



ST. ANNE'S DEGREE COLLEGE FOR WOMEN

Permanently Affiliated to Bengaluru City University
Recognized by UGC under Section 2(f), Accredited with 'A' Grade by NAAC
ISO 9001:2015 Certified Institution
#23, Cambridge Road, Halasuru, Bangalore- 560008



4.1 Physical Facilities

4.1.2 Adequate Facilities for Sports, Games & Cultural



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• Yoga, Pranayana, Fitness and Meditation <ul style="list-style-type: none">▪ Invitation▪ Photos
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• GYM



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Indoor Games



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Outdoor Games



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Sports Ground MOU



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MOU (2018 to 2024)

ಲೂರ್ದೆಸ್ ಬಾಲಕರ ಪ್ರೌಢಶಾಲೆ Lourdes Boys' High School

14, ಕೆಂಬ್ರಿಡ್ಜ್ ರಸ್ತೆ
ಹಲಸೂರು,
ಬೆಂಗಳೂರು - 560 008
ದೂರವಾಣಿ 41135296



14, CAMBRIDGE ROAD,
HALASURU,
BANGALORE - 560008
Phone : 41135296

01.July.2018

Ref :

Date :

The Pricipal,
St.ANNE'S Degree College for Women,
#23,Cambridge Road,
Halasuru,Bangalore-560008

Dear Prof.Nisha Joseph Cyriac,

Sub:-Concerning the Usage of our School Grounds

This letter comes as a reply to your request, asking us to lend Our Lourdes's Boy's High School Ground for your college functions and sports activity. In accordance to your request I wish to State that I would comply with your request, On the condition that you could use this ground For period of Six years with effect 01st July 2018 to 31st May 2024. At which point in time my period as a Manager and Correspondent of the school and Parish Priest could come to an end, or my premature transfer, whichever is earlier.

Futher granting of permission is reserved to the parish, Manager and Correspondent who could be incumbent then. Please remember that my granting permission does not in any way bind him to act in such a way as that of mine. That would be reserves to his discretion and discretion of the authorities of St. Anne's Degree College for women to renew further on.

This granting of permission by me, does not entail any legal or monetary bindings on either side till the period of time agreed upon. It is a gratuitous act.

Approximate Square feet 15000 only

Yours truly

Fr.Arokiaswamy

11/7/2018
Correspondent
Lourdes Boys High School
No. 14, Cambridge Road,
Halasuru, Bangalore 560 008.

- CC
1. Secretary,St.Anne's Degree College for Women, Halasuru Bangalore.
 2. Headmaster, Lourdes Boy's High School, Halasuru Bangalore.
 - 3.Parish Priest's file copy



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WALKTAHON



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Invitation



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No:23, Cambridge Road, Halasuru, Bangalore-08



FIT
INDIA

The Management, Principal, Staff and Students



Cordially invite you to the

Campus Walkathon

Date: 20th February 2021

Timing : 9.10 am to 10.00 am

Venue : St. Anne's Campus

Chief Guest

Rev.Sr.Margaret Julie
Secretary & Administrator

Guest of Honour

Prof.Nisha Joseph
Principal

Asst.Prof.Krishna.S

Dept. of Physical Education

Organized by Dept. of Physical Education & Sports

All are invited



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Photos



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FIT INDIA

Campus Walkathon

Date: 20th February 2021
Timing : 9.10 am to 10.00 am
Venue : St. Anne's Campus

WALKATHON

20 Benefits Of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Burns extra muscle tissue



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YOGA, PRANAYAMA, FITNESS AND MEDITATION



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Invitation



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Invitation (30 days Immunity Boosting Digital Workout Sessions in Pandemic "YOGA, PRANAYAMA, FITNESS & MEDITATION"))



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**Dept. of Physical Education & Sports
In Collaboration with IQAC**

Organizes

**30 DAYS IMMUNITY BOOSTING DIGITAL WORKOUT SESSIONS IN PANDEMIC
"YOGA, PRANAYAMA, FITNESS & MEDITATION"**

Date: 21st June to 20th July 2021
Time: 6:30am to 7:30am



"STAY HOME STAY SAFE STAY HEALTHY STAY FIT"

Rev. Sr. Margaret Julie Secretary & Administrator	Prof. Nisha Joseph Cyriac Principal	Ms.Sangita IQAC-Co-Ordinator	Mr. Krishna S Physical Education Director
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Department Events

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Participants (101)

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- AK Anjali kumari
- AN Anjali Rao reg no-414
- AN anny nancy
- AR Anu Radha.V
- AS Anuradha S
- AS Anuradha S
- AK Architha K
- AA Ashwinip-424
- A AshwinS
- BK Bhagyashree p kalaguti

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Participants (56)

Q Search

- Olivia K C 1944450
- Ghana shree 31
- Gitanjali C 1944457
- hamsaveni
- Harini N Reg no. 466
- Hemil ashap
- Indhum regno.35
- J.Jaya Mangala Selvi reg no 476
- Jayashree M
- Jayashree. m reg no 79

Andree Agnes Jo 411	Anitha S.M	Arjati kumar	Arjati Rao reg no 414	Annamma Mathew Cherian
Ashmita Rao	Ashwini G	Bhagavathi p kalpagal	Bhagyam reg no- 29	Bhaskar S
Bunika S.17	Charulatha	Charulatha Anbar 20	chellana m	Dev V and Anudatha V

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Cultural Programmes



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GYM



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