

# ಎಮ್ ಎಸ್ ರಾಮಯ್ಯ ಕಲಾ, ವಿಜ್ಞಾನ ಮತ್ತು ವಾಣಿಜ್ಯ ಕಾಲೇಜು

M S Ramaiah College of Arts, Science and Commerce

Re-accredited 'A' by NAAC, Permanently Affiliated to Bengaluru City University, Approved by Government of Karnataka, Approved by AICTE, New Delhi, Recognized by UGC under 2f & 12B of UGC act 1956

(National Institutional Ranking Framework, Ministry of Education, Govt of India)

Ranked 62<sup>rd</sup> in NIRF India Ranking by MURD National Transfer of Proceedings (National India) Ranked 62<sup>nd</sup> in NIRF India Ranking by MHRD, New Delhi DBT Star College Scheme

# **CIRCULAR**

#### REF NO/MSRCASC/CHEM-BIO/21-22/22

Dated: 04 /04/2022

## DEPARTMENT OF CHEMISTRY / BIOCHEMISTRY

NSS wing of college in collaboration with Department of Chemistry and Biochemistry celebrating "World Health Day" on 07.04.2022, we are organizing

"Basic Health Checkup Camp"

for students, teaching and non-teaching staff. All students, teaching and non-teaching staff are requested to make use of it. Any clarification can contact the event coordinators mention below.

Date: 7th April 2022. Time: 11:30 AM

VENUE: 5th Floor Corridor (Near Chemistry Lab)

#### Event coordinators.

1. Mr. Surendra A. S.

2. Mrs. Ramya Kumari B.S.

3. Dr. Shashidhar Bharadwai S.

Science & Commerce

Bangaiore - 560 054

MSRIT Post, MSR Nagar

Bangalore - 560 054

Date: 04. 04. 2022

From.

Prof. Prasanna Kumar S G
Head of the Department
Department of Chemistry and Biochemistry
MSRCASC

To,

The Principal

MSRCASC

Respected Madam,

Sub: Requisition to organize "World Health Day" on 07.04.2022.

NSS wing of college in collaboration with Department of Chemistry and Biochemistry celebrating "World Health Day" on 07.04.2022. In connection with the activity, we are planning to organize an extension activity i.e. "Basic Health Checkup Camp" for students, teaching and non-teaching staff. So kindly request you to grant a permission.

Kindly do the needful

Thanking you

Yours truly

M.S. Ramaiah College of Arts, Science & Commerce MSRIT Post, MSR Nagar Bangalore - 560 054

# Event coordinators.

- 1. Mr. Surendra A. S.
- 2. Mrs. Ramya Kumari B.S.
- 3. Dr. Shashidhar Bharadwaj S.

Date: 04.04.2022

From,

Prasanna Kumar S G Head of the Department, Department of Chemistry and Biochemistry MSRCASC

To, The Principal MSRCASC

Respected Madam,

Sub: Consent and Budget sanction for the extension activity on 07/04/2022

NSS wing of college in collaboration with Department of Chemistry and Biochemistry celebrating "World Health Day" on 07.04.2022. In connection with the activity we are planning to organize an extension activity i.e. "Basic Health Checkup Camp" for students, teaching and non-teaching staff. So kindly give us permission to go ahead and sanction the following budget.

Sl no	Particulars	Amount,	Total
01	Technician's remuneration	8no × 500	4000.00
02	Banner:	1no × 600	600.00
03	Lunch	10no x 100	1000.00
04	Coffee/tea	50nox 10	500.00
05	Speaker	1x1500	1500.00
		Total	7600.00

### Kindly do the needful

#### **Event coordinators**

- 1. Mr. Surendra A. S.
- 2. Mrs. Ramya Kumari B.S.
- 3. Dr. Shashidhar Bharadwaj S.

Thanking you,

M.S. Ramaiah College of Arts
Science & Commerce
Bangalore-560 054

Principat, I.S. Ramaigh College of Arts, Science & Commerc MSRIT Post, MSR Nagar Bangatore - 560 054



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DBT Star College Scheme

# Report on Health Checkup Camp

Department of Chemistry/Biochemistry in association with NSS & YRC arranged a health checkup camp on 7<sup>th</sup> April 2022 on occasion of world Health Day. The health checkup was collaborated with NSS&YRC in association with Kempegowda medical services Trust (Millennium Blood Bank) the health check camp was open for all students, faculty and Non-Teaching staff, and was arranged in 5<sup>th</sup> level of M S Ramaiah College of Arts Science and Commerce Degree college.

The event was inaugurated by Principal Dr.A Nagarathna by watering the plants, followed by HODs of various department of M S Ramaiah College of Arts science and Commerce.

Each year for this date, a theme is chosen that highlights an area of priority concern for WHO. In the face of the current pandemic, a polluted planet, and an increasing incidence of diseases, the theme for World Health Day 2022 is **Our Planet, Our Health**. This call from PAHO, the WHO, and partners, presents a unique opportunity for a green and healthy recovery from the COVID-19 pandemic, that puts the health of individuals and the planet at the center of actions and fosters a movement to create societies focused on well-being.

Air pollution, contaminated water, inadequate sanitation including solid waste management, risks related to certain hazardous chemicals, and negative impacts of climate change are the most pressing environmental public health threats in the Region. These threats to public health are compounded by weak governance practices and potential inequities in health as well as by limited leadership, expertise, and resources in the health sector.

However, this theme of **Our Planet, Our Health** should be a powerful reminder to us that the resolution of many of these issues are beyond the exclusive purview of the health sector and, as a consequence, an effective response will demand whole- of- government and whole- of- society approaches.

Keeping the World Health Day 2022 theme of **Our Planet**, **Our Health**, Department of Chemistry/Biochemistry of M S Ramaiah College Of Arts Science and Commerce organized a Health Checkup camp for students, Faculty, Supporting staff and Non-Teaching Staff.

In the Health Checkup camp following Checkup was done

- Blood Sugar
- Blood Grouping
- BMI

Blood Pressure

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- Blood Sugar
   A blood sugar level less than 140 mg/dL (7.8 mmol/L) is normal. A reading of more than 200 mg/dL (11.1 mmol/L) after two hours indicates diabetes. A reading between 140 and 199 mg/dL (7.8 mmol/L and 11.0 mmol/L) indicates prediabetes
- Blood Grouping

## **ABO BLOOD GROUP SYSTEM**

GROUP	Α	В	AB	0
RED BLOOD CELL TYPE	A	В	AB	0
ANTIGENS PRESENT	Antigen A	Antigen B	P P Antigen AB	None
ANTIBODIES PRESENT	Anti - B	Anti - A	None	Anti - A + Anti-

# **BMI Chart**

WEIGHT Ibs	100	106	140			120	***	408																
kgs																		185						
0.70	40.0	4/./	50.0	52.	3 04.0	55.8	59.1	51.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.	8 84.1	86.4	88.6	20.0	93.2	95	5 97.
HEIGHT Infom		Unde	erweig	phil			Hoa	Ey.				Over	weigh	d			Obe	50			Extr	emely	obes	e
50" - 152.4	20	20	21	22	22	25	25	26	27	28	29	30	31	32	33	34	35	35	37	38	20	20	àt.	41
51" - 154.9	15	19	20	20	22	23	34	25	26	27	28	29	30	31	32	33	34	35	36	38	27	98	30	180
52° - 157,4	10	19	20	21	22	22	23	24	25	28	27	28	29	30	31	92	33	33	34	35	36	97	38	39
53" - 160.0	17	博	19	20	21	22	23	24	24	25	26	27	29	29	30	31	32	32	33	34	35	38	97	38
5'4" - 162.5	17	18	18	10	20	25	22	23	4	誦	26	26	27	28	29	30	31	31	32	33	34	38	28	37
55" - 185.1	16	17	18	19	20	20	21	22	23	24	25	25	28	27	28	29	30	30	31	32	33	34	35	35
56" - 167.6	10	17	17	10	10	20	203	28	22	23	24	25	25	26	27	28	29	29	30	31	32	33		34
57" - 170.1	16	10	17	18	19	10	20	21	22	22	23	24	25	25	26	27	28	20	29	30	31	30		33
58" - 172.7	15	16	16	17	180	19	10.	20	21	22	22	23	24/	25	26	28	27	28	29	29	30	91	92	92
59r - 175.2	14	15	10	17	17	12	19	20	20	210	22	22	23	248	26	25	26	20	28	28	26	30	31	31
5°10" - 177.8	14	15	16	10	17	18	10:	39	20	20	21	22	23	200	24	25	25	26	27	29	28	20		30
511" 180.3	14	14	15	16	16	17	10	18	19	20	218	21	22	23	23	24	25	26	26	27	26	28	200	30
610" · 182.8	13	14	14	15	16	17	17	18	19	12	20	2100	21	22	250	22	24	25	26	26	37	27		29
5'1" - 185.4	13	12	14	15	15	18	17	17	16	10	10	20	280	Sell-	72	5510	23	5411	25	25	24	27	27	28
6'2" - 187.9	12	13	14	14	15	18	10	17	18	18	19	19	20	21	24	22	23	23	24	25	26	26	**	27
5°3° - 190.5	12	12	13	14	15	15	10	10	17	ts :	18	19	20	20	24	210	22	22	25	540	25	25	77.0	26
54" - 193.6	12	12	12	14	54	15	15	16.5	17	17.0	18		10	20	561	200	90	20	22	22	200	26		26

CHEMISTRY BIO-CHEMISTRY
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Principal,
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Blood Pressure Ranges						
BLOOD PRESSURE CATEGORY	SYSTOLIC (mm Hg)	DIASTOLIC (mm Hg)				
Healthy	less than 120	and less than 80				
Elevated	120-129	and less than 80				
Stage 1 hypertension	130-139	or 80–89				
Stage 2 hypertension	140 or higher	or 90 or higher				
Hypertension crisis	over 180	or over 120				

Above all basic parameter was covered in Health Checkup Camp. After checkup necessary advice and prescription was given accordingly to who all participated in the camp. It was a very much helpful session for participants.



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Head of the Department

Head of the Department

CHEMISTRY/BIO CHEMISTRY

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Head of the Department
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Health chick-up Camp

Health chick-up Camp

Department of chimistry Biochimistry

In association with NSS & TRC

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1	YASHAS.Y	52014612	111	BScBt	26 has.V
2.	Neha-s	82014546	II	88c.Bl	· Renos.
3.	Sarshi. U	82014580	III	BSC. Bt	Inhille
4.	Sheavya.B	52014599	II	BSC. Bt	800.
5.	Sayi Sudharshana	S2014588	11)	BSCBFC	Sidlarshara
6	Sai Hand	52014549	TU	BSc Bt	Saillant
7	Sharath. S.N	82014592	TI	BSC BA	Buy.
8.	Shee Gowei. A	52014500	TU	BS. Bt	due 17
	Nithya Shree. G		III.	B.sc. Bt	Deny
	Samyuktha. A		III	BSc B+	Sange.
11.	Prajwal P.H	S2014560	<u>-19</u>	BS2 B7	Prajus.
	Shabnam P.P.	32014589	111		Stubnam
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14.	Dushyan-thi?	52014496	111	A STATE OF THE STATE OF	
15.	reameatha. Y	S&0145#4	us	BSC. BT	Mas (NAS
16.	D.S. SHREYAS	52014485	TI	BSC. RT	SREMAS
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19,	HARINI-A. KHEMKAR	52014500	5 111		BSC.BT	M. O
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	Dayanad	21BC0m04 . S2014812	1 -		Bcom. Bsc.	Aljowde
24)	Namu	5201813	111		Bsc	1000
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34.	Junaid Khan		I		BSC. BT	Sur!
35	Sanjay. N		I	035171/20	BSC.BI	Sac -
36	Jashwanthi	C2037070	111			Joesta. Hi
37.	D.V. Pujitha	4BSC 227	I		BSC. BT	Axel
38	Abshifa.M		コ	~		Afelison
39.	40shra.S Sheuthis		3[7]		SC-EMCS	YSESTY
HO.	Sahara.	- CBALLACIA	T	BS	c- Emcs	B.
42.	Cherryl.D	21BSC-148	Ī			teli.
43.	Harshitha.M		I	MS	sc-Biochem	Harshi than
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S1. NO	Names	Reg No	Semester	1 Course	Signosture
1	Quency Raina			B.SC(BT)	) Bains
	Roopa Shree. G Shravya. M.V.			BSC(BT) BSc(BT)	Roop 8 hards
	Sushma. N		1st sem. 1st sem	BSc (BT)	
	Shalini S	21BSc32	1st Sem	B8c(87)	shal.
6. 7. 8.	Ranjitha R Junaid Prashanth	21BSC 202	1st Sem	BSc (BT) BSc BT	Ramithe. A Tunaidrean Press
( 9	Sarah Shack	21 BSC 08	1st sem	BSC BT	
10		21Bsc 76	1st sem	BSC BT	Prakauthit
11	HALL DO NO	2135646	1st sem		
12	Ganachree. S		let Sem	M. SC B.C	Koths Moult
13	Hauini. N		1st lem	M.S.C BC	Haldat y
14.	Karya-sv		. e+		Kanyasv
15.	Navyashree		1 St SEM	msc CBC -	Dangeste
16.	Sahana. B.M	21 BSC64	1st sem	BS C (EMCs)	Salar
	PRAJWAL N.		1St SEM	M.Sc. (BC)	A ( 1
	Meghana. V.R		1st SEM	M.SC(BO)	Metare.
19	Nalina.T.R	CONTRACTOR OF THE PARTY OF THE	1St SEM	MSC(BC)	May
20	Gagaraehree H.F. Yashaswini C.R. S	1BSC217	1St SEM 1St SEM	MSC(BC) BSC(B.TJ	Gagans
	SNEHA VARADARAJ 2		1st SEM	BSe [GEN]	Mariaswin.
The Control of the Co	Zulekha Hg.			BSCLGENT);	11 11 1
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	Ananya. 9 2 Shelpy Chandra 2	Market Control of the	1st sem 1 1st sem 1	BSC (GIFN)	Ananya. G
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29	Vasudhak	21 BSC 159	int nem	13sc 13t	Varidha le
30		21 BSC 156	1st nem	135c 13t	Ranjtha
31	Usha raj 4R	21356 097	1st sem	Bsc 13t	Vsha
	Preethip.		1st sem	135c 13t	preethi
	MisangaB		1 st scm.	BSC BT	Mikanga B
34	Jeevitha. V	OlBSe 50	1 st sem	BSc Gen.	Javitha
36.	Darshin G	21 BSc 186	Istsem	BSC BT.	Danhuit
36	Shilpa.B.A		21t gem	M.SC OC	tilpo, By
37	Nithiga Shree		1th sem		
	Nikitha			M.Scoc.	
	Poornima		1th Sem	Miscoc.	Mikiths
40	Lavanyash		1 <sup>11</sup> Sem	M.50(0.C)	
41	Priyanka.		1st Sem	M.Sc Coc)	Lavaryashre
42.	Karlya.P	21 BSC 131	1st sem	M.Sc (oc) B&c Bt	Anyanki V D
43.	Pallavi B	21 Bsc 26	I st sem	Rag DT	
717	Nishark	218500523	Ist sem	BSC (EMG)	Pallavi Dishe
45.	Mangkantar		154 Sem	Msc (oc)	5 Dier
46	An rudhBla	4	1 st sem	msecoc)	
42	Pradeep. N		1 st sem	msc (oc)	Anired Blat Aradus
48	Crisish.		1 St sem	Mx(oc)	Crisis
49	Rakshitha. Bai	Kanan	23+ 8em		Darelisla Baira
50	SANJANAR		Ist sem	Msc (oc)	ufut
51	Nisha J.	21BSC 33.	Ist gem.	BSC(BT)	Niehe
52	Aathien S	21 BSC233	It sem	BS= (BI)	Aathies
	Alaina Khai	21 BSC 230	Ist sem	BSc (B1)	Alainashung.
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SILNO	Name	Rig No	Semester	Course	Signadun
1	Saion Roy	21 Bs e 109	I	Bse BT	Sacon Roy
2	Vandana G.A	21BSC 177	I	BSC (EMG)	\ \ \ \ \ \
3.	Hambitha.s	21 BSC 89	I	BSC [EMCs]	100 m
ц.	ZuhaFathima	21BSC6S39	T	BSCTEMO	Hallimin
6	At's Madhus	21BSCCS 20	I	BSCTEMG	Afrillen
6	Anany Vallaliha Be	21BSCCS03	I	BSC [EMG]	Ang.
+.	Megha.H.R	21 BBc 23	T	BSC BT	Mpha.H.R.
	Ankitha.B.	21 BSc 58	T		Sighther
			1		
				and by To	

# Health check-Up Comp 7/4/22 Department of chemistry Biochemistry 3n association with NSS & YRC

SINO	Names of the Stoff Faculty	Department	Signotore
	Shiva Kumang	Chewistny	8-26
0	Arun-s	Chencsky	Arun-s
3	Nagesh G.	Chemistry	G. magh
9	pasamesh	Sectionity	C. Es
6	JAYAMMA	MB	JAYAMMA
6	Harish 3	office	Du -
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0	Rashmi Nageth	BT	4
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(IH)	Dr. Vibha V. Bhot	Faculty	Cerl gol
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(is)	Dr. Namean Comore	<u> </u>	) die
0			A.
	R. Srividya	BCA	2
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SINO	Names of the Stoff/faculty	Depast ment	Signodure
19	Aslavani. R	Electronles	Ashaens
20	Rithur	Elletronies	an a
21.	Geetika Pant	Biotechnology	Bl.
22.	Dr. Padmaja M.R.	Language.	Ruja.
23	Suma · C	Computer Science	Juna.
24	Seivaides huvaris	Commuca	18:10
25	RAJO N	KAN	Rus 21
26	SHANKAR GUDDAD	Commerce	gha <u>e</u>
27	Sai Sushmitta.V	Commerce	Sarbnithte.
28	Kruthi. V.P	commile	Kenthi
29.	Dr. Harishas	Chemistry	D) 0000sho
30	Mr. PANDURANG. G.		Lad-
31.	DR. PRAMOD DESAI	BIOTECHNOLOGY	Deni
	Thulasi Rajeer		Thul
	Padmalochana.	English	de.
	Magrathna.	Principle.	L.
35)	Dr. Jayashree D.R.		Ord-
_ 1		Assut Prof BT/Gen	Jay 1
37)	Soms Lesser G.c.	System Admin	JU.
38)	Dhanamioya	Doiver	Branne
39.	Dr. Yogenh. D	Michobilogn	Y B
40	Dr. R. Trasharchi	Bollen	8-P
A1 '	Dr. Parithra Kumen	3t/Genetice	Janiel.

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SINO	Names of the Stoff faculty	Department	Signoture
42	Smaithi S.P	Chemistry	Smithi
	Prof B s Jayaram	HOD commerce	
44	Dr. Hogeeshkymor.p		
	Dhanastroi Vaishali	Comp-8c	2
46	Shipa Naiyok	Comp-sc	8-
47	Malini-MR	Chemistry	Mels
48	Ashly Pc	1/	Doe
49	Vijagalaks Ami.	languages	ورت م
			Roman de la company de la comp
51	Dr. Rominissais Roopa HS	Commerce	
	Madhari: G		6 Madhowi
53	Bheenasheran, R	0.2-	Ace.
54	Vidye M		PA.
55	Dr. Triveni. A.5		A. 6- Poin
56	14. Ramindremath	mathematics	On.
54	Pragama Luar	Chemishy	5-7-P9/2
58	Ritika Impta	Biotech.	Pistike.
59	Swithra	Library	H.
60	Lemana musthyon	Sibrary Admin	
			13000 deller
61	CRIMIVAS.X	Admin	
62	RAMESH	Mains	ais
63	Mahesh-s	office	Musip

S1. NO	Names of the Stoff Faculty	Department	Signoture
64	Reedy sca	office	
65	Aneil Lamor	offic	2
66	Nagarjuse	o Hice	
67	D.r. MLPMaidu	BBA	Pallo Mainels
68.	Sownya	Ma	82
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70	Chidhrakale n.c.	Liprary	
71	Navagana. B	BBA.	B. Nes
12	Vincet Ruelan Ry A.	OFFICE	Chyta
r +3	selvi	House keeping	Life
e 74	Mehataj	Huse keeping	ryj.
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