

KLE Society's
S. NIJALINGAPPA COLLEGE

II-Block, Rajajinagar, Bengaluru-10

Re-accredited by NAAC at A+ grade with 3.53 CGPA

College with UGC-STRIDE Component – I

Phone: 080-23526055, 080-23325020, Fax 080-23320902

Website: www.klesnc.org

E-mail: info@klesnc.org

kleaccts@yahoo.com

YOUTH RED CROSS

Walkathon on World Diabetes Day-2022

Walk Madi Diabetes Solisi

India is the second largest country for diabetes. According to the ICMR report diabetes consistently increased after COVID lockdown, due to sedentary life style. It acts as a silent killer because its symptoms appear quit late, when the blood sugar levels are high. If it is not diagnosed early, managed with medication & life style, it may lead to Stroke, Heart attack, Kidney failure, Blindness, may leads to so many other diseases & even premature death. So awareness about diabetes is very important and necessary for present situation & life style.

Youth Red Cross Program Officer Dr.Tejaswini V. Nandi and Co- program officer Dr.Suhasini L. Kudupali and about 25 Volunteers from our college participated in walkathon organized by Apollo Hospital, Sheshadripuram as part of world Diabetes Day to create awareness & encourage people to follow an active lifestyle to reduce risk of diabetes on Sunday 20/11/22 at 6.00am from Apollo hospital, #1, platform Road, Near Mantri Mall Sheshadripuram to Malleshwaram IISC then to School Ground Malleshwaram, Bengaluru.

First we registered our names with <https://bangalore.apollohospitals.com/walkathon/> then we participated in walkathon. More than 1000 students from all colleges including public participated in it and completed the 5 km walk.

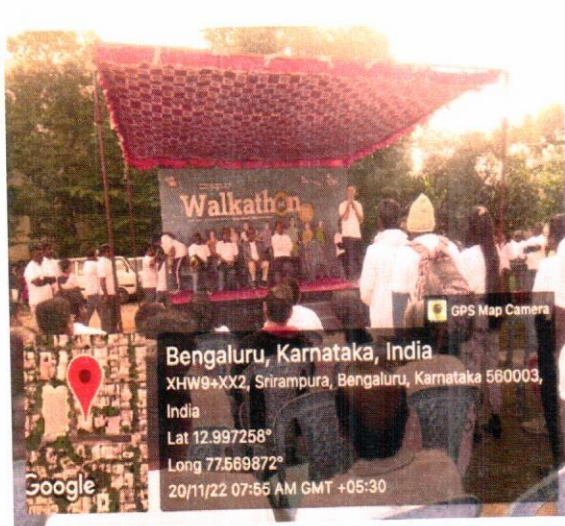
Dr.Uday, speaking on occasion, Dr. Manish, Mattoo, CEO, Apollo Hospital said “It was an effort to urge people to start walking frequently & avoid developing diabetes”. Dr.Uday, COO, Apollo Hospital said Walk every day for 30 minutes. It also addresses other diseases like obesity, stress, Hypertension, etc. It is manageable with the right treatment & walking, it is the best exercise for a diabetic patient. At the end of the program they distributed the certificates for all participants.

Beneficiaries: Students of science, Pharmacy & B.com, public, alumni and their parents.



WALKATHON





Mr. DINESH GINDURAO AND DOCTORS OF APOLLO HOSPITAL DELIVERED A TALK AND GROUP PHOTO



GROUP PHOTO AND EXCRISES AFTER WALKATHON



GROUP PHOTO OF YRC PROGRAM AND Co-PROGRAM OFFICERS AND VOLUNTEERS

TWandi
**Youth Red Cross
 Programme Officer**
 KLE's S. Nijalingappa College
 II Block, Rajajinagar, Bengaluru-560 010



[Signature]
Principal
 KLE Society's S. Nijalingappa College
 Rajajinagar, Bengaluru-560 010

09/11/2022

To,

The Principal
KLE Society's S Nijalingappa College
1040, 28th cross, 2nd block
Rajajinagar - Bangalore 560010

Sub: - Requesting for permission for participation of your students in the Walkathon Event on the occasion of World Diabetes Day

Respected Sir/Madam,

As a premier healthcare services provider in this part of the city, on the occasion on World Diabetes Day, Apollo Hospitals Sheshadripuram would like to Organize Walkathon Event on Sunday, 20th November 2022.

Kindly requesting for permission for participation of your college students in the Walkathon Event.

Event Date: 20th November 2022

Time: 6 am

Start Point: Apollo Hospitals, Sheshadripuram

End Point: Government School Ground, Malleshwaram

Facilities Provided:

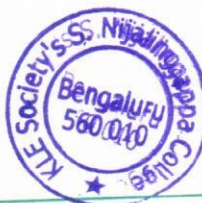
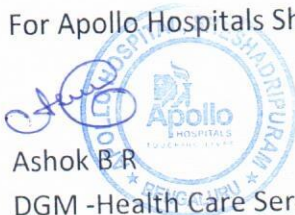
1. T-shirts
2. Hydration
3. Breakfast at the end point
4. Certificate of participation

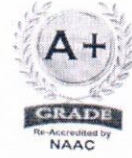
A line of confirmation to this letter would be highly appreciated.

Thanking you

For Apollo Hospitals Sheshadripuram

Ashok B.R
DGM -Health Care Services





K.L.E's S.NIJALINGAPPA COLLEGE
II Block, Rajajinagara, Bengaluru-560010, Karnataka, India.

WALKATHON - 20/11/2022

List of Volunteers

Sl. No	Names	Contact number	Signature
1	Shreya . S	7483382416	
2	Bhoomika . S. Patil	7204745690	
3	Bondushree . G	8971852855	
4	Sahana . P	9113694175	
5	Meghana . S.	8296114157	
6	priyadarshini . S.	7204355010	
7	Ramya N. R	8951699110	
8	Deep . J	8618845741	
9	Reeksha . Venkatesh.	9900097315	
10	Syed Umar	9513867538	
11	SANJAY . R	9908682523	
12	Sandhya . J	8105378800	
13	POONAM . M	8088139504	
14	Sona		
15.	Kushi . D. Jain	9902487250	
16.	Pranav . R	9611699883	
17	Praveen M	9206477773	
18	Uloth Kumara H. V	8296461526	
19	Rekha . P		
20	Archana	7349463343	
21	Ashishabh . S	9113159469	



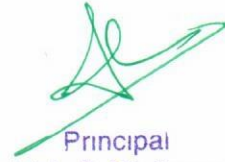
22	Harisha Kumar SM	7411420079	H. Harish Kumar SM
23	Keerthana .D.A	4353552449	Keerthana
24	Gangadhara.H	9591314672	Gangad
25	Amara	7337633775	Amara
26	Mohana R.G	9686126212	R.G. Mohana
27	Channabasappa. Rayana	9742474878	CR



Co-ordinator

Internal Quality Assurance Cell
S. Nijalingappa College, Bengaluru-10





Principal

K.L.E. Society's S. Nijalingappa College
2nd Block, Rajajinagar, Bangalore-560 010