



R.V. Educational Institutions
Sivananda Sarma Memorial R.V. College
 UG & PG Programmes
 Affiliated to Bengaluru City University
 Accredited by NAAC with 'A' Grade
 Ranked among top 5 Colleges in India
 (India Today - MDRA Survey 2018-2022)



Sl .no	Date	Event	Club	Description	Participants
1	Saturday, December 4, 2021	Patriotism and Women Empowerment	Ethics and Self Governance	Symposium to learn about Patriotism and Women Empowerment	40
2	5th February 2022	A Series of connecting Ethics Discrimination and LGBTQ	Ethics and Self Governance		
3	Friday, March 4, 2022	Public Speaking	WEC	This Event was exclusively meant for WEC Members (First Year students) Public speaking- was an Individual event	25
4	Tuesday, March 8, 2022	International Women's Day	WEC	Health Check-up included: Diabetes-RBS, Blood Pressure, Weight, Height, BMI, Haemoglobin, Thyroid Test , Free Senior Gynaecologist Consultation headed by Dr. Radha S Rao and Free Dermatology Consultation headed by Dr. Shraddha Kololgi	100
5	Wednesday, April 13, 2022	Walkathon town hall	WEC and Spandana	This event had 'Walkathon' creating awareness about critisms and challenges faced by a woman in the society followed by Achiever's Program for distribution of Award to the women's who concurred as an socialist and rendered service to the people of the society as well as for the welfare of State.	
6	Saturday, May 7, 2022	Workshop on Yoga For Womens Wellbeing - on the occasion of International Yoga Day 2022	WEC	organized a Workshop on "Yoga for Women's wellbeing" on 7th May 2022 online - Marking the Occasion of International Yoga Day	120

7	28 th MAY, 2022	Installation of Vending Machine in Washrooms	WEC, YRC and Health Club		
8	Monday, May 30, 2022	Seminar on " Making Mensuration A Normal Fact of Life"	WEC	organized a seminar on " Making Mensuration A Normal Fact of Life" Dr. Maheshwari focused on the menstrual cycle and the importance of hygiene and explained about the menstrual problems and right time to approach the gynecologist	75
9	30-05-2022 to 04-06-2022	Sanitary Pads Distribution Drive in few recognised Government girls high schools	WEC	Outreach Programme initiated by APARAJITHA – WOMEN EMPOWERMENT CELL on the occasion of World Menstrual Hygiene Day	
10	Sunday, July 18, 2021	Bleed your way	Rotaract	Rotaract club of ssmrv college in association Rotaract club of Surana college organized a webinar to give a message to society that "bleeding is not a problem but pride. The speaker of the session was Dr.Aastha Singh who is a doctor by profession	





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NEXUS – A series of connecting Ethics.

Session 2: Patriotism and Women Empowerment

Date: 04-12-2021


Ethics and Self Governance Cell of SSMRV College under the guidance of Cell Convener Dr Shalini N organised second session of **Nexus – A series of Connecting Ethics** on **4th December, 2021**. It was an insightful session on **Patriotism and Women Empowerment** to know importance of being patriot and imbue moral values in every walk of life. 30 members of Ethics and Self Governance Cell participated in the session.

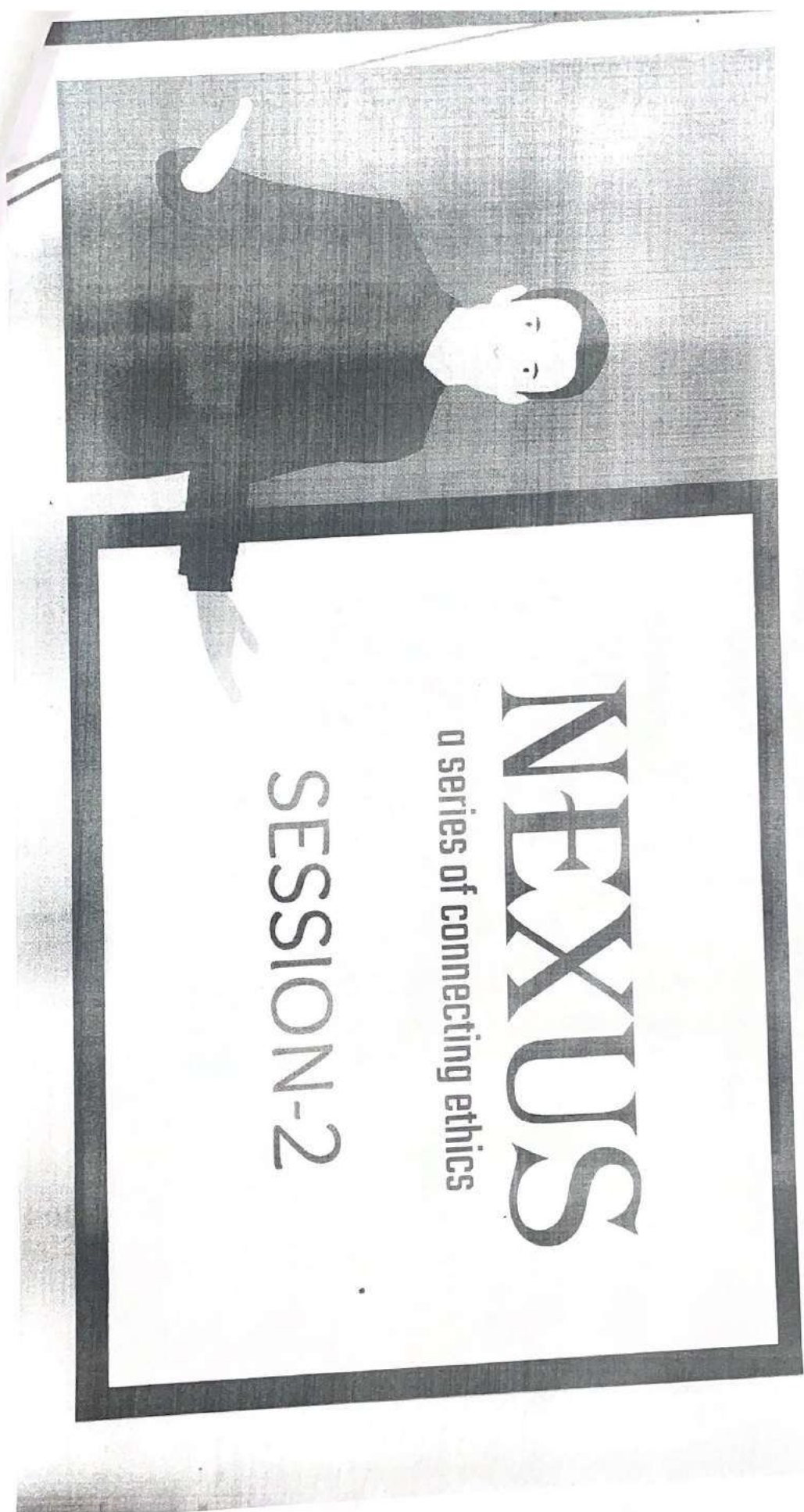
In the NEXUS 2 session the following topics were explained by the presenters:

- What is Ethics?
- Patriotism
- Patriotism in our daily life
- Role of culture and moral values in Patriotism
- Women Empowerment

The session began with warm welcome by the host Akash, Vice President of ESGC continued with presentation by **Ajay S, Joint Secretary and Manosri Sara, Board Member of ESGC**. The presenters first explained about *what is ethics* and the phrase *ethical behaviour* from the words of famous personalities Albert Einstein and Dalai Lama and a video was presented which elaborates ethics in depth. While explaining about Patriotism and they shared us the reasons why we stand when national anthem is played whether it may be in educational institutions, movie theatres etc. and also gave a brief explanation about the NATIONAL HONOR ACT, 1971. They also threw light onto the topic how culture and moral values play a role in patriotism by comparing it to school and colleges. Presenters advised students to educate themselves about the culture they leave in no matter where they are from, what language they speak and their overall ethical background. They described the importance of culture by illustrating the event organised by RSS affiliate Bhartiya Shiksha Mandal and Indira Gandhi National open university where our former president shared his views on Bhartiya approach. They also gave an example on on-going pandemic where despite chaos, we the citizens stick together as one nation. They concluded about patriotism with a video in which we can learn how patriotism is important in depth and the real social meaning of patriotism.

It was an amazing session and all the participants reaped its benefits.


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NEXUS

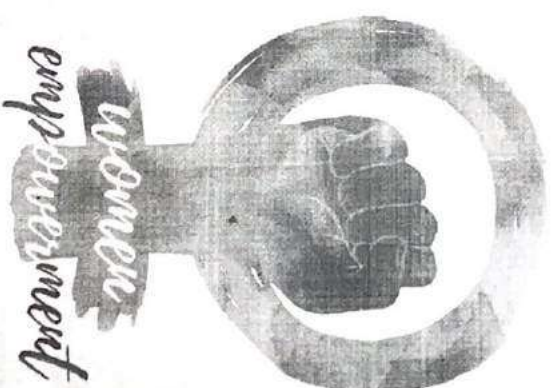
a series of connecting ethics

SESSION-2

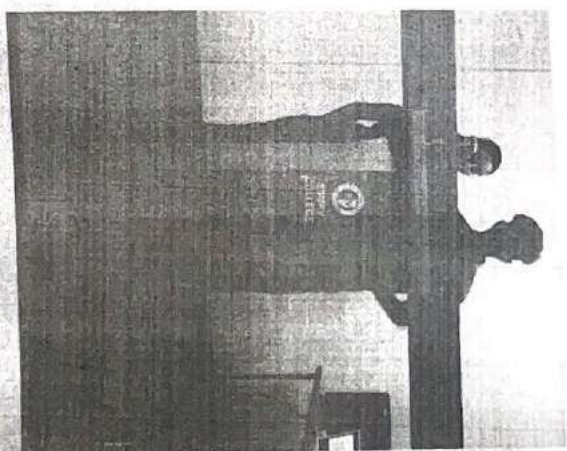
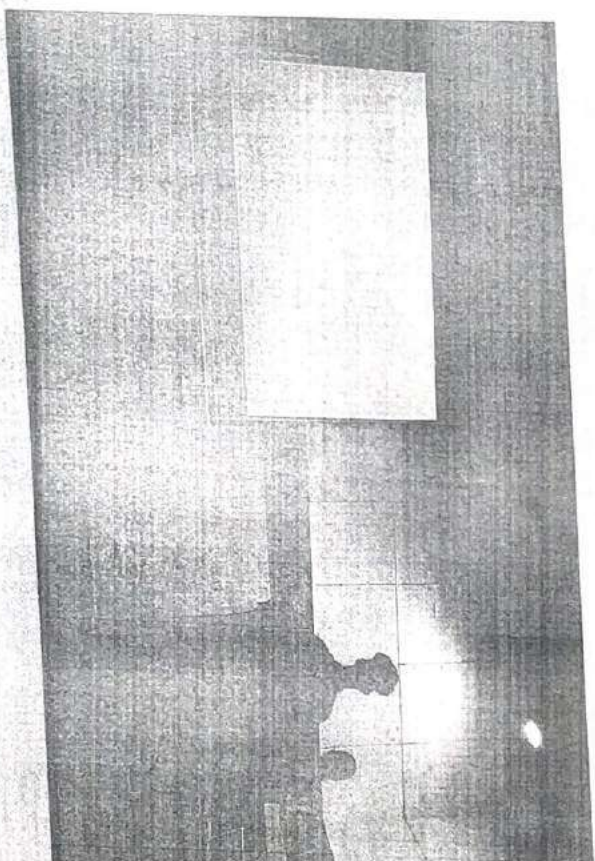
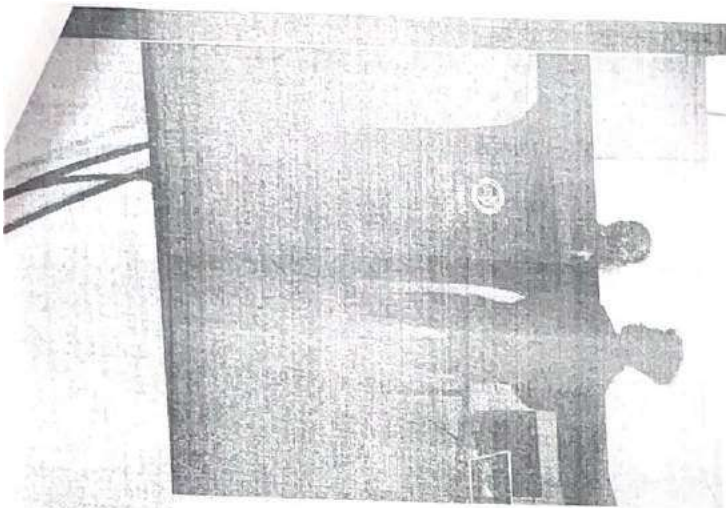
Nexus Session 2 on Patriotism and Women Empowerment

Ethics and Self Governance Cell of SSMRV College

organised a very insightful open mic event Nexus Session 2 **Patriotism and Women Empowerment** to know personal and professional ethical values in every walk of life. Under the guidance of Ethics and Self Governance Cell Convener Dr Shalini N, event was conducted on 4th December, 2021. The session was conducted in Seminar Hall at 1:00 pm with 30 members as participants. The presenters Manjasti Sara and Jay S are the members of Ethics and Self Governance Cell. The presenters chose to speak on various contents like what is ethics, Patriotism, Patriotism in our daily life, Role of culture and moral values, Patriotism, and Women Empowerment.



Photos during the Session



ETHICS AND SELF GOVERNANCE CELL

P R E S E N T S

NEXUS

a series of connecting ethics

Topic:- Patriotism and
Women Empowerment

Presenters:

Sara

Date : 4th Dec, 2021

Time : 1 pm

Venue:

Seminar Hall

Invitation for the

Ethics and ~~Session~~ Self Governance Cell

cordially invites all the members of Ethics and Self Governance Cell for the event **NEXUS - A SERIES OF CONNECTING ETHICS** an open mic event to know importance of ethical behaviour and culture through amazing videos and presentation.

Let's learn Ethics together!

Date : 04/12/2021

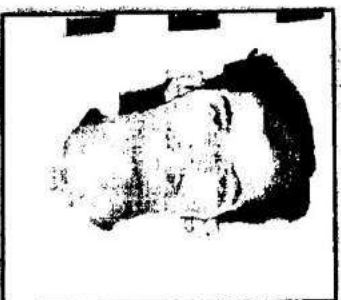
Time : 1-4th pm

Participants list

Tejashree	Rakshitha
Akash	Impana
Manasa	Alekya
Shreyas	Bharath Raj
Rahul	Charitha
Deepak	Shivani
Vishnu	Deeksha
Tejas	Shruthi
Ajay	Yashwanth
Harshitha	Meghana
Yukta	Sinchana
Ushaswini	Srinidhi
Tejaswini	Janavi
Manosri	Roshan
Shashank	Sukrutha

Presenters profile

Ajay S is pursuing BCA in SSMRV College, currently in Second Year BCA 'A' Section. He is an Office bearer of Ethics and Self Governance Cell serving as Joint Secretary. He is an artist and skillful cinematographer and heads film making team of ESG Cell.



Manosri Sara is pursuing BCA in SSMRV College, currently in First Year BCA 'A' Section. She is an Office bearer of Ethics and Self Governance Cell serving as Board Member. She is an amazing orator and voracious reader too. She is a creative content writer, skilful editor and heads film making team of the club.





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NEXUS 4 – A Series of Connecting Ethics

Discrimination and LGBTQ

Date: - 5th February 2022

Ethics and Self Governance Cell of SSMRV College conducted a very practical and insightful session "NEXUS 4" on the topic of **Discrimination and LGBTQ** on 5th February 2022. The presenters of this event were **Alekya G S** from 1st year BBA 'A' section and **Rakshitha** from 1st year B com 'D' section of SSMRV College. This session was organized under the guidance of Ethics and Self Governance Cell Convenor Dr. Shalini N. This session was conducted in Seminar Hall at 1 pm with 35 members as participants.

This Session was hosted by Tejashree P N from final year B.com. The session started by welcoming the Convenor of Ethics and Self Governance Cell Dr. Shalini N, faculty, and all the club members and the presenters of this session. After a warm welcome, the presenters took over the session.

Presenter Alekya started the session by defining discrimination and explained the 8 types of discrimination. She expressed how society judges others and discriminates based on physical appearance and cast a video based on that. She concluded this topic by saying, "Let's ignore the word *"Unattractive"* and 'love yourself, love others the way they are'. At last, she quoted, *"Never Judge a Book by its Cover"*.

Presenter Rakshitha explained how people discriminate based on gender. She highlighted the major discrimination faced by and the unfortunate life of the **LGBTIQ** (*Lesbian, Gay, Bisexual, Transgender, Intersex, Queer*) community. She gave detailed information about the LGBTIQ community by casting a video. She listed down the problems they face in society due to lack of education, employment opportunities, social recognition, and many others. She also mentioned the measures brought by the Indian government for the welfare of the LGBTIQ community. And concluded the session by giving a few examples of transgenders who've achieved great heights in various fields and requested the audience to treat people with respect, care, and compassion.

The event was wrapped up after the vote of thanks that has been done by the host of the event, Tejashree.

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NEXUS- 4

A Series of connecting Ethics Discrimination and LGBTQ

5TH FEBRUARY, 2022

Ethics and Self Governance Cell of SSMRV College conducted a very practical and insightful session 'NEXUS 4' on the topic *Discrimination and LGBTQ* on 5th February, 2022. The presenters of this event were *Alekya G S* from 1st year BBA 'A' section and *Rakshitha* from 1st year B com 'D' section of SSMRV College. This session was organised under the guidance of Ethics and Self Governance Cell Convenor Dr. Shalini N. This session was conducted in Seminar Hall at 1pm. 35 members of Ethics and Self Governance Cell participated in the session.

Invitation

Good Evening everyone !

Ethics and Self Governance Cell cordially invites all the students of SSMRV College for the event **NEXUS - 4 A SERIES OF CONNECTING ETHICS** an open mic event on the topic **Discrimination and LGBTQ**

Let's Learn Ethics together!

Date: 05/02/2022

Timing: 1 PM

Venue: Seminar Hall

Note: Request to join 10 min prior to the event @ 12:50 PM

Regards,

Dr Shalini N

Convenor

Ethics and Self Governance Cell

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Ethics and Self Governance Cell

Cordially invites you all to the event

NEXUS - 4

A Series of connecting Ethics

TOPIC : DISCRIMINATION

AND LGBTQ

Venue : Seminar Hall

Date : 5, Feb 2022

Time : 1pm

Dr. Shalini N

Convenor

Ethics and Self Governance Cell

SSMRV College

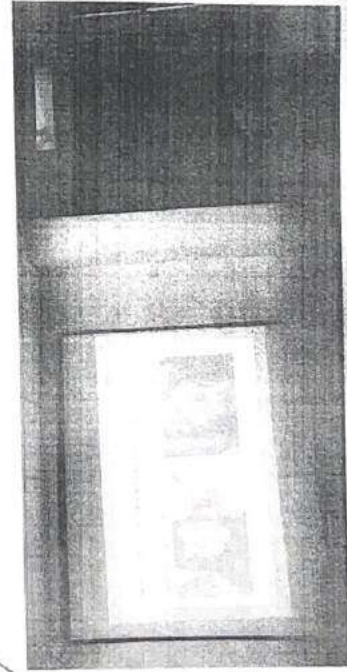
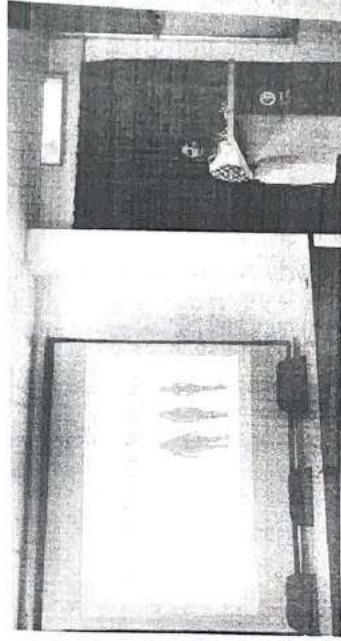
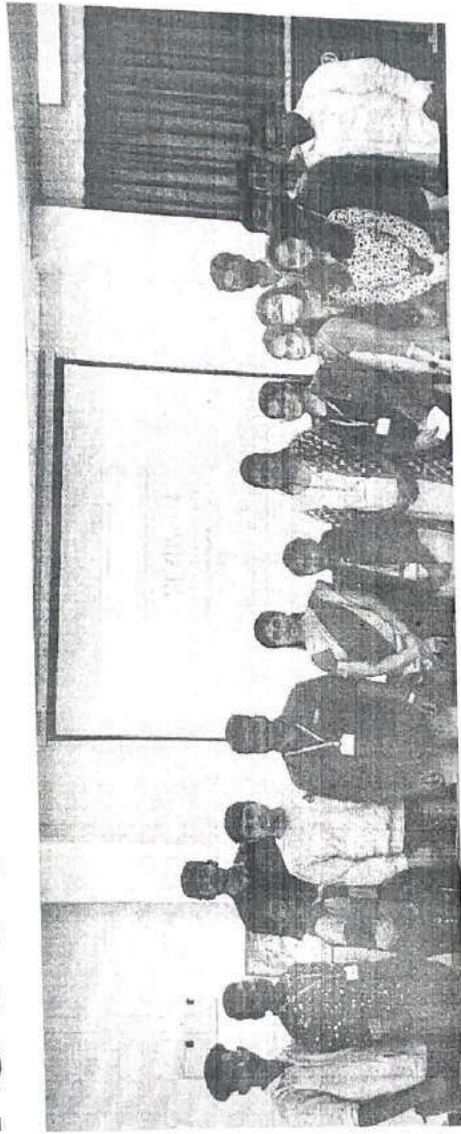
Dr. Anil kumar

Principal

SSMRV College



PHOTOS DURING THE SESSION



Participants list

NEXUS 4 – A Series of Connecting Ethics Discrimination and LGBTQ

Participants list 5th February, 2022

Faculty Members: **Dr Shalini N, Convenor**

Student Participants: 35

Akash A	Manju D	Surya K
Ajay S	Manosri Sara	Syed Rayees
Alekya G S	Monika S	Tejas R
Blarat Raj H S	Neha	Tejashree P N
Charitha	Pallavi	Tejaswini D
Deepak V	Pooja V	Umamaheshwar B M
Harshitha N	Rahul R	Ume Salma
Impana N S	Rakshitha	Ushaswini D
Krithik	Shashank	Varsha Balaji
Lakshman S	Shreyas U	Vishnu Shankar P
Lakshmi Sahani	Sruthi	Yukta
Manasa L	Suchita Vijay	

Presenters

Alekya G S is pursuing BBA in SSMRV College, currently in First Year BBA 'A' Section. She is an Office bearer of Ethics and Self Governance Cell serving as Board Member. She is an pencil sketch artist and voracious reader too. She is a creative content writer and heads Documentation team of the club.



Rakshiha is pursuing B.Com in SSMRV College, currently in First Year B. Com 'D' Section. She is an office bearer of Ethics and Self Governance Cell serving as a board member by actively participating in all the events and organizing sessions. She has amazing editing skills and heads posters team of the club.





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A Report on Public speaking

**Conducted by
APARAJITHA- WOMEN EMPOWERMENT CELL,
SSMRV COLLEGE**

On 4/03/2022, Friday ,Time:1:30 PM to 2:30 PM, Room:G11

This Event was exclusively meant for WEC Members (First Year students)Public speaking- was an Individual event

The following Topics were given:

1. Rural women Empowerment
2. Female literacy
3. Women Entrepreneurship
4. Gender inequality
5. Women's Political Career
6. Female feticide

The students were Instructed:

Time Limit- 3+2 minutes

Dress code - Formal

The participant had to do Power Point Presentation

Around 25 students actively participated in the Public Speaking.


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A Report on
International Women's Day - 2022 Special
R V Inter- Institutional Health Check-up and Consultation Camp
Conducted by
APARAJITHA- WOMEN EMPOWERMENT CELL,
AND Ayush- Health Club, SSMRV COLLEGE
In Association with Appollo Cradle, 5th Block Jayanagar
Conducted Seminar on "Mahatma Jyotirao Phule and Savitri Phule"
The APARAJITHA - Women Empowerment Cell, SSMRV College and Ayush-Health Club
In Association with Apollo Cradle and Children's Hospital, 5th Block, Jayanagar,
On 8th March 2022 organized International Women's Day Special
Inter-Institutional Free Health Check-up & Consultation Camp
For Women Faculty - R V Educational Institutions

Welcome:

The event started with Ribbon-Cutting Ceremony: marking the official opening by Dr.S Anil Kumar, Principal, SSMRV College. The Welcome address was given by Ms. Zaheera Begum, Secretary WEC, SSMRV College. It was followed by Invocation and Lamp Lighting Ceremony by Dignitaries. The dignitaries and other guests were welcomed and felicitated. Dr. S Anil Kumar gave a short speech at the opening Ceremony and officially started the camp.

About the Event:

Health Check-up included:

Diabetes-RBS, Blood Pressure, Weight, Height, BMI, Haemoglobin, Thyroid Test ,
Free Senior Gynaecologist Consultation headed by Dr. Radha S Rao and
Free Dermatology Consultation headed by Dr. Shraddha Kololgi.

The following TESTS were offered at DISCOUNT(valid for a month(till 31st March 2022) at Hospital): [the coupons were issue to all the participants]

- a) Pap Smear 50% Discount at Hospital
- b) Sono Mammogram 50% Discount at Hospital

In case of RV Male Faculty- his spouse or Female dependent were asked to utilize the above benefit.

Google Registration form link: <https://forms.gle/qjWDu7KSYwCSiAz5A>

Time Duration: The Programme lasted from 12:00 PM to 5:30 PM for Test, 3:00 PM to 5:30 PM Doctor Consultation. Venue: Room No 203,204 and 205- SSMRV College.

Attendees/ Presence:

Around 100 Participants including members of WEC and health club members; volunteer Students who are pursuing their Bachelor's and Master's Degree from this Institution, in-house faculties, housekeeping staff, non-teaching staffs, office staffs, security persons and Faculty from Inter R V institutions attended and benefited from the programme.

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**A Report on
Outreach programme Participation by Volunteers of
APARAJITHA- WOMEN EMPOWERMENT CELL,
SSMRV COLLEGE**




The Stri Voice Of Women had organised the program "NAMMA BENGALURU WOMEN'S ACHIEVERS -2021-22" in collaboration with 'Swarna Bharath Foundation', 'R V Devaraj Trust' and 'Trishula Trust'. The event was supported by The Perfect Ragaa NGO for a successful program.

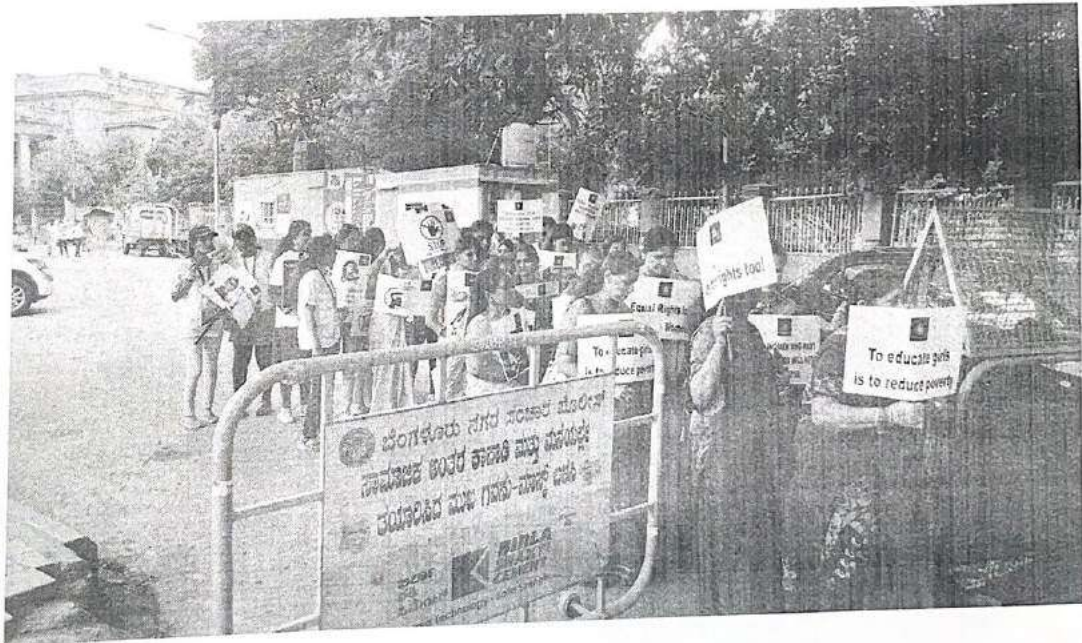
This event had 'Walkathon' creating awareness about criticisms and challenges faced by a woman in the society followed by Achiever's Program for distribution of Award to the women's who concurred as an socialist and rendered service to the people of the society as well as for the welfare of State.

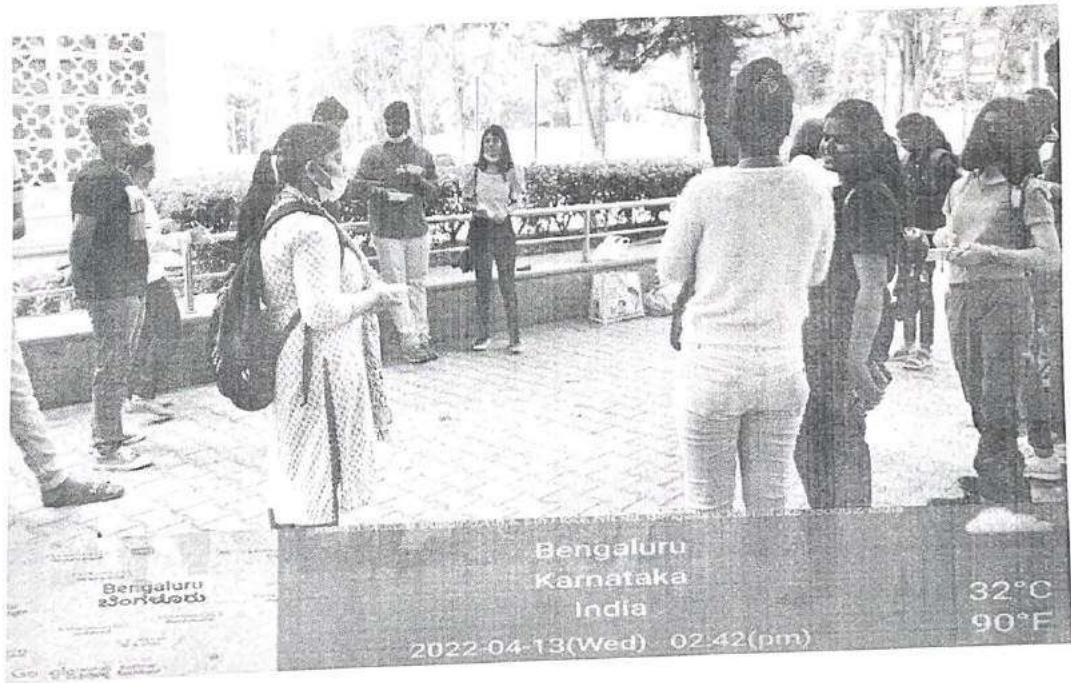
Aparajitha-Women Empowerment Cell Volunteer's representing our SSMRV College by volunteering and guiding the overall event.

On **13th April 2022**, Venue: Townhall.

The event started at 1:00 p.m and volunteer were divided into Two batches and each contained 5-6 volunteers . One team participated in Walkathon Team at 2:00 p.m and other team along with walkathon team participated in the activities as a part of Backstage Team at 4:00 p.m. and they dispersed by 6:30 p.m. after the completion of the programme.


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A Report on
Workshop conducted by
APARAJITHA- WOMEN EMPOWERMENT CELL,
SSMRV COLLEGE



Conducted by Dr. Bhavya H B on "Yoga for Women's wellbeing"

The APARAJITHA - Women Empowerment Cell, SSMRV College organized a Workshop on "Yoga for Women's wellbeing" on 7th May 2022 online - Marking the Occasion of International Yoga Day. The Speaker for the day was Dr. Bhavya H B, Medical officer Govt. Naturopathy and Yoga dispensary, Master yoga trainer at National Ayush Mission, Karnataka.

Compeering was done by Ms. Harini, President, Women Empowement Cell, Aparajitha, SSMRV College.

Welcome: The event started with a Welcome Speech by Ms. Revathi, Member, Aparajitha-WEC, SSMRV College. Principal Address: Dr. S. Anil Kumar, Principal SSMRV College, addressed the gathering and inspired the Students with his motivational words.

About the Talk:

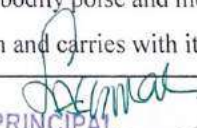
Dr. Bhavya, briefed the gathering on the point of Yoga as a wellness. Yoga is highly recommended for women in their adolescence. This tumultuous period shapes the entire lifetime of young girls as they undergo major changes in their body and mind. Various asanas of yoga are designed for women at this stage to ensure they adapt to these multiple changes easily and painlessly. For instance, the practice of Pranayama and meditation help calm the restless, fearful and confused teenage mind. The wandering and wavering mind is a result of the physical changes the adolescent body goes through. Asanas such as Dhanurasana and Vajrasana are among those yogasanas that are ideal for women to help them develop a regular and healthy menstrual cycle. Practising these asanas regularly will ensure that women develop muscular strength, avoid obesity and develop healthy reproductive organs by keeping their hormones in balance.

Dr. Bhavya even stated that Yoga does more for women than just make their bodies supple. It lends balance to the mind and nourishment to the soul. That is why women should not consider yoga as another chore on their overloaded schedule but as a necessary activity that will help them handle their other obligations optimally. The logical question that arises in relation to yoga is when to start. This is the icing on the cake as far as women are concerned because yoga is suitable for all ages.

She stressed that Women go through various physical changes during the years of conception and motherhood. Yoga helps optimize productivity for women. Women experience various „alien“ feelings during their pregnancy time; it is important that they achieve and maintain good physical and mental health.

Later in her talk she emphasized Yoga has important elements for these phases of women's lives. Right from adolescence to motherhood, menopause and old age, women undergo many life changes. Yoga will offer relief for women from major mood swings that lead to disharmony and imbalance in their lives. A daily routine can be customized for women according to their age and needs. The asanas in yoga may be designed for women in such a way that it keeps them fulfilled. With this, they can achieve bodily poise and mental peace.

She finally concluded saying that Yoga is a relaxing experience for women and carries with it an overall


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sense of well-being. Your Yoga routine is exclusively time for you. Take a break from the demands of being a career woman, wife and mother and be yourself!

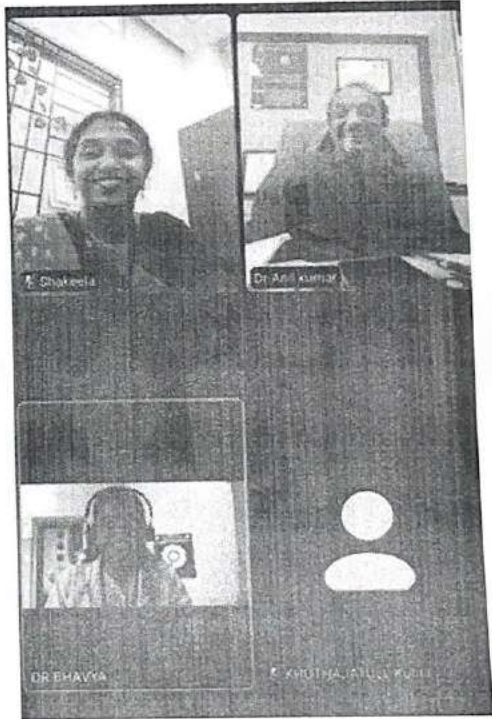
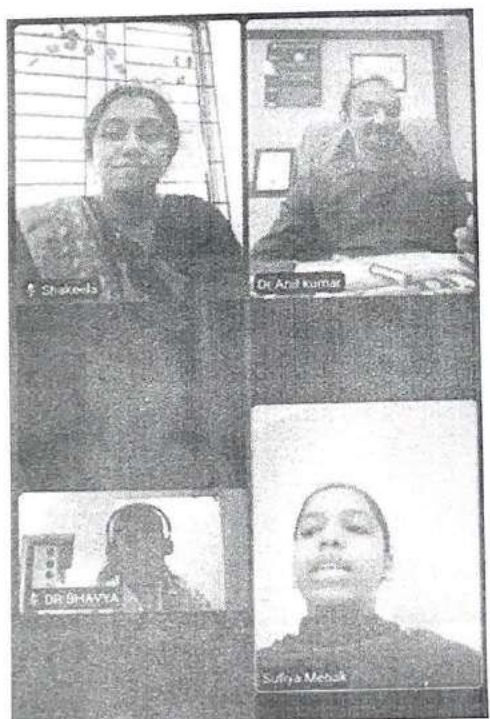
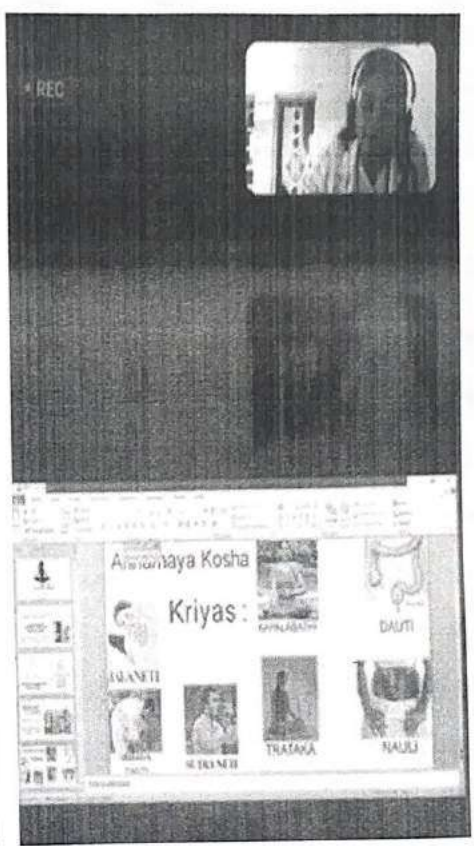
The session was followed by an interactive question and answer session with the Participants.

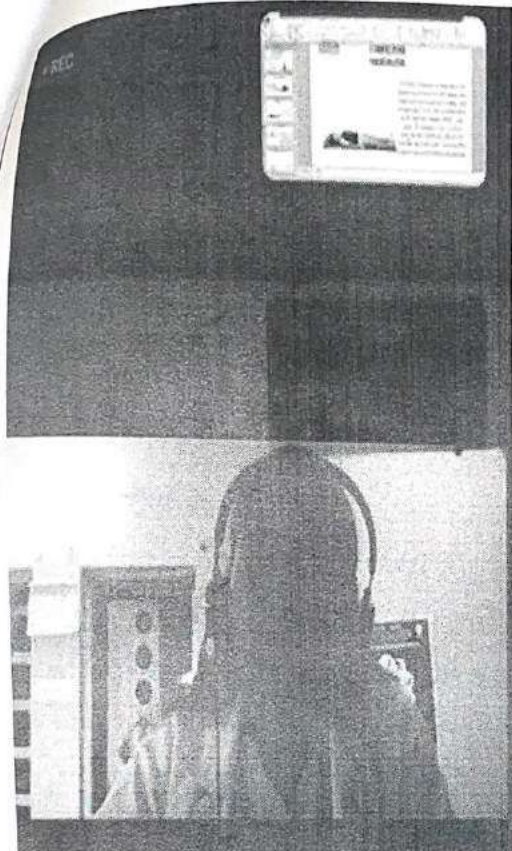
Time Duration: The Programme lasted from 11:00 PM to 1:00 PM. Platform: ZOOM App

(Online) Attendees/ Presence:

Around 120 Participants including Faculty and Students who are pursuing their Bachelor's and Master's Degree from this Institution, attended and benefited from the programme.

Incharge - Activity Centre


































S	Shakeela (me)		
S	Shakeela (Host)		
2B	20msb454 B. Dhivya		
DA	Dr Anil kumar		
SM	Sufiya Mehak		
2	20MSB456-M.Durga		
2S	20MSB463 Sneka.G		
2V	20MSB466 VAISHNAVI.J		
AJ	AD5channabasamma jc		
AA	Afthaz Afthaz		
A	Aishwarya.T		
AK	Anjum Kouser		
A	Anuradha.s		

12:39 PM 20.2K/s

About this call

People	Information	Activities
	Rakshith Ravish	 
	Ramya k Katalingappa	 
	Ramya shree M	 
	Rashmi Narayanswamy	 
	Renu Kumar.R Renu	 
	Rishika A	 
	rohan v	 
	Rohit Bhandari	 
	Safina Seher	 
	Sahana s	 
	Sakshi Mahato	 
	Sandesh R	 

A	Afreen Fathima		
a	aishwarya ethiraj		
A	Aishwarya Lakshmi		
A	Aishwarya M		
	Akash A		
	Akhila Ranjanagi		
	Akmal Pasha		
	Akruti Singh		



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A Report on
Seminar conducted by
APARAJITHA- WOMEN EMPOWERMENT CELL,
SSMRV COLLEGE






Seminar organized on World Menstrual Hygiene Day

Aparajitha - Women empowerment cell , SSMRV – Youth Red Cross and The Ayush- Health Club had organized a seminar on “ Making Mensuration A Normal Fact of Life” . The resource person for the event was **Dr. Maheshwari, MBBS, MD,DFID (CMC Vellore), GMHE (IIM Bangalore), Head of central war room, BBMP.** on 30th May 2022 from 3.30pm to 5.00pm in seminar hall.

The Seminar was conducted for –all girl students (B. Com, BCA, BBA and M.Com courses), teaching and non-teaching staffs. The total number of participants was 75.

Dr. Maheshwari focused on the menstrual cycle and the importance of hygiene and explained about the menstrual problems and right time to approach the gynecologist. Doctor explained about the use of sanitary products like menstrual cups, caps, tampons etc.,


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**APARAJITHA-women Empowerment Cell,
SSMRV - Youth Red Cross & Ayush-Health Club
organizes**

Seminar on "Menstrual Hygiene"
on the occasion of World Menstrual Hygiene Day 2022

Resource Person :


Dr Maheshwari
MBBS MD DFID (CMC Vellore) GMHE (IIM Bangalore)
Head of central war room BBMP Bangalore

 **Date : 30th May 2022**  **Time : 03:30 PM Onwards**

 **Venue :- Seminar Hall**


Mrs. Roopalatha M
Convener, Ayush-Health Club
SSMRV College

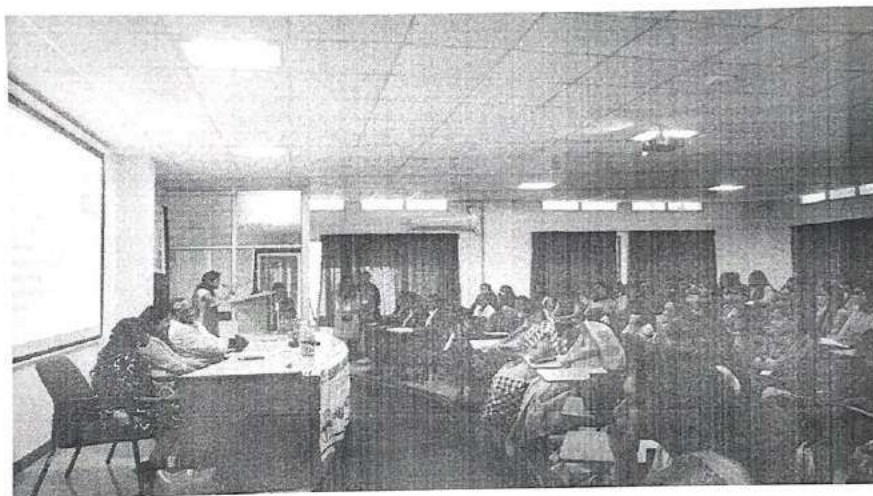
Mrs. Vidya UJ
Convener, SSMRV-VSC
SSMRV College

Mrs. Shakeela MK
Convener, Aparajitha-WEC
SSMRV College

Dr. S Anil Kumar
Principal
SSMRV College

All are welcome


PRINCIPAL
SSMRV COLLEGE
Jayanagar, Bangalore :





R.V. Educational Institutions
Sivananda Sarma Memorial R.V. College
UG & PG Programmes
Affiliated to Bengaluru City University
Accredited by NAAC with 'A' Grade
Ranked among top 5 Colleges in India
(India Today - MDRA Survey 2018, 2019 & 2020)







A Report on
Outreach Programme conducted by
APARAJITHA- WOMEN EMPOWERMENT CELL,
SSMRV COLLEGE



Outreach Programme initiated by APARAJITHA – WOMEN EMPOWERMENT CELL
on the occasion of World Menstrual Hygiene Day


By
Conducting **SANITARY PAD DISTRIBUTION DRIVE**
IN FEW RECOGNISED GOVERNMENT GIRLS HIGH SCHOOL ACROSS
BENGALURU CITY

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SSMRV - Youth Red Cross,
APARAJITHA-women Empowerment Cell &
Ayush-Health Club
organizes

"Sanitary Pad Distribution Drive"
on the occasion of World Menstrual Hygiene Day 2022

 **Date : 31st May 2022 &**
01st June 2022


Mrs. Roopalatha M
Convener, Ayush-Health Club
SSMRV College

Mrs. Shakeela MK
Convener, Aparajitha-WEC
SSMRV College

Mrs. Vidya UJ
Convener, SSMRV-YRC
SSMRV College

Dr. S Anil Kumar
Principal
SSMRV College

Go, change the world!


PRINCIPAL
SSMRV COLLEGE
Jayanagar, Bangalore - 41

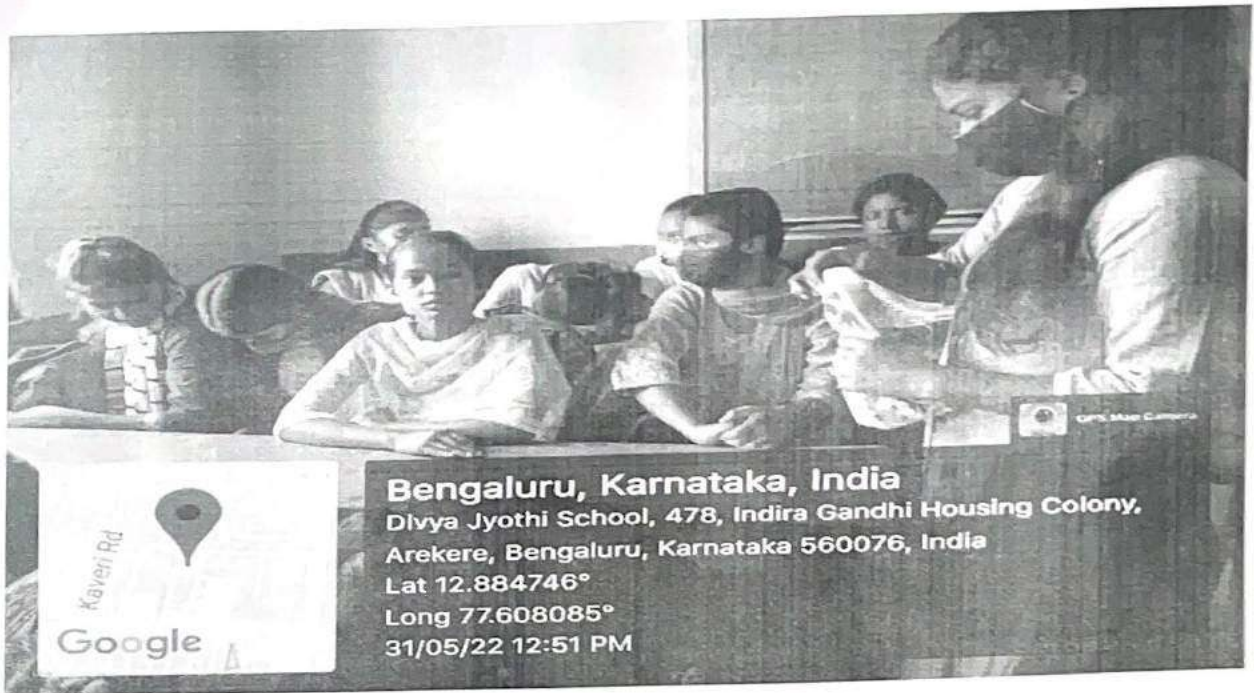
Distribution of sanitary pads:

On 29th May 2022 the sanitary pads were packed for distribution. On 30-5-22 students approached the principal of the government schools to take permission for distributing the sanitary pads and the WEC student volunteers gave awareness about the hygiene to the girl students of various High School by using charts and presentation. Next day ie., 31st of May – 2022 to 4th of June 2022 students went to the few recognised girls High Schools for distributing the pads and explained students about the hygiene and the benefits of using the pads.

The sanitary pads were distributed to the following government schools

- *GHS Gottigere
- * Divya jyothi government to Arekere
- * high school bilekahalli, sundar ram nagar
- * Gynaprakashan government school bilekahalli
- * Government school gottigere
- * High School Kalena Agrahara etc....

2000 sanitary pads were distributed to the girl students. The principals of the schools appreciated the students for building awareness on hygiene, use of sanitary pads and presented the thank you letter for organising the programme.



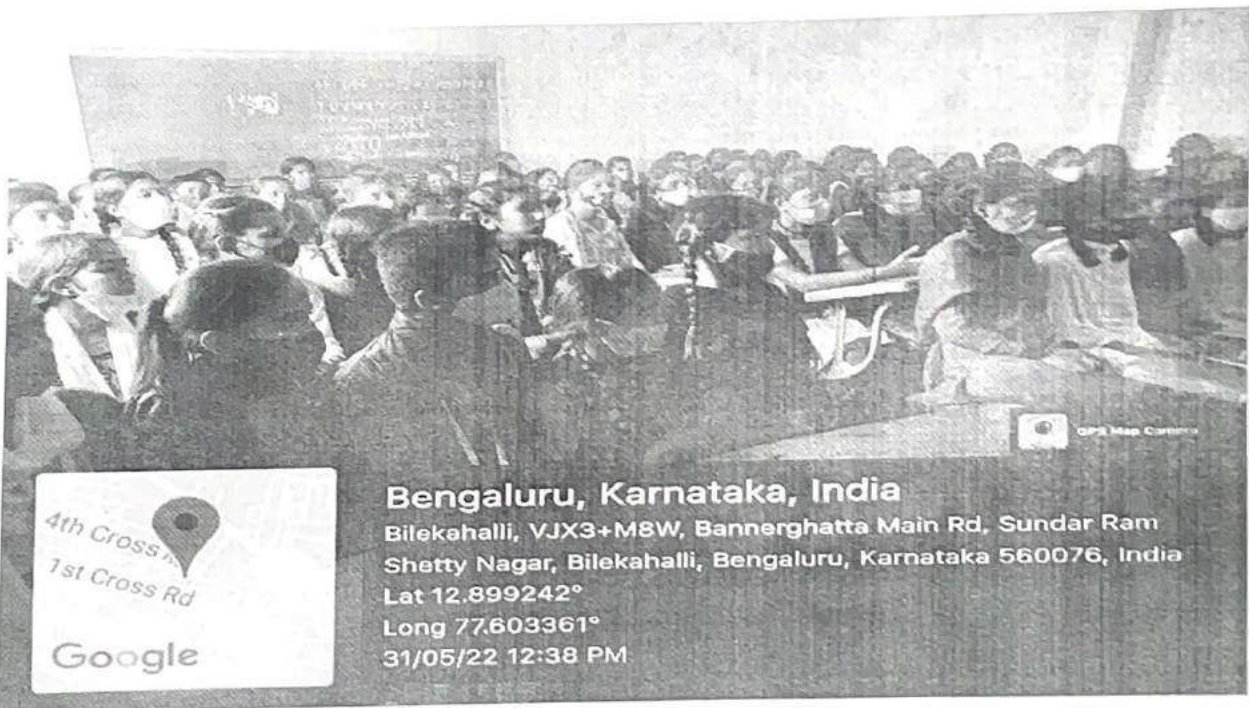
Bengaluru, Karnataka, India

Divya Jyothi School, 478, Indira Gandhi Housing Colony,
Arekere, Bengaluru, Karnataka 560076, India

Lat 12.884746°

Long 77.608085°

31/05/22 12:51 PM



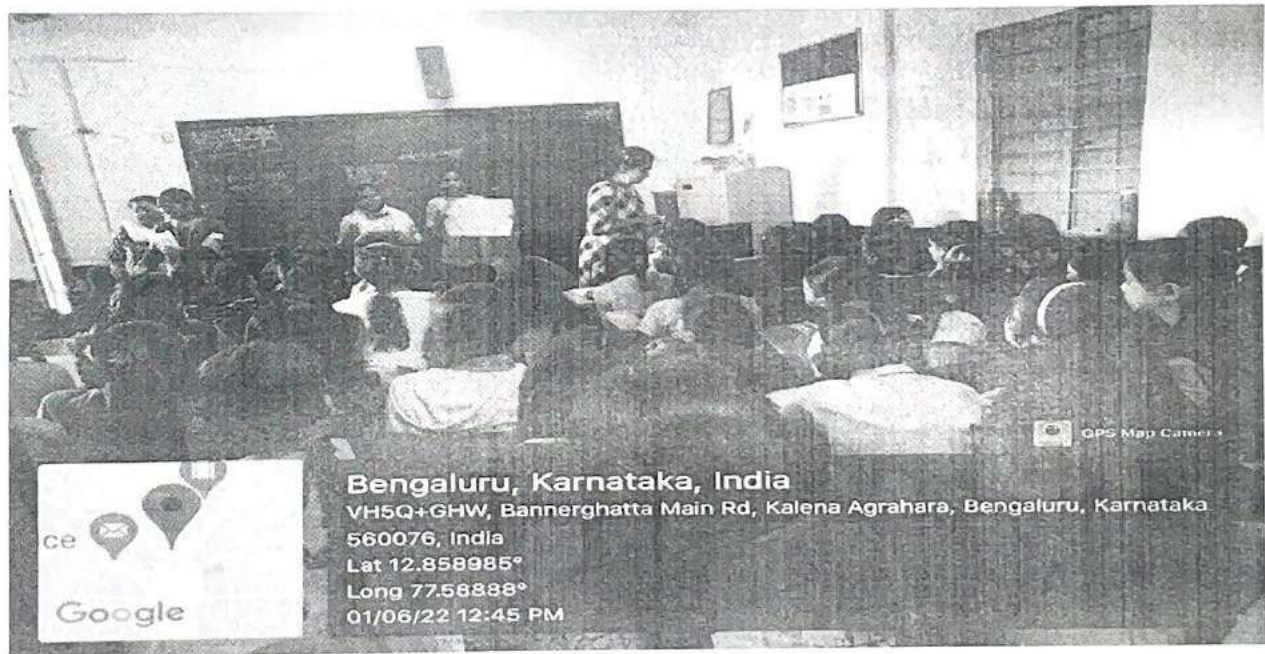
Bengaluru, Karnataka, India

Bilekahalli, VJX3+M8W, Bannerghatta Main Rd, Sundar Ram
Shetty Nagar, Bilekahalli, Bengaluru, Karnataka 560076, India

Lat 12.899242°

Long 77.603361°

31/05/22 12:38 PM







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BLEED YOUR WAY


Date	Event	Club	Description
Sunday, July 18, 2021	Bleed your way	Rotaract Club	Rotaract club of ssmrv college in association Rotaract club of Surana college organized a webinar to give a message to society that "bleeding is not a problem but pride. The speaker of the session was Dr.Aastha Singh who is a doctor by profession .

S. Kumar
 PRINCIPAL
 SSMRV COLLEGE
 Jayanagar, Bangalore - 41



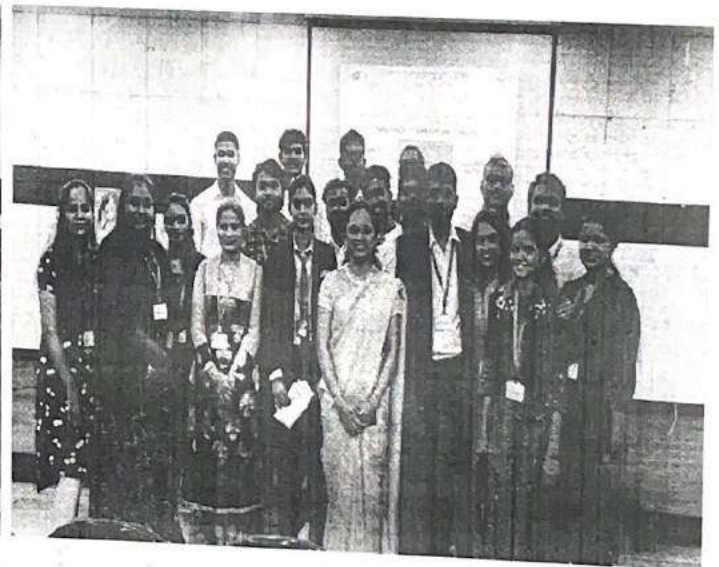
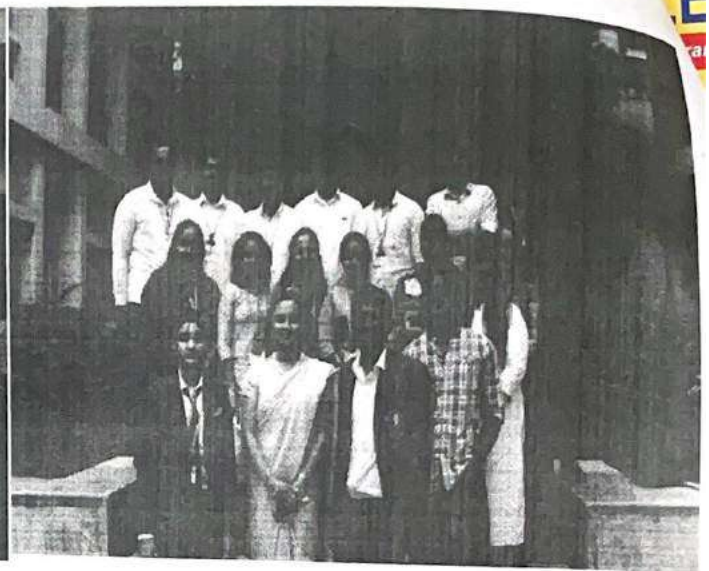
Activity Report

Academic year 2020-21	
1. Basic details	
Name of Activity	Mind your brain
Date	29/06/2022
Faculty	Ms. Deepika L
Organized by	Office bearers and members
Name of Department/ Name of Committee/ Club	Udyothana club
Coordinator/ In-charge of Activity	Ms . Deepika .L
Time	2:30pm
Venue	Auditorium
Activity for Class/Group	Group
Nature: Academic /Co-curricular/extracurricular/other	extracurricular
2. Brief information about Activity	
Topic /Subject of activity	Mind your brain
Objectives of the activity	To create an awareness of the ability of the brain and its functionality
Methodology	Guest speaker Mr. Rajesh Gope took over the session with ppts .
Outcome of Activity	We must believe in ourself. Everyone are unique, awesome and special in one are other way. To utilize the brain in best possible way
3. Proofs attached	
Letters /Attendance sheet/Certificate/ Feedback/Account document /Photo etc.	


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SSMRV COLLEGE
Jayanagar, Bangalore - 41

Ms. Deepika L
Activity In-charge

Pictures/ any documents



Ms Deepika L
Activity In-charge

eg



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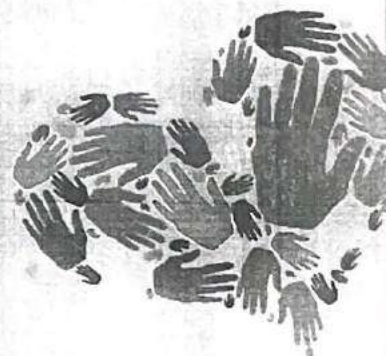


Udyotana Club

Student's Counselling Centre

Cordially Invites You to a Student Development
and Orientation Programme on

"MIND YOUR BRAIN"



Mr. Rajesh Gope

Founder of Artha School of Personal Excellence

E-Certificates will be provided to all the participants

Date:
29th June 2022

Time:
2:30pm

Venue:
Auditorium

**Faculty Members
& Office Bearers
Udyotana**

**Ms. Deepika.L
Convenor**

**Dr. Anil Kumar S
Principal**

Go, change the world®

Profile of the Guest Speaker

Rajesh Gope is the Founder of Artha School of Personal Excellence. He is an internationally certified career counsellor, psychometric analyst, biometric psychologist, motivational speaker, appearance coach, DJ, passionate dancer - choreographer, terrarium artist, Marma Chikitsa therapist, Mudra Yoga guru, Agnihotra Guru, to name a few. He is fondly called as Guru of Personal Excellence, with a passion to inspire and ignite young minds he uses ancient tools with modern techniques to guide youngsters. His keen interest in public speaking has helped him win accolades and the confidence of people from all walks of life.

He is also associated with many philanthropic activities through different NGOs visits orphanages, underprivileged schools and old age homes to motivate the young and old alike – through his speech, dance and meditation sessions.

He comes with 14 years of rich corporate experience having worked with esteemed organizations like IBM, Ernst & Young and Hudson's Bay Company. He has been a mentor to upcoming leaders and managers throughout his corporate career, and has worked closely with eminent global leaders in these organizations in India and abroad.

His last held position in the corporate arena is Manager – Finance & Accounts with Canada based Hudson's Bay Company. He is a commerce graduate from Bangalore's Vijaya College and a member of the influential alumni network, Vijaya Vanijya Alumni or VVA, as it is popularly known. Please put your hands together, for Guru of Personal Excellence, Rajesh Gope!

Sl.no	Name	Section	Year	Department	Signature
48	MOHAMMED IDETS	C Sec	II	B.Com	
49	CHAKRABARTI	C Sec	II	B.Com	
50	ISMAM CHAKRAH	C Sec	II	B.Com	
51	Sruya Kisan M	C Sec	II	B.Com	
52	Amrta Kumar Singh	C Sec	II	B.Com	
53	Varunkumar R	A Sec	I	B.Com	
54	Sachin V	A Sec	I	B.Com	
55	Saidhaa N	A Sec	I	B.Com	
56	Pradeep K	A Sec	I	B.Com	
57	Phargava Y	A Sec	I	B.Com	
58	Sumanth R	A Sec	I	B.Com	
59	SHASHANK M	A Sec	I	B.Com	
60	PRAMOD T.M	A Sec	I	B.Com	
61	Anun Kumar G.R	A Sec	I	B.Com	
62	Nithin P.S	A Sec	I	B.Com	
63	K. Shashank Uswal	A Sec	I	B.Com	
64	Sachin H	A Sec	I	B.Com	
65	MANOJ M	A Sec	I	B.Com	
66	Tharun Kumar P	A Sec	I	B.Com	
67	Sanjay D.K	E Sec	II	B.Com	
68	Mangunath V	E Sec	II	B.Com	
69	Pragwal J	E Sec	II	B.Com	
70	Dhanush D	E Sec	II	B.Com	
71	Manikanta K	E Sec	II	B.Com	
72	Abhishek M	E Sec	II	B.Com	
73	Chirath Raj H.S	E Sec	II	B.Com	
74	Vishnu Shankar	E Sec	II	B.Com	
75	Manasa L	E Sec	II	B.Com	
76	Shreyas U	E Sec	II	B.Com	
77	M. Nandkishore	E Sec	I	B.Com	
78	Niharika Anthony	A Sec	I	B.Com	
79	Nanda Kisan G	D Sec	II	B.Com	
80	Mohammed Sultan Yousuff	D Sec	II	B.Com	
81	Amith K	D Sec	II	B.Com	
82	Bhuvan chandra S.S	D Sec	II	B.Com	
83	Bhuvan G.V	D Sec	II	B.Com	
84	Prarthana Shetty	D Section	II	B.Com	
85	Keerthana Shetty	D Section	II	B.Com	
86	Rakshit M	D Section	II	B.Com	
87	Sahana P.V	D Section	II	B.Com	
88	Balaji L	D Sec	II	B.Com	
89	Adarsh Nag	D Sec	II	B.Com	
90	Adarsh S	D Sec	II	B.Com	
91	Anish V.P	D Sec	II	B.Com	
92	Deekshith R	D section	II	B.Com	
93	Yashas G	D Sec	II	B.Com	
94	Sanjay Bhaskaran	A Sec	III	B.Com	
95	Vaibhav P. Kash	A Sec	III	B.Com	
96	Hemant H.S	A Sec	II	B.Com	
97					

The above listed students attended on 29th June at 2:30 PM

Deepika 29/6/22

Sl.no	Name	Section	Year	Department	Signature
98	Aishwarya K	D	II	B.Com	Prathin
99	Nayana S.D	D	II	B.Com	M
100	Hirakmayee S	D	II	B.Com	Him.C.
101	Pavitra Shree D.S.	D	II	B.Com	Pruthi
102	D Rat D. Sai Rakshitha	D	II	B.COM	Pruthin
103	Preethini A	D	II	B.COM	Kishan.C
104	Kishan G	D	II	B.COM	Vij
105	Vijaya Kumar S	D	II	B.COM	Kumar.M
106	Kishan Kumar M	D	II	B.COM	Rose
107	Sainiva Sa T	D	II	B.COM	Venkatesh
108	Venkatish L	D	II	B.COM	G.sagar
109	Sagar G	D	II	B.COM	Suresh
110	Samitha Sreeram	D	II	B.COM	Standard
111	Kandhar	D	II	B.COM	Isa
112	Likith B.V	D	II	B.COM	V.P. h
113	Dinesh V	D	II	B.COM	Arjun
114	Ajay K	D	II	B.COM	Pruthi
115	Jayaprakash C	D	II	B.COM	Sundh
116	Sindhu N. K. Kashyap	D	II	B.COM	D.S.
117	Disha Y.S	D	II	B.COM	Priya
118	Bharana A	D	II	B.COM	Anuska
119	Anusha N.V.	D	II	B.COM	Isa
120	Angali Raj	D	II	B.COM	Manish
121	Monika A	D	II	B.COM	Pruthi
122	Kavitha M.S	D	II	B.COM	Banika
123	Phanika B	D	II	B.COM	Pruthi
124	Mithun				
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The above
mentioned students
have attended
SOP on 29th
June at 2-30pm

Deepika
29/6/22

Student Development & Orientation program
on Mend Your Brain

29-06-2022

(1)

UDYOTANA CLUB - 29/6/22				
Attendance Sheet				
SI NO	Name	Section	Year	Department
1	Sanjana V	E	1st year	B.COM
2	DEEKSHA P C	E	1st year	B.COM
3	S. Muskan	C	1st year	B.com
4	Harshitha S	C	1st year	B.com
5	Razia Sulthana	C	1st year	B.com
6	Sahana	A	1st year	B.com
7	chethana M.R	A	1st year	B.com
8	Kusuma S	A	1st year	B.com
9	Asha S	A	1st year	B.com
10	Chandana N	A	1st year	B.com
11	Likitha R	A	1st year	B.com
12	Panchami M P	A	2nd year	B.com
13	Gauba Deepthi R	A	2nd year	B.com
14	Pavani	A	2nd year	B.com
15	Lakshmi Priya MS	A	2nd year	B.com
16	SPOORTHY S	A	1st year	B.com
17	ASHWINI C	A	1st year	B.com
18	AISHWARYA G	A	1st year	B.com
19	Vandana G	A	1st year	B.com
20	S. Vanishree	A	1st year	B.com
21	Vidhyashree G	A	1st year	B.com
22	Aneha E	A	1st year	B.com
23	Aashitha G	A	1st year	B.com
24	Tejaswini A	A	1st year	B.com
25	Hemashree KA	E	1st year	B.com
26	Baradharaj H	E	1st year	B.com
27	Keerthana L	E	1st year	B.com
28	Soumi S	A	1st year	B.com
29	Praveena M	A	1st year	B.com
30	Sirsha Kumari D.S	A	1st year	B.com
31	Kanishka R	A	1st year	B.com
32	Nivya S	A	1st year	B.com
33	Varshini N	A	1st year	B.com
34	Thamara S	A	1st year	B.com
35	Manisha R	A	1st year	B.com
36	Indushree S N	A	1st year	B.com
37	Harshitha N	A	1st year	B.com
38	Nethan N	E	2nd year	B.COM
39	Chandana R	E	2nd year	B.COM
40	Modini P	C	3rd year	B.COM
41	Neetu Singh B	C	3rd year	B.COM
42	Jyothi PCJ	C	3rd year	B.com
43	Prasanna			
44				
45				
45				
47				

The above mentioned students have attended DP on 29/6/22
Time at 2:30 pm

29/6/22

Student Development & Orientation program on Mind Your Brain

1:30pm to

UDYOTANA CLUB - 29/6/22 - 1:30pm					
Attendance Sheet - Volunteers					
Sl NO	Name	Section	Year	Department	Sign
1	Keerthana	E	2nd	B.com	Keerthana
2	Kishore, C	B	2nd	BBA	Kishore
3	Rakeshitha, K	A	1st	BBA	Rakeshitha
4	Nikhita, D Man	A	1st	BBA	Nikhita
5	Ananya, R	D	1st	B.com	Ananya
6	Lalitha, R	A	1st	B.com	Lalitha
7	Gangavathi	A	1st	B.com	Gangavathi
8	Shashitha, H.S	E	3rd	B.com	Shashitha
9	Shravya, V	E	3rd	B.com	Shravya
10	Vishnu Shankar, P	E	3rd	B.com	Vishnu
11	Manasa, L	E	3rd	B.com	Manasa
12	Keshava, C	A	1st	B.com	Keshava
13	P.V. Sreenidhi	D	1st	B.com	P.V. Sreenidhi
14	Rakeshitha, S	A	1st	B.com	Rakeshitha
15	Yashta, B. A	A	I	B.com	Yashta
16	Devika, H. S	E	2nd	B.com	Devika
17	Mohan Kumar, K	A	I	B.com	Mohan
18	Yogesh Kumar, D	A	I	B.com	Yogesh
19	Tefas, R	A	I	B.com	Tefas
20	Janavi	D	1st	B.com	Janavi
21	Shubha Sagar, H	E	2nd	B.com	Shubha
22	V.R. Ashok	C	3rd	B.com	Ashok
23	Tharun, V	C	3rd	B.com	Tharun
24	Mohith, E	C	3rd	B.com	Mohith
25	Tanisha, D	C	3rd	B.com	Tanisha
26					
27					

Following student
have volunteered
for SDP on
29th June 2022
from 1:30pm to
4:30pm

Deepthi
29/6/22

Sl NO	Name	Section	Year	Department	Sign
29	Praveena, M	A	1st year	B.com	Praveena
30	Sirsha Kumari, D.S	A	1st year	B.com	Sirsha
31	Kanishka, R	A	1st year	B.com	Kanishka
32	Nivya, S	A	1st year	B.com	Nivya
33	Varshini, N	A	1st year	B.com	Varshini
34	Tharun, S	A	1st year	B.com	Tharun
35	Manisha, R	A	1st year	B.com	Manisha
36	Indushree, S.N	A	1st year	B.com	Indushree
37	Harshitha, N	A	1st year	B.com	Harshitha
38	Netha, N	A	1st year	B.com	Netha
39	Chandana, R	E	2nd year	B.com	Chandana
40	Madini, P	E	2nd year	B.com	Madini
41	Neethi Singh, B	C	3rd year	B.com	Neethi
42	Jyothi, D.C	C	3rd year	B.com	Jyothi
43	Praveeda	C	3rd year	B.com	Praveeda
44					
45					
46					
47					

The above students
have attended
SDP on 29th
June at 1:30pm

Deepthi
29/6/22



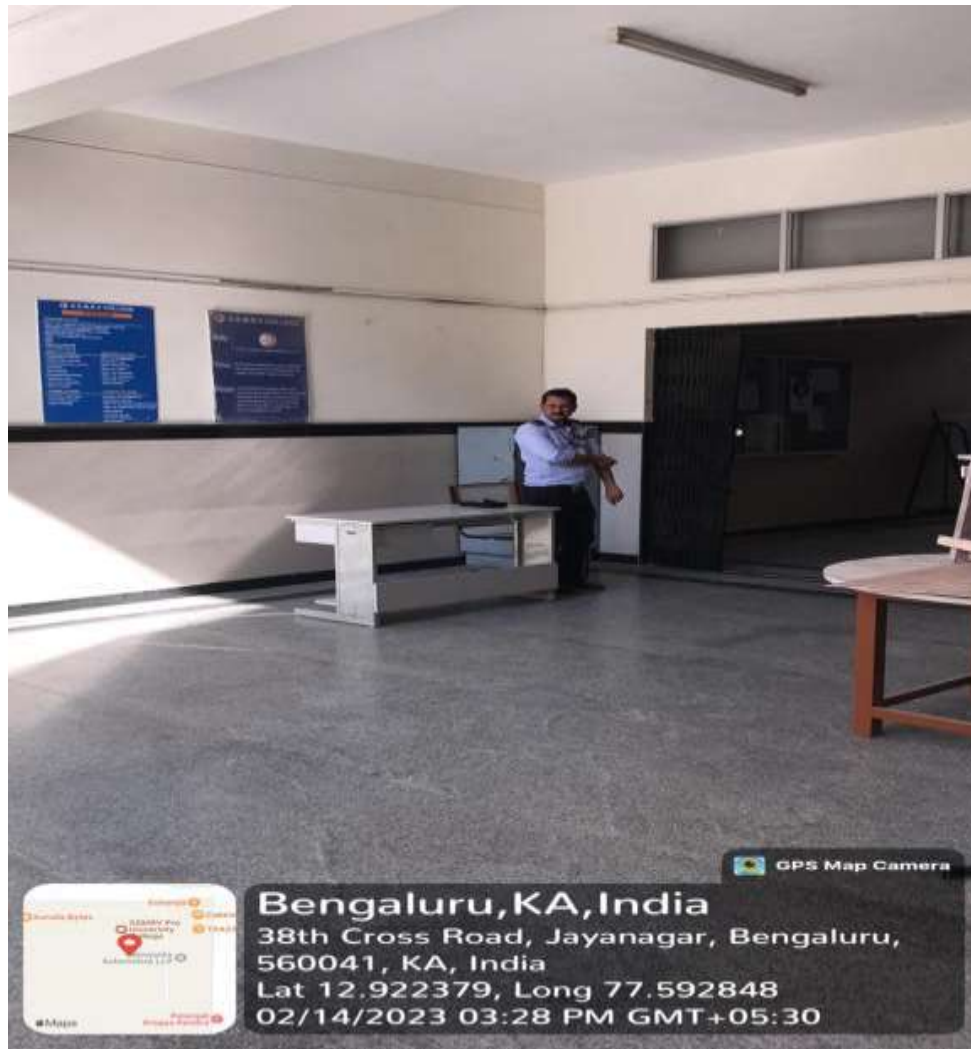
7.1.1

Safety and Security

Cameras are installed in all classrooms and corridors for safety of students.



Security personnel is deployed near all the Entrance gates





7.1.1

Common Room for Girls



7.1.1 Installation of Sanitary pad Dispenser Machine

