

Activity Report

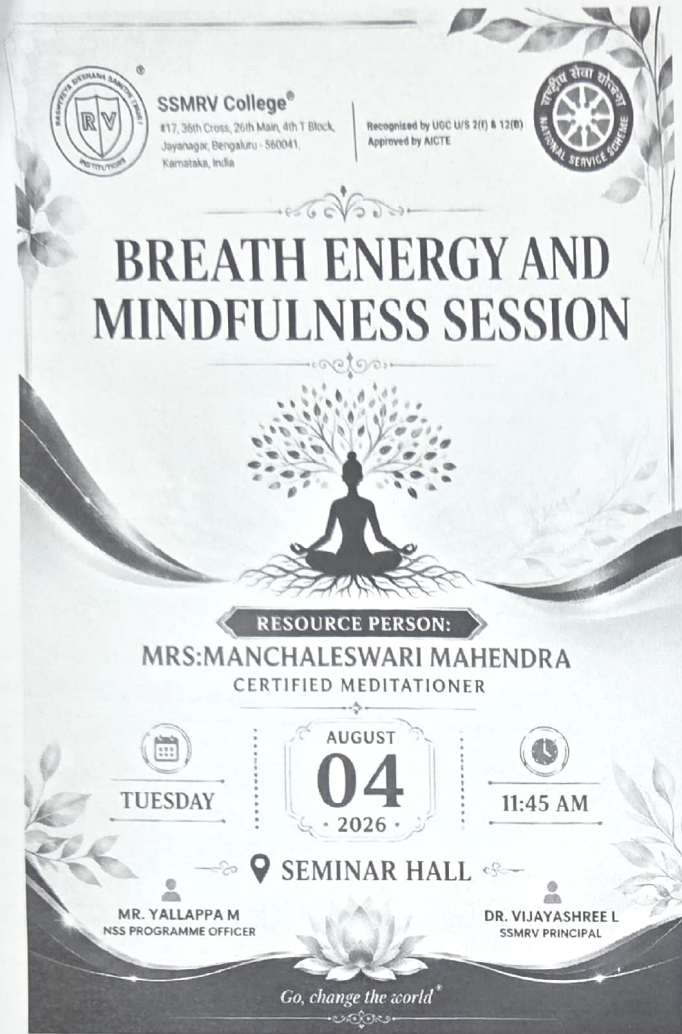
ACADEMIC YEAR 2026-27

1. BASIC DETAILS

Name of the Activity	BREATH ENERGY AND MINDFULNESS SESSION
Date	04-August-2026
Time and Venue	11:45 AM; Seminar Hall SSMRV College
Mode (Online/Offline)	Offline
Organized by: Name of the Department/Activity Centre	NATIONAL SERVICE SCHEME(NSS UNIT)
Event Coordinator/ Faculty In-charge	Mr. Yallappa M NSS Program Officer
Nature: Academic /Co- curricular/extracurricular/others	Extracurricular / NSS Annual Camp 2024-25
Topic/Activity	Breath Energy And Mindfulness Session
Resource Person Details Name, Designation and Organization/Institution)	Mrs. Manchaleswari Mahendra Certified Meditationer
Participants	85 Volunteers (BCOM, BBA, BCA, BBA Aviation)
Objectives of the activity	The objective of the BREATH, ENERGY AND MINDFULNESS Session, organized by THE NSS UNIT OF SSMRV College, was to promote mental well-being, stress management, self-awareness, emotional balance, and concentration among college students. The session aimed to introduce students to simple breathing, meditation, and mindfulness practices that could be incorporated into their daily lives for a healthier and more balanced lifestyle.
Methodology	The session was conducted through an Interactive And Experiential Approach , including an introduction to mindfulness and mental health, guided breathing exercises, meditation relaxation techniques, and awareness practices. Students actively participated in the exercises and were encouraged to observe their thoughts, emotions, and breathing patterns. The session concluded with reflection and discussion on the practical application of mindfulness in academic and personal life.
Outcome of activity	The session created greater awareness among students about the importance of Mental Health, Stress Management, And Emotional Well-Being . Participants gained practical knowledge of breathing and mindfulness techniques and experienced a sense of relaxation and calmness. The programmer encouraged students to adopt positive habits, improve concentration, manage everyday stress, and develop greater self-awareness as part of their overall personal development.

Mr Yallappa M
Assistant Professor
NSS Program Officer
SSMRV College, 4th 'T' Block,
Jayanagar, Bangalore - 41

PRINCIPAL
SSMRV COLLEGE
Jayanagar, Bangalore - 41



[Signature]
PRINCIPAL
SSMRV COLLEGE
 Jayanagar, Bangalore - 41

Activity Report

Academic year 2024-25

1. Basic details

Name of the Activity	WALK FOR BHARATH (WALKATHON)
Date	11 th August 2026
Time and Venue	6:30 am – 10:00am Shalini Ground 5 th block Jayanagar
Mode (Online/Offline)	Offline
Organized by: Name of the Department/Activity Centre	National Service Scheme(NSS UNIT) Disha Bharath
Event Coordinator/ Faculty In-charge	Mr.Yallappa M NSS Program Officer
Nature: Academic /Co- curricular/extracurricular/others	Extracurricular
Topic/Activity	WALKATHON
Resource Person Details Name, Designation and Organization/Institution)	C K Ramaurthy , MLA Jayanagar Mr. Yallappa M , NSS Program officer SSMRV COLLEGE
Participants	100 Volunteers (BCOM, BBA, BCA, BBA Aviation)
Objectives of the activity	The primary objective of the MY BHARATH WALKATHON was to inculcate a strong sense of patriotism, national pride, and social responsibility among college students on the occasion of the 80 th INDEPENDENCE DAY. The activity aimed to encourage youth participation in national celebrations, promote unity and national integration, create awareness about the duties and responsibilities of citizens, and inspire students to contribute positively to the development of the nation. It also sought to strengthen the value of discipline, teamwork, leadership, and community participation among NSS volunteers and students.
Methodology	The walkathon was organized by the NSS Unit of SSMRV College with active participation from college students. The Programme was planned and coordinated by the NSS team, with students assembled and briefed about the significance of Independence Day and the purpose of the walkathon. Participants marched in an organized and disciplined manner, carrying patriotic messages and demonstrating national pride throughout the activity. NSS volunteers assisted in maintaining coordination, discipline, and smooth conduct of the Programme. The activity was conducted as a collective youth movement to promote patriotism, unity, civic consciousness, and active citizenship.
Outcome of activity	The walkathon was organized by the NSS Unit of SSMRV College with active participation from college students. The programme was planned and coordinated by the NSS team, with students assembled and briefed about the significance of Independence Day and the purpose of the walkathon. Participants marched in an organized and disciplined manner, carrying patriotic messages and demonstrating national pride throughout the activity. NSS volunteers assisted in maintaining coordination, discipline, and smooth conduct of the programme. The activity was conducted as a collective youth movement to promote patriotism, unity, civic consciousness, and active citizenship.

Mr Yallappa M
Mr Yallappa M
 Assistant Professor
 NSS Program Officer
 SSMRV College, 4th 'T' Block,
 Jayanagar, Bangalore - 41

Principal
PRINCIPAL
SSMRV COLLEGE
 Jayanagar, Bangalore - 41

DISHA BHARAT **Mythic Society**

WALKATHON

Youth marching with pride on the occasion of 97th Independence Day

Walk for Bharat

Chief Guests:

Shri. C.K. Ramamurthy
Member of the Legislative Assembly
Jayanagar

JAYANAGAR
START:
Dhatni Ground, 10th Main Rd,
5th Block, Jayanagar

TUESDAY
11 AUGUST 2026

TIME:
6:30 AM - 9:30 AM

Scan QR for location

For more details contact:
98633 7911 | 98510 9188

© dishabharaat | www.dishabharaat.org





Activity Report

Academic year 2024-25**1. Basic details**

Name of the Activity	10 th State Level Seminar On Transformation For The Nation
Date	14 th August 2026
Time and Venue	09:00 am Sri. Puttanna Chetty Town Hall, Bengaluru
Mode (Online/Offline)	Offline
Organized by: Name of the Department/Activity Centre	National Service Scheme(NSS UNIT) VISHWAMANYA YUVA VEDIKE & QUEEN'S GLOBAL MANAGEMENT SOLUTIONS
Event Coordinator/ Faculty In-charge	Mr.Yallappa M NSS Program Officer
Nature: Academic /Co- curricular/extracurricular/others	Extracurricular
Topic/Activity	10 th State Level Seminar On Transformation For The Nation
Resource Person Details Name, Designation and Organization/Institution)	Sri. Nichalanadanathan Mahaswamiji, Dr. Vijayalakshmi Balekundri, Ambassador Dr. Deepak Vohra, Sri Kamalkumar S, Ms. Jeevitha Mahendra, Dr. Hema Nandish, Sri. Vinay Patil
Participants	25 Volunteers (BCOM, BBA, BCA, BBA Aviation)
Objectives of the activity	The primary objective of the seminar was to develop a strong sense of social and national responsibility among college students and motivate them to become responsible and active citizens. The programme aimed to create awareness about the duties of youth towards society, encourage civic consciousness, promote leadership and teamwork, and inspire students to contribute positively to the social, economic and cultural development of the nation.
Methodology	The seminar was conducted through an interactive and participatory approach, bringing together college students at a Town Hall . The programme included expert presentations, motivational interactions, awareness sessions and discussion focusing on nation-building, responsible citizenship and youth participation. Students were encouraged to actively engage in the sessions, reflect on their responsibilities towards society and identify meaningful ways through which they could contribute to community welfare and national development.
Outcome of activity	The seminar successfully enhanced students' awareness of their responsibilities as citizens and their role in nation-building . Participants developed greater understanding of civic values, social commitment, leadership, and discipline and community participation. The programme motivated students to become more socially responsible and encouraged them to translate their learning into constructive action for the welfare of society and the transformation of the nation.

Mr Yallappa M
Mr Yallappa M
Assistant Professor
NSS Program Officer
SSMRV College, 4th 'T' Block,
Jayanagar, Bangalore - 41

Principal
PRINCIPAL
SSMRV COLLEGE
Jayanagar, Bangalore - 41

ವಿಶ್ವಮಾನವ ಯುವ ವೇದಿಕೆ
VISHWAMANAVA YUVA VEDIKE
&
QUEEN'S GLOBAL MANAGEMENT SOLUTIONS

Presents
10th State Level Seminar On
Transformation For The Nation
-India's Development Through Individual Contribution

The competitive world around us demands for competitive individuals and in this run each and every individual is busy striving hard to make oneself suitable and be marked. Accompanied by this, there is also a dire need for individuals to recognize the need for their contribution towards the rigorous and healthy development of the nation.



In accordance, the seminar is framed to develop a "Sense of Responsibility" among the youth towards the nation. It emphasizes on Re-Churning the churned soil that propagates the Y-Gen as Role Models for the future generation. It also visualizes on developing the sense of Individual Contribution towards the development of the nation.

www.queensglobal.com

Session 1
Gen Y as role model for Gen Z - Higher Education as a Key Contributor
Online Presence
Sri. Sri. Nischalanandanatha Mahaswamiji
Vishwa Vidyapeetha Mahaswamihana Math

Session 2
Recharging Self - Face your life by extending your work/education
Dr. Vijayalakshmi Balekundri
Prof. Emeritus & Former HOD Post Grad Cardiology
Sri Jayadeva Institute of Cardiovascular Sciences & Research

Session 3
Citizen's Social Responsibility (CSR) - The Y Factor as Key Differentiator
Ambassador Dr. Deepak Vohra
Special Advisor in Africa & Brazil, Made in India for the world

Session 4
Motivational Cultural Program

Session 5
Panel Discussion & Delegates Interaction on India's Development Through Individual Contribution

Sri. Kamalkumar S <i>Senior Entrepreneur & Dedicated Social Worker</i> Dr. Hema Nandish <i>Former Journalist & Founder</i> <i>Little Women - Self Employment Training Centre</i>	Ms. Jeevitha Mahendra <i>Director</i> <i>Mahatma Centre for Program Excellence</i> Sri. Vinay Patil <i>Founder CEO - SKR to S</i> <i>South Education</i>
--	---

Seminar Conceptualizer & Session Moderator
Dr. Madhurani Gowda *PhD*
TeachforIndia.org - India, Colombia & South Africa

Date: 14th August 2026 Venue: Time: 09:00 am
SIR, PUTTANNA CHETTY TOWER HALL, BENGALURU

All are Cordially Invited

Dr. Madhurani Gowda <i>President</i> <i>Vishwamanava Yuva Veda Ltd</i>	Mr. Mahesh G.K. <i>Former</i> <i>Queen's Global Management Solutions</i>
---	---

DELEGATES
Madhavi from IIT, IC, Professional Institute, Women & Youth Association
MSR - Madhavi (IC), MSR (IC)
Email: drmg@vishwamanavayuvavedi.com / drmg@teachforindia.org



Handwritten signature

PRINCIPAL
SSMRV COLLEGE
Jayanagar, Bangalore - 44

Activity Report

Academic year 2024-25

1. Basic details

Name of the Activity	80 th Independence Day Celebration
Date	15 th August 2026
Time and Venue	7:30 AM at SSMRV College, Jayanagar Bengaluru
Mode (Online/Offline)	Offline
Organized by: Name of the Department/Activity Centre	National Service Scheme(NSS UNIT) & National Cadet Cops (NCC)
Event Coordinator/ Faculty In-charge	Mr.Yallappa M NSS Program Officer
Nature: Academic /Co- curricular/extracurricular/others	Extracurricular
Topic/Activity	80 th Independence Day Celebration
Resource Person Details Name, Designation and Organization/Institution)	Major Vinita Thakur – Indian Army Dr. Vijayashree L – SSMRV College Principal
Participants	85 Volunteers (BCOM, BBA, BCA, BBA Aviation)
Objectives of the activity	The primary objective of the activity was to inculcate a strong sense of patriotism, national responsibility, and respect for the values enshrined in the Constitution among students. The programme aimed to create awareness about the significance of India's Independence Day, commemorate the sacrifices of freedom fighters, and encourage students to contribute positively towards nation-building. It also sought to promote unity, discipline, social responsibility, and the spirit of "Nation First" among the student community.
Methodology	The NSS Unit planned and coordinated the celebration with the active involvement of college students. Students were encouraged to participate in the various activities associated with the Independence Day programme, including patriotic presentations, cultural activities and awareness-oriented engagements. NSS volunteers supported the organization and coordination of the event, ensuring discipline, participation and effective execution. The programme used participatory and experiential methods to help students connect the historical significance of independence with their present-day responsibilities as responsible citizens.
Outcome of activity	The celebration successfully created a strong sense of patriotism, unity and civic consciousness among the participating students. Students gained a deeper understanding of the importance of India's freedom struggle and the responsibilities associated with being citizens of a democratic nation. The programme also strengthened leadership, teamwork, discipline, and social commitment among NSS volunteers and participants. Overall, the event served as an effective platform for nurturing responsible youth committed to contributing to national development, social harmony, and the progress of the nation.

Mr Yallappa M
Assistant Professor
NSS Program Officer
SSMRV College, 4th
Jayanagar, Bangalore

PRINCIPAL
SSMRV COLLEGE
Jayanagar, Bangalore - 41



SSMRV College®
 #17, 26th Cross, 26th Main,
 4th T Block, Jayanagar
 Bangalore-560011 Karnataka India

Recognized by UGC (71 & 120)
 Approved by AICTE



80TH INDIAN INDEPENDENCE DAY CELEBRATION

CHIEF GUEST
Major Vinita Thakur
 Indian Army

SPECIAL INVITES

Dr. Parashottam Bung
 RV Institute of Management
 Professor & Director

Dr. K. Aparna Rao
 RV Institute of Management
 Professor & Deputy Director

Dr. Basava Raj
 RV Skills
 Director

Dr. Sumita Acharya
 SSMRV PU College
 Principal

PRESENED BY

Dr. Vijayshree L.
 SSMRV College
 Principal



DATE

15 August 2020



VENUE

SSMRV Quadrangle



TIME

7:30 AM

LT. Avinash K V
 ANO

Mr. Yallappa M
 SSS - Program Officer

Go, change the world



Handwritten signature
PRINCIPAL
SSMRV COLLEGE
 Jayanagar, Bangalore - 41