thind)

Special Olympics Bharat

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New Delhi 110 024 INDIA | Tel.: +91 11 29841362 / 63
Fax: +91 11 29841361 | E-mail: info@specialolympicsbharat.org
website: www.specialolympicsbharat.org

Founder Chairman – Special Olympics Bharat
Air Marshal Deniz Keelor (Retd.) PVSM KC AVSM VrC
Created by Joseph P. Kennedy Jr. Foundation. Authorized and accredited by
Special Olympics, Inc. for the benefit of Persons with Intellectual Disabilities
Recognized as a National Sports Federation for Persons with Intellectual
Disabilities by the Ministry of Youth Affairs & Sports, Govt. of India

National Director – Organizational Development

Information Sheet on the Program Plan:

- ❖ **Timeline**
 - **Registration** of students on SO Bharat Digital Platform - <https://app.specialolympicsbharat.com>
 - Deadline: 5th March 2022
 - Instructional Video for registration: How To Download And Register On The SO Bharat Mobile App | English <https://www.youtube.com/watch?v=ysFiTtqGNeM>
 - **Training:**
 - Clinical Volunteers will be trained through Virtual Platform: 21st – 25th March 2022.
 - Institution will be invited to pick up the slots for attendance.
 - **Health Screening:**
 - 5th & 7th April 2022 as per the location identified for support.
 - **Awarding of Certificates:** The certificates of participation in training as well as screening will be provided by a certificate from Special Olympics Bharat by 30th April 2022. The certificates will be sent to the Institution head.
- ❖ **Request for support:**
 - **Digital Devices & WIFI Connection:**
 - Health Screening data will be recorded on digital platform; we would like to request if team can use their mobiles to record the data.
- ❖ **Travel Norms:**
 - Flight tickets will be booked by SO Bharat Team, once booked incase of cancellation, the penalty has to be borne by person responsible.
 - Train tickets + bus tickets are booked by individuals. The amount will be reimbursed at venue.
 - Accommodation, if required, will be provided as per SO Bharat norms – guest house / budget hotels.
 - Local travel is reimbursed on Ola/uber receipts.
- ❖ Please connect with us through health@specialolympicsbharat.org in case of any query.

Special Olympics Bharat

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New Delhi 110 024 INDIA | Tel.: +91 11 29841362 / 63
Fax: +91 11 29841361 | E-mail: info@specialolympicsbharat.org
website: www.specialolympicsbharat.org

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Assistant Clinical Director Training for Amrit Mahotsav

S. No	Date	Location	Training Venue	Stay Venue	Participating State / Cities
1	6 th March	Kochi, Kerala	IMA	IMA	Kerala, Tamil Nadu, Karnataka, Puducherry,
2	10 th March	Pune, Maharashtra	DY Patil College, Pune		Maharashtra
3	11 th March	Hyderabad, Telangana	Rainbow Hospital		Andhra Pradesh, Telangana, Chhattisgarh, South Orissa
4	12 th March	Kolkata, WB	Guru Nanak Institute of Dental Sciences & Research		West Bengal, North-East, Jharkhand, Odisha
5	13 th March	Delhi	YMCA, Jai Singh Road, New Delhi – 110001	YMCA	Delhi, Haryana, Rajasthan, Punjab, Himachal Pradesh, UP, UK, MP, Chandigarh
6.	6 th April	Gujarat	Karnavati College		Gujarat

Time	Details	Speaker
10:00 – 10:10	Welcome by State Chapter	State Area Director
10:10 – 10:45	Orientation on Special Olympics + Safeguarding Policy	Mukta Narain Thind, National Director – Org Dev
10:50 – 11:20	Understanding Digital Platform for Data Recording	Barnik Bardhan, Consultant
11:15 – 11:30	Tea Break	
11:30 – 13:00	Assistant Clinical Director Training	Dr. Santosh Ravindran / Dr. Namineni / Dr. Manisha Vyas
13:00 – 13:45	Lunch	
13:45 – 14:15	Set-up Development	Respective Clinical Directors
14:30 – 15:30	Practical Training – Screening of Athletes	Respective Clinical Directors
15:30 – 16:00	Certificate Distribution + Closing of Event	State Chapter + Clinical Director

Special Olympics Bharat

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Disabilities by the Ministry of Youth Affairs & Sports, Govt. of India

Firstname	Lastname	HAS ID _____
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Date	O Male O Female	DoB	Age (years) O Not sure
Event	Location	O Athlete O Unified partner	Sport
Delegation	SO Program		
Cell phone number	Number is O Athlete's O Parent's / Guardian 's		

Providing a phone number is optional. It will be used to send a text reminder if any follow up is recommended after screening.

Body Composition

Height ____ ● ____ cm
Measure up to 0.1 cm

Height ____ inches
Measure up to 1/8 inch



Weight ____ ● ____ kg
Measure up to 0.1 kg

Weight ____ lbs. ____ oz.
Measure up to 1/2 oz.



_____ **BMI** (20 years of age and over)

Waist Circumference _____ cm _____ inches

_____ **BMI Percentile** (under 20 years of age)

WHtR _____

Referral made for BMI follow Up? Yes No

Referral made for WHtR Yes No

Bone Mineral Density Test (Athletes MUST be at least 20 years old to screen)

T-score Left heel ____ ● ____ -4.0 to + 5.0

Unable to test

Right heel ____ ● ____ -4.0 to + 5.0

Age under 20

Athlete refused

Athlete unable to cooperate

Unusual heel shape

Referral made for BMD follow Up? Yes No

Blood Pressure

Right arm _____/_____

Referral made for BP follow Up? Yes No

Left Arm _____/_____

Nutrition – Food and Beverage Habits

What do you usually drink when you are thirsty? (select all that apply)

- Water
- Fruit juice
- Soft drink Diet non diet
- Sports drink
- Milk product (includes soy)
- Energy drink

Other

Sources of Calcium <input type="radio"/> less than 1 serving per day <input type="radio"/> 1-2 servings per day <input type="radio"/> 3-5 servings per day <input type="radio"/> more than 5 servings per day <input type="radio"/> never	Sweetened Beverages <input type="radio"/> daily <input type="radio"/> weekly <input type="radio"/> monthly <input type="radio"/> never
Fruits and Vegetables <input type="radio"/> less than 1 serving per day <input type="radio"/> 1-2 servings per day <input type="radio"/> 3-5 servings per day <input type="radio"/> more than 5 servings per day <input type="radio"/> never	Snack Foods <input type="radio"/> daily <input type="radio"/> weekly <input type="radio"/> monthly <input type="radio"/> never
Fast food <input type="radio"/> daily <input type="radio"/> weekly <input type="radio"/> monthly <input type="radio"/> never	

Firstname	Lastname	HAS ID _____
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Physical Activity

How many days per week do you exercise for at least 30 minutes?

- No days 1-2 days 3-6 days Every day

Do you exercise outside of your Special Olympics training? Yes No

If yes, what do you do? (select all that apply)

- Weight training Run/Jog Walk Dance Sports Exercise video
 Other _____

If No, what is the reason? (select all that apply)

- No interest No money
 Do not know how Physically unable
 No transportation No one to do it with
 No available exercise facility No time
 Other _____

How many hours a day do you watch television or play computer/video games?

- 0-2 3-4 5-6 Over 6 hours

Hand Washing

When are the most important times to wash your hands? (select all that apply)

- After using the toilet Other reason
 Before eating or touching food No response/no reasons given

Did you use soap last time you washed your hands?

- Yes No

Do you have soap at your home?

- Yes No

Sun Safety

Do you do anything to protect your skin in the sun?

- Yes No

If yes, what do you do to protect your skin in the sun? (select all that apply)

- use sunscreen wear a hat
 seek shade wear sunglasses
 wear long sleeves I do not do anything

If no, what is the reason? (select all that apply)

- Did not know it was important No money to buy protection
 Do not get sunburned Like to be tan
 Other _____

Tobacco Use

Do you use tobacco? Yes No

If yes, how frequently? daily weekly monthly

Do any of your friends or family members smoke near you? Yes No

If yes, what do you do when they are smoking near you? (select all that apply)

- Ask them to stop Leave the room Smoke I do not do anything
 Other _____



Certificate of Participation

Awarded to

.....Dr. SHILPA . P......

for attending the Assistant Clinical Director Training
held in **Healthy Athletes Health Promotion Program**

from 6th March to 2022.....

at IMA House, Cochin, Kerala.

We look forward to your continuing services until 31 March 2023

.....
Dr Manisha Vyas
Clinical Director

.....
Mukta Narain Thind
National Director-Org Dev

.....
Dr Mallika Nadda
Chairperson

.....
Air Marshal Denzil Keelor
Founder