

MMK AND SDM MAHILA MAHA VIDYALAYA, MYSORE

Name of the committee- National Service Scheme Unit

Activity Report 2023-24

1. **Program Title** – A Guest Lecture on topic “The Causes and Solutions of Anemia “
2. **Date** – 14/02/2024
3. **Time** – 10 am
4. **Organized by**– NSS Unit, MMK & SDM MMV, Mysore
5. **Resource person** - Dr. Shwetha Subbanna, Assistant Professor and HOD, department of Biotechnology
6. **Venue** – Udhburu Village, Jayapura Hobli, Mysore
7. **Total no. of participants/ Beneficiaries** – 48
8. **Objective** –
 - Raise Awareness About Anemia Symptoms and Diagnosis
 - Highlight the Impact of Anemia on Health.
 - Discuss Preventive Measures for Anemia
 - Educate on the Causes of Anemia

9. Programme details–

This programme aimed to create awareness about Anemia which is a most common health issues among people. In guests' speech Dr. Shwetha ma'am discussed what is Anemia, the bad habits that causes rapid decreasing in blood count and nutrition's we should intake in order to prevent Anemia. She also mentioned food habits one should adopt to prevent Anemia and medical treatment for that.

10. **Outcome/Conclusion-** Provided participants with a comprehensive understanding of the various causes of anemia, including nutritional deficiencies. Helped attendees recognize the common symptoms of anemia, such as fatigue, dizziness, pallor, and shortness of breath,



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11. Geotagged photo-



Resource Person delivering session on “The Causes and Solutions of Anemia“

Bharathi N

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UNIVERSITY OF MYSORE
NATIONAL SERVICE SCHEME
SPECIAL CAMPING PROGRAMME PARTICIPANTS LIST
COLLEGE ADDRESS: MMK AND SDM MAHILA MAHAVIDYALAYA, MYSORE
CAMP PLACE: UDBUR MYSORE TALUK
DATE: 12-02-2024 TO 18-02-2024

SL. NO	NAME OF THE VOLUNTEER	CLASS	TRANSPORTATION CHARGES	SIGNATURE
1	V .ANANYA	I BSC	42=00	Ananya.V
2	AHALYA URS .B	I B.COM	42=00	Ahalya Urs B.
3	LATHA.M	II BBA	42=00	Latha.M
4	KEERTHANA.S.R.	I B.COM	42=00	Keerthana.S.R.
5	BHOOMIKA,B.M	II B.COM	42=00	Bhoomika.B.M
6	KAVYA.B.M	II B.COM	42=00	Kavya.B.M
7	CHANDANA.S.	I BCA	42=00	Chandana.S.
8	SONAKSHI.S	I BSC	42=00	Sonakshi.S
9	KUSHI.I.SAVADTTI.	I BSC	42=00	Kushi.I.Savadtti.
10	VIDYASHREE	I BCA	42=00	Vidyaashree
11	SANGEETHA.D	I BCA	42=00	Sangeetha.D
12	E.RUCHITHA	I BSC	42=00	E.Ruchitha
13	NISARA	I BCA	42=00	Nisara
14	POORNMA.C.M.	I BCA	42=00	Poornma.C.M.
15	CHANDANA.H.	I BSC	42=00	Chandana.H.
16	KANISHKA.G.	I BCA	42=00	Kanishka.G.
17	AISHA. M.P.	I BCA	42=00	Aisha.M.P.
18	SOWJANYA.N	I BCA	42=00	Sowjanya.N
19	PREETHI	II BBA	42=00	Preethi
20	JAYALAKSHMI.S	II BBA	42=00	Jayalaxmi.S
21	AISHWARYA.P.	II BCA	42=00	Aishwarya.P.
22	PRAFULA.V.S	I B.COM	42=00	Prafula.V.S
23	MONISHA.L.R	I B.COM	42=00	Monisha.L.R
24	KEERTHANA	I BSC	42=00	Keerthana
25	SPANDANA.D.M	I BSC	42=00	Spandana.D.M
26	SHAMBHAVI.N.	II BCA	42=00	Shambhavi.N.
27	ANANYA.K.S	I BBA	42=00	Ananya.K.S
28	MARIA ANISHA.A	I BCA BSc	42=00	Maria Anisha.A
29	ANJU.H.C	I B.COM	42=00	Anju.H.C
30	RAKSHITHA.B.K.	I BCA	42=00	Rakshitha.B.K.
31	ADVIYA SABA	I BCA	42=00	Adviya Saba
32	PRATHIKSHA	II BBA	42=00	Prathiksha
33	PARVATHI.M	II BBA	42=00	Parvathi.M

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34	AMULYA	I BBA	42=00	<i>Amulya</i>
35	MEGHANA.U.	I BSC	42=00	<i>Meghana U</i>
36	POOJA.H.R.	II BCA	42=00	<i>Pooja HR</i>
37	AISHWARYA.K.	II BCA	42=00	<i>Aishwarya K</i>
38	AISHWARYA.N	II BCA	42=00	<i>Aishwarya N</i>
39	KUSUMA	II BBA	42=00	<i>Kusuma</i>
40	CHAITRA.L	I BSC	42=00	<i>Chaitra L</i>
41	MEGHANA.A	II B.COM	42=00	<i>Meghana A</i>
42	SOWPARNKA	II B.COM	42=00	<i>Sowparnika</i>
43	NISARGA MAHESH	II B.COM	42=00	<i>Nisarga Mahesh</i>
44	KEERTHANA PALLED	II B.COM	42=00	<i>Keerthana Palled</i>
45	PRIYA.P.	II BCA	42=00	<i>Priya P</i>
46	DEEKSHITHA.V.	II BCA	42=00	<i>Deekshitha V</i>
47	KEERTHANA.L	II BCA	42=00	<i>Keerthana L</i>
48	MUKTHA T N	II BCA	42=00	<i>Muktha T N</i>
49	ANITHA P JAYARAM	NSS OFFICER	42=00	<i>Anitha P Jayaram</i>
50	PRATHIMA M		42=00	<i>Prathima M</i>

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