



SAHYADRI SCIENCE COLLEGE,  
SHIMOGA-577 203  
(A CONSTITUENT COLLEGE OF KUVEMPUNIVERSITY)



Fax:08182-240138 Phone: 08182-240435

E-mail:sahyadriscience@gmail.com

Date: 27.03.2023

## Circular

This is to inform all the students that the Sahyadri Science College, Shimoga is organizing Life Skills Programme on “First Aid” in association with Pathways.

So the session will be conducted at Pathways Training and Placement cell on 03.04.2023.

**PRINCIPAL**

SAHYADRI SCIENCE COLLEGE  
(Constituent College of Kuvempu University)  
SHIMOGA, Karnataka State.



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E-mail:sahyadriscience@gmail.com

Date: 26.04.2023

## Circular

This is to inform all the students that the Sahyadri Science College, Shimoga is organizing “Training on Yoga” in association with Pathways.

So the session will be conducted at Pathways Training and Placement cell on 04.05.2023.

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In association with Pathways Training and Placement Cell

Fax:08182-240138 Phone: 08182-24043

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**The following programs were organized in association with Pathways  
Training and Placement Cell**

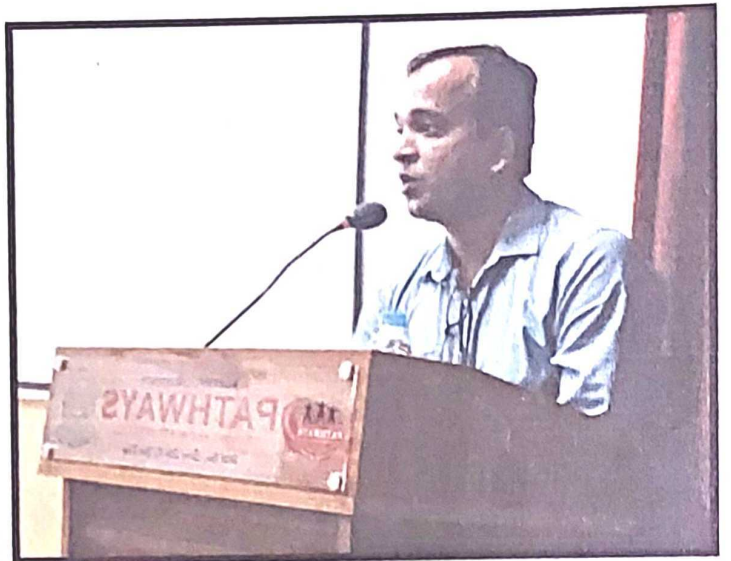
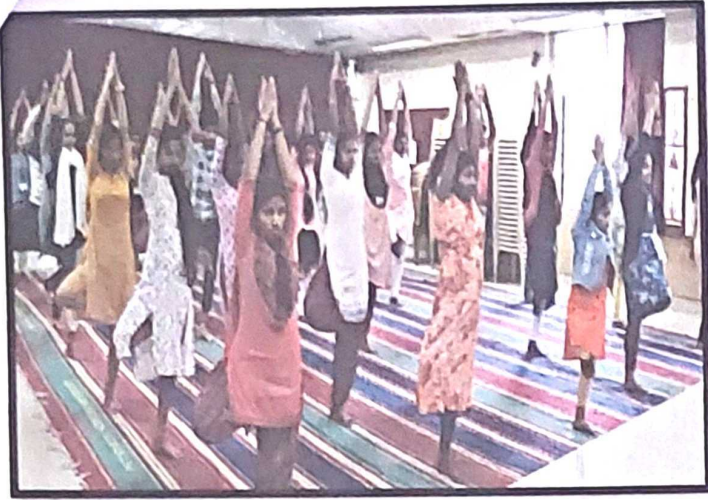
**LIFE SKILLS : 2022-23**

SL NO.	DATE	FACILITATOR	TOPIC	OBJECTIVES	REPORT
01	03.04.2023	<b>Dr. Kumar V L S</b> Renowned National level Master Trainer on Disaster management and Emergency response, Indian Red Cross Society.	<b>First Aid</b>	To get some basic knowledge on first aid and to know the CPR practically	The resource person let us to know about the importance of First aid and sensitized about the preparations for emergency. He also appraised some safety measures to taken during natural and manmade disaster viz. earthquake, drought, cyclone, flood and accidents. He illustrated the method Triage and its categories and he also explained Samaritan law. He defined aims of first aid as 4P's which preserves the life and promote recovery.
02	04.05.2023	<b>Smt. Anuradha Prasad</b> Trainer Yoga Kendra, Shimoga & <b>Smt. Sheel</b> Trainer Yoga Kendra, Shimogga	<b>"Training on Yoga"</b>	To inculcate the volunteers into yoga world which is conscious about everyone's health	The expertise trained the volunteers with some important asana which are helpful in controlling diabetes and high blood pressure. And also highlighted the importance of breathing while performing Yoga. Some Pranayama and meditation were also taught. An erudite in yoga shared the importance of yoga. She also urged the volunteers to develop a hobby of doing yoga in their routine life.

  
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# PHOTO ALBUM







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E-mail:sahyadriscience@hotmail.com

## Students List

date: 03/04/2023

Sl. No.	Student Names	Signature	Sl. No.	Student Names	Signature
01.	CS.Subramanya.Rus		26.	S.Pakghitha.	
02.	VIVEK.H	Vivek.H	27.	Asuna.S	
03.	POOJA B.S	Pojar.B.	28.	Hemanth .K	
04.	Bhoomika.J	Bhoomika.J	29.	Aishwarya.M	
05.	SHWETHA.E		30.	Vaishnavi.C.S	
06.	Sumantha.H.S		31.	Nikhitha.H.S	
07.	MARUTHI.E		32.	Roshini.R	
08.	Madhubudhan M.B		33.	K.S.Gowtham	
09.	Meghana (S.D)	Meghana.S.D	34.	Priyanka.N.P	
10.	Meghana.K.V	Meghana.K.V	35.	Supriya.C.S	
11.	Simran Taj.A	SimranTaj.A	36.	Likhitha.H.S	
12.	Bhavya B.S	Bhavya.B.S	37.	G.G.Janardhana	
13.	Divya.G.R	Divya.G.R	38.	Chandragouda.N.T	
14.	Brunda.K.R	Brunda.K.R	39.	Sampathkumar.S.S	
15.	Shilpa.D	Shilpa.D	40.	Amrutha.K.E	
16.	Keerthana.K.S.	Keerthana.K.S.	41.	Shalini.H.B	
17.	Sindhu.S.D	Sindhu.S.D	42.	Namratha.H.V.	
18.	Akhila Kumari.G.	Akhila.G.	43.		
19.	Prajna.S.A.	Prajna.S.A.	44.		
20.	Enkitha.G	Enkitha.G	45.		
21.	Ashitha.V	Ashitha.V	46.		
22.	Sanmathi.A.R	Sanmathi.A.R	47.		
23.	Pragwal.H	Pragwal.H	48.		
24.	Sowjan D.C	Sowjan D.C	49.		
25.	Prajwal N.P	Prajwal N.P	50.		

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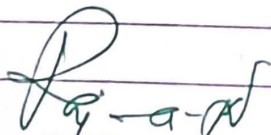
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Date: 04/05/2023

Sl. No.	Students Name	Signature	Sl. No.	Students Name	Signature
01.	Pavithrabai. D.	Pavithra	26.		
02.	Koushalya. S	Koushalya	27.		
03.	Choithra. M	Choithra. M	28.		
04.	Ananya. H. U	Ananya	29.		
05.	H.T. Sindhana	Sindha	30.		
06.	Shayeb. Khan.	Shayeb	31.		
07.	Arjun Naik. J	Arjun	32.		
08.	Ranganatho. K. M.	Ranganath. K. M.	33.		
09.	Nuthana. N	Nuthana	34.		
10.	Anevalappa Pagi	Aneval	35.		
11.	Syeda Zaiba	Syeda	36.		
12.	Juthankumar H. V	Juthankumar	37.		
13.	Kavana K. A	Kavana	38.		
14.	Sinchana. S	Sinchana	39.		
15.	Gagan. K	Gagan	40.		
16.	Priyanka. C	Priyanka	41.		
17.	Kavana K. A	Kavana K	42.		
18.	Ganavi. K. S	Ganavi K. S	43.		
19.	Ameetha. H. R	Ameetha	44.		
20.	Rakshitha. C	Rakshitha	45.		
21.	Bathish. S. P	Bathish. S. P	46.		
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