

# 332 - K.V.T. POLYTECHNIC (AIDED)

(UNDER THE AUSPICES OF SRI K. VENKATAPATHEPPA TRUST, CHICKBALLAPUR)  
(RECOGNISED BY A.I.C.T.E., NEW DELHI)  
(APPROVED BY GOVERNMENT OF KARNATAKA)



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Ref.No. K.V.T.P. :

REPORT ON

Date: 03-12-2025

## HEALTH CHECK UP AND ACTIVITY CAMP 2025-26

Our Institute has signed an MOU with Taluk Health Training Centre, Chikkaballapur on December 2022. As per AICTE norms the institution is conducting regular medical check-ups, counselling and seminars on following topics:

1. Stress Management
2. Health & Nutrition
3. Mental Health
4. Fluorosis awareness
5. Awareness regarding STD
6. Life Skills

Dr. Kishore (Psychiatrist) along with his team visited our campus regularly and conducted various seminars on Mental Health and Life Skill activities.

Dr. Phaneendra M.S., Associate Professor Community Medicine, Sathya Sai Hospital, Muddenahalli.

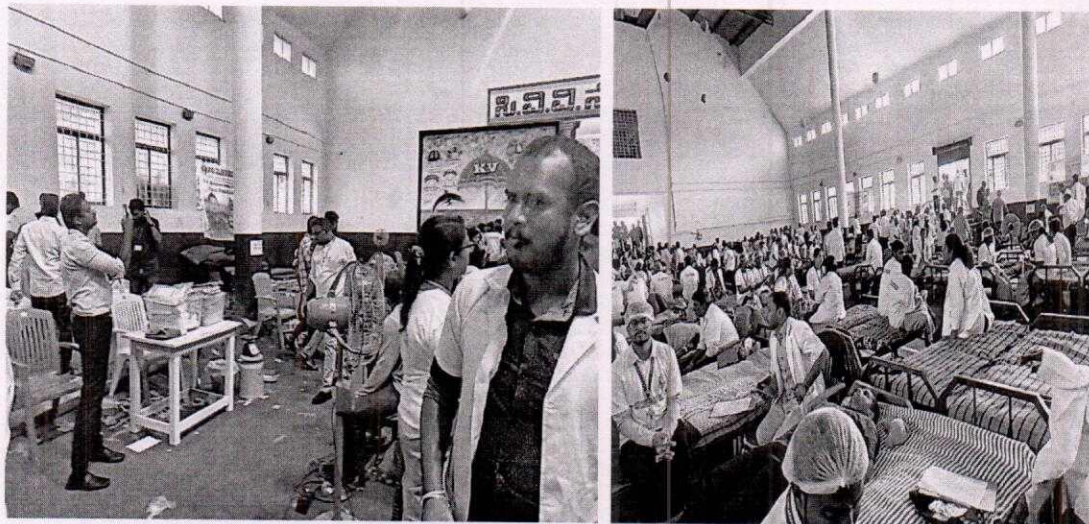
visited and conducted seminar about Nutrition and Balanced Diet.

### **General Health Check-Up Report 2025 – 2026**

A free medical health check-up camp and Mega Blood Donation Camp for Staff and students were organized on 23rd July 2025 at Indoor Stadium, KVT Polytechnic Campus. All K.V. & P.E Institutions of Staff & students & Many people in and around the city Participated in the mega camp and donated their blood. 2811 units of blood were collected and certificate of "Karnataka Book of Records" & "Bharathiya book of records" was honoured to our beloved chairmen, Sri K.V.Naveen kiran in the massive self-motivated blood donation camp at CVV Stadium, CVV campus.

The camp was successfully organized under the guidance of Principal Mr G Narasimhaiah HOD's of all departments , NSS Coordinator Mr M J Sadananda and Youth Red cross Coordinator Mr P L Girish and team supported in the coordination of the Camp.

### **Event Photos:**



### **HEALTH AWARENESS PROGRAMME FOR FRESHERS:**

A programme was organized on 25-06-25 , about the "Awareness on personal health, hygiene & benefits of Blood donation " , by Dr Kishore , Psychiatrist, District Hospital, Chikballapur.

Adolescent girls are particularly vulnerable to malnutrition because they are growing faster than at any time after their first year of life. They need protein, iron, and other micronutrients to support the adolescent growth.

- A healthy diet provides Important Nutrients
- Iron, Calcium
- Vitamin D
- Omega 3 fatty acids
- Phytoestrogens
- There are six classes of nutrients required for the body to function and maintain overall health. These are carbohydrates, lipids, proteins, water, vitamins, and minerals. Human body needs to perform its best Balance is the key to healthy nutrition

In this seminar discussion on a variety of nutrition, health, wellness, fitness and importance of physical exercises Yoga & Meditation.

## **LIFE SKILLS & MEDITATION:**

Our institution has organized a **LIFE SKILL** programme for I semester students under Induction programme units , NSS and YRC units on d:27/06/2025, 2 PM to 4.30PM, By Resource person Dr Kishore , Psychiatrist, District Hospital, Chikballapur.

**Meditation** programme for I semester students organised by Dr P Prakash, Heartfulness Trainer , Paediatrician. , District Hospital, Chikballapur.

## **CAMPONENTS OF LIFE SKILLS TOUGHT BY TRAINER;**

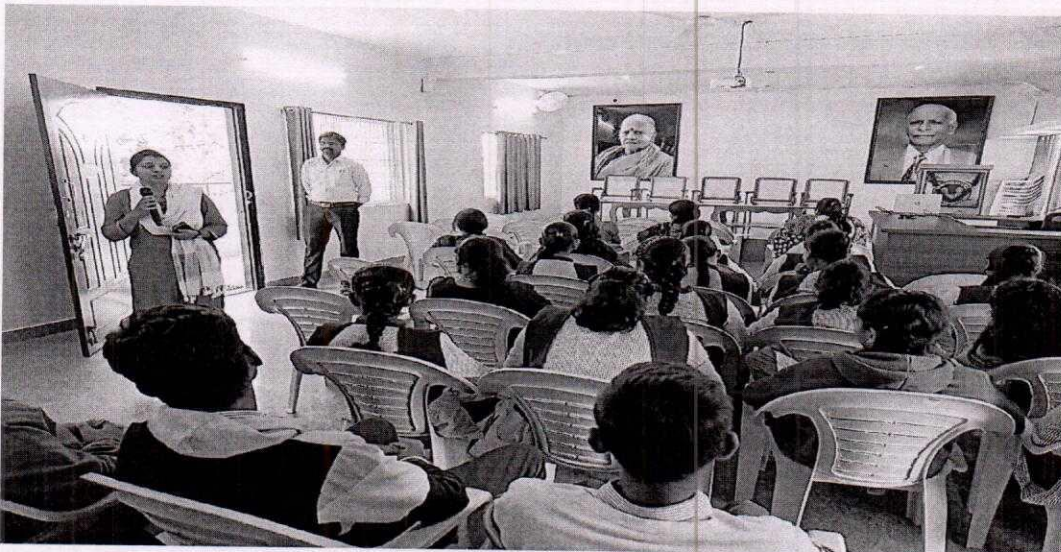
- Decision making
- Problem solving
- Creative thinking
- Critical thinking
- Effective communication
- Interpersonal relationship skills
- Self-awareness
- Empathy
- Coping with emotions
- Coping with stress

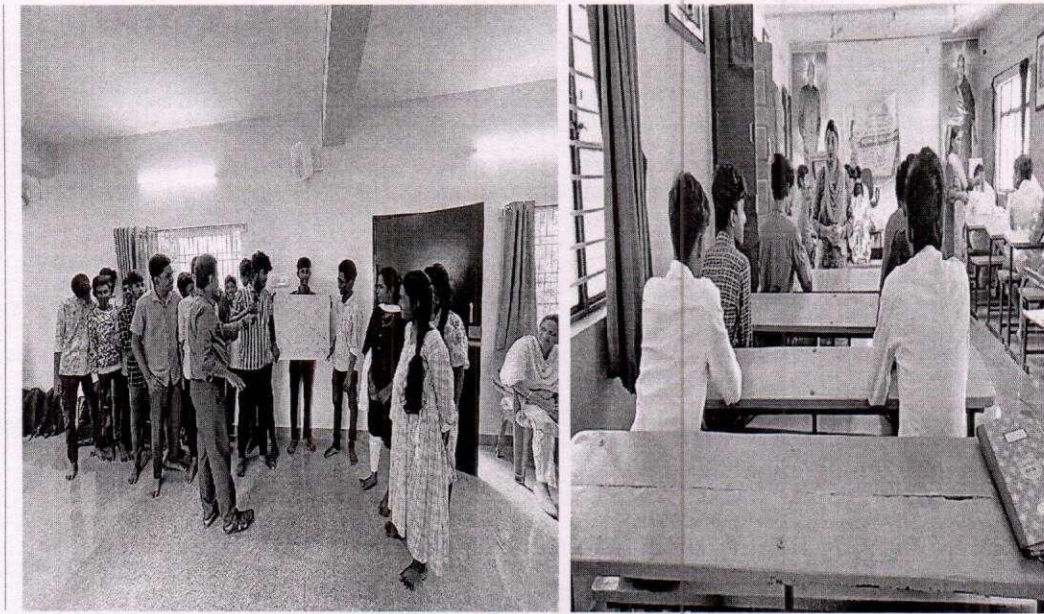
All the Skills done through activity basis.

The college is an appropriate place for the introduction of life skills education because of:

- The role of college in the socialization of young people
- Access to students and adolescents on a large scale

On 25/9/2025 & 5/11/2025 Our institution has organized program is about Orientation of Youth Mental health to our students about Anxiety and Depression from PATH in collaboration with District Health & Family welfare dept, Chickballapur, Karnataka.





The eye camp at KVT Polytechnic, Chikkabalapur College was organized on 14th Nov 2025 by the Youth red cross wing in association with Indian Red Cross Society and Sri Madusudan Sai Institute of Medical Science and Research, Muddenahalli.

To create awareness about eye care and provide services to students and the community. Here's a report on the event:

**Event Highlights:**

- The eye camp aimed to provide high-quality, low-cost eye care services to Students.
- It focused on identifying and treating cataracts, correcting refractive errors, and addressing other common eye conditions.
- Students from the college participated in the event, which was led by Mr. P L Girish YRCW Co-ordinator, Selection Grade Lecturer in Mechanical Engg and YRCW unit in-charge.

**Objectives of Eye Camps:**

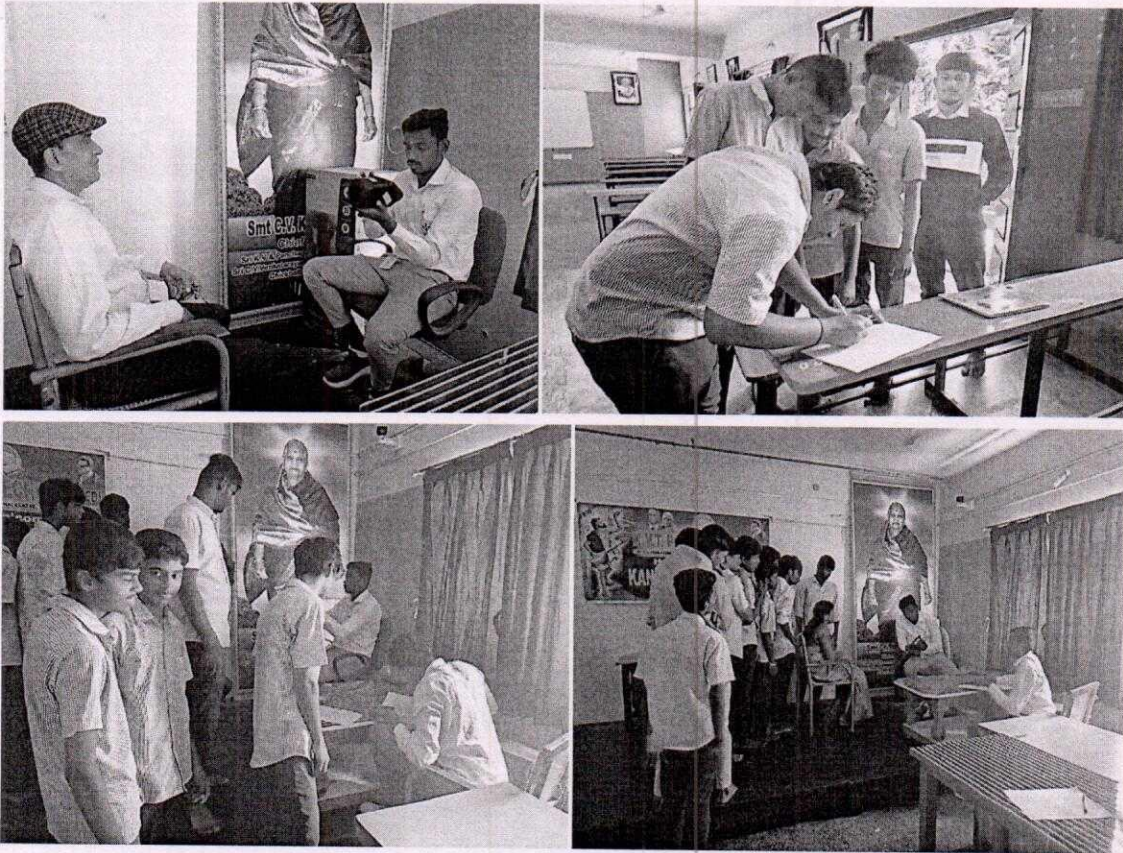
- Vision Restoration: Restoring sight to individuals with cataracts or other vision impairments.

- Visual Enhancement: Providing eyeglasses to those with vision impairments not requiring surgery.
- Preventive Care: Educating participants on eye health and preventive measures

**Services Offered:**

- Screening: Vision testing using Snellen's chart and examination for obvious anomalies.
- Refraction: Determining the need for corrective lenses.
- IOP Checking: Measuring intraocular pressure to detect glaucoma.
- Treatment and Referral: Providing medical treatment or referring patients to base hospitals for further investigation and management.

**Event Photos:**



*Manjula*

B.V. MANJULA, HOD/E & C DEPARTMENT  
HEALTH PROGRAM CO-ORDINATOR

*Principals*  
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