



**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



# 5.1.3

## Life skills

**(Yoga, Physical Fitness, Health & Hygiene)**

**2021-22**



## 5.1.3

# Life skills

(Yoga, Physical Fitness, Health & Hygiene)

2021-22

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### Report on Clean Indian Campaign

The NSS volunteers along with the Program Officer Dr Ramesh Naik and faculty Ms. Shobha participated in the "Clean Indian Campaign" on 22<sup>nd</sup> Oct 2021 between 8.30AM and 10.30AM at Bangalore Palace organized by Nehru Yuva Kendra, District Administration and NSS, Department of Youth Empowerment & Sports, Youth Clubs, Police and BBMP.

44 Students volunteers participated the campaign from our college. The purpose of this campaign is to make plastic-free India by relating it to the context of "Azadi Ka Amrit Mahotsav" on 75 years of independence for fight against plastic pollution as part of Swachh Bharat Mission launched by Prime Minister

The campaign was flagged off by The Minister for Youth empowerment and Sports Shri K C Narayana Gowda, Dr Shalini Rajaneesh, IAS, Additional Chief Secretary, Planning, Programme Monitoring & Statistics Department, Bangalore Urban DC, Shri Manjunath J and other dignitaries who spoke on the importance of keeping environment clean. Dr Shalini led the gathering through oath taking for a Cleaner India and interacted with all the students and the Program Officers gathered there.

The student volunteers picked up plastics around the heritage spot of Bangalore Palace and contributed towards the mission of Plastic free India. The student volunteers actively participated.

  
**Programme Officer**  
NSS-St. Anne's College Unit  
St. Anne's Degree College for Women  
Halasuru, Bangalore-560 008



  
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Bengaluru, Karnataka, India  
Bangalore Palace, Palace Cross Rd, Vasanth Nagar,  
Bengaluru, Karnataka 560052, India  
Lat 12.997422°  
Long 77.591562°  
22/10/21 09:58 AM



Bengaluru, Karnataka, India  
Palace Grounds Inner Rd, Jayamahall, Bengaluru, Karnataka  
560006, India  
Lat 12.998091°  
Long 77.59153°  
22/10/21 09:55 AM

*Ram Kumar*  
Programme Officer  
NSS-St. Anne's College Unit  
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*Nirale Jayal*  
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## ST. ANNE'S DEGREE COLLEGE FOR WOMEN

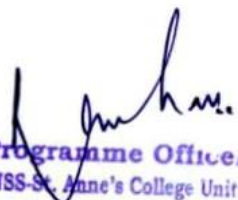
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### Campus Clean Campaign

The NSS volunteers of the college along with the NSS officer Dr. R. Ramesh Naik and members Mr. Ravi. H and Mr. Krishna participated in the campaign on 24<sup>th</sup> Nov 2021. The volunteers cleaned the college campus and the surroundings of Cambridge road in line with objectives of Swachh Bharath Mission. Principal Prof. Nisha Joseph and Sr. Prema addressed students on the importance of cleanliness and that being the duty of every individual to keep their surrounding clean.

The NSS captain Ms. Anuradha and Vice Captian Ms. Roshini led the team of 60 volunteers for the campaign.

  
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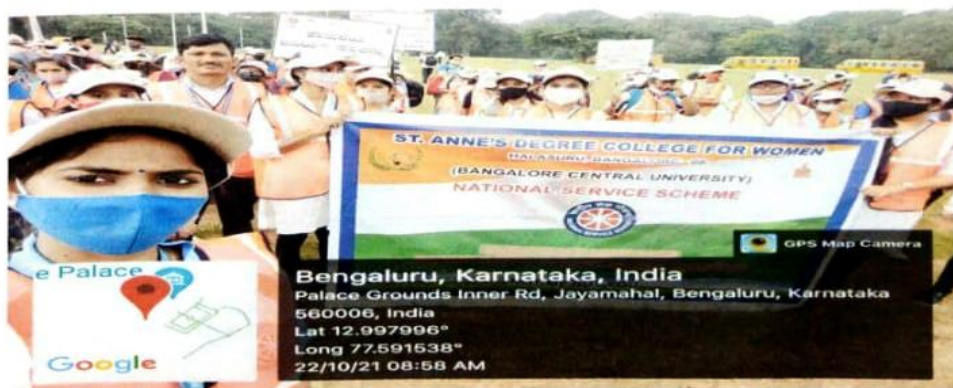


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### CLEAN INDIA SWACHH BHARATH PROGRAM DATE 22/10/2021



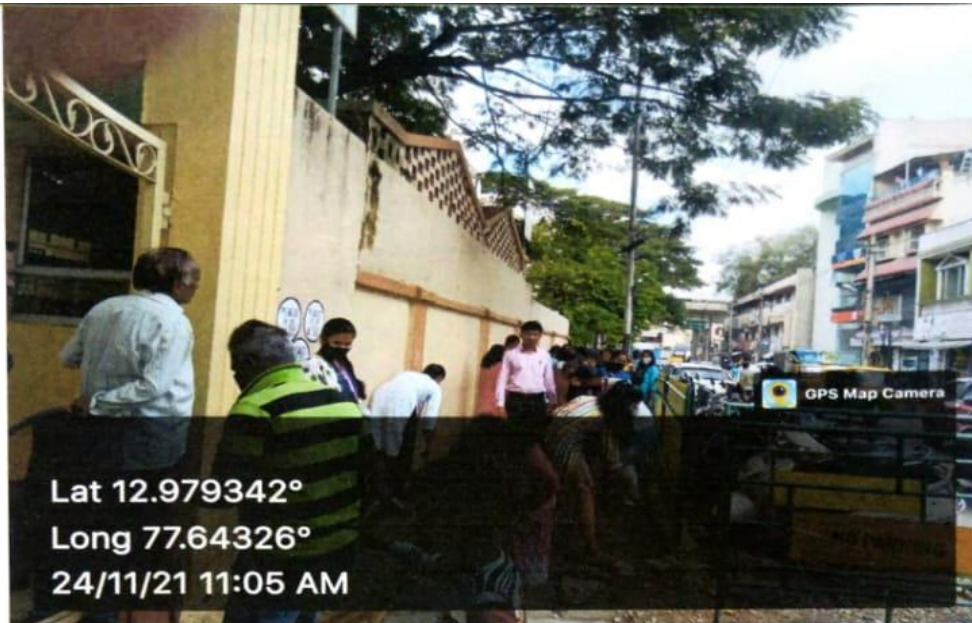
*Nisile Joseph*  
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#23, Cambridge Road, Halasuru, Bangalore- 560008



Lat 12.979342°  
Long 77.64326°  
24/11/21 11:05 AM



Lat 12.979342°  
Long 77.64326°  
24/11/21 11:08 AM

*[Signature]*  
Programme Officer  
NSS-St. Anne's College Unit  
St. Anne's Degree College for Women  
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*Nisla Joseph*  
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### SWACHH BHARATH ABIYAN, CAMPUS CLEANING AND CAMBRIDGE ROAD CLEANING, DATE 24/11/2021

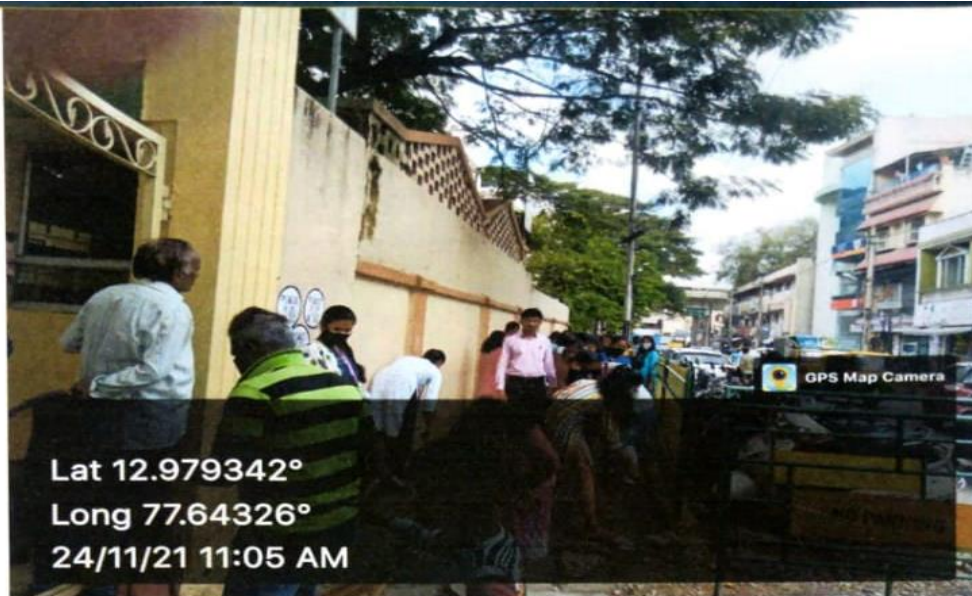






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### BLOOD DONATION 2022



*R. Anand*  
**Programme Officer**  
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*Nithya Joseff*  
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# NSS UNIT IN COLLABORATION WITH KIDWAI BLOOD BANK



**Welcome you for Blood Donation Drive -2022**

**23rd February 2022, Time : 11.30 am**

**Venue: Auditorium**

**Give Blood Save Life**

*R. m. m.*

**Rev. Sr. Dr. Margaret Fathima Mary**  
**Secretary & Administrator**

*R. R. Naik*  
**Dr. R. Ramesh Naik**

**NSS Programme Officer**  
NSS-St. Anne's College Unit  
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*Nisha Joseph*  
**Prof. Nisha Joseph**

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## NSS SPECIAL CAMP - 2021-22

NSS special camp 2021-22 was proposed with the co-ordination of NSS program officer Dr. R. Ramesh Naik and co- program officer Dr. H. Ravi, Mr. Krishna, Ms. Shobha, Ms. Priya and Ms. Navya to Dr. Govinda Gowda NSS coordinator, Bengaluru City University. The date and place of the camp was finalized under the guidance of Rev. Sr. Dr. Margaret Fatima Mary, Secretary of our college.

CAMP DATE: 7th June 2022 to 13th June 2022

PLACE: Pavagada, Tumkur District

The circular was sent to all the NSS volunteers to enroll for NSS camp. Nearly 51 students enrolled themselves. The NSS volunteers were asked to get a concern cum permission letter from their parents to stay in the camp for a week. The preparation for the camp was started before one week. Necessary tools, first aid box and T-shirts for students were taken. The camp activities was scheduled every afternoon, lecture on specific topics like first aid practices, value and moral education.

On the day of special camp, 7<sup>th</sup> June 2022 at 7:00 AM the students left the college with the NSS program officer, Dr. R. Ramesh Naik with Principal Prof. Nisha Joseph and camp advisor Rev. Sr. Dr. Margaret Fatima Mary, Secretary.

The lunch was arranged for all the NSS volunteers in the school. The inauguration of NSS camp scheduled around 4:00 PM and the Chief Guest for the day was Sri. Ashwath Narayanan .N, BEO, Pavagada and Rev. Sr. Dr. Margaret Fatima Mary and the guest of honor was Prof. Nisha Joseph, principal; Sr. Prema Assistant Professor, St. Anne's Degree College for Women Sr. Rosali , the Head Mistress of St. Xavier Primary School, Pavagada, Sr. Gayanam and Sr. Lilly staff teacher; NSS officer Dr. R. Ramesh Naik and other staffs were present.

### PROGRAM

The inauguration of the special camp had begun with a prayer song, a welcome dance, followed by flag hoisting and NSS song. The chief guest Sri. Ashwath Narayanan addressed the gathering followed by, our principal, Prof. Nisha Joseph also addressed the NSS volunteers about the importance and necessity of NSS unit and service needed to the society. She also spoke about how the camp will enhance the personality of students. And all the volunteers were divided into 7 teams and the daily works were allotted by the Captain Anuradha S and Vice-Captain Roshini who lead the groups.

From Wednesday, the NSS cleaning activities were started. First day all the volunteers cleaned the nearby area of that school. The next day NSS volunteers cleaned both sides







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## NSS VOLUNTEERS FOR BLOOD DONATION CAMP

SL NO	NAME	CLASS
1	ALISHA	1ST BCOM A
2	CHITRA	1ST BCOM A
3	AROCKYA SHALEENA	1ST BCOM A
4	DEEKSHITHA	1ST BCOM A
5	JANET MARY	1ST BCOM A
6	JOSE MARY	1ST BCOM B
7	KEERTHANA RAVI	1ST BCOM B
8	PREETHI R	1ST BCOM B
9	PREETHI	1ST BCOM B
10	MAHALAKSHMI M	1ST BCOM B
11	SAYDHA AYESHA	1ST BCOM C
12	TEJASHWINI S	1ST BCOM C
13	SMRITI SHIRIN R	1ST BCOM C
14	SHIVANI MISHRA	1ST BCOM C
15	SANGAVI	1ST BCOM C
16	SIMRAN	1ST BCOM C
17	DEEPIKA	1ST BA
18	NANCY	1ST BA
19	JENNIFER VARSHA	1ST BA
20	SONIYA	1ST BA
21	CHANDANA BHASKAR	1ST BBA
22	MARIYA SHEKINAH	1ST BBA
23	TANISH	1ST BBA
24	AKHILA	1ST BCA
25	RUBIYA NAAZ	1ST BSC REHAB
26	JENNIFER T	2ND BCOM A
27	ALBEENA TERESA	2ND BCOM A
28	GAYATHRI K	2ND BCOM A
29	MONIKA NC	2ND BCOM A
30	GHANASHREE S	2ND BCOM A
31	ROSHINI	2ND BCOM B

*R. Anitha*  
Programme Officer  
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*Nisha Joseph*  
22/12/22  
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of the roads. Volunteers also separated paper and plastic wastes. 3<sup>rd</sup> and 4<sup>th</sup> day of the camp, all the volunteers were assigned to do a survey inside the village called Upparahalli. 5th day all volunteers were allotted to meet the physically challenged people in the nearby village called Hariharapura and Kothur, which made the students to understand them and their problems, after seeing and communicating with them.

Every day from morning 7:00 AM to 9:00 AM tuitions were taken to the dropped out students and later from 10:00 AM to 2:00 PM. Field activities were allotted and students assigned to visit the village people and provide awareness on various topics like, avoid child marriage, empower with women education and entrepreneurs, and avoid alcohol consumption and smoking, and other related issues. All the days' volunteers were insisted to write diary for the day, before going to bed.

All the days, special invitees were called to give lectures and discussed about various topics, like on first day of camp Ms. Priya lecturer department of Rehabilitation, St. Anne's Degree College for Women, discussed about the general topic, with so many interesting activities like quiz. The next day Ms. Navya staff lecturer of our college, discussed about speaking skills and volunteers had a pick and speak activity.

Daily the captain was allotted to take one hour class to the school children to teach simple mathematics tips, English grammar, National festivals and its history etc. The competition like folk songs, drawing and quiz were kept for the school children.

On the last day of camp that is 12th June 2022, all the volunteers were prepared to provide a cultural program and create awareness on the social issues. The program was organized in the same school playground for the sake of village people. The program was scheduled in the evening and it was started by 6:30 PM and it continued till 7:45 PM. In that function, NSS volunteers shared their experience what they experienced through this camp. On the same night, NSS volunteers lighted the lamp in the memory of soldiers who lost their life and sacrificed their life for the country. They were remembered by a silent prayer for an hour.

On 13<sup>th</sup> June 2022, morning all the volunteers set to leave the camp and valedictory program was scheduled by 10:00 AM. The Chief Guest of the day was Sr. Rosali, Head Mistress of St. Xavier Primary School. The program came to an end with the vote of thanks by NSS program officer Dr. R. Ramesh Naik and the chief Guest appreciated the service done by the volunteers and thanked all volunteers. Then the volunteers vacated there at 10:30 AM and reached the college campus by 5:30 PM.

  
NSS Program Officer

**Programme Officer**  
NSS-St. Anne's College Unit  
St. Anne's Degree College for Women  
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NOT ME, BUT YOU.



  
Principal

**PRINCIPAL**  
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*P. Anitha*  
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*Ram Kumar*  
Programme Officer  
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*Nisha Joseph*  
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22<sup>nd</sup> August 2022

### CIRCULAR - Health Club

This is to inform that the Health Club in collaboration with IQAC in association with Hindustan Unilever Limited conducting a one hour student orientation workshop on 24<sup>th</sup> August 2022, Wednesday at 12:30 to 1:30 pm

Topic: Personality Development Grooming, Confidence and Hygiene Habits

Resource Person: **Ms. Suman Agarwal (Image Consultant and Life Coach)**  
**Rexona Confidence Academy**

*Khutaija Nazneen*  
Ms. Khutaija Nazneen  
Co-ordinator

**Coordinator**  
**Health Club**  
St. Anne's Degree College for Women  
Halasuru, Bengaluru - 560 008

*Nisha Joseph*  
Prof. Nisha Joseph  
Principal

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Domlur Jan 31 to Feb 3 2021

PULSE POLIO PROGRAM

Sl. No	Name	Class	Section	Contact No	Signature
1	Annanna Mathur	II	B.Com 'A'	8129197559	Annanna
2	Annelisa Shetty	II	B.Com 'A'	8088773948	Annelisa
3	Dhanu Shree L	II	B.Com 'A'	9035177237	Dhanu L
4	Divya L.K	II	B.Com 'A'	8884719279	Divya L.K
5	Anisha M	II	B.Com 'A'	9535943872	Anisha M
6	Jayashree M	II	B.Com 'A'	9620156191	Jayashree M
7	Geetheshma S	II	B.Com 'A'	9513009165	Geetheshma S
8	Anuradha N	II	B.Com 'A'	9741335919	Anuradha N
9	Devi V	II	B.Com 'A'	9110894148	Devi V
10	Jayanthi C	II	B.Com 'A'	97413656990	Jayanthi C
11	Bhavya M	II	B.Com 'A'	8088631700	Bhavya M
12	Anitha M.H	II	B.Com 'A'	7760251938	Anitha M.H
13	Hemalatha C	II	B.Com 'A'	7619278599	Hemalatha C
14	Deena J	II	B.Com 'A'	8904378917	Deena J
15	Asha S	II	B.Com 'A'	9535641713	Asha S
16	Bhargavi M	II	B.Com 'A'	7879701756	Bhargavi M
17	Hema U	II	B.Com 'A'	9741174708	Hema U
18	Brunda S	II	B.Com 'A'	8971313882	Brunda S
19	Bhavya Priya S	II	B.Com 'A'	6366028978	Bhavya Priya S
20	Asha R	II	B.Com 'A'	8431821012	Asha R
21	Beena P	II	B.Com 'A'	7795240814	Beena P
22	Amita V	II	B.Com 'A'	9164893496	Amita V
23	Aarthi Thapa	II	B.Com 'A'	6361952671	Aarthi Thapa
24	Chethana M	II	B.Com 'A'	7892717945	Chethana M
25	Anand Divya K	II	B.Com 'A'	7259904134	Anand Divya K
26	Geetha Jothi C	II	B.Com 'A'	9902770227	Geetha Jothi C
27	Sandhya B	II	B.Com 'A'	9986225490	Sandhya B
28	Swathi R.V.	II	B.Com 'A'	6360928693	Swathi R.V.
29	Sagaya Britney S	II	B.Com 'A'	6363501475	Sagaya Britney S
30	Venilla	II	B.Com 'A'	7338060566	Venilla
31					





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Jan 31 to Feb 3 2021

Halasuru  
PULSE POLIO DUTY

	Name	Contact no.	Class & Sec.	Signature
1	Jennifer G.	7899336329	II B.com B	Jennifer G.
2	Raicheal Bheub.T	9611485883	II B.com B	Raicheal
3	Nayana R.	8105423292	II B.com B	Nayana
4	Keethana P.	9880827972	II B.com B	Keethana
5	Parvithra S.	9448296150	II B.com B	Parvithra
6	Priya V.	9606608446	II B.com B	Priya
7	POOJA - J	9739304921	II B.com B	Pooja J
8	LAVANYA P.	9741834457	II B.com B	Lavanya P
9	KUMARI K.	9353669201	II B.com B	Kumari K
10	NANDHINI M	9663251364	II B.com B	Nandhini M
11	JENIFER J	8197755351	II B.com B	Jenifer J
12	MANISHA R	9886285433	II B.com B	Manisha
13	Padmarathi T.	8050230239	II B.com B	Padmarathi
14	Mahima R.	8095153959	II B.com B	Mahima
15	RAEESAH BEGUM - M.S	8904933290	II B.com B	Raeesah Begum
16	Mary Sandra A.	7022762732	II B.com B	Mary Sandra
17	Radhika R.	9148011895	II B.com B	Radhika
18	NEW LIFE B.	9739555596	II B.com B	New Life
19	MONICA - D.S	9986967265	II B.com B	Monica
20	Jenifer D	7204978594	II B.com B	Jenifer D
21	Keethana S.	9972179695	II B.com B	Keethana
22	Mary priyadharshini	990459660	II B.com B	Mary Priya
23	Krithika P.	9886519478	II B.com B	Krithika P
24	Meghana J.	9108979984	II B.com B	Megha
25	Monika R.	8296761636	II B.com B	Monika
26	Nayana Shree A.	8861580980	II B.com B	Nayana
27	Madhumitha R.	9591767293	II B.com B	Madhumitha
28	Monica B.	9535377923	II B.com B	B. Monica
29	Nisupama K.	7406597512	II B.com B	Nisupama
30	Nivedha V.	7829436990	II B.com B	Nithya
31	Pooja. Muzji. Dubaniya	9986827766	II B.com B	Pooja





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18-12-2021, Health Club and IQAC  
Collaboration with BEMP.  
Campus Vaccination Drive to 1<sup>st</sup> year.  
Students

Sl.No.	Student Name	Class	Contact no.	Adhaar no.	Signature
1	Jaculine Mary. S	1 <sup>st</sup> BSc Rehab	8056494270	8494437925	Am
2	Zainab Khanum	1 <sup>st</sup> BSc Reh	8861328449	51942636926	Zainab
3	Preethi Kurmai.	1 <sup>st</sup> BBA	7829989373	3957591929	Preethi
4	Farhan	1 <sup>st</sup> BBA	8792853307	520263155407	Farhan
5	Maria Shekinah	1 <sup>st</sup> BBA	9019877598	562672034390	Maria
6	TANISHA S.	1 <sup>st</sup> BBA	9986643559	3674332893	Tanisha
7	Kavya S.D	1 <sup>st</sup> BBA	8861635737	32732860107	Kavya
8	Amulya M	1 <sup>st</sup> BBA	8792849369	531002556391	Amulya
9	Ananya Deepa	1 <sup>st</sup> BBA	9148186954	649505794335	Ananya
10	Akshaya B	I BBA	8618627759	912318783511	Akshaya
11	Althika P	I BCA	8553433899	21383110539	Althika
12	Geethanjali	I PG mcom	9590673180	89357930	Geetha
13	Sruthi R	I BCA	9739353468	216444210490	Sruthi
14	Vedhasree V	I <sup>st</sup> BCA	9538404061	92821858973	Vedhasree
15	R.Pooja	I <sup>st</sup> BCA	9482499546	80169745989	R.Pooja
16	SUMA V	I <sup>st</sup> BCA	9786090915	52567884671	Suma
17	Preethi R	I BCA	6364448175	228011299319	Preethi
18	P.G. Sravani	I BCA	9030893813	415505304068	P.G. Sravani
19	Preethi R	I <sup>st</sup> BCA	9880762191	400031536641	Preethi
20	Ashwarya R	I <sup>st</sup> BCA	8088365335	84324786819	Ashwarya
21	Abhirami S.M	I <sup>st</sup> BCA	8951006053	755789675039	Abhirami
22	Ajitha S	I <sup>st</sup> BCA	9591269369	836130826988	Ajitha
23	Sneha S	I <sup>st</sup> BCA	8310811544	78113606591	Sneha
24	Nayana Mahmood	II <sup>nd</sup> BSc Rehab	9980581396	799682654076	Nayana
25	Rincy Janet	I BCA	4915067043	315448332516	Rincy
26	Trishika	I B.Com	7829112562	544180620377	Trishika
27	Shivini Mallipuriya	I B.COM	9110800692	519437570324	Shivini





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Sr No	Name	Course	Roll No	Phone No	Signature
30	Shyamala . N . C	B.Com	7445325122		
31	Swadha . S			9880458817	
32	Tharufa . V			9590240063	
33	Saritha . N			7829301505	
34	Shivaranji . G			9986310434	
35	Vandana . M . K			8095153959	
36	Manisha . R			8050230239	
37	Padmayathi . T			9886519478	
38	Pratibha . P			9901246107	
39	Raja Lakshmi . V . S			8197770127	
40	M. Teresa Jennifer			9535119591	
41	Lavan Lincy				

**MEDICAL OFFICER**  
D. Anil Kumar  
BBMP, Old Airport Road,  
Bangalore - 560 008

**PRINCIPAL**  
St. Anne's Degree College  
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Bangalore - 560 008.

**MEDICAL OFFICER**  
Urban Prisons  
BBMP, Old Airport Road,  
Bangalore - 560 008





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Health Club 2021-2022  
Health Club in Collaboration with IQAC in  
association with Dr. Agarwal Eye Hospital

Organizing free eye check up

S.NO	NAME	CONTACT NO.	SIGNATURE	FEEDBACK
1.	Prof. Nisha	9449404724	Nisha Joseph	Excellent!
2.	Dr. Ravi	9901609513	[Signature]	Good
3.	Ms. Shobha	9620236932	[Signature]	Good
4.	Dr. Ramesh	9964975456	[Signature]	Nice
5.	Ms. Krishna	9964708813	[Signature]	Good
6.	Ms. Vannini	9036345878	[Signature]	Good
7.	Lissy George	9632144836	[Signature]	Good
8.	Praya	9916052842	[Signature]	Good
9.	Sujatha.A	9632182875	[Signature]	Good
10.	K. Visalakshmi	7899463761	[Signature]	Good
11.	Bhramasathi	8951043343	[Signature]	Good
12.	Ravi Prakash	6363454265	[Signature]	useful
13.	Neha Manti	9886561623	[Signature]	Good
14.	Kanya.R	9912492231	[Signature]	Nice
15.	Ala. Krishna.F	9902769219	[Signature]	Good
16.	Varanta Pilla	9986485560	[Signature]	
17.	Eva Sadhya Raj	9731502793	[Signature]	
17-18.	Dr. Lily Regina Ardi	9880855994	[Signature]	Good
18.	Retha R	9886445353	[Signature]	
19.	Amit	9731381182	[Signature]	
20.	Eva Sadhya Raj	9731502793	[Signature]	Good
21.	Dr. Puttana	9901511260	[Signature]	
22.	Ranjith Kumar.	9886114431	[Signature]	
23.	Renathi	9611848123	[Signature]	
24.	Pradeepa.M	9066316484	[Signature]	
25.	Dr. Prameela	9945734583	[Signature]	
26.	Parshurama	9538022460	[Signature]	
22.	Roseline Jathima Rani	9738338791	[Signature]	Good
23.	Sangita	8095431846	[Signature]	





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19-12-21

11/11

Sl. No	Student name	Class	Contact no.	Addhar no.	Sign.
58	Shait Salma Begum. P	I B.com	6362531407		Salma
59	S. Tejaswini	I B.com	9980460178	3545 5178 6583	Tejaswini
60	Sucha. R	I B.com	7022946122	3577 0700 7698	Sucha. R
61	Shrusimitha. K	I B.com	9902727268	9672 5364 7403	Shrusimitha
62	Safeena. d	I B.com	6363142662	7574 4511 6753	Safeena
63	Tejaswini. P. C	I B.com	8050763371	3540 8650 0321	Tejaswini
64	Usha Rani Day	I B.com	9113563960	592884136361	Usha Rani
65	Uma Shabti	I B.com	9108036239	5992 1001 4802	Uma Shabti
66	Lauren Shirey	I B.com	9142546551	9000 2457 4130	Lauren
67	Nancy. K	I B.com	7204056721	2208 4077 8542	Nancy
68	Jyothika. P	I B.com	6362476504	4837 6058 0471	Jyothika
69	Dikshitha. S	I B.com	9538953220	3411 6855 3031	Dikshitha
70	Omushya. B. M	I B.com	9341922001	7277 1942 6881	Omushya
71	Saibhaya. G	I B.A	8618814083	4489 6436 9558	Saibhaya
72	Namuna. P	I B.com	7259234066	8085 6020 832	Namuna
73	Joyce angel. K	I B.com	9620118755	91853 4997 70	Joyce
74	Kanya. T	I B.com	9535311325	4079 8423 815	Kanya
75	Smitha. S	I B.A	8904497330	2164 5208 6161	Smitha
76	Sindhu. C	I B.com	8951806925	Chann Sandra	Sindhu

Phutaje Noznen  
Coordinator  
Health Club  
St. Anne's Degree College for Women  
Halasuru, Bengaluru - 560 008

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Bangalore - 560 008

St. Anne's Degree College for Women  
Bangalore  
560 008





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Health Club.  
National polio programme.  
27<sup>th</sup> Feb-2022 to 2<sup>nd</sup> March-2022.

S-NO	Name	Class	Contact	Signature
1.	Sridevi .R	2 <sup>nd</sup> Mcom	7019664226	
2.	Pavithra .V	2 <sup>nd</sup> Mcom	9071262371	
3.	Romya .V	2 <sup>nd</sup> Mcom	9886515843	
4.	Varsha .V	2 <sup>nd</sup> Mcom	9916604762	
5.	Usha	1 <sup>st</sup> Bcom	9115368160	
6.	Indumathi .A	1 <sup>st</sup> Bcom	9353867559	
7.	Shivani	1 <sup>st</sup> Bcom	7676519078	
8.	Sneha Ravichandran	1 <sup>st</sup> Bcom	7022946122	
9.	Chamundi R.K	2 <sup>nd</sup> Bcom	9845102063	
10.	S. Tejalwani	1 <sup>st</sup> Bcom	9980460178	
11.	Smriti Shrin .R.	1 <sup>st</sup> Bcom	6363200764	
12.	Anuradha	III BA	6366013980	
13.	Sr. jaculine	1 <sup>st</sup> Bsc Rehab	8056494270	
14.	Varsha .D	II Bsc Rehab	8431128433	
15.	Fameena .G	1 <sup>st</sup> Mcom	8147220337	
16.	Blessy	1 <sup>st</sup> Mcom	9380423166	
17.	Greethanjali	1 <sup>st</sup> Mcom	9008308084	
18.	Archana .S	1 <sup>st</sup> Mcom	9900504294	
19.	Ryula .R	1 <sup>st</sup> Mcom	9978412772	
20.	Salome	1 <sup>st</sup> Bsc Rehab	9538837117	
21.	Sapna	1 <sup>st</sup> BA	7829225934	
22.	Shwetha P	1 <sup>st</sup> BA	9019541813	
23.	Shwetha Shreela	1 <sup>st</sup> BA	7892558818	
24.	Vaishnavi	1 <sup>st</sup> BA	9353824644	
25.	Chandana .S	II Bsc Rehab	9663117857	
26.	Kaithika	1 <sup>st</sup> Bcom	8792897313	
27.	Naveena	1 <sup>st</sup> Bcom	9972375378	
28.	Poothi R	1 <sup>st</sup> Bcom	7338130831	
29.	Keerthi Ravi	1 <sup>st</sup> Bcom	9008356507	
30.	Archana .J	1 <sup>st</sup> Bcom	8618981816	





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Name	Class	Roll No.	Signature
31. Abhinaya R	1 <sup>st</sup> Bcom	9108941757	Anu / a l
32. Sr. Kala	1 <sup>st</sup> Bsc Polab	8050074562	Barkala -
33. Nela T k	1 <sup>st</sup> Bsc Polab	805062317	Nichalki
34. Rubiya Naaz	1 <sup>st</sup> Bsc Polab	9008542688	Rubiya
35. Shwetha K	1 <sup>st</sup> Bsc Polab	7795523008	Shwetha
36. Hemi Asha	II BA	7619608639	Hemish P
37. Shreeshha	II <sup>nd</sup> BA	7349539947	Shreeshha A
38. Akshatha	II <sup>nd</sup> BA	988616718	Akshatha
39. Deepika	I <sup>st</sup> Bcom	8892432652	Deepika
40. Sangavi	I BA	7945491816	Sangavi A
41. Anmol Sophia	2 <sup>nd</sup> Bcom	9916194176	Anmol
42. Jenniffer M	2 <sup>nd</sup> Bcom	7829102441	Jenniffer
43. Maria Aishwarya	2 <sup>nd</sup> Bcom	9353726563	Maria
44. Arockia Sneha	1 <sup>st</sup> Bsc Pmc	7899865607	Arockia
45. Raziya Begum	1 <sup>st</sup> Bsc Pmc	9620238870	Raziya
46. Shreeba M	1 <sup>st</sup> Bsc Pmc	8050708329	Shreeba M
47. Sai Deepheka	1 <sup>st</sup> Bsc Pmc	9535935085	Sai Deepheka
48. Kanya	1 <sup>st</sup> Bsc Pmc	8792263773	Kanya
49. Nooji Faltima	1 <sup>st</sup> Bsc Pmc	8970161565	Nooji Faltima
50. Den R	1 <sup>st</sup> Bcom	7676518378	Den R
51. Vidhya P	1 <sup>st</sup> Msc	7829300755	Vidhya P
52. Gray Angel	1 <sup>st</sup> Bcom	9742617404	Gray Angel

Chutajoy Nayen  
Coordinator  
Health Club

St. Anne's Degree College for Women,  
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Nisile Joseph

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Sl. No.	Name	Class	Sign
31	Prathyusha . S	II B. com 'B'	Prathyusha . S
32	Sai Keerthana . S	II B. com	Sai Keerthana . S
33	Supriya . M . Bhat	II B. com	Supriya . M . Bhat
34	Nandana . V . Anil	II B. com	Nandana . V . Anil
35	Pooja . M	II B. com	Pooja . M
36	Rakshittha . V . A	II B. com	Rakshittha . V . A
37	NANDHINI . M	III B. com	Nandhini . M
38	MANISHA . R	III B. com	Manisha . R
39	Rachel . C	II B. com 'B'	Rachel . C
40	Priya . D . S	II B. com 'B'	Priya . D . S
41	Shalini . S	II B. com 'B'	Shalini . S
42	Vinetha . M	II B. com 'B'	Vinetha . M
43	Payal . P . V	II B. com 'B'	Payal . P . V
44	Shalini . SK	II B. com 'B'	Shalini . SK
45	Padmini . B	II B. com 'B'	Padmini . B
46	Shalini . J	II B. com 'B'	Shalini . J
47	Thulasi . A	II B. com 'B'	Thulasi . A
48	Swathi . V	II B. com 'B'	Swathi . V
49	Sanjana . B	II B. com 'B'	Sanjana . B
50	Ashmita . Rai	II BBA	Ashmita . Rai
51	Shakthishwari . B	II BBA	Shakthishwari . B
52	Ayesha . Khanum	II BBA	Ayesha . Khanum
53	Hanish . J	II BBA	Hanish . J
54	Hannah . Peneta	II BBA	Hannah . Peneta
56	Varsha . T	II B. com	Varsha . T
57	Rohini . R	II B. com	Rohini . R
58	Pavithra . K	II BBA	Pavithra . K
59	pavithra . S	II BBA	Pavithra . S
60	pavithra . shivalingam	II BBA	Pavithra . S
61	Ramya . M	II BBA	Ramya . M
62	Brinda . CR	II BBA	Brinda . CR





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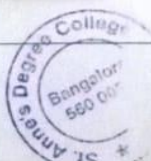
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### Health Club Report 2022-23

#### **Guest Session On General Cancer Awareness**

A guest session on "General Cancer Awareness" conducted on National Cancer Awareness Day by the Health Club and Department of Rehabilitation Science with IQAC in Association with D.S Research centre on 7<sup>th</sup> of November 2022 from 11:40-12:40 in A.V.Hall. Students from B.com and Rehabilitation Science participated in the session. We invited Dr.Divya, (BAMS, MD Ayu), from D S Cancer Research Centre, Halasuru, Bengaluru. She detailed about the warning signs of cancer like Change in Bladder habits, A sore that does not heal,, Unusual bleeding or discharge, Thickening or lump in the breast or elsewhere, Indigestion or difficulty in swallowing, Obvious change in wart or mole, Naggig cough or hoarseness of voice and Unintentional weight loss. She informed participants that significant portion of cancer could be prevented through lifestyles changes and cancer outcomes are significantly better if identified the symptoms and diagnosed early.

The session ended by clarifying doubts by students with Dr.Divya. The session proved to be very helpful to all the participants on getting awareness about the disease cancer on curing and precautions.

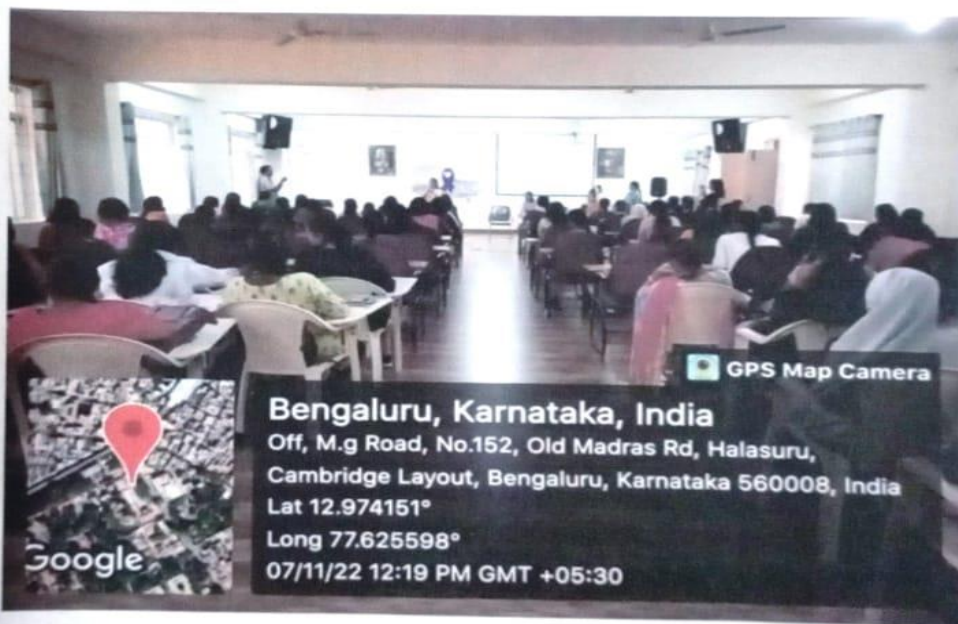






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**Bengaluru, Karnataka, India**

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Cambridge Layout, Bengaluru, Karnataka 560008, India

Lat 12.974151°

Long 77.625598°

07/11/22 12:19 PM GMT +05:30

