



### 6.5.3

## Orientation programme on quality issues for teachers and students organised by the Institution

### INDEX

<b>SI. No.</b>	<b>Orientation Programme</b>	<b>Date</b>
1.	Orientation for the students on "Eye care during Covid -19 Pandemic and keeping an eye healthy while learning online classes"	18.05.2021
2.	Orientation for the Faculty on "Relaxation Therapy to establish Calm and Optimism during Pandemic"	02.06.2021 to 03.06.2021



## **ST. ANNE'S DEGREE COLLEGE FOR WOMEN**

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**Orientation for the students on "Eye care during Covid -19 Pandemic and keeping an eye healthy while learning online classes"**

**18<sup>th</sup> May 2021**



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## Circular



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#### Health Club

### **CIRCULAR**

18<sup>th</sup> May 2021

This is to inform that Health Club in collaboration with IQAC organizing online Student Orientation Programme for all the Students of our college, on 19<sup>th</sup> May 2021 at 12:30 pm to 1:30 pm on Cisco WebEx Platform.

**Resource Person: Dr Rakesh Seenappa**  
MMBS, MS, FCO FVRS,  
Dr Agarwal Eye Hospital

**Topic:** " Eye care during Covid 19 pandemic and keeping an eye healthy while learning online classes"

  
Ms Khutaija Nazdeen

Coordinator

**Coordinator**  
**Health Club**

St. Anne's Degree College for Women,  
Halasuru, Bengaluru - 560 008



  
Prof Nisha Joseph

Principal

**PRINCIPAL**  
**St. Anne's Degree College**  
**For Women**  
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## Brochure

### St. Anne's Degree College for women

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Halasuru, Bengaluru, Karnataka-560008

#### HEALTH CLUB

Organises

Students Orientation Programme in collaboration with IQAC  
"Eye care during Covid 19 pandemic and keeping an eye healthy while learning online classes"

**Resource Person**  
**Dr. Rakesh Seenappa**  
MBBS, MS,FCO FVRS  
9 years of experience  
Cataract & Vitreo Retinal Surgeries  
**Dr Agarwal Eye Hospital**

19/05/2021 on Wednesday at 12:30 pm to 1:30 pm

Dear students, we at St Anne's Degree College for Women value your health in all the aspects .We invite you to join the sessions organized by Health Club in collaboration with IQAC in this present virtual platform of learning. The respective class teachers will share the link.

Rev Mother Margaret Julie Secretary and Administrator	Prof Nisha Joseph Principal	Ms. Sangita IQAC-Co-ordinator	Ms Khutarija Nazneen Health Club Co-ordinator
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## Report with Photos

### Student Orientation Programme

The Health Club in collaboration with IQAC organized webinar on 19th May 2021 on topic "Eye care during Covid 19 Pandemic and keeping eyes healthy during online classes"  
The speaker for the session was Dr Rakesh Seenappa from Dr Agarwal Eye Hospital. The session was attended by 360 students and enthusiastically participated in the discussion. Dr Rakesh presented Ppt, which shed light on digital eye, strain, the reasons, symptoms, what to avoid and How to improve.  
The session gave useful tips to take care of our eyes not just during the pandemic but also the general care of eyes, relaxation techniques for the eye care.  
Student's queries were addressed in the end of the session, which proved highly beneficial.



*Nistha Joseph*  
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**An online Orientation for Faculty on  
“Relaxation Therapy to establish Calm and  
Optimism during Pandemic”  
02nd & 03rd June 2021**



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## Circular



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28<sup>th</sup> May 2021

#### CIRCULAR

This is to inform that Dept. of Physical Education & Sports in collaboration with IQAC is organizing Two Day Online Therapy on "RELAXATION THERAPY TO ESTABLISH CALM AND OPTIMISM IN THIS PANDEMIC" for all the faculty of our college on 2nd & 3rd June 2021 from 5.00pm to 6.00pm on Cisco WebEx platform.

**Day-1:** Dance/ movement therapy (DMT), is the psychotherapeutic use of movement to promote physical health and mental well-being.

**Day-2:** Hypnotherapy is a type of complementary medicine in which positive suggestions and guided imagery are used to help individuals with a variety of concerns and issues.

**Resource Person:**

Ms. Swathi, Psychologist  
Ahanaa art of Wellness  
Bangalore.

Mr. Krishna S  
Phy- Edu Director

Physical Education Director  
St. Anne's Degree College for Women.  
No. 23, Cambridge Road, Halasuru.  
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Principal  
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## Brochure



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Department of Physical Education & Sports  
in Collaboration with IQAC

Organizes  
Two Day Online Webinar on


## RELAXATION THERAPY TO ESTABLISH CALM AND OPTIMISM IN THIS PANDEMIC

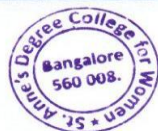
JUNE | Resource Person | WED & THU  
**02 & 03** | **Ms. Swathi, Psychologist** | **5:00 to 6:00**  
2021 | AHANAA Arts of Wellness, Bangalore | PM


**Day 1**  
Dance/Movement therapy (DMT), is the psychotherapeutic use of movement to promote physical health and mental well-being.

**Day 2**  
Hypnotherapy is a type of complementary medicine in which positive suggestions and guided imagery are used to help individuals with a variety of concerns and issues.

Rev. Sr. Margaret Julie | Prof. Nisha Joseph | Ms. Sangita | Mr. Krishna S  
Administrator & Secretary | Principal | IQAC- Co-Ordinator | Phy-Edu Director

  
Physical Education Director  
St. Anne's Degree College for Women.  
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## Report with Photos



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## DEPT. OF PHYSICAL EDUCATION & SPORTS TWO DAYS ONLINE THERAPY

### REPORT ON


#### "RELAXATION THERAPY TO ESTABLISH CALM AND OPTIMISM IN THIS PANDEMIC" 202

The Department of Physical Education and Sports, in collaboration with IQAC, organized a TWO DAYS ONLINE THERAPY

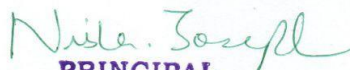
"RELAXATION THERAPY TO ESTABLISH CALM AND OPTIMISM IN THIS PANDEMIC" 2021 It was hosted on the online platform of Cisco Webex. The workshop was conducted for a period of 2days.

The fitness dance therapy webinar was inaugurated on 2<sup>nd</sup> 3<sup>rd</sup> /06/2021, on the principal, Prof. Nisha Joseph welcomed the gathering and gave insights about TWO DAYS ONLINE THERAPY, and resource person Ms. Swathi psychologist, Ahanaa arts of wellness, Bangalore. He started the first session. The session began at 5:30 PM to 6.00pm. He instructed the participants throughout the workshop, dance / movement therapy is the psychotherapeutic use of movement to promote physical health and mental well being

Day 2 Hypnotherapy is a type of complementary medicine in which positive suggestions and guided imagery are used to help individuals with a variety of concerns and issues. There were around 62 faculties participants who participated in the workshop.

  
Physical Education Director  
St. Anne's Degree College for Women.  
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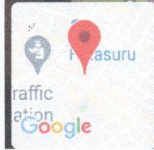
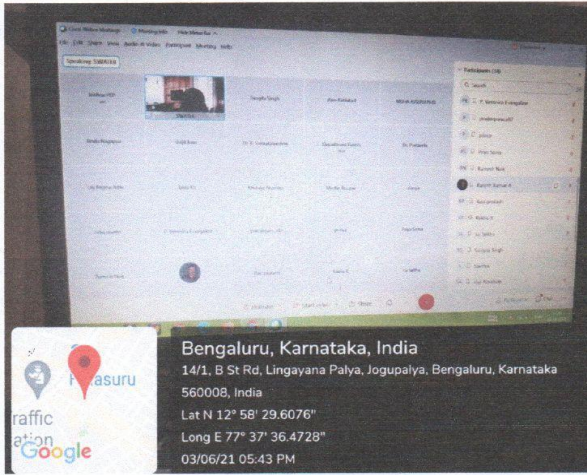


  
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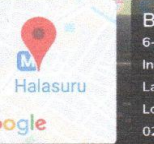
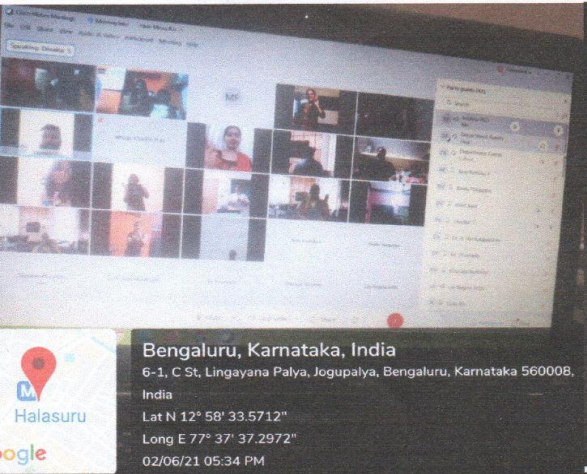
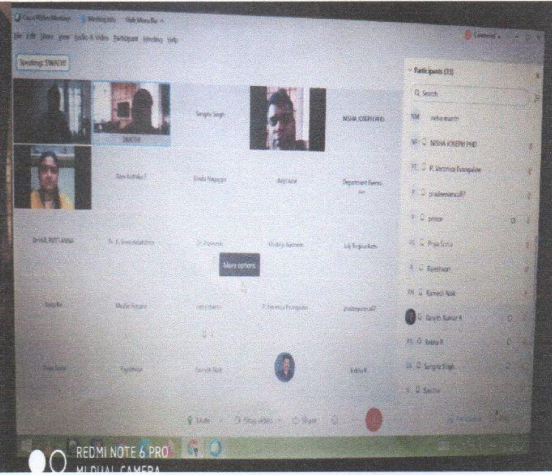


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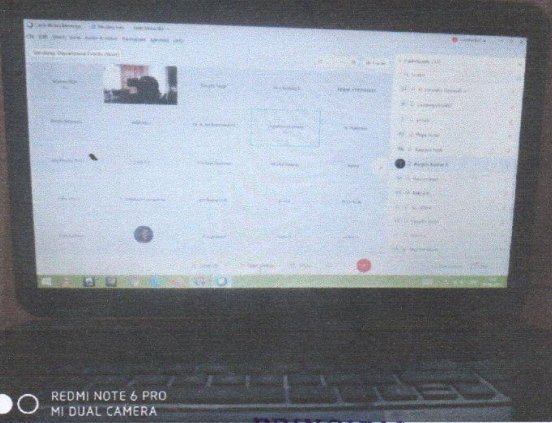
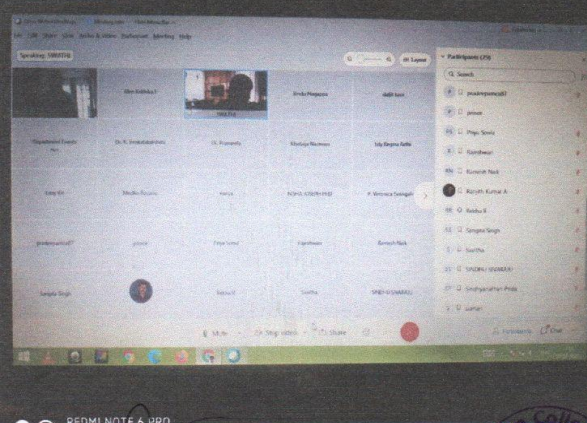
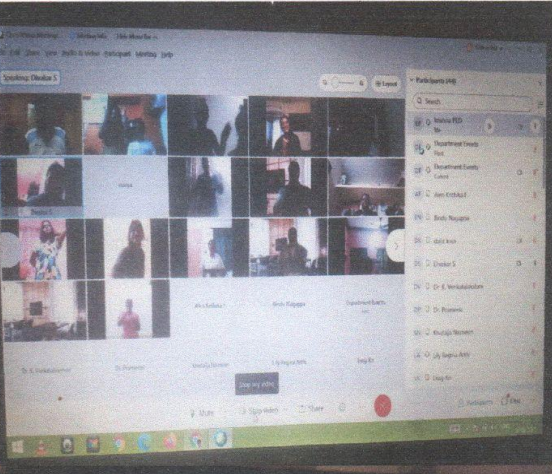
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Bengaluru, Karnataka, India  
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560008, India  
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India  
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Physical Education Director  
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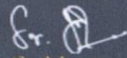

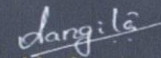
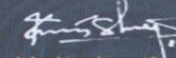


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**RELAXATION THERAPY TO ESTABLISH CALM AND OPTIMISM IN THIS PANDEMIC**

**CERTIFICATE**

This is to certify that Mr. KRISHNA S. Asst. Prof., from the Department of PHYSICAL EDUCATION & SPORTS, St. Anne's Degree College for Women has participated in "Relaxation Therapy to Establish Calm and Optimism in this Pandemic" organized by Department of Physical Education & Sports in Collaboration with IQAC on 2nd & 3rd June 2021.

Rev. Sr. Margaret Julie  
 Administrator & Secretary

Prof. Nisha Joseph  
 Principal

Ms. Sangita  
 IQAC - Co-Ordinator

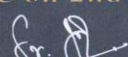

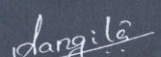
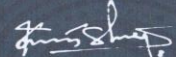
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**RELAXATION THERAPY TO ESTABLISH CALM AND OPTIMISM IN THIS PANDEMIC**

**CERTIFICATE OF APPRECIATION**

We appreciate the contribution of Ms. SWATHI, Psychologist, AHANAA Arts of Wellness, Bangalore, for sharing her valuable knowledge as a Resource Person for the "Relaxation Therapy to Establish Calm and Optimism in this Pandemic" organized by Department of Physical Education & Sports in Collaboration with IQAC on 2nd & 3rd June 2021.

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